

February 1993

Issue Number 20 \$2.50

# *Mainely Running*

**Maine Endurance Sports Coverage**



**Jeremy Howard**



**Jodie Lake**

**National Junior Olympic Cross Country Champions**

MAINELY RUNNING  
2 Howards Hill Rd  
Brunswick ME 04011

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## EDITORIAL

Looking out the window, seated at the Mainely Running computer, I see a gorgeous and welcome sight. Ten inches of new snow fell last night, the first real snowfall of the season! There are still two good months of cross-country skiing ahead of us, so now that the white stuff has finally arrived, check out the skiing race calendar, wax up your skis and get in some cross training. We hope to have some ski race results for the next issue. We want to see *your* name in those results.

\*\*\*\*\*

I am enthusiastic about a new concept that could create renewed interest in road races; one that I believe can correct many of the problems associated with our current age group method of distributing our awards. The new "age graded system" would identify the truly meritorious performances in each race no matter what the age. A runner's chance of winning an award would be based on performance as compared to the relative performances (factoring in each runner's age) of the whole field, instead of how many good runners show up in your age group. Under the age graded system, runners are assigned a new factor each year thereby eliminating the disparity of a 49 year old in a 40 - 49 age group. We hope to have the computation tables available soon to try for a couple of races to see how the results would be effected by this new age graded system.

\*\*\*\*\*

Note: This is our 20th issue. Two years in production, and from my view, all expectations (even as naive as some of them were) have been surpassed. Because I am more visible at races, etc., I tend to receive the credit for the success of the magazine, however, you should know that it would never make it to the publisher on time without Becky's editing and layout labors.

\*\*\*\*\*

*Read this issue s l o w l y. The next issue won't reach you until April 1st.*

*John*

ABOUT THE COVER: Jodie Lake and Jeremy Howard are National Junior Olympic Cross-Country Champions and Mainely Running's Athletes of the Month for February.

## February 1993 CONTRIBUTORS

Tim Corcoran  
Anne-Marie Davee  
Catherine Hoffman  
Jerry LaSala  
Bob Payne  
Kirk Siegel  
Jeff Thaler  
Adrian Wadsworth

## RACE RESULTS

### Running

Christmas Classic 5K  
Down East Frostdbite  
Dare to Run Somerswo  
Jingle Bell Run  
Kingfield 10K  
Oyster Festival 5 mi  
Season's Greetings  
Shaw's Thanksgiving  
York Day 5K

### Plus:

Cape Elizabeth Biathlo  
Polar Bear Triathlon  
Survey results  
Best of 92  
Sub 5 Banquet



MAINELY RUNNING (ISSN 10646779) is published 10 times a year by Mainely Running, Inc. 2 Howards Hill Rd, Brunswick ME 04011. Subscriptions are \$17.50 per year (Canadian Subscribers: \$20 US). Second-class postage paid at Brunswick, ME 04011. Postmaster: send address corrections to: John LeRoy, Mainely Running, 2 Howards Hill Rd Brunswick ME 04011.

# Running Calendar

## FEBRUARY

- 6 "Winterfest 93 Frigid 5K"-Lubec-10am-Bion McFadden-733-4496
- 7 **"MID-WINTER 10-MILE CLASSIC"**-Cape Elizabeth-noon-Bob Payne-655-6006-flyer January
- 14 **"SNOWFEST 5 MILER"**-Augusta-11 am-Russell Martin-622-1258-flyer February issue
- 27 **"TAC INDOOR TRACK CHAMPIONSHIPS"**-Bowden College-2pm-Dave Watson-443-6171-flyer in January

## MARCH

- 13 Running Hall of Fame Banquet-Waterville-Holiday Inn
- 13 **"FROSTBITE 3 1/2 MILER"**-Ellsworth-11am-Down East Family Y-667-3086-flyer February
- 14 **"KILLARNEY'S 10-K THIRSTQUENCHER"**-Waterville-9am-Tom McGuire-465-2829-certified-flyer February
- 14 **"SULLY'S ST PATRICK'S 5K"**-Portland-Bill Scerrett-797-8175-flyer February issue
- 21 **"BOSTON PRIMER"**-15 miles-Readfield-11am-Dave Guban-622-0289-flyer February issue
- 27 **"WILD KATAHDIN TRUST SNOW RUN"**-5 Miles-Houlton-11am-Steve McDonald-532-3368-certified-flyer February
- 28 **"93 PRESIDENTIAL RACE"**-5mi-Kenebunkport-Tom Dann-985-2727-certified-flyer February

## APRIL

- 3 "MTC MEMORIAL RACE"-5k-Kennebunk-Brian Gillespie-772-2753-TAC certified
- 4 **"CHAMPIONSHIP RUN"**-25K-Rockland-11am-Vern Demmons-273-2594-certified-flyer February issue
- 17 **"UNITY SPRING 5K"**-Unity-9am-Ed Raiola-948-3131-flyer April issue
- 19 **"PATRIOTS DAY 5-MILER"**-Portland-noon-youth 1-mile at 10am-Steve Muslawski 874-1070-certified-flyer April
- 24 **"WESTBROOK COLLEGE APRIL AMBLE"**-Portland-4 mi-10am-1 mi Youth-9:15-797-7261-certified-flyer February

## WEEKLY GROUP RUNS

- Auburn-Wednesday-6pm-Track intervals-Dan Campbell-777-1601
- Bangor-Y Running Club-Sundays-weekdays-Sarah Gehrt 942-9940
- Brewer-Sub 5 Track Club-Mon & Thurs-5:30pm-Dave Jeffrey-825-3403
- Bridgton-Sundays-9am-12-14miles-Dennis McIver-647-2742
- Brunswick-fast paced long runs & intervals-Dale Dorr-729-5731
- Carmel-Saturday-9am & Wed at 5:30-varying pace-Kevin Vickers-848-3601
- Dexter-Sundays-9am-from park-Dave McIntyre-924-7536
- Farmington-Saturdays-social pace-Jack Paul-778-3962
- Gardiner-Saturdays-8:30-Joe Meehan-582-1540, Ray Johnson 582-1122
- Guilford-Sundays-7:30am-10-15miles-fast-Myles Lemieux 876-4424

- Lewiston-Wednesday-5:30-Hiltop-Bob Brainerd-786-4820
- Oakland-Sunday AM-long fast runs- Peter Lessard's house-465-9019
- Portland-Early mornings-USM-8-10 min pace-Bill Davenny-772-1787
- Portland-Rat Pack-wkdays & wkends-7 to 7:30 pace-John Gale-775-5017
- Portsmouth-Tuesdays-5:30pm-6 mile runs Joe Hayes-363-6035
- Sanford-Saturdays-8am-YMCA-Douneast Road Runners-324-4942
- So Portland-Weekday evenings-slow pace -Everett Moulton-799-2894
- Thomaston-Pen Bay Pacers-Sundays-Vern Demmons-273-2594
- Waterville-Colby College-6pm-Gene Roy-465-7296

**Know of a group run or want to start one?**

**Call Mainely Running- 725-8680**



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# Cross Country Ski Calendar

## January

30 Caribou Bog Ski Tour-Bangor-11am-18k freestyle-kids 4k-Bill England-941-2875-flyer January issue

## February

- 6 LL Ban XC Ski Festival-Bethel-800-341-4341
- 7 Moose Ski Roo-Millinocket-723-5839
- 7 Sugarloaf Ski Marathon-Carabassett-40 k classical-10am-Buzz Davis-237-2000-
- 7 **Flying Moose Ski Tour**-Bethel-9:30am-5k, 10k & 25k-1-800-341-4341-flyer February
- 14 Androscoggin River Tour-Carter Farm-Bethel-539-4848
- 20 Joy of Skiing Picnic-Sunday River-Bethel-824-2410
- 21 Gould Jr/Sr Qualifier-Bethel-5k&10k classic-Kirk Siegel-824-2161
- 27 Mt Kineo Challenge-Rockwood-10K-10am-The Birches-534-7305

## March

- 6 **Sunday River Langlauf-15K Skate**-10am- Bethel-Steve Wight-824-2410-flyer February
- 7 Moose Ski Roo-Millinocket-723-5839
- 7 Mr Machine Race-Carter's Farm-Oxford-539-4848
- 14 Leprechaun Loppet-10K Skate-Sugarloaf-10am-237-2000

## April

- 3 Pole, Paddle, Paw-Sunday River-824-2410

*Be sure to call ahead for all events. Due to their reliance on weather, cross country skiing races are more tentative than road races.*

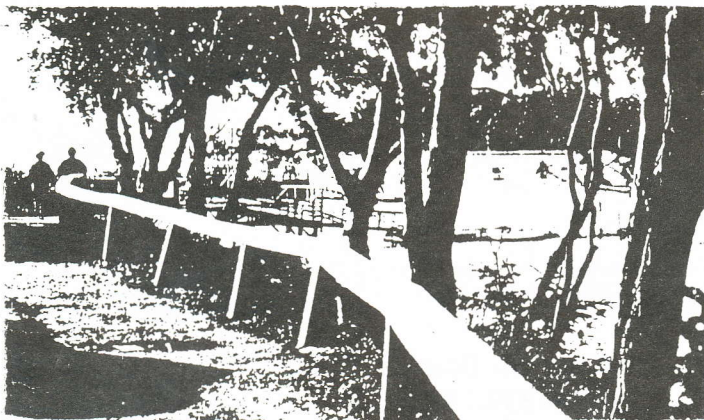
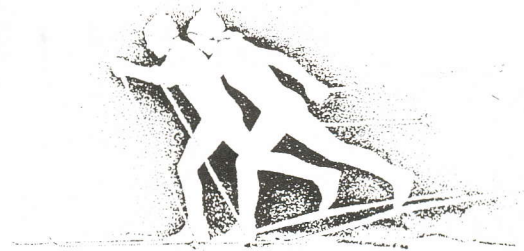


## Sunday River Cross Country Ski Center

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## ESPN - TV SCHEDULE OF ENDURANCE SPORTS

DANSKIN RUNNING & RACING (rerun) .....	Feb 02	Tuesday	3 to 3:30pm
MOUNTAIN BIKING: MANMOUTH MOUNTAIN .....	Feb 06	Saturday	1 to 2pm
MOUNTAIN BIKING: MANMOUTH MOUNTAIN .....	Feb 11	Thursday	12 to 1am
FOOT LOCKER - HOUSTON MARATHON .....	Feb 13	Saturday	5 to 5:30pm
DANSKIN RUNNING & RACING .....	Feb 16	Tuesday	3 to 3:30 pm
TRACK & FIELD - SUNKIST INVITATIONAL.....	Feb 21	Sunday	4:30 to 5:30pm
TRACK & FIELD - SUNKIST INVITATIONAL (rerun) .....	Feb 24	Wednesday	2 to 3pm
DANSKIN RUNNING & RACING (rerun) .....	Feb 26	Friday	3:30 to 4am
FOOT LOCKER - HOUSTON MARATHON (rerun).....	Feb 27	Saturday	6:30 to 7pm

## Mainely Running's February Athletes of the Month

Jeremy Howard and Jody Lake (photos on cover) are similar in many ways. They are both Juniors in high school (Jeremy at Mt. Blue and Jody at Livermore Falls). They both want to go to college to become physical therapists. Blessed with the ability to run, they are both *fast*! And this month, they each have been selected as *Mainely Running's* athlete of the month and will receive one of *Mainely Running's* coveted "Athlete of the Month" sweatshirts.

Jody Lake proved that she possesses great leg speed when she set the state record for the 800 last spring with a 2:20.3. In that same state championship track and field meet she finished 2nd in the 400 meter with a 1:02.6 -and she was just a sophomore!! This fall Jody finished 2nd behind Gladys Ganiel, a Junior from Narraguagus, in the Class C state cross country championships. Their times were the fastest of any of the classes. Jody's single venture onto the roads this year was at the Kingfield 10K where she ran a 39:40.

Jeremy Howard finished 1st in the 3200 with a 9:52.7 in last spring's T&F Class A state championships. This fall, Jeremy and Ryan McCalmon of Chevrus ran most of the Class A state cross country championships shoulder to shoulder. Ryan had the better kick and won, but he had to set a new course record to do it. Jeremy is also a Central Maine Strider and despite bothersome shin splints, he placed 13th at the Portland Boys and Girls Club in 27:11 and 4th at L.L.Bean's 10K in 33:55.

Another thing that these two young athletes have in common is they both are National Jr Olympic cross country champions. On December 12 in Mobile Alabama they won the age 15-16 division races.

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# "Sub 5" Hosts First Annual Banquet

The Sub 5 Track Club held their first annual club banquet on December 5th in Bangor. A friendly group of about 40 runners attended and enjoy the good food and great camaraderie. As a major part of the banquet, presentations were made to the winners of the Bangor Daily News Charities Race Series. This was the third year for the series as it has grown to 11 races with 2479 participants.

## Series winners and their awards:

Overall:	Tim Wakeland (\$100)	JoAnne Nealey (\$100)	19 & Under:	Awani Love (\$75 Gift Certificate)
20 - 29	1. Chuck Morris (\$75)	1. Julie Millard (\$75)	40 - 49	1. Dave Renault (\$75) 1. Jane Rau (\$75)
	2. Rob Erskine (\$60)	2. Shelley Antone (\$60)		2. Alan Howard (\$60) 2. Sharyn Kingma (\$60)
	3. Jay Henderson (\$40)	3. Mary Meehan (\$40)		3. Mike Sargent (\$40) 3. Joan Merriam (\$40)
30 - 39	1. Michael Gaige (\$75)	1. Paula Emery (\$75)	50 & Over	1. Greg Hildreth (\$75) 1. Rene Collins (\$75)
	2. Cliff Rogers (\$50)	2. Sheila Hodges (\$60)		2. Frank Bragg (\$60) 2. Leona Clapper (60)
	2. James Newett (\$50)	3. Sue Foster (\$40)		3. Stanley Drinkwater (\$40)



Mike Gaige talks with Chip & Sheila Hodges



Paul & Susan O'Brien with (l to r) Joan & Fred Merriam; & Bob & Rene Collins in the background



Jan & Frank Bragg



Chuck Morris presents check to Julie Millard while Pat Barnhart of the BDN Charities looks on

# INTERVALS

## Maine Running Camp 93

Andy Palmer has announced that he will offer 2 sessions of the Maine Running Camp again this year - June 20 through June 26th and June 27 through July 3rd. If you have been thinking of a running vacation this year, this camp may be the ticket. The April issue of Mainely Running will contain an article about this and other running camps in Maine.

## Running Movies at Westbrook

Brian Gillespie, Women's Cross Country Coach at Westbrook College, has announced "Thursday Night Running Movies" at Westbrook College Blewett Science Building. The start time is 7:00 p.m. and proceeds from the \$1 admission price will go to the Westbrook College Athletic Department.

**February 1 - No Tomorrow.** The most celebrated running film ever produced. This classic is the official film of the 1984 Olympic Marathon Trial for Men, one of the greatest marathons of all time. A must film for the serious runner! 30 minutes

**March 18 - Great American Road Races.** A celebration of road racing! Falmouth, Peachtree, Cascade - all the great races. For the veteran runner who needs a little motivation or the beginner who wants a road racing tour of the country. 60 minutes.

**April 15 - Triathlon Training & Racing with Dave Scott.** For the beginner or the seasoned veteran, this tape provides detailed instruction for the sports of swimming, cycling and running. Six-time Ironman Champion, Dave Scott, does a great job in what is called the most successful sports training tape ever produced. 87 minutes.

## Canadian Courses are Certified

According to Terry Goodlad, race director of the New Brunswick Heart Marathon, his race and many other Canadian road race courses are certified by Canadian Track & Field in a similar manner as TAC certification. So if you run the New Brunswick Heart Marathon on May 2nd your time will count toward qualifying for Boston, Mainely Running records and (most important of all) a PR. Terry indicted that the marathon is run on a "relatively flat" course with only a few small hills and invites Mainers to come to run. Besides the marathon, you can choose to run the half marathon or a quarter marathon.

## Training with Crawford & Fluet

Triathletes, Dave Crawford and Steve Fluet, are writing an article on training with emphasis on training with a heart rate monitor, how to determine your aerobic - anaerobic threshold, etc. This 2 part article will appear in the April and May issues.

## Big \$\$ in Vermont City Marathon

The Vermont City Marathon in Burlington is offering \$6,400 in cash awards in the open and masters categories. They are also offering bonuses for course records. The course is supposed to be fast with an overall net drop in elevation. Over 800 runners were in last years marathon with an additional 1200 runners in the simultaneous marathon relay. See flyer in this issue.

## 1992 Records & Ranking Book

The new 1992 TACSTATS USA Records and Rankings book is a spiral bound book that will contain over 400 pages of single age, age group and open records as well as 1992 and all time rankings for the common road distances from 5 km to 50 miles. It can be ordered by sending a check for \$35 by March 1st (\$45 after March 1st) to the Road Running Information Center (formerly TACSTATS) 915 Randolph Rd, Santa Barbara, CA 93111.

## Dow's Fun Run

Bob Dow of Lincoln is having a fun run and pot luck lunch at his house on March 13th at 10:30 am. Call Bob on 794-6001 for directions

## Coney Grad at Wake Forest

Cindy Mooreshead, a 1992 Coney graduate, finished in the top 100 finishers in the Division I Cross Country Championship. Repeat: **Division I!** - This fall, Cindy was a "walk-on" as a freshman at Wake Forest. By the end of the cross-country season she was the team's #1 runner.

## Veronica Knight - Marries

Veronica Knight, a consistent winner on Maine's road racing circuit and in New England Triathlons until her move to Colorado a year ago, was married in October.

## Peace Run Returns

Every other year, thousands of men, women and children from more than 70 nations, passing a flaming Peace Torch hand to hand, join together in a relay run that virtually circles the globe. Transcending political and cultural boundaries, they go from nation to nation, across mountains, jungles and deserts carrying the message of brotherhood to all humankind. During 1991, Maine's involvement was short, as a group of runners took the torch from South Berwick to Portsmouth. This year there is talk of increasing Maine's involvement with a relay that include more of the state. Possibly traversing the length of the state involving Maine's running clubs. The torch is scheduled to arrive in Maine in mid August.

## "Prime" at April Amble

The April Amble race director, Brian Gillespie, announced that at this years race there will be an award for the lead runner at the 1 mile split.

## Future Maine Athletes

Maine races will be absent two of it's competitive women athletes for a while. Both Deb Merrill, of Brunswick, and Susan Hawkins, of Little Deer Isle, are expecting little runners in about 4 or 5 months.

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### Kelley Statue at Boston

This year the feeling of historical significance in running the Boston Marathon should be even stronger than in the past as runners pass by the latest addition to the Boston scene. The Johnny A Kelley, now 85 years young, will be honored with a statue located at the foot of Heartbreak Hill. The 14 feet statue, entitled "Young at Heart", depicts two figures of Kelley - one as he looks today, the other a younger Kelley of 50 years ago. The two are holding hands overhead.

### Team Maine

Marj and Steve Podgajny, coordinators for Team Maine, have announced that the team has been afforded the opportunity to use the indoor training facilities at Bates College for their winter training. Also, to help members with their medical needs, Dr. Mike Sargent, of Bangor, Dr. Steve Reed, of Wiscasset & Dr Bob Sholl of Kennebunk, have extended priority services to team members as medical consultants. Adrian Wadsworth, Maine TAC president is hopeful that an announcement on team sponsorship will be made soon. Current team qualifiers are: Wanda Binette, Christine Bracer, Edie Dubord, Michelle Hallett, Tina Meserve, Jo-Ann Nealey, Kathy Tracy & Bob Winn.

### USA National 100 K Championship

Phil Pierce of Falmouth & Joe Hayes of York have signed up to run the 100 Kilometer Championships in New York on February 27th. The race is run on a 4 mile loop in Central Park with an abundance of spectators.

### Team Maine Development Series

The top runners in Maine will be competing in an indoor track series consisting of the following races:

Jan. 30	1:45pm	Bowdoin	Men's 5000
Jan. 30	noon	Bates	Women's 3000
Feb. 5	6:30pm	Bates	Women 5000
Feb. 5	5:45pm	Bowdoin	Men's 3000
Feb. 25		Colby	Women's 1500
Feb. 25		Colby	Men's 1500
Feb. 27		Bowdoin	Women's 3000
Feb. 27		Bowdoin	Men's 5000

This is a great opportunity to view some great races. The February 27th meet is the TAC Indoor Championship and is open to all TAC members offering the usual variety of events for open, masters and youth competitors (see January issue for flyer). The other races are special events which take place during regular college meets.

### Andy Palmer update

Andy Palmer returned to school last fall to pursue his Ph.D. in Sports Psychology at Florida State University. Here is a portion of a letter recently received from Andy: "Things in Florida are going fine, finished up the first semester and it was quite enjoyable. I've been training consistently and hope to begin racing late January, we'll see if this old body will hold

out. I'll be 40 in November of '93 so this year's training and racing is very important."

### Phil Pierce - Late for the Race

Recently Phil Pierce decided to run in the "Fat Ass 50" in North Adams but was delayed in route and was late for the start. He ran the first 10k in 43 minutes to catch up with the field and then went on to finish 4th with a 7:50:32. Because of the wind and freezing temperatures, of the 32 starters, only 7 finished.

### Cabin Fever Reliever Social Run

Joan and Fred Merriam's 3rd annual Cabin Fever Reliever Social Run and potluck dinner will be held on February 27th in Bucksport. Call Joan or Fred on 469-2019

### New Hampshire at Kinney Finals

New Hampshire women did very well at the national finals of the Kinney Cross Country Championships at Balboa Park in San Diego. Danyelle Wood, a grade 11 student at Spaulding High School in Rochester finished in 4th position. Emily Hodgson, a grade 11 student at Manchester Central High finished in 11th place.

### 1995 Nationals in Boston

Great News! The National Cross Country Championships will return to Franklin Park in 1995.

### Another Mainer wins at Columbus

As we reported last month, Joan Samuelson won the Columbus Marathon with a very good 2:32:20. We failed to mention that another Mainer, Ellen Spring of Thomaston won the Clydesdales 35 & over category with a 3:35:05. Great run Ellen!!

### MTC Treasurer in Honolulu

A letter from Steve Assante, treasurer of the Maine Track Club: "Honolulu was great. At an 8K event, I came in 64/228 with a 35:35. The marathon was hotter then expected, but I finished in 4:15:00 (my slowest). I did get to meet Frank Shorter, Filbert Bayhi, Duncan MacDonald & Steve Jones. Through the courtesy of Tom Peterson, I got the "backstage" tours. The marathon had over 30,000 entrants. Because of the crowds, it is hard to establish a good pace, and because of the heat, even harder to maintain it. If I could afford it, I would run the event again.

### Ski Festival at Gould Academy

The LL Bean Cross Country Ski Festival is being held at Gould Academy in Bethel on February 6th & 7th. On Saturday, there will be a wide variety of workshops covering everything you would ever want to know about cross country skiing. On Sunday the focus is on using the newly learned skills in a variety of fun activities and races, including the 25 k Flying Moose Ski Tour (see flyer this issue).

### New Race in West Kennebunk

The Maine Track Club will offer a new fast, flat 5k race on April 3rd. Brian Gillespie is organizing the race in memory and honor of past Maine Track Club members, thus the name of the race: "Maine Track Club Memorial 5K." The race will be run on the same TAC certified course used for the "Run For Their Lives" race which is held late in August in West Kennebunk. This course is flat and is probably the fastest certified 5k in the state. At press time, details & flyers were not available. Look for flyers at some of the early races.



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# Maine's Biggest Races in '92

Attendance at most of Maine's races was down some during 1992. The poor spring weather kept some runners away from the early races but the economy has to take the brunt of the blame. Events with high registration fees were hardest hit. Rain effected some of the larger races. Even though conditions may have been good for serious runners, it kept the casual runners away.

## 1986 Top 15 Races

1	Bridgton 4 on Fouth	648
2	Terry Fox 5k	623
3	Maine Coast Marathon	567
4	Special Olympics 2 mile	557
5	RRCA Convention 10k	493
6	Maine National Bank	431
7	Epstein's 5k	400
8	Benjamin's 10k	398
9	Potland Boy's Club	394
10	York 4 on the 4th	383
11	Pat's Pizza 5 mile	375
12	Special Olympic 5 mile	329
13	Kingfield 10k	326
14	Westbrook 4 mile	315
15	Casco Bay Marathon	314
1986 Total Top 15		6553
1991 Total Top 15		7175
1992 Total Top 15		6964

## 1991 Top 15 races

1	Bridgton 4 on the Fourth	959
2	Boy's and Girl's Club	914
3	Pat's Pizza	592
4	Terry Fox 5k	567
5	Shaw's Thanksgiving	488
6	York 4 on the 4th	475
7	LL Beans 10K	423
8	Sports East 10 Mile	403
9	April Amble	401
10	Oakhurst	394
11	Bar Harbor Half Marathon	376
12	Epstein's 5K	345
13	Doc's Tavern	286
14	Fore River Half Marathon	277
15	Kingfield 10K	275

## 1992 Top 20 Races

1	Bridgton 4 on the Fourth	908 (rain)
2	Boy's & Girls Club	818
3	Pat's Pizza	580
4	Maine Half Marathon	510
5	Terry Fox	470
6	Presidential Race	431
7	Septemberfest	422
8	Shaws Thanksgiving	405 (rain)
9	York 4 on the 4th	405 (rain)
10	LL Bean 10K	398 (rain)
11	Sports East 10 Mile	374
12	Maine Marathon	345
13	Bar Harbor Half-Marathon	336 (rain)
14	Kingfield 10K	283
15	Epsteins 5K	279 (rain)
16	Oakhurst	272
17	Sully's	270
18	Live Your Dreams	267
19	April Amble	266 (rain)
20	Women's Distance Festival	241

# Mainer Runs 1996 Olympic Marathon Course

*A letter from Jeff Thaler of Yarmouth*

By a series of coincidences, I found myself outside Fulton County Stadium in Atlanta Thanksgiving morning to run the marathon - on the 1996 Olympics course. I hadn't planned to do so. I ran the October 4th Maine Half Marathon and wondered if there were any late fall marathons around. I had already booked plane tickets to Atlanta for a Thanksgiving family reunion. I checked Runners World and WOW - a Thanksgiving race in Atlanta! And, after I called for an application, it turned out that race headquarters were at the same hotel where I had reservations.

So, I trained in the cold up here and worried less about the race than about my family's reaction to my running on Thanksgiving. Having survived their surprise, I arrived in Atlanta Tuesday in rain and fog. Wednesday was pouring rain with driving winds. I called the weather phone number and watched the Weather Channel constantly, wondering how to dress for the race.

Then I found out (it was not in the race flyer) that this was a NEW course - mapped out to be the Olympics '96 course! It was described in a news article by runners as being tougher than Barcelona, as tough as Boston.

And yes, it WAS hilly. It did start to clear at race time (just after sunrise at 7:30). One thousand runners took part. A long downhill at miles 18-19 followed by a sharp uphill at 19-20 was tough. A steady uphill from miles 22-26 was a killer for many runners as we struggled back to the stadium. My 3:43 "easy" goal blew out on the last 4-5 miles of hills, but I finished well at 3:52.

One nice race touch - each finisher received a medal! One disappointment - Atlanta's press coverage and results reporting were far inferior to Maine's. I recommend the race to others. It's challenging and a Thursday race means 2-3 extra recuperation days before returning to work.

Winning male was 2:31; winning female was 3:01:30.



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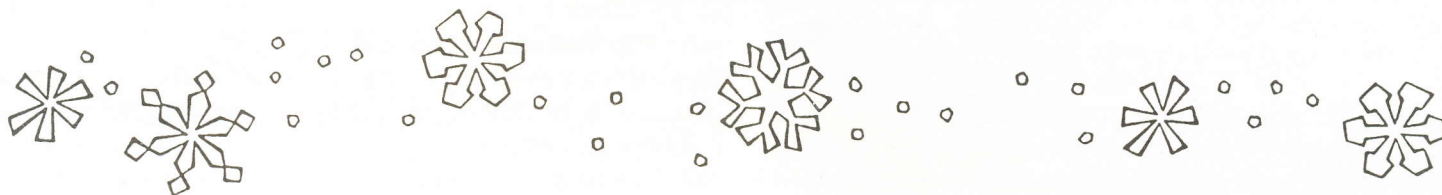
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**Gail Reinertsen, Innkeeper**

# 1992 Favorite Races (Reader's Survey)

The December issue contained a reader's survey which asked the reader to list their 10 favorite Maine races. What diversity! Almost every race in the state was mentioned by someone. The races are listed in order of their popularity with the most mentioned comments.

- |   |   |
|---|---|
| 1. <b>Bar Harbor 13 Miler</b> .....Super course on carriage trail, get-away | 16. <b>Sugarloaf 15K</b> .....Easy and fast run, get away weekend.    |
| 2. <b>Schoodic 15K</b> .....Camping, fast, beautiful course, lobsters       | 17. <b>PT8K</b> .....Fast course, great awards and prizes             |
| 3. <b>Bowdoin &amp; Back</b> .....Flat course, stadium finish, bagpipes     | 18. <b>Union/Rockland 25k</b> .....Great food, challenging course     |
| 4. <b>Portland Boys Club</b> .....Tradition, big field, media coverage      | 19. <b>Rocky Coast 10K</b> .....Scenic course, sculptures for awards  |
| 5. <b>Lobster Festival 10K</b> .....Flat course, festival atmospher         | 20. <b>LL Bean 10K</b> .....Tradition                                 |
| 6. <b>Maine Half-Marathon</b> .....Big field, stadium finish                | 21. <b>Machias Blueberry</b> .....Great food, well organized          |
| 7. <b>Ebsteins</b> .....Great shirts, awards, competitive field             | 22. <b>Septemberfest</b> .....Lots of prizes, fast course             |
| 8. <b>Sentinel</b> .....Fast 10K, well run                                  | 23. <b>Terry Fox 5K</b> .....Good cause, large field                  |
| 9. <b>Kingfield 10K</b> .....Kids race before, get-away weekend,            | 24. <b>Run O the Irish</b> .....Well run, lots of prizes              |
| 10. <b>Pat's Pizza</b> .....Fast course, festivities                        | 25. <b>Aspirations</b> .....Nice course, good field                   |
| 11. <b>Presidential Race</b> .....Well organized, glitter                   | 26. <b>Camden 10K</b> .....Challenging course, festive atmosphere     |
| 12. <b>Tour du Lac</b> .....Good course                                     | 27. <b>Live Your Dreams</b> .....Fast course along the ocean          |
| 13. <b>Gardner Common</b> .....Unique 2 loop course                         | 28. <b>Sugarloaf Marathon</b> .....Nice marathon course, picnic after |
| 14. <b>Bridgton 4 on 4th</b> .....Big field, tradition                      | 29. <b>United Way 10K</b> .....Great prizes and facility              |
| 15. <b>Maine Marathon</b> .....Stadium finish, challenging course           |   |



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# Running in Quebec

Mainly Running isn't published in the months of March or November giving us time to catch up on work and also the opportunity to sample running outside of Maine. During the 1992 fall break, Becky and John (your editor) traveled north to the profoundly French city of Quebec for a long weekend. The end of October marks the beginning of the end for tourist season there and we were able to obtain a package from Le Chateau Frontenac, the historical luxury hotel overlooking Old Town & the St. Lawrence River.

Quebec provides the runner with a large choice of routes with views that make a long run seem short. Most of the area around downtown is hilly but there are paths along the river that provide some flatter courses. For those desiring a hard work-out, there is Promenade des Gouverneurs, a 2,198 foot long staircase (It seemed like 10,000 feet!) anchored in the cliff overlooking the St. Lawrence leading from the Dufferin Terrace, next to Chateau Frontenac up to Battlefield Park. The ever increasing spectacular views provided with many opportunities to stop and rest.

During my runs, the most striking thing I observed was how few runners there were. I ran around 8 am to 10 am on Saturday and Sunday in parks and on paths where one would expect to see many runners, but I saw few.

Prior to going on this trip, I had talked to Richard Beaumont a resident of Quebec City, a highly competitive cross country and triathlete runner, who also wins an occasional road race. Richard tried to line up a run for me with his club's masters team, but the coach and most of the team were going to New York for the marathon. Richard was planning to be out of town as well, running in a cross country meet in New Brunswick. Just as well, I would have been in serious trouble trying to keep up with them. However, I had the pleasure of going for a 10 mile run with Richard's friend, Dominique, on Sunday morning, during which she gave me a great tour of the city. Our conversation provided me with better insight into running in Quebec and also into a French-Canadian's view of recent political activities in Canada. I provided Dominique the opportunity to practice her English.

## Richard responded to the following questions in a recent letter..

*(French to English translation was provided by Matthew Kenney of South Harpswell..)*

**Mainly Running:** How many clubs are there and what are their names?

**Richard:** In Quebec City there are three clubs. One club, the Altis Club, is primarily for track runners (800 to 5000 meters). Another club is made up of track and road runners. This is the Red and Gold Club of Laval University. Its members race mostly in 5K and 10K races on the track and the road and even in marathons. The third club is made up mostly of road runners (10K, half & full marathons). The name of this club is the Striders.

**MR:** How many members are in each club?

**Richard:** Altis: About 20 runners. The best track runners in Quebec are in this club. The Red and Gold have about 50 runners. This is also an elite club. Striders: about 150 runners. While the runners in this club do enter races, the Striders are less competitive than runners in the other clubs.

**MR:** Do all the clubs have coaches?

**Richard:** Yes, Altis: Daniel Mercier; Red and Gold, Richard Chouinard, Striders: Jacques Moinguy.

**MR:** What kind of social events do they have?

**Richard:** Club members participate in many of the same races and competitions. In addition, each club has group outings for holidays and other special events.

**MR:** How do the clubs raise money?

**Richard:** The clubs use a variety of methods to raise money, such as car washes, hosting races, card sales, annual dues. The government provides some money.

**MR:** Do the club members manage most of the races?

**Richard:** Yes

**MR:** Are the courses certified?

**Richard:** Yes, always.

**MR:** What percentage of the club members are women?

**Richard:** About 20%, which is a pity.

## Richard provided the following schedule of the important races.

Jan 23-24 Sherbrooke - Green and Gold Meet  
Feb 13 Montreal - 'Corsaire Chaparal'  
Feb 20-21 Winnipeg-Canadian Championships

Feb 26-28 Sherbrooke - Provincial Championships  
March 10-11 Toronto - Canadian University Championship  
March 12-14 Toronto - World Indoor Championship

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# Maine Class of 50 at Winnepesaukee

By Bob Payne

Just left D.C. on my way to Wyoming. Have to get my years supply of lean pure meat. Will be hunting in Wyoming for ten days.

I haven't been doing a lot of racing lately. Too busy at work and working on my house. I have been keeping up my training and plan to run a few races in November. Phil (Pierce) has been waiting to push me but he will have to wait.

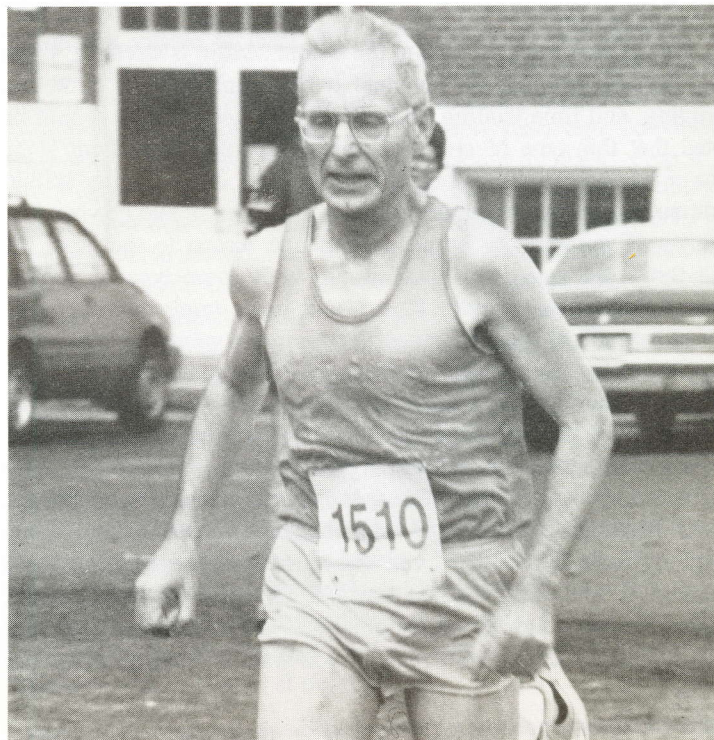
I organized a 50+ team for the relay around Lake Winnepesaukee again this year. We had a very good team, (Best time of all for us.) but we sure missed having Frank Brume and Jack Ireton-Hewitt run with us. We were hoping Lawson Noyes would be able to join us too, but due to an operation in August he felt that he shouldn't push his luck. As you can see by the times we had a good group.

Doug Ludwig ran the first leg followed as listed in order: Bob Coughlin, Richard McKenney, Bruce (ULTRA) Bell, Conrad Walton, Russ Connors, Bob Payne and Ray Shevernel.

We placed 3rd of 13 Senior teams, it's interesting to note that there were only 3 masters teams ahead of us - 32nd of 188 teams is real good for a bunch of old timers.

I will be looking for a seniors team again next year. I will also take the time to organize a 60+ team as we already have Mainers running in a N.H. team. Hope I can get Russ Bradley and Hap Hazard to help and run on this team.

In the meantime, I have an offer that will be hard to refuse if any runner has time for a 4 day weekend and would like to travel to Nova Scotia. The Cabot Trail 185 mile relay is held on the last weekend in May and Connecticut's "Nifty Fifties" team wants to team up with us to make up a 17 man team of seniors (50-59). Anyone interested can contact me at 655-2165. This should be a lot of fun. I find that relays add so much to my running. I believe that most people don't realize what they are missing. I know for myself that I train and run harder when I am on a relay team. I think the Kennebunk group should make up a relay team of mixed runners. I see them having so much fun, and running well in the process. I hope that Tom Dann will bring some of that fun to the Maine Track Club next year.



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# Weight Training for Cyclists

by Tim Corcoran

Hello, again! Well here we are right in the middle of this thing called Winter. Although it is difficult to imagine training for cycling this time of year, for racing it can make or break the upcoming season.

One area to work on during the winter season is strength. What does strength training do for you? It can improve your climbing, sprinting, and time trialing abilities. Before going on, it should be noted that this type of specific training should supplement some type of aerobic activity. Whether it is running, cross-country skiing, swimming, aerobics or whatever, these activities should be your first priority. If you want to improve from one season to the next, the best thing you can do is to continue with some type of aerobic activity through the winter. If you have been doing this, then you can add specific things like strength training to your program.

So - what is strength training? Well, my program is very simple. (I know that if I keep it simple, I will stick with it.) This year, I will lift weights three times a week for three months. It takes at least three months to achieve significant gains in strength. I do five exercises: squats, leg presses, leg extensions, leg curls and toe raises. Right now I am doing 3 sets of 12 reps at each station. When I get to 3 sets of 15 reps, I can either increase the weight or add another set. and when I get to 4 sets of 15 reps I can do the same, either increase weight or add another set. What you want to get out of it should determine your plan. If you want to develop power for

sprinting, then you would add more weight after 3 sets of 15 reps. If you want to be a good time trialer or hill climber, then you would add more sets at the same weight. For cyclists, because it is an endurance sport, I would recommend the latter - more reps more sets. This is also much safer, especially for beginners.

Some other things that need to be mentioned are stretching, warming up and cooling down. Weight lifting and flexibility do go hand in hand. So it is important to incorporate warming up, stretching before you work out and then cooling down, stretching afterwards. If you don't, your risk of injury, whether in the weight room or when you get back on your bike will be high.

O.K. Last, but not least, before you run downstairs to dust the old weight set, call a friend or someone you know who knows weights or join a health club and get some good advice on form and technique. It is very important! The benefits that you can gain from weight lifting do not even come close to outweighing the damage that can be done by doing it wrong.

Oh, one more thing! (So, I lied.) Use some type of journal. Record what you do: number of sets, how many reps, weight, etc. You may not use this information right away, but next year, you will have something to go by to start your weight training again. That's it! Have fun!

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# The Cyclist and the Law

Jerry LaSala

When was the last time you got a ticket while riding your bike? Never? Well, then you're like most cyclists. It's no secret that cyclists are almost never cited for violations of traffic law.

Does this mean that there ARE no traffic laws that apply to cyclists? Not at all, although you might think so from the way many cyclists ride. Even if there's little chance of being ticketed for violations while cycling, all bike riders should know and follow the traffic laws, for their own safety and protection as well as to improve the cycling environment for us all.

In Maine, bicycle law is contained in Subchapter XI of Title 29, the highway code, of the revised Maine Statutes. (Sounds boring already, doesn't it? Bear with us!) The subchapter is divided into three sections: regulations, equipment and penalties. The first spells out how cyclists should ride, the second sets standards for brakes, lights, etc., and the third tells what can happen if you get ticketed for violating these rules.

The first regulation requires that "every person operating a bicycle...shall ride...as far as practicable to the right side of the roadway at all times except when making a left turn." This, for better or worse, defines the legal riding position for cyclists in Maine. Clearly, riding on the left is illegal, equally clear, moving to the left to make a left turn is permitted. (Curiously, I have never seen or heard of a cyclist stopped for riding on the wrong side of the street, but have myself been warned by the police not to ride in the proper position for making a left turn!) How far to the right is "practicable"? I'd recommend using your judgment here. We are not required to ride on unsafe pavement or to stay in a right turn only lane when going straight. Also, dodging in and out around parked cars may be "practicable" but it's not safe.

The next couple of paragraphs prohibit certain kinds of dangerous stunt riding. You must ride astride a permanent seat attached to the bike and you can't have more people on the bike than it was built with seats for. Nor can you hitch a ride by grabbing on to a moving vehicle. (It seems unlikely that any of our readers has tried any of these crimes lately!)

The next paragraph is the most important in the whole subchapter. It states that "Every person riding a bicycle... upon a roadway shall be granted all of the rights and shall be subject to all of the duties applicable to the driver of a vehicle," and goes on to mention that the only exceptions are special regulations (like exclusion of bicycles from the Interstate) and provisions which can by their nature have no application to bicycles (like pollution tests, for instance). This sentence defines our status as users of the road. It says that we may and should behave like drivers of vehicles. Thus cyclists must obey stop signs, traffic lights, and one-way streets, but we should expect motorists to yield to us where they would yield to cars and we move through intersections following the same lane rules as drivers do. It would probably be preferable if the statute defined bicycles as vehicles outright, but this paragraph makes our status clear.

The equipment section consists of a single paragraph which describes lighting and braking standards. Basically, it requires that to ride at night or other times when motor vehicles are required to display headlamps, a bicycle must be equipped with a white headlamp visible at least 200 feet and a red rear reflector, also visible at least 200 feet, as well as pedal reflectors and reflective tape on the handlebars. (This last requirement seems incredible and clearly dates to some "safety" fad of a few years ago, but consider that if you are ever involved in an accident at night even if you have your full set of lights and reflectors, you might be found at fault if you don't have strips of reflective tape on your bars!) And you must have a brake that will all you to stop "within a reasonable distance." Aside from the list of required equipment, this section doesn't tell us much; the standards are so vague as to be useless.

The penalties paragraph is almost laughable, and may help explain why we see bicycle laws reinforced so rarely. If you're caught violating the regulations and you're over 17, you're subject to a fine of up to \$10! That's it! On the other hand, if you're under 17 you could have your bike impounded for up to a month, which is probably a bigger hardship than a \$10 fine.

So that's Maine's bicycle law. Clearly, your chances of being ticketed for violating it are small and the legal penalties if you should get caught are insignificant, but the important thing is that the law defines the overall safest way to ride a bicycle. And, if you are ever in an accident, collecting for damages will be a lot easier if you were riding legally at the time.

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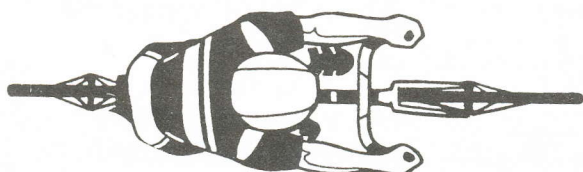
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# What Makes a Good Race? Readers Tell

What do Mainely Running readers look for in a race? The survey in the December issue asked readers to rate on a scale of 1 to the importance a of list of factors . Below is a compilation of the responses. There were no earth shattering surprises; basically, runners want a well managed race on an accurately measured TAC certified course, with accurate results. I was a bit surprised that refreshment and T-shirts are important to so many people. As you might expect factors like separate youth race, team competition and massage rec either a very low score or a very high score; For instance, people without youth runners in their family often scored "separate youth race with a "0".

8.41...Accurate results  
7.44...Managed by reliable group  
6.83...TAC certified  
6.62...Flyer in Mainely Running  
6.47...Refreshments  
6.27...Age group divisions  
6.41...Distance, I like long races  
6.29...Time splits on course  
5.89...T-shirt

5.72 .. Flat / Fast course  
5.48 .. Registration fee  
5.47 .. Scenic course  
5.42 .. Well established race  
5.40 .. Door prize drawings  
5.24 .. Distance, I like short races  
5.27 .. Changing rooms/showers  
4.94 .. Challenging course  
4.92 .. Large field


4.89... Competitive field  
4.27... A worthy cause  
4.18... Awards  
3.20... Separate youth race  
2.47... Massage  
2.41... Results to TACSTATS  
1.72... Team competition  
1.64... Music  
1.62... Famous runner in field

## Some of the comments on the survey forms:


- Splits are important and not always provided (Boy's Club) !
- Organization, splits, ample water & accurate results are most vital to me. I'm easy going about awards, refreshments & raffles; they're nice but not necessary.
- Sunday is not a good day.
- I like races with large fields & age group competition.
- I go to races to meet people.
- Flyers in MR gives me all the information without running around.
- Announcing names at the finish really spiffs up a race & is lots of fun!
- Race directors should order enough medium T-shirts.
- I like a flat, fast that is accurately measured but I like a tough one, too, especially a race that's been run for years on the same course (accurate or not) and that I've run for years.
- I like competitive races like the Portland Boy's Club, however small-town races with a friendly atmosphere are lots of fun.
- It's important to be able to get around the course safely without getting lost.
- Fees on day of race are too high. And no T-shirt.
- It's important that the distance be accurate.
- T-shirts are important but I wish they gave mugs, towels, gloves more often.
- It is nice to have the race start & finish at the same location

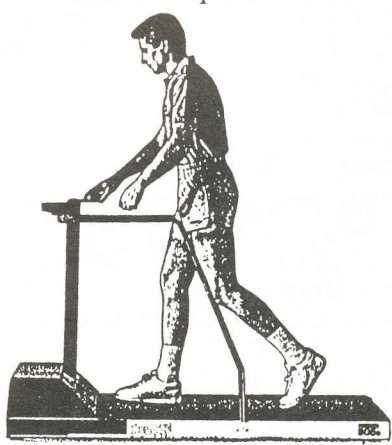
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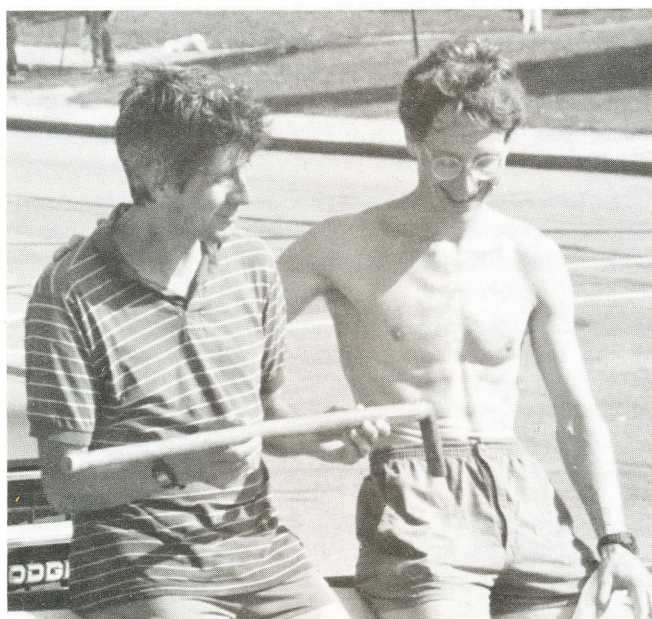
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# The Lesser Durham Striders' Cane Award



The members of the Lesser Durham Striders are very serious about their running and training, but having a good time and coming up with unique tricks to play on one another is commonplace. As Maine running clubs go, this Brunswick based group is on the informal/unorganized end of the spectrum, but they have their own odd traditions.

The club's "Cane Award" apparently is a take-off from the old European custom of giving the town's cane to the oldest member of the community. The Lesser Durham Striders Cane Award is "won" when the current holder of the cane challenges another member (usually someone injured or behind on their training) to a race. Mainely Running was unable to obtain a listing of the past holders of the cane as the members are somewhat "closed-mouth" about the award. However, I was able to dig up some interesting information on the 1992 passing of the cane.

Apparently, Dave DeLois held the cane at the beginning of '92 and challenged Lance Guliani to the Vermont 100 Mile Trail Run. This race includes 14,000 feet of vertical climb run on mountain trails, not some nice smooth asphalt road. The terms of the challenge were that Lance would "win" the award if he didn't finish the race. About 80 miles into the race, Lance collapsed while being weighed by race officials. When Lance regained consciousness, the officials had pulled him from the race and his fellow club members had presented him with the cane award. Correct! While he was unconscious, they laid the cane across his spent body!

Per the "rules", Lance had to keep the cane for 6 months but when his time was up he wasted no time in challenging Steve Podgajny to running the Bath Elks 5 Mile Classic on August 29th. Even though Steve is a masters runner, he has run a couple of sub 2:20 marathons and in 1991 he ran 25:41 at Pat's Pizza 5 Miler - far from a pushover. However, in the customary Striders' mentality of "get 'em while they're down" Lance knew that Steve had done very little running in 1992. The accompanying photo tells the rest of the story. Lance won the race and Steve won the cane. Who's next? If you are a Lesser Durham Strider suffering from an injury or maybe are a little off on your training, watch out! It could be you holding that cane!!

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# ***Don't Look Back***

*A Book Review by Kirk Siegel*

## **Good Insight into Cross-Country Ski Racing**

Evolution in cross-country equipment, training, and waxing over the years has the tendency to leave some would-be skiers wondering if the sport really is for them. Olympic skier and coach John Morton's new book, "Don't Look Back" nicely details the requirements of training and competing in cross-country skiing, while painting the rich background of the people, places, and overall environment of Nordic skiing that tends to turn even skeptical novices into devotees of the sport.

My first exposure to John Morton's sound training principles and many humorous skiing anecdotes began ten years before the book began to take shape, when I was a freshman on the Dartmouth Ski Team with barely two years experience in cross-country. "Morty" was beginning his first year as a college coach following successes as a collegiate All-American in cross-country, a two time Olympian in biathlon skiing, and a respected Anchorage high school coach and teacher. "Don't Look Back" puts in writing many of Morty's stories that kept his Dartmouth skiers entertained on van rides to races or workouts throughout New England - the book is anything but dry.

For cross-country skiers who have been around for a while, "Don't Look Back" will bring back memories, like the several intercollegiate races in the snowless winter of 1980 held on a narrow ribbon of snow shoveled onto the green Hanover golf course, John Mieto losing the Olympic 15k in Lake Placid to Thomas Wassberg by 1/100 of a second, and a myriad of other vignettes of recent skiing history.

For high school skiers and others newer to skiing, it's hard to imagine a better way to be "brought into" the Nordic skiing world. The book is organized behind Morton's own return to

competitive masters skiing after 20 years of, as he says, "holing down a desk and driving a van." Thus, he approaches training the National Masters Championships with the perspective of a coach whose turn it now is to practice what he has preached, himself into shape, and get in the starting line with challenging but realistic goals.

The book avoids the highly technical and instead focuses on the guiding principles of becoming a competent skier. Morton boils it down to five "Olympic Rings": Conditioning, Technique, Psychology, Nutrition/Health, and Equipment/Waxing. Even skiers with ten or more years of racing experience will find useful information in "Don't Look Back" from wax combinations to relay starting strategies. (I'm making form bench for working on skis from a plan provided in the book. There is also a plan for making a roller board for building upper body strength.)

Morty's enthusiasm for the sport, the friendships, and the exhilaration of competing keep your attention as you follow his successful return to competition at the National Masters Championships, and eventually the World Masters. The five Olympic Rings for success are woven into his story and come in the context of personal experience making knowledge accessible and meaningful to experienced and beginning racers.

"Don't Look Back" (\$14.95, paperback) went on sale a year ago and is now in its second printing. It is published by Stackpole Books (1-800-READ-NOW), and is sold in many bookstores.

*Kirk Siegel is a Nordic coach and faculty member at Gould Academy and is a former member of the U.S. Biathlon Team.*

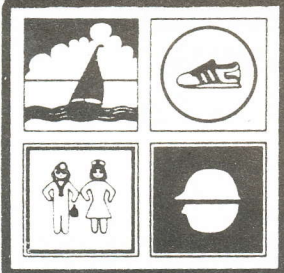
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# Choosing Lower Fat Foods - For the Health of It!

In the last decade an unprecedented number of reports and guidelines were released by the government and national health organizations to change the way Americans eat. Recent studies show that the link between diet and disease is stronger than ever. A diet high in fat, particularly saturated (animal) fats, may increase your risk for a number of illnesses including coronary heart disease, certain types of cancer, obesity and diabetes. Consensus from health experts is that we're eating too much fat and we've got to cut down.

Eating a low fat diet has become recognized as one of the ways for achieving better health. It's time to take charge of your food choices and your health. From start to finish, build your diet around the *good guys*: breads, cereals, fruits and vegetables. Current dietary recommendations are to eat 6-11 servings of breads/cereals each day and 5-9 servings of fruits/vegetables daily.

Remember, fats are the *bad guys*. **Fat is fat**, whether from animal or plant sources. Examples of food sources of fat are butter, margarine, oils, fried foods, the marbling in meats, gravies, cream sauces, cheeses & dairy products made from whole milk, doughnuts and desserts like cream-filled pastries. Americans are eating less eggs and red meat but are still consuming high fat cheeses, sauces and sweets.

## Prepare your favorite meals using lowfat cooking techniques and the alternatives listed below.

- **Breakfast:** Skip the butter, bacon, sausage and hash browns! Begin with the best - whole grain breads, bagels and cereal. Top toast with fruit spreads or jam and cereals with fresh fruits. Lighten up your morning with lowfat or skim milk and a dollop of lowfat, flavored yogurt.
- **Lunch:** Hold the mayo, hold the oil! Select lean meats, sliced turkey or chicken for sandwich fillings. Stuff sandwiches full of veggies and the bigger the roll the better. Spread your bread with mustard, ketchup, relish or a lite dressing. Sneak in a slice of skim-milk cheese or add a serving of lowfat cottage cheese. Perk up your mid-day meal with a crunchy piece of fresh fruit.
- **Dinner:** Bake, broil or boil your meats, poultry or fish. Brown your meats in a non-stick pan and take the skin off that chicken. Make stews, soups and casseroles a day ahead so that you can skim off the hardened layer of fat. Use tomato sauce and sautéed

vegetables as toppings or lowfat cottage cheese that's been blended with chives. Add meat broths and herbs to vegetables for added flavor. Puree chunks of cooked potatoes and onions to thicken your soups and chowders. Fill your plate with the winners-potatoes, pasta, rice and more vegetables. Tickle your taste buds with a frozen dessert - an ice milk topped with fresh fruit for a fine finish.

The list of tasty, lowfat alternatives goes on and on. Take charge of your food choices and eat lower fat - for the health of it!

*Anne-Marie Davee, M.S., R.D.,  
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## Best of '92 - 8K/ 5mile

The "Best of 92" is MAINELY RUNNING's attempt to highlight the fastest times run in Maine in 1992. The compilation uses TAC certified courses. The April issue will cover the distances that are not in the February issue. We will also include the "equivalent 10K times" which will be calculated using the same ratios that we used last year. If we missed a race or performance we know. A couple of races did not submit ages with their results, so only the open category was counted.

Open Men			
Winn	Bob	33 24:13	Pat's Pizza
WINN	BOB	32 24:26	Live Your Dreams
WINN	BOB	33 24:54	Patriot's Day
Coffin	Todd	31 24:56	PT8K *
Winn	Bob	33 24:58	Peaks Island
Lyons	Kevin	21 25:01	Pat's Pizza
MURPHY	WALTER	38 25:06	Live Your Dreams
DANN	TOM	35 25:08	Live Your Dreams
Bunsey	Mike	28 25:10	PT8K *
HALE	GREGORY	29 25:10	Patriot's Day
DECKER	BYRNE	25 25:14	Live Your Dreams
SOLIMINE	BILL	32 25:18	Live Your Dreams
BARNES	JASON	29 25:23	Live Your Dreams
Bockus, Jr.	George	25 25:37	Pat's Pizza
WINN	BOB	33 25:38	Presidential
Wettlaufer	Kim	35 25:43	Pat's Pizza
Gaige	Michael	40 25:46	PT8K *
Wakeland	Tim	27 25:49	Gardiner Common
DANN	TOM	35 25:52	Patriot's Day
Grigware	Mike	28 25:55	PT8K *
WETTTLAUFR	KIM	35 25:55	Patriot's Day
Robinson	Robin	36 25:56	Pat's Pizza
Spaulding	Andrew	0 26:01	Machias Blueberry
Lessard	Peter	30 26:07	PT8K *
Morris	Chuck	0 26:09	Machias Blueberry
Warren	Stephen	31 26:09	Peaks Island
Lessard	Peter	0 26:10	China Classic
Libby	David	26 26:10	Pat's Pizza
KING	JEREMY	26 26:11	Patriot's Day

Men 19 & Under			
HOWARD	JEREMY	15 27:11	Patriot's Day
BENNETT	BRETT	19 27:15	Patriot's Day
MULREADY	PATRICK	18 27:54	Presidential
Goodwin	Eric	17 27:57	Pat's Pizza
Miller	Tim	17 28:05	PT8K *
Laidley	Zachary	19 28:07	Pat's Pizza
Bates	Geoff	18 28:17	Peaks Island
Good	Jamie	18 28:26	Houlton Almost 5
JALBERT	SHAWN	17 28:36	Patriot's Day

BERUBE	DAN	17 28:38	Presidential
Good	Jamie	18 28:45	Potato Blossom
Worth	Andrew	16 28:47	Pat's*
Taylor	Melvin	19 28:50	Potato Blossom
Lane	Carroll	16 28:57	Peaks Island
RICE	MICHAEL	16 29:09	Patriot's Day
HOOD	CHRISTOPHER	18 29:11	Patriot's Day
CONNOR	STEVE	19 29:12	Patriot's Day
Good	Jamie	18 29:14	Grant's Dairy
GLOVER	CLAY	15 29:15	Patriot's Day
Lewis	Matthew	18 29:24	Pat's Pizza
AVERY	DEREK	19 29:25	Patriot's Day
Murphy	Tony	19 29:27	Potato Blossom
HOWES	NATHAN	19 29:28	Presidential
Love	Awani	18 29:37	Peaks Island
Ferland	George	18 29:41	Potato Blossom
DENNING	SETH	18 30:02	Patriot's Day
Hodgkins	Jack	14 30:09	Pat's Pizza
MCCANN	RYAN	18 30:11	Live Your Dreams
Ford	Skip	18 30:20	Pat's Pizza
Parsons	Ben	16 30:22	Pat's Pizza
Callahan	Kevin	18 30:23	Peaks Island
Ferland	George	18 30:25	Katahdin Trust
Hines	Ryan	18 30:40	Houlton Almost 5
Wood	Jason	0 30:40	Machias Blueberry
Hartford	Michael	16 30:45	Houlton Almost 5
Dyer	Teague	16 30:48	Gardiner Common
LEWIS	MATTHEW	18 30:49	Patriot's Day
Porter	Tim	19 30:58	Pat's Pizza

Men 40+			
Gaige	Michael	40 25:46	PT8K *
NEWBURY	RON	42 26:31	Live Your Dreams
NEWBURY	RON	42 26:41	Patriot's Day
Gaige	Michael	40 26:43	Run 'O The IRISH
SHOLL	BOB	45 26:47	Live Your Dreams
Newbury	Ron	42 26:55	PT8K *
HOULE	KEN	45 27:17	Live Your Dreams
Reed	Steve	44 27:21	Pat's Pizza
TOULOUSE	JIM	43 27:22	Presidential
TOWLE	GEORGE	41 27:30	Patriot's Day



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# Best of 92 8K, Men 40+ continued

TAYLOR	RUSTY	40	27:40	Patriot's Day
Walton	Conrad	53	27:43	Pat's Pizza
Noyes	Lawson	50	27:56	Pat's Pizza
Walton	Conrad	53	28:12	Houlton Almost 5
Croteau	Joel	48	28:12	PT8K *
MCDONALD	KEVIN	42	28:23	Live Your Dreams
Droz	Don	42	28:29	Gardiner Common
Towle	George	42	28:33	Peaks Island
Hagerman	Pete	41	28:37	Gardiner Common
Taylor	Rusty	40	28:42	Katahdin Trust
NOYES	LAWSON	50	28:51	Live Your Dreams
Tonzi	Larry	45	28:52	Houlton Almost 5
BERTHIAUME	GUY	46	28:54	Patriot's Day
Flanders	Ken	40	29:03	Peaks Island
Arthur	Terry	45	29:07	Peaks Island
Croteau	Joel	48	29:09	Peaks Island
Feeney	Gary	47	29:13	Houlton Almost 5
Taylor	Rusty	40	29:14	Potato Blossom
Smith	Dennis A	42	29:15	Pat's Pizza
Smith	Douglas	43	29:22	Pat's Pizza
STRICKLAND	JAMES	43	29:27	Presidential
Peterson	Steve	43	29:28	IRISH*
Johnson	Ray	44	29:29	PT8K *
SMITH	DENNIS	42	29:29	Patriot's Day
Deprez	Ronald	48	29:29	Pat's Pizza
Tarling	John	41	29:30	Pat's Pizza

## Men 50+

Walton	Conrad	53	27:43	Pat's Pizza
Noyes	Lawson	50	27:56	Pat's Pizza
Walton	Conrad	53	28:12	Houlton Almost 5
NOYES	LAWSON	50	28:51	Live Your Dreams
Payne	Robert	54	29:31	Pat's Pizza
PAYNE	BOB	53	29:39	Live Your Dreams
NOYES	LAWSON	50	30:01	Presidential
Ludewig	Doug	52	30:08	PT8K *
Pilling	Alan	50	30:17	Peaks Island
Catalucci	Billy	50	30:18	Peaks Island
Walton	Conrad	53	30:34	Katahdin Trust
Coolidge	Clyde	53	30:34	Pat's Pizza
Coughlin	Bob	53	30:41	Pat's Pizza
Noyes	Lawson	50	30:48	PT8K *
COOLIDGE	CLYDE	53	30:52	Live Your Dreams
LUDEWIG	DOUG	52	30:58	Live Your Dreams
COUGHLIN	BOB	53	30:59	Live Your Dreams
Ludewig	Doug	61	31:08	Gardiner Common
BELL	JON	53	31:11	Live Your Dreams
LUDEWIG	DOUG	52	31:14	Patriot's Day
Pierce	Phil	50	31:16	Peaks Island
McKenney	Dick	50	31:22	Pat's Pizza
Bastow	Peter	55	31:24	Pat's Pizza
GILLESPIE	ROBERT	53	31:34	Live Your Dreams
Bastow	Peter	56	31:39	PT8K *
BASTOW	PETER	55	31:40	Live Your Dreams
Coughlin	Bob	53	31:43	Gardiner Common
PIERCE	PHIL	50	31:45	Presidential
Connors	Russ	60	31:50	Peaks Island
COOLIDGE	CLYDE	53	31:52	Presidential
McKenney	Dick	50	31:58	PT8K *
Lemieux	Myles	51	31:05	Run 'O The Irish

## Men 60+

Connors	Russ	60	31:50	Peaks Island
HAZZARD	HAP	60	32:35	Live Your Dreams
HAZZARD	HAP	60	32:39	Patriot's Day
Connors	Russ	60	32:58	Gardiner Common
HAZZARD	HAP	60	33:18	Presidential
PARKER	JOHN	60	34:28	Live Your Dreams
Wood	Charlie	60	34:33	PT8K *
STROM	HUBERT	62	35:20	Live Your Dreams
Bradley	Russ	68	35:31	Pat's Pizza
MENDELL	CARLTON	70	36:02	Live Your Dreams
WEBBER	WALTER	61	36:04	Presidential
TRIBOU	BILL	71	36:17	Live Your Dreams
Bradley	Russ	68	36:22	Peaks Island
BRADLEY	RUSS	68	36:26	Patriot's Day
DOWNS	GARY	60	36:43	Live Your Dreams
SCONTRAS	PETER	63	36:48	Live Your Dreams
BRADLEY	RUSS	68	36:53	Presidential
CHANDLER	JOHN	64	36:57	Presidential
Mendell	Carlton	70	37:32	Gardiner Common
Merrill	George	61	37:33	Pat's Pizza
Young	Art	62	37:37	Katahdin Trust
Osgood	Eben	62	37:44	Katahdin Trust
Mendall	Carlton	70	37:54	Katahdin Trust
SCONTRAS	PETER	63	38:05	Presidential
MENDELL	CARLTON	70	38:08	Presidential
Strom	Herb	62	38:10	Peaks Island
Urie	Robert	63	38:23	Peaks Island
Lougee	John	60	39:23	PT8K *
JOHNSON	DONALD	61	39:36	Patriot's Day
BAXTER	RALPH	60	39:39	Patriot's Day
MERRILL	GEORGE	61	39:39	Live Your Dreams
Aubin	Joe	67	39:54	Run 'O The Irish
STEWART	EDMUND	70	40:39	Live Your Dreams
Welzel	Hank	65	40:42	Pat's Pizza
AUBIN	JOSEPH	64	40:51	Live Your Dreams
WELZEL	HANK	65	41:08	Live Your Dreams
WELZEL	HANK	65	41:08	Patriot's Day
PERRUZZI	ROBERT	61	41:09	Patriot's Day
Lawlor	Bill	68	42:18	Run 'O The Irish

## Men 70+

MENDELL	CARLTON	70	36:02	Live Your Dreams
TRIBOU	BILL	71	36:17	Live Your Dreams
Mendell	Carlton	70	37:32	Gardiner Common
Mendall	Carlton	70	37:54	Katahdin Trust
MENDELL	CARLTON	70	38:08	Presidential
STEWART	EDMUND	70	40:39	Live Your Dreams
OSBORNE	DON	70	43:02	Live Your Dreams
HARMON	STANLEY	70	45:43	Patriot's Day
BENNETT	JOSEPH	72	47:33	Live Your Dreams
BENNETT	JOSEPH	72	49:14	Patriot's Day
Bennett	Joe	72	50:19	Pat's Pizza
Thompson	Jimmer	71	51:18	Katahdin Trust
LONG	FRANK	74	52:17	Patriot's Day
HAYWOOD	CUSHING	71	52:27	Patriot's Day
GIASSON	ALBERT	72	55:04	Patriot's Day
CARROLL	JAMES	82	57:29	Patriot's Day

## Women - Open

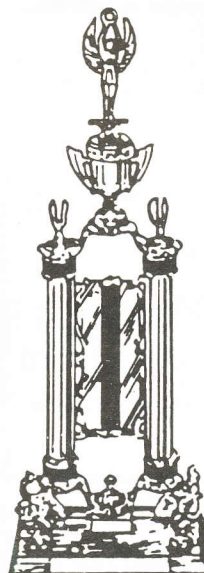
Samuelson	Joan	35	26:48*	Pat's Pizza
MESERVE	TINA	25	28:03*	Patriot's Day
Meserve	Tina	25	28:19*	PT8K *
Dubord	Edie	34	29:16*	PT8K *
KNIGHT	VERONICA	24	29:28*	Patriot's Day
SCIANNA	JOANNE	38	29:29*	Live Your Dreams
Nealey	Joanne	0	29:35*	Machias Blueberry
KNIGHT	VERONICA	24	29:44*	Presidential
Bracerias	Christine	30	29:45*	PT8K *
Binette	Wanda	26	30:02*	Peaks Island
Addes	Barb	0	30:06*	Machias Blueberry
Binette	Wanda	26	30:22*	PT8K *
Turner	Gail	32	30:25*	Pat's Pizza
Shue	Marty	24	30:29*	PT8K *
Moreshead	Cynthia	18	30:29*	Peaks Island
Ganiel	Gladys	15	30:32*	Machias Blueberry
BRACERAS	CHRISTINE	29	30:36*	Presidential
Lockman	Melissa	0	30:37*	Machias Blueberry
McGee	Julie	32	30:38*	PT8K *
SCIANNA	JOANNE	38	30:38*	Presidential
Krichko	Leslie	33	30:47*	Peaks Island
BINETTE	WANDA	25	30:54*	Patriot's Day
Emery	Paula	36	30:58*	Run 'O The Irish
Emery	Paula	0	30:59*	Machias Blueberry
Snow-Reas	Christine	26	31:02*	Peaks Island
Foster	Sue	34	31:10*	Pat's Pizza
Turner	Gail	32	31:14*	Peaks Island
Antone	Shelly	24	31:14*	PT8K *
Emery	Paula	0	31:27*	MILK *
Bowden	Ellen	40	31:30*	PT8K *
EMERY-RAPPA	ROBIN	45	31:32*	Patriot's Day
King	Jody	32	31:33*	PT8K *
HACKETT	JEANNE	33	31:41*	Patriot's Day
Weeks	Carol	43	31:43*	PT8K *
Bowden	Ellen	39	31:55*	Pat's Pizza

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## 10 Years Ago - A Glimpse Into the Past

### Top performances of 1982

In 1982 the *Maine Running* magazine chose Hank Pfeifle and Joan Benoit the Runners of the Year. These choices were made using a system of awarding points for the candidates' best 1982 performances in the marathon, 10K & two other distances. Runners-up for awards were Sam Pelletier and Andy Palmer; Marge Podgajny and Kim Beaulieu.

According to the February 1983 issue of *Maine Running*, the following lists were the best 10K and Marathon times run at Maine races or by Maine runners at out of state races.

10K Women		10K Men		Marathon Women		Marathon Men	
Joan Benoit	32:36	Kathy Hillgrove	41:32	Joan Benoit	2:26:11	Sam Pelletier	2:16:00
Karen Dunn	34:53	Laurel Kowalski	41:42	Karen Dunn	2:41:07	Hank Pfeifle	2:16:00
Michelle Hallett	35:07	Kathy Reinersten	41:48	Marge Podgajny	2:47	Andy Palmer	2:17:00
Marge Podgajny	36:05	Evelyn King	41:48	Lisa Muller	2:52:25	Kurt Lauenstein	2:20:00
Jane Welzel	36:05	Janet MacColl	41:52	Kim Beaulieu	2:52:59	Steve Podgajny	2:21:00
Kim Beaulieu	36:45			Diane Fournier	2:58:19	Bob Winn	2:23:00
Marcia Dowling	36:46	Greg Meyer	28:23	Nancy Bell	2:59:31	Gary Wallace	2:25:00
Robin Emery	36:50	Bruce Bickford	28:25	Anne Marie Davee	3:04:57	Henri Bouchard	2:25:00
Karen McCann	36:30	Bob Hodge	29:04	Betsy Grant	3:04:56	Bill Pike	2:26:00
Hope Saltmarsh	36:31	Hank Pfeifle	29:16	Dorsey Kleitz	3:05:58	Rob Hurlbutt	2:26:00
Paula Meyer	36:45	Sam Pelletier	29:20	Linda Sprague	3:08:18	Peter Millard	2:26:00
Melanie Holter	36:49	Mike Gaige	30:01	Constance Kimball	3:10:21	William Slocumbe	2:26:00
Mary Bart	38:04	Tim Donovan	30:13	Deborah Desantis	3:11:09	Michael Gagne	2:27:00
Diane Fournier	38:14	Jim Miller	30:18	Carol Roy	3:11:16	Richard Gates	2:27:00
Jane Parsons	38:24	Kurt Lauenstein	30:19	Barbara Plank	3:12:27	John Murphy	2:27:00
Carolyn Kidder	38:48	Paul Hammond	30:20	Mary Anderson	3:14:35	Hank Chipman	2:27:00
Ruth McCurran	38:51	Tony Quinn	30:24	Jo Comeau	3:14:50	OJ Logue	2:28:00
Jeannie Lewis	38:58	Ken Flanders	30:40	Madeline Butcher	3:15:21	Leo Lachance	2:28:00
Cerily Wilson	39:11	Dean Kimball	30:42	Joanie Rhoda	3:16:18	Ed Hurlow	2:28:00
Martha Ring	39:27	Steve Podgajny	30:43	Betsy Barry	3:17:41	Brian Kuprewicz	2:30:00
Suzanne Beck	39:28	Kim Wettlaufer	30:45	Cathy Heffernan	3:18:22	Joseph Sullivan	2:30:00
Kathy Kohtala	39:34	Mark Kimball	30:46	Lynn Hughes	3:18:32	Doug Bissett	2:30:00
Jo Comeau	39:49	Rob Day	30:49	Paula Wirta	3:19:26	Greg DiBiase	2:31:00
Carolyn Court	39:48	Jamie Goodberlet	30:51	Dorothy Helling	3:19:30	Dan Paul	2:31:00
Jeannie Cole	39:55	Kevin Retelle	30:56	Beth Allen	3:19:36	Steve LaVorgia	2:31:00
Jane Palmer	39:56	Jim Crawford	31:00	Laura London	3:19:37	Elisha Pierce	2:32:00
Becky Snow	39:59	John Bunnell	31:16	Robin Carlson	3:20:59	Ray Nelson	2:32:00
Kathy Northrop	40:03	Fred Doyle	31:17	Kim Leonard	3:21:14	Ken Botting	2:32:00
Dalyne Divino	40:14	Doug Ingersoll	31:20	Deborah Sawyer	3:21:38	Rock Green	2:33:00
Barbara Plank	40:24	Peter Millard	31:39	Karen Moreen	3:23:12	Bill Hine	2:33:00
Cindy Lambert	40:31	Ralph Fletcher	31:40			Robert Wilson	2:33:00
Delinda Smith	40:39	Bruce Ellis	31:40			Greg Parlin	2:33:00
Carol Roy	40:41	Peter Brigham	31:46			John Byslewcz	2:34:00
Christie Baldwin	40:47	Gerry Clapper	31:47			Gene Coffin	2:34:00
Lori Michaud	40:48	John Keller	31:48			Joe Dinan	2:34:00
Maggie Johnson	40:48	Tony Bates	31:56			Mike Gaige	2:35:00
Robin Robinson	41:03	Danny Paul	31:59				
Carol McElwee	41:11	Robert Everrett	32:00				
Anita Bagley	41:14	Hank Chipman	32:03				
Marci Laite	41:17	Jim Newett	32:15				
Joanie Rhoda	41:17	Bill Solomine	32:18				
Sue Ertha	41:18	George Towle	32:25				
Natalie Buzzell	41:25						

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# Best of '92 8K Open Women continued

BINETTE	WANDA	25	32:02*	Presidential
Foster	Sue	0	32:05*	Machias Blueberry
Weeks	Carol	43	32:13*	Pat's Pizza
HURLEY	CAITLIN	16	32:23*	Presidential
WEEKS	CAROL	43	32:25*	Patriot's Day

## Women 19 & Under

Moreshead	Cynthia	18	30:29*	Peaks Island
HURLEY	CAITLIN	16	32:23*	Presidential
Lindholm	Kristin	19	32:47*	Pat's Pizza
JACKSON	KATIE	16	32:57*	Presidential
Pierce	Kristin	18	33:02*	Pat's Pizza
LINDHOLM	KRISTIN	19	33:28*	Live Your Dreams
HODNETT	LAURA	19	33:50*	Presidential
Anderson	Eleanor	15	34:22*	Katahdin Trust
McElwee	Darcie	19	34:38*	Houlton Almost 5
SAWYER	JENNIFER	16	34:40*	Patriot's Day
LINDHOLM	KRISTIN	18	34:42*	Patriot's Day
CROOK	TIFFANY	19	35:35*	Live Your Dreams
Evans	Leah	18	35:56*	Pat's Pizza
FOLEY	BRIDGET	15	35:58*	Patriot's Day
Donovan	Daniella	12	36:09*	Potato Blossom
WHEELER	TAMMY	17	36:10*	Presidential
McElwee	Darcie	19	36:17*	Potato Blossom
Melander	Ann	17	36:46*	Pat's Pizza
LANE	MEGAN	18	36:51*	Patriot's Day
RANDALL	MEG	15	36:55*	Patriot's Day
Pilgrim	Cindy	17	37:14*	Potato Blossom
PLOURDE	JESSICA	14	37:16*	Patriot's Day
CROWLEY	ELIZABETH	16	37:23*	Presidential
Armen	Moir	16	37:42*	Katahdin Trust
Johnson	Julie	16	37:42*	Pat's Pizza
Armstrong	Laura	17	37:49*	Pat's Pizza
WALLACE	REBECCA	19	37:55*	Live Your Dreams
Rollins	Catherine	19	37:59*	Pat's Pizza
THOMPSON	ERIN	16	38:06*	Live Your Dreams
Lorraine	Amy	18	38:10*	Pat's Pizza
Lafin	Brigitte	15	38:13*	Peaks Island
McCannell	True	17	38:15*	Pat's Pizza
Damon	Christina	15	38:27*	Pat's Pizza
THOMPSON	ERIN	16	38:37*	Presidential
Murphy	Erin	12	38:52*	Pat's Pizza
PURINTON	KRISTA	19	39:06*	Live Your Dreams
REID	KATHERINE	16	39:12*	Live Your Dreams
SWINBURNE	HONEY	14	39:22*	Patriot's Day
Morejon	Jill	13	39:24*	Pat's Pizza
Powell	Anathea	18	39:24*	PT8K *
EVITT	NATASHA	18	39:33*	Live Your Dreams
McMahon	Laura	15	39:44*	Pat's Pizza
Baetz	Kelly	18	40:17*	PT8K *
Brown	Dana	17	40:20*	Pat's Pizza
Richards	Nicole	13	41:02*	PT8K *
McMahon	Laura	15	41:32*	Peaks Island
HUTCHISON	TAMARA	16	42:35*	Patriot's Day

## Women 40+

Bowden	Ellen	40	31:30*	PT8K *
EMERY-RAPPA	ROBIN	45	31:32*	Patriot's Day
Weeks	Carol	43	31:43*	PT8K *
Weeks	Carol	43	32:13*	Pat's Pizza
WEEKS	CAROL	43	32:25*	Patriot's Day
RAU	JANE	42	33:00*	Patriot's Day
WEEKS	CAROL	43	33:05*	Presidential
Rau	Jane	42	33:26*	Gardiner Common
Hogan	Carol	41	33:35*	PT8K *
Barrett	Betsy	41	33:41*	Pat's Pizza
LAVIN	JOAN	44	34:02*	Live Your Dreams
Gagnon	Faye	47	34:09*	Pat's Pizza
HOGAN	CAROL	41	34:13*	Patriot's Day
GAGNON	FAYE	47	34:30*	Patriot's Day
EDQUID	BRIGITTE	44	34:31*	Patriot's Day
Hogan	Carol	41	34:45*	Peaks Island
HOGAN	CAROL	41	34:53*	Presidential
Lavin	Joan	44	34:59*	PT8K *
Lavin	Joan	44	35:00*	Run 'O The Irish
Edquid	Brigitte	44	35:03*	Peaks Island
EDQUID	BRIGITTE	44	35:09*	Presidential
BEEBE	NANCY	46	35:23*	Patriot's Day
Ingendio	Bobbie	46	35:27*	Peaks Island
Edquid	Brigitte	44	35:32*	PT8K *
Gagon	Faye	47	36:17*	Run 'O The Irish
MacArthur	Barbara	51	36:34*	Pat's Pizza
Dolley	Jane	44	36:51*	Pat's Pizza
Dunlap	Louisa	51	37:05*	Gardiner Common
HODNETT	SANDRA	44	37:10*	Live Your Dreams
Clark	Frances	48	37:20*	Pat's Pizza
Dunlap	Louisa	52	37:27*	Run 'O The Irish
BRECKINRIDGE	LYNN	40	37:44*	Patriot's Day

## Women 50+

MacArthur	Barbara	51	36:34*	Pat's Pizza
Dunlap	Louisa	51	37:05*	Gardiner Common
Dunlap	Louisa	52	37:27*	Run 'O The Irish
Solomon	Maggie	58	38:47*	Peaks Island
COMERFOR	MARGUERITE	52	39:56*	Live Your Dreams
THOMAS	JEAN	56	40:05*	Live Your Dreams
RASMUSSEN	JANE	55	40:16*	Presidential
MCGUIRE	MARCY	52	40:34*	Patriot's Day
Whitney	Eleanor	53	41:04*	Pat's Pizza
COMERFOR	MARGUERITE	52	41:39*	Presidential
Amory	Sally	67	42:29*	PT8K *
Thomas	Jean	56	42:32*	Peaks Island
Kenniston	Polly	55	42:55*	Pat's Pizza

THOMAS	JEAN	56	43:13*	Presidential
Fry	Patricia	55	43:34*	Peaks Island
Birch	Beth	50	43:51*	Pat's Pizza
KENNINGTON	POLLY	55	43:59*	Patriot's Day
Haile	Dianne	57	44:20*	PT8K *
KENNISTON	PAULY	55	44:21*	Presidential
Paterson	Sally	51	44:47*	Pat's Pizza
AMORY	SALLY	66	44:50*	Patriot's Day
MORRIS	IRENE	50	45:03*	Patriot's Day
SAYRES	WENDY	58	45:08*	Patriot's Day
Poole	Victoria	64	45:17*	Pat's Pizza
Gagne	Marianne	51	45:40*	PT8K *
Gros	Barbara	50	45:53*	PT8K *
GOODIE	JOYCE	59	46:14*	Patriot's Day
PATERSON	SALLY	50	46:26*	Patriot's Day
GAGNO	MARIANNE	51	47:03*	Live Your Dreams
GAGNE	MARIANNE	51	47:14*	Presidential
MORRIS	TERRI	63	47:22*	Presidential
WHITNEY	MADELINE	53	47:23*	Patriot's Day
Soule	Maggie	51	47:39*	PT8K *
Trowbridge	Hannah	51	47:40*	Pat's Pizza
Ryder	Ashley	62	48:11*	Peaks Island
TROWBRIDGE	HANNAH	51	48:31*	Live Your Dreams
DETROY	CHRISTINE	63	49:26*	Presidential
ZIMMERMAN	LYNNE	53	49:35*	Patriot's Day
KENT	LOIS	54	49:39*	Patriot's Day
Gran	Janice	52	49:42*	Run 'O The Irish
GETCHELL	TERESA	55	49:50*	Patriot's Day

## Women 60+

Amory	Sally	67	42:29*	PT8K *
AMORY	SALLY	66	44:50*	Patriot's Day
Poole	Victoria	64	45:17*	Pat's Pizza
MORRIS	TERRI	63	47:22*	Presidential
Ryder	Ashley	62	48:11*	Peaks Island
DETROY	CHRISTINE	63	49:26*	Presidential
DeTroy	Christine	64	50:14*	PT8K *
STETSON	NORA	64	50:23*	Patriot's Day
HEFFLEFINGER	RUTH	63	50:39*	Live Your Dreams
BILLINGS	DOLORES	61	51:03*	Presidential
Billings	Delores	62	53:42*	Peaks Island
HEFFLEFINGER	RUTH	62	54:20*	Presidential
CHICK	PATRICIA	66	59:54*	Live Your Dreams
SAWYER	MARGARET	78	60:17*	Live Your Dreams
Brown	Mardie	75	70:25*	Gardiner Common



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**THIS IS THE SALON YOU'VE BEEN  
LOOKING FOR TO FIT YOUR  
ACTIVE LIFE STYLE**

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MTC members  
for those "PR" hairstyles**

**20 St. George St. Portland  
775-2623**

# The Best of 92 - 5K

## MEN - OPEN

Hammond	Paul	14:33	Deering Oaks
Goerberleit	Jayme	14:35	Deering Oaks
Bickford	Stan	14:36	Deering Oaks
Snow	Rusty	14:38	Deering Oaks
Winn	Bob	14:41	Deering Oaks
Crane	Ethan	14:59	Deering Oaks
Hale	Greg	29 14:59	Epsteins
Young	Jeff	15:00	Deering Oaks
Hale	Greg	15:10	Deering Oaks
Bickford	Stan	28 15:13	Epsteins
Dann	Tom	15:18	Deering Oaks
Wakeland	Tim	27 15:19	Epsteins
Winn	Bob	0 15:20	Run For Their Lives
Rand	Glendon	15:30	Deering Oaks
BARNES	JASON	29 15:31	KBIA *
Wettlaufer	Kim	0 15:34	Family Crisis
McGraw	Todd	27 15:37	Epsteins
McGraw	Todd	27 15:49	Joseph's
Muir	Allan	0 15:52	Family Crisis
Meserve	Jeff	33 15:56	Epsteins
Dann	Tom	0 16:00	Run For Their Lives
Deering	Dan	16:01	Deering Oaks
Deering	Dan	30 16:02	Epsteins
Garster	Jim	25 16:02	Epsteins
Leighton	Brent	22 16:02	YORK *
Violette	Charles	21 16:03	Epsteins
Botting	Ken	0 16:06	Family Crisis
Meserve	Jeffrey	33 16:07	Back Bay 5K
Rogers	Cliff	34 16:13	Sunrise Run
Thibault	Roland	0 16:16	Family Crisis
Sullivan	Patrick	0 16:20	Family Crisis
Newbury	Ron	42 16:20	YORK *
Norton	Giles	36 16:24	Epsteins
Meserve	Jeffrey	0 16:24	Run For Their Lives
Libby	Dave	16:26	Deering Oaks
Boulay	Pierre	25 16:26	Helen P Knight
WETTIAUFER	KIM	35 16:26	KBIA *
Dearing	Dan	30 16:30	Joseph's
CRYANS	MICHAEL	41 16:31	KBIA *
KEHOE	PAUL	31 16:31	Lifeline
Churney	Pete	33 16:34	Epsteins
McSorley	Roly	41 16:34	CUTLE
Aretakis	Jon	33 16:37	Sunrise Run
BLIGH	BOBBY	28 16:39	KBIA *
Paul	Merrill	0 16:39	Family Crisis
Lessard	Peter	30 16:44	DYER
Watkins	Thomas	34 16:47	YORK *
Fluet	Stephen	0 16:49	Family Crisis
REEDE	STEVE	44 16:50	KBIA *
Murphy	Todd	25 16:52	Joseph's
Taylor	Rusty	40 16:52	Epsteins
Dana	Joe	15 16:53	Epsteins
Butterfield	Scott	17 16:53	Epsteins

## MEN - 19 & UNDER

Sprague	TJ	16 16:46	Sunrise Run
Dana	Joe	15 16:53	Epsteins
Butterfield	Scott	17 16:53	Epsteins
Love	Awani	18 17:07	Epsteins
Kneeland	Bronson	16 17:33	Sunrise Run
Murphy	Tony	19 17:43	Helen P Knight
Henderson	Cory	15 17:46	Sunrise Run
Taylor	Melvin	19 17:47	Helen P Knight
Ginn	Clifford	16 17:48	YORK *
Ferland	George	18 17:49	Helen P Knight
Bourque	George	16 17:50	Sunrise Run
Dyer	Teague	16 17:51	Joseph's
Good	Jamie	17 17:52	Helen P Knight
Conner	Steve	19 17:53	Epsteins
Locke	Joe	17 17:56	Epsteins
Hanscom	Alfred	15 17:57	Sunrise Run
Richardson	Ryan	15 18:00	Sunrise Run
Wood	Jason	19 18:08	CUTLE
Ganiel	Gladys	15 18:16	CUTLE
O'NEIL	TOM	19 18:21	KBIA *
Calor	Paris	17 18:22	Sunrise Run
Cote	Kirk	19 18:24	Helen P Knight
Grang	Adam	15 18:25	Sunrise Run
Tostado	Joshua	16 18:28	YORK *
Santos	Matt	15 18:30	Epsteins
Dyer	Teague	16 18:31	DYER
Toner	Lee	19 18:37	Helen P Knight
Bennett	Warren	17 18:39	YORK *
Rideout	Kristopher	18 18:40	Epsteins
Goodwin	Bruce	17 18:46	Epsteins
Leighton	John	18 18:47	Sunrise Run
McMorrow	Aaron	13 18:50	Epsteins
Frost	Jamie	18 18:51	Joseph's
Dauphinee	Peter	17 18:52	Epsteins
Maynes	Joel	15 18:52	Back Bay 5K
Colson	Jeremy	15 18:54	Epsteins
Huntington	Michael	16 18:54	DYER
Little	Jeremy	19 18:55	YORK *
Hartford	Michael	16 18:56	Helen P Knight
Stupakswicz	Aaron	14 18:58	Joseph's
Hysler	Bill	16 19:00	YORK *
Wildes	Tim	14 19:02	Joseph's

Higbee	Ethan	13 19:04	Epsteins
Beveridge	Jay	14 19:07	Epsteins
MACOMBER	MICHAEL	15 19:08	KBIA *
Heelan	Joe	14 19:12	YORK *
Rothwell	Matthew	15 19:19	YORK *
LISA	OWEN	15 19:26	KBIA *
Frost	James	18 19:26	Epsteins
Murphy	Robert	16 19:27	YORK *
Cartier	Justin	19 19:33	Helen P Knight
Lamoureux	Shawn	17 19:33	CUTLE
Deschaine	Jason	19 19:38	Back Bay 5K
Carr	Matt	16 19:41	Epsteins
Oickle	Brian	15 19:42	Back Bay 5K

## MEN - 40+

Newbury	Ron	42 16:20	YORK *
CRYANS	MICHAEL	41 16:31	KBIA *
McSorley	Roly	41 16:34	CUTLE
REEDE	STEVE	44 16:50	KBIA *
Taylor	Rusty	40 16:52	Epsteins
Blomquist	Peter	40 16:54	YORK *
Reed	Steve	45 17:03	TT5K *
Taylor	Rusty	40 17:18	Helen P Knight
Taylor	Rusty	40 17:26	Joseph's
Ranault	Dave	43 17:27	Epsteins
CROTEAU	JOEL	48 17:35	KBIA *
Walton	Conrad	53 17:38	Helen P Knight
Noyes	Lawson	50 17:40	YORK *
Tonzi	Larry	45 17:45	Helen P Knight
Noyes	Lawson	50 17:49	Back Bay 5K
Esty-Kendall	Judson	42 17:49	Epsteins
Feeney	Gary	47 17:50	Helen P Knight
Saloranto	Risto	42 17:57	Epsteins
DEVOU	BILL	44 17:57	Lifeline
Roberge	Guy	40 18:07	Back Bay 5K
Smith	Dennis	42 18:08	Back Bay 5K
Devou	Bill	44 18:10	TT5K *
Devou	Bill	43 18:11	Back Bay 5K
Payne	Bob	53 18:12	Epsteins
McDonald	Steve	40 18:13	Epsteins
Libby	Paul	43 18:18	Helen P Knight
McDonald	Steve	41 18:19	Helen P Knight
Sweeney	Michael	40 18:22	YORK *
ROBERGE	GUY	41 18:28	Lifeline
Tostado	Joe	40 18:28	YORK *

## MEN 50+

Walton	Conrad	53 17:38	Helen P Knight
Noyes	Lawson	50 17:40	YORK *
Noyes	Lawson	50 17:49	Back Bay 5K
Payne	Bob	53 18:12	Epsteins
McKenney	Dick	50 18:44	YORK *
COUGHLIN	BOB	53 18:51	Lifeline
McFadden	Bion	52 18:59	Sunrise Run
Hildreth	Greg	50 19:00	CUTLE
Opitz	HM	53 19:06	Epsteins
Pinkham	Bill	50 19:09	Sunrise Run
Connors	Russ	60 19:35	TT5K *
Beaudoin	Michael	50 19:39	TT5K *
Cummings	Dick	54 19:46	Joseph's
Cummings	Dick	54 19:46	Epsteins
Bastow	Peter	56 19:46	TT5K *
BEAUDOIN	MICHAEL	50 19:54	Lifeline
Green	Bob	60 20:00	DYER
Bragg	Frank	50 20:01	Epsteins
Hildreth	Greg	50 20:01	Epsteins
Cummings	Dick	54 20:03	Back Bay 5K
Gillespie	Robert	53 20:03	DYER
Shinknin	William	54 20:08	YORK *
SMITH	DAVE	51 20:14	Lifeline
Gillespie	Robert	53 20:18	Joseph's
Bastow	Peter	55 20:25	DYER
Ireton-Hewitt	Jack	54 20:36	Back Bay 5K
LeRoy	John	55 20:39	Joseph's
Cummings	Dick	55 20:50	DYER
Paquette	Ron	51 20:53	Joseph's
KLEEMAN	FRANCIS	58 20:54	KBIA *
Drinkwater	Stan	51 20:55	Epsteins
LeRoy	John	55 21:00	TT5K *
Michaud	Gerald	50 21:01	Epsteins
MCCALMON	BILL	50 21:17	KBIA *
WESTERGREN	GARY	52 21:31	KBIA *

## MEN - 60+

Connors	Russ	60 19:35	TT5K *
Green	Bob	60 20:00	DYER
SCONTRAS	PETER	63 21:52	KBIA *
GILBRIDE	JOHN	61 22:23	Lifeline
Bradley	Russ	69 22:36	TT5K *
Mendell	Carlton	70 22:38	Joseph's
Mendell	Carlton	70 22:42	Back Bay 5K
Mendell	Carlton	70 23:04	Run For Their Lives
Curtis	Keith	63 23:22	Joseph's
Aubin	Joe	64 24:11	Epsteins
BAXTER, SR.	RALPH	60 24:11	Lifeline
Curtis	Keith	63 24:25	DYER
Losier	Martin	69 24:28	YORK *
Mendell	Carlton	70 24:03	DYER

Hurst	Jim	62	25:07	CUTLE
Rose	Larry	61	25:21	YORK *
Zazera	Frank	62	25:48	YORK *
LAFLAMME	JOHN	64	26:08	KBIA *
Lawlor	Bill	67	26:33	Epsteins
D'Amboise	Paul	62	26:43	TT5K *
DOW	RICHARD	61	27:00	KBIA *
Peters	Louis	67	27:20	YORK *
Bailey	Milton	73	29:06	Helen P Knight
KEHOE	JACK	65	29:32	KBIA *
REMAR	IRVING	62	31:16	Lifeline
Thomas	Widge	68	31:18	TT5K *
LONG	FRANK	75	32:21	Lifeline
Long	Frank	75	33:00	TT5K *
Clapper	Charles	62	35:34	Epsteins
Pelkey	Norman	76	39:11	Epsteins
Paulson	Paul	65	39:36	Joseph's
Paulson	Paul	67	40:05	Epsteins
ROLFE	LAWRENCE	84	50:50	Lifeline

#### OPEN WOMEN

Meserve	Tina	25	17:11*	Back Bay 5K
Meserve	Tina	25	17:13*	Epsteins
Meserve	Tina	25	17:23*	WDF *
Dubord	Eddie	34	17:30*	Joseph's
Dubord	Eddie	34	17:35*	WDF *
Meserve	Tina	0	17:39*	Run For Their Lives
Dubord	Eddie	33	17:41*	Epsteins
Ganiel	Gladys	15	17:53	Sunrise Run
Nealey	JoAnne	31	17:59*	Epsteins
Binette	Wanda	26	18:08*	WDF *
Binnette	Wanda	25	18:22*	Epsteins
Snow-Reaser	Christine	0	18:22*	Family Crisis
Dubord	Eddie	34	18:33*	DYER
Shue	Marty	24	18:37*	TT5K *
Snow-Reaser	Christine	26	18:39*	YORK *
Hawkins	Susan	36	18:43*	Epsteins
Shue	Marty	24	18:44*	WDF *
Geary	Kathy	35	18:48*	YORK *
Dean	Kathy	0	18:54*	Run For Their Lives
Binette	Wanda	25	18:59*	Back Bay 5K
Hackett	Jeanne	33	19:02*	Epsteins
Ellis	Meredyth	43	19:02*	YORK *
Clapper	Margaret	29	19:04*	TT5K *
Clapper	Margaret	28	19:08*	Back Bay 5K
Jenkins	Kathy	32	19:15*	WDF *
Whittier	Sue	34	19:20*	Epsteins
Bowden	Ellen	39	19:21*	WDF *
Emery-Rappa	Robin	45	19:22*	Epsteins
Lamontagne	Jeanne	0	19:23*	Family Crisis
Meehan	Mary	26	19:23*	WDF *
Weeks	Carol	43	19:27*	WDF *
Emery	Paula	35	19:30*	Epsteins
Corsetti	Coreen	27	19:30*	WDF *
MCCREA	RHONDA	27	19:31*	Lifeline
Chabot	Katherine	19	19:31*	WDF *

#### WOMEN - 19 & UNDER

Ganiel	Gladys	15	17:53	Sunrise Run
Chabot	Katherine	19	19:31*	WDF *
MILLER	CYNTHIA	16	20:31*	KBIA *
Donovan	Danielle	12	20:39*	Helen P Knight
Anderson	Eleanore	15	20:43*	Epsteins
Toner	Cindy	17	20:46*	Helen P Knight
Toner	Gail	15	21:11*	Helen P Knight
ROSENBERG	ERIN	17	21:17*	KBIA *
SULLIVAN	LAUREN	18	21:18*	KBIA *
MAIN	KARA	17	21:22*	KBIA *
Moryan	Willow	16	21:47*	Joseph's
Cashman	Sara	17	21:49	Sunrise Run
Cashman	Sarah	17	21:54*	CUTLE
Armstrong	Laura	17	22:08*	YORK *
Bayrd	Venice	14	21:50	Sunrise Run
THOMPSON	ERIN	16	22:11*	KBIA *
Toner	Nancy	14	22:14*	Helen P Knight
Gilman	Caroline	15	22:14*	WDF *
Collins	Meghan	10	22:16*	Joseph's
Smith	Trina	15	22:29*	Epsteins
DIRUBBO	PAULA	16	22:43*	KBIA *
Baehner	Morgan	13	22:52	Sunrise Run
Curtis	Alysa	14	23:00*	WDF *
Hutchison	Tamara	16	23:02*	WDF *
Dyer	Tinia	15	23:14*	Joseph's
Evans	Leah	18	23:15*	WDF *
Smith	Melissa	12	23:16	Sunrise Run
Andrews	Jessica	17	23:22*	WDF *
Lathrop	Renee	14	23:44*	WDF *
Evitt	Natasha	18	23:50*	Back Bay 5K

#### WOMEN - 40+

Ellis	Meredyth	43	19:02*	YORK *
Emery-Rappa	Robin	45	19:22*	Epsteins
Weeks	Carol	43	19:27*	WDF *
Weeks	Carol	43	20:04*	Epsteins
Hogan	Carol	41	20:05*	WDF *
Nappi	Gayle	40	20:07*	WDF *
Weeks	Carol	43	20:10*	Back Bay 5K
Mosel	Carol	42	20:17*	CUTLER
Rau	Jane	42	20:20*	Epsteins
Hogan	Carol	20:20*	Run For Their Lives	
Lund	Nancy	40	20:37*	WDF *
Nappi	Gayle	40	20:47*	TT5K *
Sequin	Brigitte	44	20:48*	Epsteins
Edquid	Brigitte	44	20:50*	WDF *
RAU	JANE	42	20:57*	Lifeline
Bugyl	Judith	46	21:00*	DYER
Lund	Nancy	40	21:20*	Epsteins
Allen	Pauline	42	21:35*	Epsteins
Lagin	Nancy	42	21:41*	DYER
Gagnon	Faye	47	21:43*	WDF *
DERMON	KAROL	46	22:04*	KBIA *
Smith	Peggy	44	22:08*	Epsteins
Smith	Cynthia	45	22:15*	WDF *
Dolley	Jane	44	22:29*	WDF *
Lausier	Joan	48	22:30*	WDF *
LAUSIER	JOAN	48	22:54*	Lifeline
Merriam	Joan	43	22:56*	Epsteins
Gilman	Connie	45	22:59*	WDF *
McNamara	Daria	43	23:10*	WDF *
HODNETT	SANDRA	44	23:13*	KBIA *
Downing	Terri	41	23:16*	WDF *
DISANZA	BETTY	43	23:20*	KBIA *
Andrews	Cindy	40	23:21*	WDF *
DeVos-Dunn	Aletha	50	23:27*	WDF *
GUILLEMETTE	ELAINE	42	23:31*	KBIA *
COMERFORD	MARGUERITE	52	23:43*	KBIA *
Trudo	Pamela	40	23:48*	WDF *
Pohlman	Donna Jean	41	23:52*	Joseph's
Coughlin	Barbara	48	23:52*	Back Bay 5K

#### WOMEN - 50+

SMYTHE	HEATHER	51	1:02:*	KBIA *
DeVos-Dunn	Aletha	50	23:27*	WDF *
COMERFORD	MARGUERITE	52	23:43*	KBIA *
Stokes	Nancy	65	24:42*	YORK *
Sayres	Wendy	58	25:52*	WDF *
Amory	Sally	67	26:19*	WDF *
Kenniston	Polly	55	26:20*	WDF *
Kenniston	Polly	55	26:28*	Back Bay 5K
Evans	Kay	51	27:17*	WDF *
WASHBURN	GWEN	50	28:07*	KBIA *
Brownell	Mead	61	28:09*	WDF *
Ryder	Ashley	63	28:13*	WDF *
BLAKE	KATIE	51	28:30*	KBIA *
Paterson	Sally	50	28:35*	Back Bay 5K
Russell	Marlene	50	28:37*	WDF *
Getchell	Teresa	56	28:57*	WDF *
Soule	Maggie	51	28:57*	TT5K *
Gagne	Marianne	51	29:09*	YORK *
Clapper	Leona	62	29:12*	Epsteins
Moynahan	Pat	52	29:26*	TT5K *
Gran	Janice	52	29:27*	Epsteins
Soule	Maggie	51	29:27*	WDF *
Moynahan	Patricia	52	29:39*	WDF *

#### WOMEN - 60+

Stokes	Nancy	65	24:42*	YORK *
Amory	Sally	67	26:19*	WDF *
Brownell	Mead	61	28:09*	WDF *
Ryder	Ashley	63	28:13*	WDF *
Clapper	Leona	62	29:12*	Epsteins
Billings	Delores	62	29:40*	Epsteins
DeTroy	Christine	63	30:04*	WDF *
Stetson	Nora	64	30:15*	WDF *
Brazier	Joan	60	32:46*	WDF *
Brown	Mardie	75	35:30*	WDF *
CHICK	PATRICIA	66	35:45*	KBIA *
McKinnon	Beverly	70	37:24*	Epsteins
Brown	Mardie	75	38:29*	Joseph's
Baxter	Gerry	62	40:00*	Epsteins
LONG	MARY	68	41:05*	Lifeline
DUFOUR	FERN	68	44:33*	Lifeline
YATES	BARBARA	61	47:17*	KBIA *
CRICHTON	PHYLLIS	66	50:49*	Lifeline
GUE	MARTHA	69	54:01*	KBIA *
Forni	Mary	76	56:00*	Epsteins
Cyphers	Patricia	70	65:16*	Epsteins

**Mainly Running Subscription + TAC Membership**  
**Only \$25 (23 for youth)**

# Oyster Festival 5 Mile \* Damariscotta \* July 11

The high humidity added challenge to this year's race. Good to see Danny Paul running well. Doug Ludewig had one of the few performances of the day & won the 50-59 division. Moderately challenging, this course has a lot of character. It starts out of town, around a lake and then finishes in downtown Damariscotta. The finish and awards are on the water. A parade adds to the atmosphere. Hopefully, we can obtain the results sooner next year. TAC certified

1 Tim	Ensign	26:52	69 Michael	Giglia	37:08	108 Tim	Osgood	41
2 Danny	Paul	27:12	70 Tor	Glendinning	37:10	109 Dick	Thornton	41
3 Joshua	Hana	27:29	71 Gary	Fisk	37:15	110 Donna Jean	Pohlman	48
4 Shaun	Keenan	28:01	72 Helen	Meurer	37:16*	111 David	Beaulieu	48
5 Tom	Thibeau	28:07	74 Ralph	Fowler	37:20	112 Nancy	Lovetere	41
6 Sean	Galipeau	28:45	74 Thomas	Fowler	37:21	113 Tom	Collins	42
7 Brendon	Connolly	29:08	75 James	Thornton	37:34	114 Joanie	Rhoda	42
8 Mitchell	Lovekins	29:18	76 Don	Brewer	37:38	115 Pete	Stees	42
9 Ross	Cameron	30:14	77 Carlton	Mendell	37:49	116 Nancy	Klein	42
10 Doug	Ludewig	30:30	78 Al	Mesrobian	37:53	117 Kevin	Sullivan	42
11 Randy	Spencer	30:43	79 Dara	Jones	38:10*	118 Kevin	Bresnahan	42
12 Denis	Poulin	31:03	80 Brenda	Bolan	38:29*	119 Scott	MacDonald	42
13 Hutch	Stees	31:05	81 Kim	Lynch	38:30*	120 Tom	Hicks	43
14 Jeffrey	Parrish	31:12	82 Bill	Tribou	38:31	121 Sydney	Davis	43
15 Tom	Carty	31:21	83 Raymond	Oneglia	38:45	122 Karen	LaCasse	43
16 David	Ersted	31:22	84 Steve	Woodworth	38:50	123 Mike	Foley	43
17 Chris	Reed	31:23	85 Walter	Dick	38:59	124 Sally	Stees	44
18 Dennis	Klein	31:24	86 Donna	Murray	39:15*	125 Kevin	Kelly	44
19 Phil	Pierce	31:37	87 Jerry	Saint Amand	39:16	126 Judy	LaCava	44
20 Mike	Daly	31:52	88 Judy	Wynner	39:21*	127 Clinton	Wilkins	45
21 John	Manzer	31:53	89 Fran	Hanley	39:33*	128 Mauce	Hyson	45
22 Harrison	Vreeland	32:04	90 Clint	Stees	39:52	129 Alice	Guttentag	45
23 Bil	Paulisko	32:09	91 Eric	Engdahl	39:53	130 Dan	Mocarski	45
24 Ray	Murray	32:13	92 Ginger	Wheeler	40:01*	131 Lauren	Mangina	45
25 Gregor	Hayes	32:14	94 Stuart	Thompson	44:02	132 Anthony	Cetta	45
26 Gary	Genthiner	32:18	95 Bruce	Fowles	40:04	133 Joseph	Guttentag	45
27 Mary	Meehan	32:25*	96 Rody	Flanagan	40:04	134 Benji	Knisley	46
28 Robert	McKay	32:38	97 Will	Bribou	40:10	135 Robert	Wyman	47
29 Ray	MacFarland	32:42	98 William	Tribou	40:11	136 David	Matteson	48
30 Joe	McGum	32:45	99 Veronica	Knapick	40:16*	137 June	Kinney	48
31 Adam	Guttentag	23:46	100 Mark	Dalrute	40:19	138 Gwen	Parrill	50
32 Mahlon	Libby	32:47	101 Darca	Boom	40:19*	139 Joseph	Griffin	50
33 Paul	Loring	32:52	102 Paul	McFarland	40:20	140 Harvey	Mason	51
34 John	Roy	32:59	103 Judy	Manning	40:25*	141 Linda	Bean	51
35 Steve	Pinkham	32:03	104 Bryan	Boyd	40:47	142 Lester	Rhodes	57
36 Craig	Haggett	33:05	105 Jim	Doyle	40:49	143 Robert	Kauserud	61
37 Hadley	Austin	33:13	106 John	Voorhees	41:18	144 Rachel	Kausberud	65
38 Dave	McManus	33:20	107 Amanda	Russell	41:18*	145 Lynn	Peters	65
39 Mike	Dixon	33:29						
40 Peter	Leonard	33:30						
41 B.J.	Russell	33:33						
42 Kelly	Albers	33:45*						
43 Marty	Albers	33:45						
44 Eileen	Dunfey	34:01*						
45 Dick	Cummings	34:23						
46 J.	Gwinn	34:24						
47 Kathy	McCosh	34:28*						
48 Ron	Paquette	34:31						
49 Lee	Cunningham	34:39						
50 Jason	Davis	34:39						
51 Andrew	Mocarski	34:43						
52 Robert	Rines	34:44						
53 Ron	Beard	34:58						
54 David	Bean	35:01						
55 John	LeRoy	35:12						
56 Nancy	Ellis Duffy	35:28*						
57 Mary	Hendricks	35:39*						
58 Doug	Pennock	35:44						
59 Carl	Goldkamp	35:58						
60 Paul	Yates	36:06						
61 Donald	Phillips	36:29						
62 David	Lindsey	36:31						
63 Russ	Bradley	36:34						
64 Harold	Tucker	36:36						
65 Bill	Peck	36:39						
66 Cindy	Cheney	36:41*						
67 Dick	Miles	36:47						
68 Gail	Reinertsen	36:59*						

## EYE ASSOCIATES

Dr. Ronald M. Cedrone  
Dr. Steven A. Goldstein  
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Saturday 9:00-1:00

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## Cape Elizabeth Biathlon \* Sept 27th

	swim	run	total
1 Dave Bright	15:10	17:30	32:40
2 Russ Connors	21:40	11:20	33:00
3 Eileen Dunfey	18:50	14:10	33:00
4 David Benn	17:35	15:55	33:30
5 Emily Bugbee	16:40	18:50	35:30
6 John Woods	21:15	15:00	36:15
7 Michael Efron	21:00	16:00	37:00
8 Sue Themeyer	18:50	20:00	38:50
9 Jim Harnden	22:15	17:00	39:15
10 Mark Simonds	19:15	20:00	39:15
11 Nancy Ziegler	19:20	20:30	39:50

12 Mary Doherty	21:15	21:30	42:45
13 John Fitzgerald	20:10	23:50	44:00
14 Deb Hutson	21:45	22:45	44:30
15 Pat Patterson	29:00	24:00	53:00
16 Wendy Carrick	21:25	37:35	59:00
17 JB Whipple	15:15	43:45	59:00
18 Nell Wing	19:30	52:10	72:00
19 Dulcie Burke	16:10		
20 Joe Croteau	20:00		
21 Ann Marie	20:40		

results from the Maine Masters Swim Club Newsletter



**Tom Hicks (85) of Damariscotta & Scott MacDonald of Newcastle**



**Kim Lynch of Wiscasset & Al Mesrobian of Bath enjoy their favorite magazine**



**So Bristol's Joe Guttentag**



**Gardiner's Havey Mason talks to Russ Bradley (38) of Cape Elizabeth**



**Clint & Hutch Stees**



**Nancy Ellis Duffy**



**The start was humid!!**



**Winners - Danny Paul & Mary Meehan**

# York Day Road Race \* 5K \* August 2nd

The running race was preceded by an in-line skating race. There were a few skaters from teams but most of the participants were novices. With all the people owning skates, it seems that we should be seeing more of these races, but it's almost like having a bike. They travel almost as fast and share some of the same traffic concerns. All the running races in York offer great views and are not as most Maine courses. This was a beautiful sunny day but a bit hot for good performances. Ron Newbury, master's winner, and L Noyes, 50-59 winner, had good times. Course TAC certified ME 85014 JMC

results courtesy York Recreation Dept														
1	Leighton	Brent	22	16:02	73	Belaïdi	Hakin	34	21:41	146	Ioia	Anthony	49	24:25
2	Newbury	Ron	42	16:20	74	Adams	Mark	25	21:46	147	Cullinane	John	48	25:25
3	Watkins	Thomas	34	16:47	75	Hanley	Michael	31	21:48	148	Restuccia	James	34	25:25
4	Blomquist	Peter	40	16:54	76	Dubois	Laurie	28	21:50*	149	McBride	John	39	25:25
5	Naugh	Kenyon	21	17:07	77	Higgins	Scott	39	21:53	150	Dinola	Mark	35	25:25
6	Hutch	Ted	27	17:30	78	Schenck	Nicholas	15	21:54	151	Englund	Dave	18	25:25
7	Noyes	Lawson	50	17:40	79	Rivers	Clif	51	21:55	152	Rose	Larry	61	25:25
8	Ginn	Clifford	16	17:48	80	Cynewski	Lolri	29	22:01*	153	Davidson	Ralph	48	25:25
9	Dubois	John	31	17:49	81	Pierce	George	43	22:02	154	Strawbridge	Carl	42	25:25
10	Hodgens	Michael	28	17:56	82	Maddy	Barry	36	22:06	155	Knight	Karen	31	25:25
11	Demers	John	34	18:08	83	Armstrong	Laura	17	22:08*	156	Montebault	Sean	17	25:25
12	Bartlett	Randy	36	18:12	84	Laverdiere	Andrew	41	22:11	157	Read	Ronald	50	25:25
13	Evans	David	39	18:18	85	Quinn	Laura	30	22:15*	158	Evans	Keith	28	25:25
14	Sweeney	Michael	40	18:22	86	Lauler	Dennis	33	22:18	159	Haynes	Robin	30	25:25
15	Tostado	Joshua	16	18:28	87	Liberty	Debra	37	22:19*	160	Kennedy	Jim	46	25:25
16	Tostado	Joe	40	18:28	88	unknown		0		161	Privetera	Victor	45	25:25
17	Azulay	Robert	31	18:33	89	Long	Hal	13	22:32	162	Zazera	Frank	62	25:25
18	MacArthur	John	35	18:34	90	Biagioni	Jim	16	22:34	163	Reddy	Mike	31	25:25
19	McKenney	Dick	50	18:44	91	Buscemi	Craig	36	22:40	164	Barrons	Bill	59	25:25
20	Caron	Jean	24	18:36	92	Schenck	Tom	11	22:47	165	Jones	Pam	29	25:25
21	Stern	Mark	46	21:38	93	Atherton	Peter	45	22:48	166	Quinn	Jim	48	25:25
22	Miller	George	47	18:38	94	Holt	Bill	36	22:49	167	Mitchell	Dawn	29	26:25
23	Bennett	Warren	17	18:39	95	Miller	Marlaine	34	22:49*	168	Deschambeault	Normand	48	26:25
24	Snow-Reaser	Christine	26	18:39*	96	Stevenson	David	52	22:50	169	Armstrong	Grant	17	26:25
25	Could	John	30	18:43	97	Brake	bill	37	22:52	170	Knight	David	47	26:25
26	Geary	Kathy	35	18:48*	98	Moynihan	Barbara	35	22:53*	171	Heathco	Joe	24	26:25
27	Hurlburb	Lloyd	44	18:49	99	Hawk	Brian	34	22:55	172	Curdero	Tammy	23	26:25
28	Little	Jeremy	19	18:55	100	Guilmette	Tom	33	22:57	174	Geremia	Carol	29	26:25
29	Hysler	Bill	16	19:00	101	Leeman	Don	43	22:58	175	Hult	Britta	12	26:25
30	Restuckia	Larry	41	19:01	102	Rezcke	Michael	30	22:59	176	Hult	Manya	47	26:25
31	Ellis	Meredyth	43	19:02*	103	Buscemi	Louise	37	23:02*	177	Geremia	Steve	30	26:25
32	Rico	Dan	28	19:11	104	Liberty	Evan	9	23:05	178	Laverdiere	Becki	39	26:25
33	Heelan	Joe	14	19:12	105	Liberty	Brian	37	23:05	179	Carter	Holly	35	26:25
34	Rothwell	Matthew	15	19:19	106	Houser	Suelene	29	23:06*	180	Laramee	Alison	20	27:25
35	Church	Fred	39	19:24	107	Cieslowski Jr	Richard	21	23:11	181	Hedges	Maureen	37	27:25
36	Murphy	Robert	16	19:27	108	Reddy	Tom	34	23:19	182	Share	Sam	14	27:25
37	Dumfey, Jr	Robert	41	19:27	109	Long	Harold	45	23:25	183	Peters	Louis	67	27:25
38	Jackson	James	36	19:29	110	Liorente	Armando	36	23:27	184	Chayra	Chris	15	27:25
39	Faut	Ken	40	19:38	111	Henson	Elizabeth	13	23:27	185	Harrington	David	51	27:25
40	Flaherty	Peter	40	19:39	112	Scott	Almeda	32	23:27	186	Gagne	Jim	11	27:25
41	Hill	John	43	19:41	113	Gonzalez	Roger	47	23:29	187	Bolis	Elizabeth	18	27:25
42	Gonzalez	Sergio	29	19:43	114	Scott	Brad	33	23:29	188	MacArthur	Catherine	35	27:25
43	Taylor	Bret	17	19:45	115	Robinson	Paul	48	23:41	189	Bartlett	Jim	44	27:25
44	Donati	Peter	36	19:45	116	Cohen	Andrew	42	23:44	190	Dow	Pamela	32	28:25
45	St. Hillaire	Dennis	47	19:48	117	Zis	Steve	31	23:46	191	Gurtman	Carl	48	28:25
46	Dube	Kevin	33	19:50	118	Craig	Bill	48	23:48	192	Croteau	Frank	53	28:25
47	Cauchon	Darryl	33	19:53	119	Sorenson	Paul	37	23:50	193	Bowen	Cynthia	32	28:25
48	Drost	Cory	15	19:54	120	Levesque	Diane	39	23:53	194	Bowen	Robert	34	28:25
49	Crompton	Matt	36	19:55	121	Burke	Mary	41	23:57	195	Davis	Jim	41	28:25
50	Gamache	Kim	37	20:01	122	Allen	David	57	24:00	196	Roeder	Katherine	39	28:25
51	Balesta	Peter	49	20:02	123	Stevenson	Gerdi	53	24:04	197	Cena	Dolly	30	28:25
52	Shinknin	William	54	20:08	124	Vallee	Janet	29	24:05*	198	Gagne	Marianne	51	29:25
53	Balentine	Matt	16	20:09	125	Parkinson	Janet	40	24:06*	199	Miller	Diane	39	29:25
54	Johnson	David	32	20:10	126	Kasenko	Nicki	23	24:10*	200	Cram	Milton	41	29:25
55	Spafford	Geoffrey	40	20:11	127	Darr	David	45	24:14	201	Mayall	David	52	29:25
56	McCaffrey	Brian	42	20:24	128	Quinn	Bill	55	24:18	202	Reardon	Brendon	9	29:25
57	Ahokas	Curtis	39	20:26	129	Webster	Wendy	20	24:26*	203	Jones	David	54	30:25
58	Powers	Gary	31	20:31	130	Losier	Martin	69	24:28	204	Poh	Stephanie	29	30:25
59	St. Lawrence	Shaun	17	20:40	131	Boyle	G.	55	24:31	205	McDonagh	Cathy	29	30:25
60	Goss	Gary	46	20:44	132	Coupl	Susan	28	24:32*	206	LeDonne	Suzanne	19	30:25
61	Boucher	Gerard	39	20:48	133	Rowley	Philip	47	24:39	207	Connatelli	Debbie	25	30:25
62	Strawbridge	Patrick	17	20:54	134	Armstrong	Bruce	50	24:40	208	Cannatelli	Denise	23	31:25
63	Morin	Lori	34	21:01*	135	O'Brien	Leslie	37	24:40*	209	Davis	Stephanie	17	31:25
64	Grant	John	48	21:10	136	Sullivan	Kathleen	31	24:41*	210	Cram	Barbara	42	31:25
65	Henson	Steve	42	21:12	137	Stokes	Nancy	65	24:42*	211	Cieslowski	Matt	16	31:25
66	Clark	Alison	38	21:13*	138	Duplisea	David	39	24:43	212	Durkin	Pam	27	31:25
67	Dow	Joe	33	21:17	139	Morris	Karen	28	24:45*	213	Durkin	Kevin	27	31:25
68	Taylor	Rick	38	21:27	140	Olson	Bill	29	24:46	214	Shaw	Robin	50	33:25
69	Nicholas	Laurie	24	21:28*	141	Quinn	Joseph	57	24:50	215	Benton	Julie	34	33:25
70	King	Frank	38	21:31	142	Maschi	Paul	44	24:51	216	Reardon	Kate	11	33:25
71	Wachter	Richard	29	21:33	143		Thomas	37	24:52	217	Long	Dottie	39	33:25
72	Schachat	Andrew	37	21:38	144	Zawacki	Melinda	38	24:52*	218	Walenty	Maggie	23	33:25
					145	Armstrong	Susan	41	24:53*	219	Cieslowski	Richard	49	33:25

## Season's Greetings \*5.5 miles \* Madison \* Dec 5

1	Randy Wilson	39	34:17	9	Bob Hagopian	45	40:04	17	David Benn	47	42:35
2	Walter Crockett	33	34:18	10	Brett Hogopian	16	40:04	18	Carlton Mendell	71	43:25
3	Ray Johnson	44	34:54	11	Nancy Lagin	42	40:58*	19	Louisa Dunlap	52	44:35
4	Gaeton Roy	41	35:47	12	Mark Doucette	31	41:35	20	Mike Kay	42	45:35
5	Raul Siren	47	38:09	13	Dick Miles	37	41:50	21	Karen LaCasse	37	49:35
6	Karl Brantner	37	38:54	14	Kris Ryding	29	41:57*	22	Jim Garland	44	52:35
7	David Wilson	48	39:35	15	Jim Moore	49	42:13	results courtesy Central Maine			
8	Ray MacFarland	28	39:55	16	Geoff Hill	45	42:58	Striders newsletter, "The Interval"			

# THE BLISTERED FOOT

## Maine TAC's Newsletter

President: Adrian Wadsworth - 224-8240

Vice-President: Ron Kelly - 883-2747

Membership & Sec.: David Thornton - 623-3682

Treasurer: Paul Boulanger - 783-0206

Adult T & F: Jon Sinclair - 780-3623

Male Athlete Rep: Roland Ranson - 581-1079

Female Athlete Rep: Martha Thornton - 623-3682

Women's Team Maine: Marj Podgajny - 725-8767

Men's Team Maine: Steve Podgajny - 725-8767

Racewalking Chair: Tom Eastler - 778-6703

Officials Registration: Pat Droney - 353-5927

## The President's Corner

*Adrian Wadsworth*

*On December 23, 1992 Maine TAC lost a true friend when Justin Smith of Belfast was killed in an automobile accident on route 3 in Belfast.*

I was first drawn to TAC because of a child becoming involved in JO's. As I began to attend meets, I recognized certain faces as always seeming to be there. Whether at a state meet or at a regional meet somewhere else in New England, Justin Smith was one of those that always seemed to be there. He was easily recognized by his lean frame, white hat and weathered face trimmed by a white beard. In time I got to meet and know Justin Smith and learned that the finish line was his favorite place. His soft smile and firm hand shake soon became a familiar part of Maine TAC for me.

He had a genuine interest in our youth and followed their development through high school and beyond. Those young people who continued their running into college and competed in Maine were under his watch at Colby, Bates and Bowdoin. In addition, he had worked the ICAA's when they were held at Yale and Villanova, and Justin regularly worked meets at Brown, Dartmouth and Harvard.

Justin's interest and commitment went beyond the meets and extended to the administrative side of Maine TAC. Until recently he had been a regular attendee at our Executive Committee meetings. Several years ago, when our newsletter was still a concept, Justin provided us with its name the "Blistered Foot". I know that I will miss his occasional notes with suggestions and news updates.

On November 8, 1992, Justin worked the finish line at our state championship meet held at Maranacook. He spent the entire day gathering the results and taking them inside to be tabulated. It was a cold day, but he worked each and every race, refusing each offer of a break. He always put the athletes and the event ahead of personal comfort.

I am sure that there are many of you that knew Justin and have your own story to tell of how he touched your life. Over the last 12 plus years, at TAC meets, high school meets and NCAA meets, he has been a part of Maine athletics. Almost every track and cross country athlete to compete at the state level during that time has been by his watch. His ability to keep things in perspective and to maintain his sense of humor always made life easier for the rest of us. I shall miss him. His family has requested that any donations be made to Amnesty International in his name.

### Don't Forget.....

**February 27th 2pm**

**Maine TAC**

**Indoor T&F Championships**

**Bowdoin College, Brunswick**

See January issue of the Blistered Foot or Mainely Running for flyer  
or call: TAC office 623-3682

or Meet Director David Watson 443-6171

### Other Events:

Feb 6	US World Cross Country Team Trials	Sandy, OR
Feb 26	USA/Mobil Indoor T & F Championships	New York
Fer 27	100 Kilometer National Championships	New York
March 12-14	IAAF World Indoor T & F Championships	Toronto
March 19-21	USA T & F Association Workshop	Las Vegas
March 28	IAAF World Cross Country Championships	Spain
March 28	US World Cup Race Walk 10K/20K Trials	Washington
April 24-25	IAAF World Cup Race Walk Championship	Mexico
June 15-19	USA/Mobil Outdoor T & F Championships	Eugene
July 27-Aug 1	USA T&F Junior Olympic T&F	Baton Rouge

## MAINELY RUNNING SUBSCRIPTION FORM

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

Telephone \_\_\_\_\_ Sex \_\_\_\_\_ US Citizen \_\_\_\_\_  
Check Applicable Sport(s) T&F \_\_\_\_\_ LDR \_\_\_\_\_ RW \_\_\_\_\_  
(Track & Field-Long Distance Running-Racewalking)

Signature \_\_\_\_\_

Today's date \_\_\_\_\_ check the applicable box

One year subscription (10 issues) \$17.50 \_\_\_\_\_

Maine TAC membership \$10 \_\_\_\_\_ youth \$8 \_\_\_\_\_

Subscription & TAC \$25 \_\_\_\_\_ youth \$23 \_\_\_\_\_

Date of Birth \_\_\_\_\_ Club \_\_\_\_\_

TAC memberships are from January 1 through December 31

I certify that in accordance with the rules of TAC and the IAAF, I am eligible to compete in the indicated sports.

Send with check to: MAINELY RUNNING, 2 Howards Hill Rd, Brunswick ME 04011 (207)725-8680

# TAC Jr Olympics Region 1 X-C Championships

Saratoga Springs NY \* November 22nd

Maine TAC had 165 entries for the region 1 championship with many great performances. Out of 10 divisions Maine took four 1st, one 2nd and one 3rd. Are we great or are we great!!! The day was overcast with a wet course. Almost everyone ended up very muddy.

results courtesy Ron Kelly				21:06				1			
Bantam Boys				Intermediate Boys				Ace			
9	Evan Hall	MDI	11:48	1	Jeremy Howard	Lakers	16:18	6	Robin Bates	ACE	1
28	Jerry Johnson		12:19	8	Rodney Hemingway	Lakers	16:58	7	Morgen Buehner	ACE	1
30	Michael Downing	Gorham	12:24	10	Matt Lane	Lakers	17:04	12	Debbie Randall		1
34	Joshua Tozier	MDI	12:40	11	Jessie Randell	Lakers	17:04	15	Michele Henningsen		1
35	Chad McLean		12:42	12	Brian Christianson	Lakers	17:05	19	Mattie Lord	ACE	1
38	Tyler Finck	Gorham	12:44	16	Richard Hemingway	Lakers	17:14	22	Kristen Brady		1
46	Conor Beliveau	MDI	13:05	18	Rudy Albert	Lakers	17:21	23	Emelia Chabot	ACE	1
50	Owen Black	Chebeaque	13:11	20	Shane Heathers	Lakers	17:25	24	Jennifer Patterson	Lakers	1
52	Scott Wespi		13:14	24	Mike Calazzo	Lakers	17:33	37	Earlene Weureuther	ACE	1
56	Eamon Gallagher	Auburn	13:28	28	Josh Libby	Lakers	17:40	38	Ember Bresius	Lakers	1
63	Shannon Perkins	Yarmouth	13:48	35	Tim Wildes	Lakers	17:58	39	Venice Bayrd	ACE	1
64	Andrew Jenkins	Gorham	13:49	38	Shawn Harper		18:09	Intermediate Girls			
71	Ken Ballantyne	Gorham	14:20	41	Matt Payson	Lakers	18:15	1	Jodi Lake	ACE	19
73	Scott Vannah		14:32	45	Jason York	Lakers	18:29	5	Eleanore Anderson	ACE	20
77	Aaron Chadbourne		17:09	46	Jeremy Colson	Lakers	18:32	9	Jessica Plourde	ACE	20
Midget Boys				47	Chuan Napolitnao		18:37	10	Emily Holdtman	ACE	20
5	Ben Fletcher	Lakers	10:44	53	Jason Libby		19:04	11	Meg Randall	ACE	20
8	Derrick Donovan	ACE	10:53	Young Men				12	Sarah Howard		20
15	Michael Lansing		10:58	3	Scot Laliberte	Lakers	16:46	14	Jean Delmonaco	ACE	20
17	Eben Albert-Knopp	Lakers	11:01	5	Preston Noon		16:51	15	Marnie Randall	ACE	20
22	Danna Herrick	Lakers	11:09	10	Job Nice	Lakers	17:06	21	Jessica Wadsworth	Lakers	21
24	Chad Williams	Topsham	11:14	15	Jamie Good	Lakers	17:14	22	Bridgette Laflin	Lakers	21
26	Justin Easter	Lakers	11:15	16	Matt Hopcroft	Brunswick	17:15	23	Beth Pendexter	ACE	21
27	Andre Sirois		11:16	18	Eddie Sanborn	Lakers	17:16	26	Erin Thompson	Lakers	21
29	Scott Bragg	Lakers	11:18	20	Tim Miller	Brunswick	17:26	27	Shannon Swain		22
34	Bill Gensheimer	Yarmouth	11:25	24	Joey Chretien	Lakers	17:47	31	Melanie McCoy		22
52	Peter Downing		11:57	26	Travis Hanmer	Lakers	18:01	33	Stephanie Huppe		22
53	Adam Bowden	Chebeaque	11:58	30	Ward Boudreau	Brunswick	18:23	35	Norah Smith	Lakers	22
58	David Renner	Maranacook	12:07	33	Christian Reed		18:44	37	Jessica Nickels	Lakers	23
59	Andy Smith	Lakers	12:09	34	Andrew Robinson		18:46	41	Christina Damon	Lakers	23
Youth Boys				36	Wade Boudreau	Brunswick	18:57	46	Corey Coogan		23
2	Ethan Higbee	Topsham	13:50	37	Mark Campbell	Brunswick	19:07	49	Sarah Damon	Lakers	23
13	Robert Beliveau	Scarboro	14:32	40	Shawn Lamourieux	Lakers	19:19	58	Heather Given	Lakers	24
16	Sam Holt	Topsham	14:34	Bantam Girls				Young Women			
19	Jeff Poulin	Topsham	14:36	34	Kristy Harris		13:53	1	Sara Fieweger	Lakers	19
27	Jamus Hanscom	Topsham	15:01	44	Carrie Edwards	Yarmouth	14:11	7	Moirra Armen	Lakers	20
30	Chad Williams	Topsham	15:04	54	Lilly Meehan	Yarmouth	14:39	8	Heather Russo	Lakers	20
56	Warren Dion	Topsham	15:54	55	Maryl Gensheimer	Yarmouth	14:40	15	Jessica Girvin	Lakers	22
57	Fred Farrell	Scarboro	15:56	Midget Girls				17	Heather Benoit	Lakers	23
59	Peter Williams		16:00	6	Sarah Piampiano	Topsham	11:24	18	Kairsten Wydra	Lakers	23
60	Kevin Downing		16:04	29	Jessie McClain	Chebeaque	12:08	Team Results			
64	Brandon Hagopian	Cadet	16:10	36	Kelly Reilly		12:16	ACE	1st	Youth Girls	
66	Toby Nowak	Topsham	16:11	37	Kathleen McDonough		12:18	Topsham	1st	Youth Boys	
71	Kevin Chan	Scarboro	16:26	39	Meghan Caldwell	Farmington	12:20	Lakers	1st	Midget Boys	
76	Brock Hagopian	Cadet	16:44	43	Danielle MacDougal	Topsham	12:24	Lakers	2nd	Young Women	
79	Benjamin Perkins	Yarmouth	17:21	48	Jessica Riendeau	Topsham	12:37	Lakers	2nd	Young Men	
80	Marc Collard		17:21	77	Britt Franecki	Scarboro	14:15	Lakers	3rd	Int. Girls	
82	Tom Lyman	Scarboro	17:31	78	Alicia Bourque		14:16	Lakers	2nd	Int. Boys	
84	Elliot Schiller	Topsham	17:35	79	Megan Gaudin	Chebeaque	15:07	Brunswick	4th	Young Men	
86	Russell Queen	Scarboro	18:13	Youth Girls				Gorham	5th	Bantam Boys	
								Scarborough	7th	Youth Boys	

## National Jr Olympic Cross-Country Championships \* Dec. 12 \* Mobile

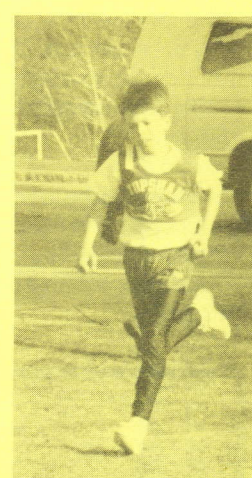
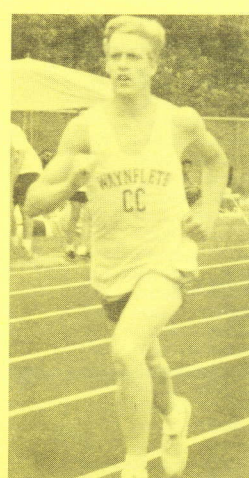
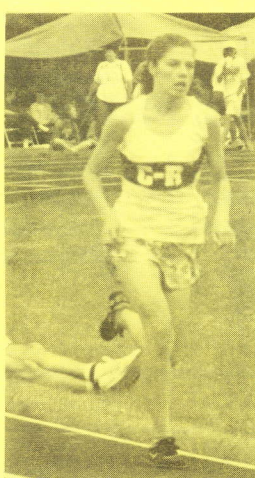
Once again Maine came away from the nationals with more than their share of the marbles. Jeremy Howard and Jody Lake both national champions!!! Temperatures were 65 to 70. The courses were run on a golf course and the one hill that had to be climbed 5 times was easy compared to the hills at Maranacook. Despite being boxed in early, Jeremy caught up with the leader at the one mile mark and when he surged ahead no one tried to stay with him. He won by over 20 seconds!. Jody had more competition and had to run a smart race. She starting slow; moved into 6th at 1 mile and 3rd by 2 mile. She used the kick she saved to win by a close 2 second margin. Her time was 25 seconds faster then the winning time in the 17- 18 year old race. Maine's 13 - 14 & 15 - 16 women's teams finished 2nd, the women's 17 - 18 finished 4th & the men's 15 - 16 finished 6th.

Bantam Boys 10 & Under				Youth Boys 13 & 14				48			
68	Evan Hall	Manchester	12:38	24	Ethan Higbee	Topsham	14:10	51	Jesse Randall	Bath	17
Midget Girls 11 & 12				61	Robert Beliveau	Scarborough	14:43	111	Richard Hemingway	Dixfield	17
32	Sarah Piampiano	Cumberland	12:07	103	Jeff Poulin	Yarmouth	15:11	140	Shane Heathers	Lisbon	18
Midget Boys 11 - 12				107	Samuel Holt	Topsham	15:14	144	Rodney Hemingway	Dixfield	18
77	Michael Lansing	Scarborough	11:47	128	Chad Williams	Topsham	15:25		Rudy Albert	Lewiston	18
86	Eben Albert-Knopp	Readfield	11:51	139	Jamus Hanscom	Topsham	15:30	Young Women 17 & 18			
109	Dana Herrick	Cunday's Harbor	12:04	168	Toby Nowak	Topsham	15:52	7	Sara Fieweger	Hope	20
122	Adam Williams	Topsham	12:11	171	Dion Warren	Readfield	15:54	13	Heather Russo	Farmington	20
133	Scott Bragg	Manchester	12:21	182	Elliot Schiller	Readfield	16:05	42	Jessica Girvin	Corinna	22
147	Justin Easter	Jay	12:27	Intermediate Women 15 & 16				58	Heather Benoit	Auburn	23
150	Derrick Donovan	Presque Isle	12:29	1	Jodie Lake	Livermore Falls	19:07	61	Dairsten Wydra	Kennebunkport	24
169	Andrew Smith	Readfield	12:47	13	Eleanore Anderson	Houlton	19:51	62	Allyson Hanscom	Topsham	24
Youth Girls 13 & 14				18	Jessie Plourde	Westbrook	20:06	Young Men 17 & 18			
14	Robin Bates	Winslow	15:45	20	Margaret Randall	Westbrook	20:08	13	Scot Laliberte	Augusta	16
19	Danielle Donovan	Presque Isle	15:53	22	Jean Delmonaco	Calais	20:10	35	Preston Noon	Springvale	17
41	Mattie Lord	E Orland	16:17	41	Emily Holdtman	Falmouth	20:46	68	Job Nice	Jefferson	17
94	Debbie Randall	Bath	16:41	47	Martha Randall	Westbrook	20:58	73	Tim Miller	Brunswick	17
63	Emelia Chabot	Houlton	17:09	70	Bethany Pendexter	Scarborough	21:45	104	Jamie Good	Presque Isle	18
98	Earlene Neureuther	Houlton	17:12	Intermediate Boys 15 & 16				110	Edgar Sanburn 11	Bangor	18
133	Venice Bayrd	Milbridge	17:39	1	Jeremy Howard	Farmington	16:04	115	Joseph Chretien	Livermore Falls	18
148	Erica Dorsey	Presque Isle	17:53	20	Brian Christianson	Manchester	17:02	154	Shawn Lamoureux	Columbia Falls	20
180	M Henningsen	Eliot	18:43	43	Matt Lane	Yarmouth	17:18	results courtesy of David Thornton			



l to r: Danielle MacDougall, Meghan Collins & Sarah Piampiano

Some of the ACE Team



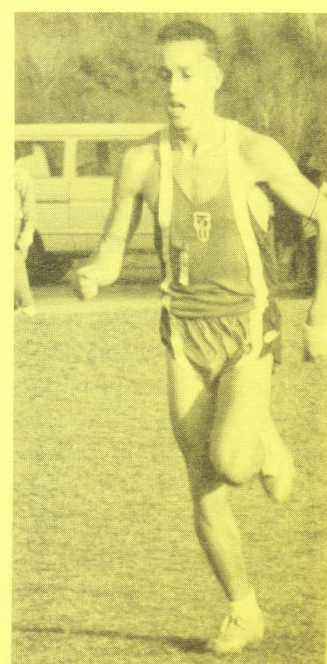
Evan Hall of Manchester

Sara Fiewager of Hope

Greely's Molly Dinan

Springvale's Preston Noon

Cundys Hbr's Dana Herrick



Scot Laliberte of Augusta

N Turner's Jessica Wadsworth

Danielle Donovan of PI

Dixfield's Rodney Hemingway

# Know Your Nutrients

Catherine Hoffmann, Maine Dairy & Nutrition Council

Nutrition is a hot topic these days. Countless articles appear in magazines and newspapers, in addition to special segments on the evening news and popular news "expose" programs. We are told how and what to eat in order to live longer, stay healthier and look better. But many of these information headlines fail to cover the simple basics of nutrition: that is, the fundamental elements making up the foods we eat and their importance to our health.

The foods we eat supply us with over 40 nutrients our bodies need to function properly. Nutrients can be classified into four major categories: Energy nutrients (which supply our body with energy or calories), vitamins, minerals and water. Here is a chart which describes several of them and their functions.

## ENERGY NUTRIENTS

### **Protein**

- Part of every cell in your body.
- Builds and repairs your body's tissues.
- Can supply energy if you don't get enough from carbohydrates and fats.

### **Carbohydrates**

- Best source of energy for short-term exercise
- The main source of energy for your central nervous system and red blood cells.
- Some carbohydrate foods supply fiber.

### **Fat**

- Concentrated energy source: supplies over twice as many calories per gram as protein or carbohydrate.
- Part of every cell in your body, no matter how thin you are.
- Carries vitamins A, D, E and K in the body.
- Without fat, your body would have difficulty using these vitamins.

## VITAMINS

### **Vitamin A**

- Helps you see better, especially in the dark.
- Keeps your skin healthy.
- Fights off infection.
- Supplied by the Fruit and Vegetable Groups.

### **Vitamin C**

- Forms collagen, a cementing substance which holds your cells together.
- Helps heal cuts and broken bones.
- Fights off infections.
- Supplied by the Fruit and Vegetable Groups.

### **Thiamin**

- Promotes a normal appetite.
- Keeps your nervous system in working order.
- Helps the body change carbohydrate to energy.
- Supplied by the Meat and Grain Groups.

### **Riboflavin**

- Keeps your skin healthy looking.
- Promotes clear vision, especially in bright light.
- Helps your body use energy.
- Supplied by the Milk Group.

### **Niacin**

- Helps keep skin healthy
- Promotes healthy nerves and digestive tract.
- Helps the body change fat and carbohydrate into energy.
- Supplied by the Meat and Grain Groups.

## MINERALS

### **Calcium**

- Gives strength to bones and teeth.
- Regulates muscle contraction
- Conducts nerve impulses.
- Helps blood clot.
- Supplied by the Milk Group.

### **Iron**

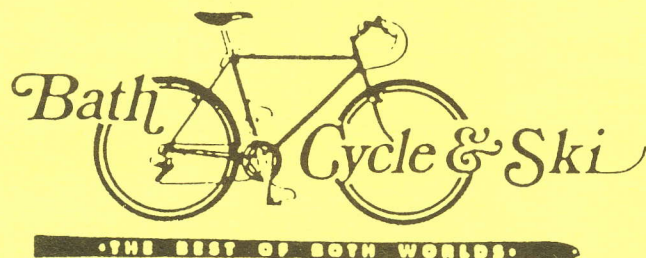
- Part of hemoglobin which carries oxygen in your blood throughout the body.
- Prevents infections and anemia (and the fatigue that goes with it).
- Supplied by the Meat and Grain Groups.

### **Zinc**

- Becomes part of several enzymes that affect cell growth and repair.
- Helps form insulin which is essential for controlling blood glucose levels.
- Supplied by the Meat Group.

## WATER

- About 60% of our body's weight.
- Helps maintain body temperature.
- Acts as a transport vehicle for nutrients
- Acts as a lubricant around joints
- Cushions internal organs against shock.



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# Shaw's Thanksgiving Day 4 Miler \* Portland

Morning rain kept some runners in bed for this traditional race. By the start, the remaining misty rain coupled with unseasonably warm temperatures provided great conditions. Bob Winn broke his own course record set in 1983. Although not a record, Scarborough's Lisa Wakem's time is one of the fastest. Race director, George Towle, points out the large # of front runners in their 20s. This could be a change in the trend (especially for the men) where the younger runners haven't been able to stay competitive with those in their 30s (& in some cases in their 40s). This course is not TAC cetified but has been accurately wheel measured.

results courtesy George Towle											
Women											
1	Lisa Wakem	25	23:13	89	Jessica Jean Fletcher	47	35:59	59	Peter Cheney		24:50
2	Molly Dinan	16	24:10	90	Arlene Segal	43	36:04	60	Chong Yun	32	24:51
3	Wanda Binette	26	24:22	91	Benji Knisley	34	36:26	61	Lawson Noyes	50	24:54
4	Marjorie Haney	25	24:53	92	Tina Clark	38	36:42	62	Gerry Myatt	40	24:56
5	Chris Sheppard-Sawyer	17	24:55	93	Kathy Abbott	36	36:54	63	Michael Bopp	27	24:57
6	Sarah Hatch-Wright	29	25:01	94	Alicia Harding	52	36:56	64	Peter Bastow	56	24:59
7	Coreen Corsetti	28	25:11	95	Migs Hawdcock	42	36:59	65	Albert Lawrence	30	25:00
8	Rebecca McGovern	30	25:14	96	Linda Gieringer	48	37:24	66	Russ Connors	60	25:01
9	Rhonda Benner	20	25:25	97	Jennifer Knowles	26	37:33	67	Ed Martin	39	25:02
10	Kerry Keenan	28	25:26	98	Sherry Flint	29	37:40	68	Rex Holtan	40	25:07
11	Connie Hallet	33	25:42	99	Susan Singre	39	37:45	69	Fred Wright	58	25:12
12	Deb Razzman	39	26:05	100	Jeanette Strickland	31	37:46	70	Clyde Coolidge	53	25:13
13	Erika Maddaleni	26	26:08	101	Jean Strickland	31	37:57	71	John Powell	39	25:15
14	Paula Carlin	21	26:16	102	Shawna Herbert	20	37:58	72	Harley Lee	39	25:18
15	Christine Messler	20	26:17	103	Mary Edwards	44	38:02	73	Peter Merrill	33	25:20
16	Brigitte Edquid	44	26:29	104	Barbara Chidester	43	38:08	74	Ernie Johnson	30	25:21
17	Kathryn Tolford	38	26:33	105	Donna Moulton	43	38:09	75	Bob Lilly	37	25:22
18	Kristian Morley	26	26:35	106	Deborah Turner	26	38:41	76	Mrk Steege	37	25:23
19	Joan Lee	38	26:41	107	Betsy Turner	49	38:42	77	Al Hardy	41	25:24
20	Rosalyn Randall	42	26:56	108	Rachel Dione	18	38:46	78	Muzzy Barton	40	25:28
21	Carol Hogan	42	27:08	109	Michelle Crain	13	39:21	79	Lorne MacDonald	47	25:30
22	Diane C. Lavangie	34	27:56	110	Melody Bowdon	27	39:48	80	David Silk	44	25:31
23	Nanette Dyer	30	27:58	111	Deborah Poore	43	40:21	81	Andrew R. Holman	27	25:37
24	Karen Hoppe	17	28:00	112	Ruth Hefflefinger	63	40:40	82	Jim Chapman	40	25:38
25	Erin Ray	27	28:32	113	Laurie Harden	13	40:55	83	David Smith	51	25:39
26	Lori Towle	19	28:40	114	Jacklyn Herbert	63	42:26	84	Scott Davis	42	25:40
27	Laura Hyson	24	28:57	115	Eva Miller-Nevers	29	42:37	85	Charles Kahill	49	25:43
28	Lori Brown	31	28:57	116	Kathy Harden	42	42:56	86	Kevin Downing	14	25:46
29	Sarah Maccoll	36	29:01	117	Debbie Johnson	33	43:08	87	Mark LaPointe	26	25:48
30	Corinne Richardson	31	29:15	118	Marsha Wood		46:12	88	Dan Holman	32	25:51
31	Laurie Allard	31	29:16	119	Judy Gluck	22	46:14	89	John Morse	47	25:53
32	Marla Keefe	39	29:18	Men				90	Kevin Salamone	29	25:55
33	Monica McDonough	30	29:34	1	Bob Winn	34	19:26	91	Dale Rines	40	25:56
34	Theresa McDonald	16	29:42	2	Sam Wilbur	20	19:45	92	Gary Barton	46	25:58
35	Louisa Dunlap	52	29:44	3	Steve Sarkozy	24	20:14	93	Peter Flaherty	46	26:00
36	Kathleen McDonough	12	29:50	4	Ethan Crain	20	20:15	94	David Chamberlain	31	26:03
37	Terri Doloning	41	29:53	5	Charles Violette	22	20:28	95	Craig Komulinen	30	26:04
38	Meghan Barry	12	29:55	6	Mike Grigware	28	20:32	96	Mick Trout	29	26:07
39	Andrea Hatch	49	29:57	7	Allen Muir	37	21:05	97	Dick Conley	37	26:11
40	Sheila Lilly	37	30:00	8	Stephen Fluet	34	21:10	98	Chuck Massie	38	26:12
41	Ann Strohm	28	30:00	9	Roland Thibault	24	21:14	99	Steve Douglas	32	26:13
42	Cathryn Harriman	30	30:10	10	Peter Ronco	23	21:18	100	Bill McCalmon	51	26:14
43	Mary Beth Coolidge	24	30:28	11	Peter Hall	31	21:25	101	Mark Finnical	40	26:15
44	Cathrie McCount	28	30:30	12	Shaun Keenan	30	21:35	102	Kenneth Curtis	52	26:17
45	Sandra Little	34	30:34	13	Robert Ashby	24	21:42	103	Neil Martin	49	26:18
46	Jeannine LaRochelle	30	30:39	14	Andy Fedeau	27	21:54	104	Rocco Corsetti	45	26:19
47	Carol Hardy	39	30:56	15	Derrick Martin	19	22:00	105	John Planinsek	32	26:22
48	Tracy Planinsek	30	31:07	16	Mike Olsen	30	22:02	106	Bill Miles	46	26:26
49	Catherine Locke	32	31:11	17	Tom Howard	15	22:03	107	Bill Miles, Jr	24	26:38
50	Judy Bastow	29	31:12	18	Chris Hood	18	22:05	108	Leo Turcotte	33	26:43
51	Melissa Cole	29	31:18	19	Dennis Smith	42	22:07	109	Jack Ireton-Hewitt	55	26:49
52	Sue Inches	37	31:35	20	Joel Croteau	48	22:09	110	David Ray	40	26:50
53	Wendy Hall	27	31:42	21	Chris Mansfield	23	22:13	111	Phil King	35	26:54
54	Dana Jackson	21	31:45	22	Thom Gilligan	43	22:36	112	John LeRoy	55	26:55
55	Julie Lyons	31	31:56	23	Kevin Gile	34	22:37	113	Charles Iselboria	35	26:56
56	Jean Thomas	56	31:57	24	Paul Fagan	39	22:38	114	Joseph McGovern	32	27:02
57	Hildred Pennoyer	31	31:59	25	Stu Palmer	30	22:40	115	Bill Skeritt	33	27:03
58	Shelly Forrest	15	32:06	26	Eric Montimy	27	22:41	116	Jonathon Ohlsen	32	27:09
59	Barbara Coughin	49	32:21	27	Matt Lane	15	22:43	117	Bruce Gridley	37	27:10
60	Jane Dolly	44	32:31	28	John Eldredge	38	22:46	118	Win Phillips	28	27:12
61	Amy Lorrain	18	32:44	29	Scott Spiller	21	22:54	119	Ted Kirdner	45	27:15
62	Kathryn Yates	42	32:47	30	Morse	18	23:04	120	Jack Reagan	40	27:21
63	Kate McMann	16	32:53	31	Travis H. Brancely	20	23:07	121	Norman Locke	33	27:25
64	Sandy Utterstrom	49	33:09	32	Bob Payne	54	23:14	122	James Weber	34	27:28
65	Judy Segal	39	33:25	33	Brian Baron	18	23:15	123	Mike Cavanaugh	41	27:30
66	Rebecca Whidden	12	33:26	34	Mark McCollett	29	23:18	124	Rick Heikkiner	28	27:34
67	Nan Tanner	31	33:31	35	John Mollica	40	23:29	125	Paul Edwards	40	27:36
68	Jennifer Lainey	27	33:46	36	Matt Lewis	19	23:22	126	Bob Belanger		27:36
69	Ingrid Snedvik	17	33:51	37	John Tarling	41	23:23	127	Carl Smith	51	27:37
70	Megan McDonough	16	33:55	38	Jim Bunnell	35	23:25	128	David Hutchinson	53	27:47
71	Teri Maoney-Kelly	37	33:56	39	Ron Deprez	48	23:28	129	Michael Barton	11	27:40
72	Becky Pearson	14	34:04	40	John Bean	25	23:31	130	Don Messler	47	27:42
73	Debbie Schowalter	16	34:12	41	Hrold Hatch	53	23:38	131	Don Barton	4	27:43
74	Cathy Kilburn	26	34:16	42	Tim Corcoran	28	24:00	132	Kevin Burke	27	27:45
75	Melinda Casey	27	34:20	43	Tom Allen	36	24:00	133	Chris Salamone	13	27:48
76	Janice Robson	32	34:27	44	Terry Clark	48	24:12	134	Stuart Welch	47	27:50
77	Rachel Angers	26	34:32	45	T.W. Williamson		24:13	135	Paul Lavangie	34	27:54
78	Polly Kenniston	55	34:53	46	Scott Leeman	26	24:17	136	Garrett Scahill	14	27:55
79	Shelly Hitchcox	30	34:54	47	Chris Varney	16	24:20	137	Geoffrey Crain	18	27:57
80	June Spiller	44	34:54	48	Gary Salamone	35	24:24	138	Evan Hennessey	13	28:01
81	Elizabeth Dubois	30	35:05	50	Ethan Higbee	14	24:29	139	David Littlefield	50	28:02
82	Lisa Dacar	32	35:06	51	Carlos Philbrick	40	24:30	140	Bruce Lilly	38	28:03
83	Maryanne Strand	37	35:07	52	Sam Holot	13	24:34	141	Dan Aderman	12	28:05
84	Carol Lee Gieringer	13	35:24	53	Joseph Duane	32	24:37	142	Todd Deppe	17	28:20
85	Nancy Lynch	33	35:27	54	Stephen Morse	20	24:43	143	Howard Spear	42	28:25
86	Susan Davenney	44	35:49	55	Gary Giffard	33	24:45	144	Peter Walker	32	28:26
87	Tammy Butler	32	35:51	56	Mike Downing	41	24:46	145	Henry Roper	46	28:27
88	Teresa Burke Shaws	18	35:54	57	Paul Gadbois	39	24:47	146	Michael Downing	9	28:28
				58	Gabe Stampone	18	24:49	147	Ken Oberg	34	28:31
								148	Andy Dionne		



The rain stopped for the start



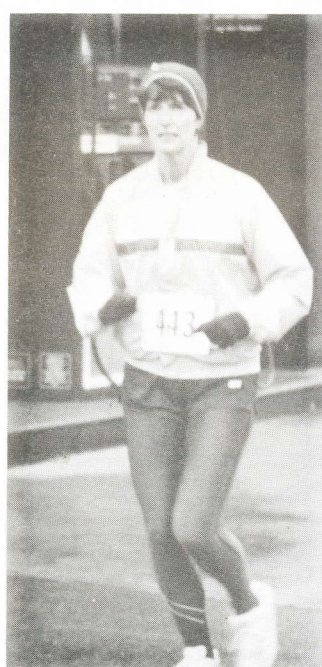
l - r: Mike McDonald, Jim McDonald, Theresa McDonald, unknown & Mary Edwards



Terri Downing



Kris Guyot



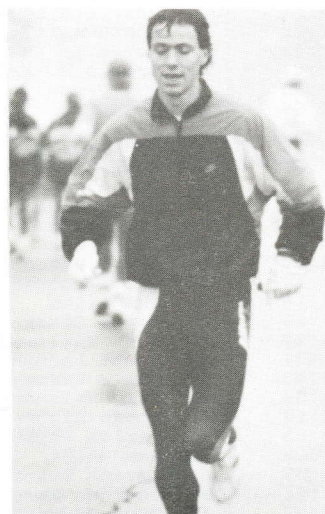
Deborah Poore



Tom Fickeesen



l to r: Brian Barrington, Clyde Coolidge & Mary Beth Coolidge



Robert Ashby



Kevin Gile

149 Joseph Cook	43	28:36
150 Joe Tacka	45	28:39
151 Adam Bowden	11	28:39
152 Greg Lowe	16	28:41
153 Mike Nobile	40	28:42
154 Phil Jones	41	28:46
155 Richard Littlefield	44	28:50
156 Mike Skerriitt	33	28:51
157 Bill Wood	40	28:53
158 Jon Wiley	40	28:56
159 Stuart Landes	24	28:58
160 Mike McDonald	42	28:59
161 Robert Neilson	45	29:03
162 Reggie Sargent	46	29:04
163 Paul Tully	45	29:09
164 Chris Hillman	40	29:11
165 John Soule	18	29:14
166 Dick Black	37	29:19
167 David Hillman	40	29:19
168 Richard Cavanaugh	59	29:20
169 Steve Robertson	33	29:22
170 Paul McCourt	57	29:24
171 Ken Nevers	33	29:25
172 Michael Brennan	39	29:28
173 Don Harden	42	29:29
174 Dan Profenno	32	29:30
175 Dan Broderick	29	29:31
177 Tom Pierce	42	29:37
178 Kevin Flaherty	15	29:38
179 Matthew Carrier	19	29:39
180 Skip Ford	19	29:39
181 Dan Robinson	39	29:40
182 Scot Sawyer	36	29:43
183 James Caldwell	37	29:47
184 Brian Barrington	34	29:50
185 David Anderson	50	29:51
186 Charles Drew	49	29:51
187 Fred Pape	31	29:56
189 Keith Malone	35	29:58
190 Ron Stone	50	29:59
191 Lherony Hatch	52	30:01
192 Doug Baird	48	30:02
193 Chris Neagle	40	30:14
194 Rob Gavin	36	30:18
195 Tad Stride	29	30:20
196 Chris Croud	34	30:23
197 Ray Turcotte	50	30:26
198 Kris Guyot	13	30:28
199 Brad Messler	17	30:31
200 Peter Pompeo	47	30:32
201 John Ouillet	44	30:33
202 Tom Fickelsen	42	30:36
203 Adam Dexter	16	30:40
204 James Tees	35	30:41
205 Loren Lathrop	43	30:42
206 Maurice Harmon	42	30:42
207 Bryan Brackett	28	30:43
208 Brian Cole	29	30:47
209 Don Kent	39	30:51
210 Bob McArtor	53	30:55
211 Brian Robinson	12	30:57
212 Jeff Ladner	36	31:00
213 Chris Nowak	17	31:05
214 Alex Teas	14	31:06
215 John Flaherty	41	31:08
216 Jim McDonald	15	31:09
217 Jerry Conley	38	31:12
218 David Body	55	31:13
219 Michael Flaherty	23	31:16
220 Joseph Brennan	23	31:17

221 Dan Pearl	27	31:17
222 Tim Strohm	29	31:19
223 Phil Tinkham	45	31:22
224 David Pearl	25	31:24
225 Scott Teas	47	31:25
226 Don Russell	55	31:26
227 Jon Thomas	14	31:27
228 Peter Thomas	39	31:29
229 Andy Segal	39	31:30
230 Robert Crowley	46	31:30
231 Herb Strom	63	31:31
232 Warren Foye	44	31:32
233 Ross Kahill	9	31:33
234 John Donahue	37	31:34
235 David Cote	37	31:35
236 Jeff Jones	18	31:38
237 William Pennoyer	27	31:40
238 Joseph O'Donnell	41	31:43
239 Franklin Gluck	50	31:58
240 John Blanchard	27	32:00
241 Steve Collins	55	32:03
242 Dick Forbes	45	32:05
243 Tim Downing	30	32:11
244 David Mosley	46	32:13
245 Andrew Flaherty	13	32:14
246 Tom Atchison	43	32:29
247 Malcom Washburn	39	32:30
248 Charles Vadekin	50	32:34
249 Bill Davenny	47	32:38
250 Jack Dyer	48	32:40
251 Ron Cain	29	33:07
252 Clint Pierce	32	33:08
253 Steve Jones	45	33:45

254 Charles Snekvik	49
255 Richard Levesque	57
256 Tim Haggerty	34
257 Jim Mackey	43
258 Michael Uhlarik	29
259 Don Johnson	62
260 John Turner	33
261 Scott Lindsay	28
262 Stephen Strand	38
263 Gary Fluet	26
264 Mike Wilson	29
265 Mort Soule	47
266 Tom Brown	
267 Jim Curran	46
268 Doug Brown	47
269 Chris Borduas	21
270 Bill Lovett	51
271 Jay Manning	32
272 Lucian Berg	42
273 Thomas Edwards	58
274 Andy Russel	41
275 Charles Jouver	26
276 James Kearns	42
277 Dennis Rogars	48
278 Dave Marston	57
279 John Kendall	42
280 Wayne Newland	54
281 Bobby Donnelly	7
282 Widgery Thomas	68
283 Duncan Ballantyne	40
284 Joseph Montiny	29
285 Frank Long	75
286 Cedric Bull	28



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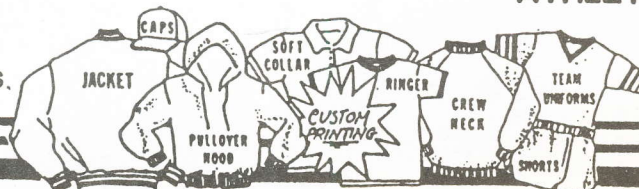
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# Kingfield 10K \* September 26th

We were unable to obtain the results from the Kids K race, or their bib #s so we could ID the kids photos. As I remember the temperature was good for racing but it was windy. Joan won the women's title again. Stan Bickford, now running for Nike Boston had an easy win & the next day he won the accompanying Sugarloaf Uphill Climb. Despite injuries, Mike Gaige met the TACSTAT qualifying standards, as did Joan, & Jodie Lake, of Livermore Falls....TAC certified.

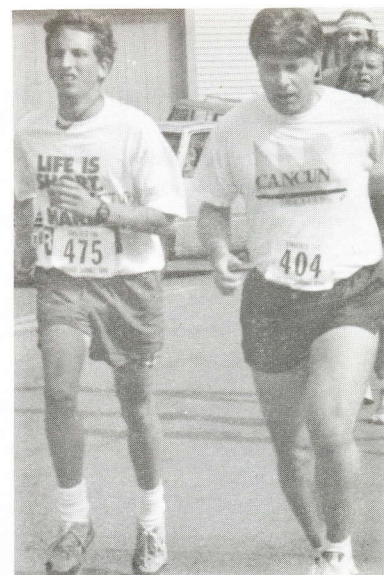
results courtesy of Sugarloaf USA								
1	BICKFORD	STAN	29	31:13	96	FINKELS	GEOF	36 42:37
2	MORRIS	ROY	29	32:26	97	BENN	DAVID	47 42:38
3	GAIGE	MICHAEL	40	32:39	98	TOWN	JAMES	31 42:40
4	LESSARD	PETE	30	32:59	99	ERCOLI	MATT	17 42:43
5	MESERVE	JEFFREY	34	33:44	100	COLE	JOANNE	36 42:43*
6	WEATHERBIE	DAVID	24	33:55	101	MATLOCK	ROSS	26 42:45
7	NEWETT	JAMES	34	34:06	102	ANDERSON	SAM	16 42:45
8	ERSKINE	ROBERT	22	34:24	103	SMITH	PETER	45 43:03
9	REED	STEVE	44	34:37	104	JOHNSON, JR	LAWRENCE	32 43:14
10	KEENAN	SHAUN	30	34:46	105	MARGLIN	BEN	21 43:16
11	FLETCHER	RALPH	42	34:50	106	WEYMOUTH	CHARLES	50 43:20
12	BRIGHAM	PETER	34	34:56	107	BOWEN	CARL	60 43:26
13	HOISINGTON	RICHARD	37	35:10	108	SMITH	DELINDA	37 43:27*
14	MCIVER	DENNIS	41	35:14	109	SULLIVAN	JIM	46 43:29
15	SAMUELSON	JOAN	35	35:28*	110	DEANE	RONALD	36 43:31
16	WIGHT	BARRY	33	35:29	111	PALMER	SCOTT	27 43:34
17	BALENTINE	DICK	37	35:32	112	COFFIN	JEFFREY	40 43:35
18	BARKER	DAN	39	35:38	113	SPENCER	CURTIS	34 43:35
19	LIBBY	JEFF	30	35:55	114	OCONNOR	MICHAEL	36 43:36
20	LECLERC	JASON	15	36:07	115	OCONNOR	KEVIN	39 43:37
21	WOODARD	KENNETH	29	36:08	116	MOORE	JAMES	49 43:40
22	DAVEE	RICHARD	36	36:12	117	HIGGINS	JACK	22 43:40
23	DUBORD	EDIE	34	36:21*	118	LANDER	SHAUN	25 43:42
24	REILLY	JAY	34	36:36	119	TRAISSER	RICHARD	48 43:47
25	BROSNAN	MICHAEL	37	36:49	120	GOLDING	PETER	37 43:56
26	EASTER	RANDY	36	36:52	121	CONTI	FRED	42 43:57
27	SMITH	RICHARD	34	36:55	122	ADAMS	SHEILA	26 43:58*
28	RICHARD	TODD	25	37:05	123	PAQUETTE	RONALD	51 44:10
29	SPENCER	RANDY	30	38:01	124	BOUCHER	MICHAEL	38 44:17
30	SNOW	MARK	25	38:03	125	CHILCOTT	GEOFF	14 44:31
31	SIMONEAU	MICHAEL	45	38:06	126	WORCESTER	ED	30 44:38
32	LUDEWIG	DOUGLAS	52	38:14	127	PEARL	DAN	23 44:40
33	EMERY	PAULA	36	38:24*	128	DWYER	DANIEL	39 44:43
34	WILSON	RANDY	39	38:35	129	CHANDLER	JOHN	65 44:44
35	FOSTER	ROGER	46	38:40	130	DOWNS	RICHARD	46 44:54
36	BUCK	DANIEL	33	38:44	131	DIXON	DOUG	15 45:02
37	KELLY	BRIAN	34	38:45	132	HILL	GEOFF	45 45:03
38	MASTERMAN	ROBERT	17	38:46	133	FERRIS	CHARLES	26 45:08
39	RICHARDS	JOE	49	38:48	134	ERSKINE	REGINA	28 45:11*
40	WHEATON, SR	DAVID	39	38:50	135	STORCH	DICK	55 45:16
41	CAREY	FOREST	16	38:51	136	RITZO	JOHN	42 45:24
42	DEANE	BERICK	43	39:01	137	AVERY	DAVID	42 45:27
43	PAVLISKO	BILL	42	39:10	138	DOUCETTE	MARK	30 45:31
44	HAZELTON	SID	31	39:14	139	HURVITT	MARK	34 45:32
45	LEMEUX	MYLES	51	39:28	140	COUGHLIN	DANIEL	32 45:35
46	SIREN	RAUL	47	39:32	141	METZ	STEPHEN	42 45:35
47	REID	TIM	38	39:33	142	DALL	PAUL	50 45:38
48	UHL	ERIC	32	39:34	143	BASS	BOB	35 45:41
49	CROVO	CHRISTOPHER	34	39:36	144	BATES	JERRY	49 45:50
50	QUIMBY	RAY	0	39:39	145	CRICHLAW	BETH	34 45:52*
51	LAKE	JODIE	16	39:40*	146	JUSSEAU	DAVE	17 45:59
52	CUMMINGS	TIMOTHY	41	39:41	147	COOK	NINA	19 46:01*
53	DWYER	LARRY	42	39:44	148	HURD	MATTHEW	15 46:17
54	RICHARD	JEROME	30	39:52	149	CHURCH	DICK	61 46:19
55	WEBSTER	ERIC	25	39:52	150	PAGE	PAUL	36 46:20
56	POULIN	DENIS	32	39:55	151	COLLINS	RENE	51 46:29*
57	LAGASSE	ALBERT	46	39:59	152	WOODARD	FRANK	53 46:31
58	BASTON	PETER	56	40:06	153	COUGHLIN	MARK	28 46:33
59	WOOD	STEPHEN	26	40:09	154	ROSS	JOHN	33 46:37
60	LAFOUNTAIN	LYLON	30	40:10	155	MENDELL	CARLETON	70 46:40
61	LARUE-KENISTON	LINDA	38	40:19*	156	CHISHOLM	MIKE	36 46:42
62	ANTONE	SHELLEY	24	40:20*	157	CROWE	BRENDAN	35 46:42
63	MILLARD	JULIE	29	40:28*	158	ANDERSON	STEPHEN	17 46:47
64	LAMSON	JONATHAN	22	40:31	159	CURRIER	TOM	66 46:50
65	BRAZZA	JUDITH	31	41:13*	160	MATSUMOTO	AKIRA	18 46:57
66	RICHARD	JASON	24	41:14	161	LEDEW	DAVID	37 47:10
67	COLLINS	JOHN	45	41:22	162	SPENCER	LARRY	50 47:13
68	PRATT	SKIP	38	41:27	163	BEALE	STEPHEN	50 47:17
69	HODGES	SHEILA	37	41:34*	164	PEIXOTTO	ROBERT	36 47:18
70	COBB	RISA	32	41:37*	165	URIE	BOB	63 47:18
71	COYNE	GARY	35	41:37	166	HOLDEN	THOMAS	17 47:18
72	DAVIS	MICUM	16	41:379	167	JONES	JEREMY	17 47:19
73	GREENLEAF	MICHAEL	39	41:43	168	RICHARDSON	POLO	27 47:20
74	URIE	LUTHER	31	41:49	169	PARADIS	FAWN	32 47:24*
75	BARNARD	CHARLES	28	41:55	170	FOURNIER	TIMOTHY	35 47:30
76	WHITE	JEFF	37	41:59	171	SUDOL	VIN	38 47:33
77	RAU	JANE	42	42:01*	172	WINQUIST	RIVER	18 47:33
78	DOWNING	KEVIN	14	42:14	173	CAVANAUGH	RICHARD	59 47:34
79	KAMHOLTZ	DENNIS	45	42:20	174	TUCKER	DYLAN	15 47:34
80	LUKE	DEREK	17	42:22	175	DOYLE	STEVE	40 47:40
81	MILSTER	BEN	38	42:23	176	FUCHSWANZ	MARC	39 47:42
82	FERREIRA	EDWARD	36	42:24	177	BERRY-WAGNER	DANIEL	16 47:43
83	GLASS	MARC	26	42:28	178	CURRIER	JESSE	35 47:58
84	DEWOLFE	PETER	50	42:30	179	CHANDLER	ELLEN	31 47:59*
85	TARPLEY	ROBERT	39	42:36	180	WADSWORTH	JESSICA	16 48:03*
86	JACKSON	COLEEN	31	42:36*	181	GREENLAW	STEVEN	36 48:09
87					182	DUNLAP	LOUISA	52 48:10*
88					183	HELMKAMP	JILL	33 48:14*
89					184	HELMKAMP	JIM	35 48:15
90					185	GOFF	KEVIN	17 48:16
91					186	MACLEOD	GUS	15 48:31
92					187	MATLOCK	JILL	29 48:33*
93					188	YECIES	MICHAEL	18 48:39
94					189	ROGERS	JOHNATHAN	39 48:44
95					190	COLES	CAROL	47 48:44*
190	SMITH	PETER	39	48:47				
191	HANSEN	DJ	15	48:51*				
192	DOWNING	TERRI	41	48:53				
193	QUIMBY	NANCY	37	48:58				
194	LUDEWIG	NANCY	47	49:00				
195	TAPLEY	KATE	33	49:15*				
196	FRENCH	GOFF	42	49:15				
197	MARTIN	BERNIE	45	49:16				
198	BROWN	KATHRYN	28	49:17*				
199	WOOD	MARGOT	23	49:20*				
200	POHLMAN	DONNAJEAN	41	49:21				
201	COUGHLIN	BARBARA	49	49:26*				
202	RUBINO	JOHN	46	49:41				
203	DOHERTY	JANICE	42	49:47*				
204	WELCH	RICHARD	49	49:56				
205	MURRAY	PAITY	37	50:00*				
206	ENTWISTLE	GEORGE	38	50:00				
207	HARDY	CAROL	38	50:05*				
208	HIIMER	MARIA	16	50:27*				
209	DUMAIS	ELIZABETH	34	50:36*				
210	STILES	GREG	18	50:36				
211	CARLE	MISHA	18	50:37*				
212	WEIDMAN	MATT	17	50:38				
213	MARSHALL	TOM	28	50:40				
214	CLARK	KIRSTEN	15	50:41*				
215	BURNHAM	MIKE	31	50:49				
216	WILLIAMS	MATTHEW	15	50:57				
217	WESTON	RYAN	15	51:01				
218	KOLAKOSKI	SUSAN	36	51:09*				
219	CHAMBERLAIN	CHRISTINE	40	51:21*				
220	RICHARDS	LINDA	29	51:29*				
221	SWALLOW	HANNA	18	51:39*				
222	STAUSSE	GARY	15	51:44				
223	BROWN	PATRICK	16	51:48				
224	SILVER	JOSHUA	16	52:02				
225	KUCIK	TERRI	30	52:07*				
226	KAHL	TOM	42	52:30				
227	GINSBURG	GEOFFREY	35	52:41				
228	CURRIER	JUDY	35	52:41*				
229	BROWN	CHARLES	38	53:06				
230	OUILLETTE	JOHN	44	53:08				
231	SOWLES	ANNE	39	53:11*				
232	LEBLANC	JOE	16	53:27				
233	SWIMM	JOEL	43	53:34				
234	KIM	JIN-SOO	18	53:40				
235	WHITTEN	ROBERT	58	53:56				
236	GREENWOOD	JEFF	17	53:57				
237	HUTT	WILLIAM	39	54:04				
238	HUTT	LAURA	38	54:06*				
239	POULIN	MARCEL	45	54:08				
240	TRAISSER	MARTIN	48	54:09				
241	SAMOYLENKO	KEN	60	54:25				
242	HOISINGTON	MELISSA	32	54:30*				
243	CURRIER	DURWOOD	53	54:51				
244	KENNISTON	POLLY	55	54:57*				
245	GAIGE	BETH	33	54:58*				
246	FOLEY	MICHELE	15	55:03*				
247	PARADIS	DEBORAH	34	55:20*				
248	LEMEUX	GERARD	50	55:36				
249	KETTERER	ANDREW	43	56:00				
250	CYR	JANE	39	56:05*				
251	REYNOLDS	MARY	44	56:27*				
252	SAWYER	JULIE	37	56:28*				
253	BURNELL	DENNIS	39	56:29				
254	REYNOLDS	ELIZABETH	42	56:39*				
255	SCHIESEL	LORRY	40	57:07*				
256	NEWETT	JAN	32	57:09*				
257	WEBSTER	ANGELA	28	57:16*				
258	CAREY	NANCY	45	57:21*				
259	LOVE	LESLIE	38	57:21*				
260	MORRILL	LANI	23	57:49*				
261	MCCALL	JOHN	51	58:40				
262	KNISLEY	BENJI	34	58:42*				
263	PAQUETTE	ELIZABETH	26	58:44*				
264	PAQUETTE	RANDALL	26	58:44				



**Coleen Jackson leads Robert Tarpley of Blue Hill Falls**



**Winner Stan Bickford led from the start**



**Michael Goldberg (475) & Daniel Dwyer of E Winthrop**



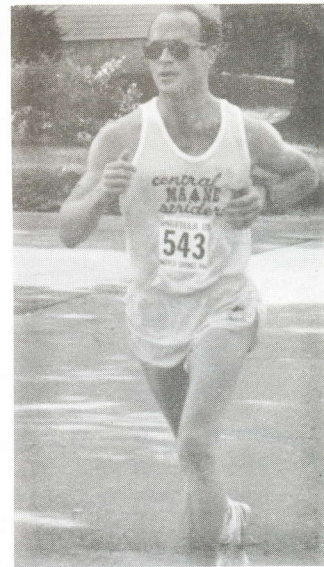
**Randy Easter of Jay**



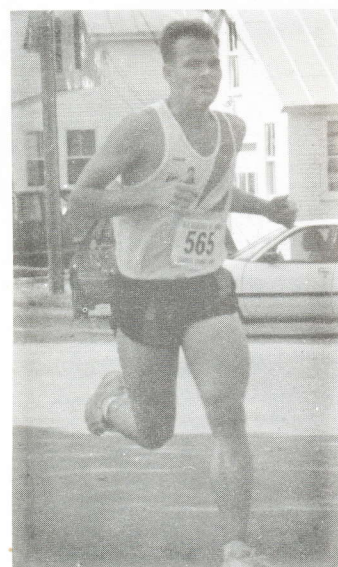
**Kingfield's Judith Brauga**



**Randy Spencer**



**Pete Lessard of Winslow**



**David Weatherbie**



**Deborah Paradis of Bangor**



**Nancy Quimby of Brooks**

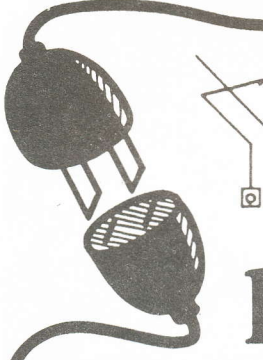


**Bangor's Beth Gaige**

# Down East Frostbite "Two" \* 5K \* November 14th

Masters runners continue to show their stuff as Mike Gaige and Robin Emery were overall winners!! Pete Churney, meteorologist for Channel 2 in Bangor, stayed with Mike for the first 2 miles before his lack experience in races longer than 1000 meters forced him to let Mike go. This "not an easy course", with many tough rolling hills, is thought to be short by 200 meters. A pretty out and back course that runs along a stream with a large bank that protects runners against the wind. A good day for a race: warm with a little wind.

results Down East Family YMCA								
1	Mike Gálge	15:16	28	Robert Tapley	19:09	56	Tony Bishop	22:10
2	Pete Churney	15:40	29	John McDonough	19:19	57	Barbie Beal	22:23*
3	Cliff Rogers	16:15	30	Brendan Goodman	19:24	58	Kate Tapley	22:25*
4	Kenny Chrome	16:47	31	Jim Bright	19:25	59	Phil Sawyer	22:48
5	Alfred Hanscom	16:53	32	Bill Case	19:32	60	Rebecca Cawthra	23:03*
6	Ron Pellitier	17:09	33	Sean Bayrd	19:34	61	Doug Farnham	23:07
7	Steve Conner	17:10	34	James Ohmeis	19:55	62	Sam Auerbach	23:12
8	Bobby Jordan	17:12	35	Herbert Gilley	19:57	63	Suzanne Murray	23:37*
9	David Renault	17:15	36	Sheila Hodges	19:58*	64	David Lawler	23:46
10	Steve Peterson	17:20	37	Tony Hess	20:05	65	Noah Tapley	24:01
11	Richard Flagg	17:40	38	Pat DuPerry	20:06	66	M.G. Bair	24:52
12	Hal Stewart	17:55	39	David Benn	20:06	67	Bob Myers	25:05
13	Tim Reid	18:01	40	Gordon Smith	20:12	68	Kim Farley	25:08*
14	Chris Holt	18:11	41	Keith Allen	20:12	69	Norman Fitzgerald	25:14
15	Brian McFadden	18:22	42	Jane Rau	20:18*	70	Bill Lawler	25:43
16	Scott Bair	18:27	43	Larry Rich	20:31	71	Kate Muir	25:43*
17	Greg Hildreth	18:30	44	David Samuel	20:45	72	Anna Tapley	25:50*
18	Dave Walton	18:33	45	James Coffin	20:55	73	Ann Bacon	26:01*
19	Robin Emery-Rappa	18:34*	46	Scott Baldwin	20:56	74	Ameila Huckel-Bauer	26:20*
20	Shawn Merchant	18:39	47	Rick Breau	21:08	75	Paul Marsha, II	27:57
21	James Beardsley	18:44	48	Steve Tuckerman	21:12	76	Sarah Dingey	28:24*
22	Tony Roy	18:47	49	Jim Couto	21:25	77	Mandi Allen	28:57*
23	Sue Foster	18:48*	50	Nicki Farnham	21:32*	78	Terry Cousins	32:12
24	Bill Pinkham	18:53	51	Jane Boyle	21:36*	79	Russell Horam	33:14
25	Cody Rau	18:57	52	Kenneth Whitney	21:45	80	Andrew Farnham	37:08
26	Kari Johnson	19:02*	53	Carlton Mendell	21:48	81	Ann Jordan	39:54*
27	Tom Kirby	19:09	54	Claire Sullivan	21:50*	82	Breonna Claude	41:35*
			55	Venise Bayrd	22:03*	83	George Claude	41:38



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**Ski Centers** - A total of 80K of groomed, scenic trails, 20K in Oxford and 60 in Bethel. Rentals, lessons, Snack Bar. Stay at our B&B & Ski Lodge in our nearby renovated 1820 barn in Oxford.

RT. 26, Oxford----- (207) 539-4848----- Middle Intervale Rd. Bethel

*"Carters Last Stand" X-C Ski Race January 1 - look for flyer in MR*

# Carter Cove Polar Bear Triathlon \* January 1

I have a hard time believing that there were 20 runners who successfully finished this event. In its 6th year, this "triathlon" may be the ultimate in cross training. The first leg requires the participant to run at least 3 miles. Many ran upwards of 10 mile, but the requirement is only three. The 3rd leg targets the strong area for many of the Maine runners that I know; a delicious post race pot luck meal. Sounds like many of the social runs that go on around Maine all year long, and something most Mainely Running readers would be interested in! Before marking your calendar to rush downeast on January 1, 1994, check out the 2nd leg of this infamous triathlon. \*\*\*\* A DIP INTO THE DEPTHS OF BOG LAKE \*\*\*\* As the saying goes; YOU GOTTA BE CRAZY!!!! Non runners think runners are all *numb as hakes* anyway, but you can examine the 20 "heroes" who completed all 3 legs and make your own decision. Don't underestimate the technical skills needed. The photos taken by Phil Stuart, courtesy of Sunrise County Road Runners, show 3 very different techniques you can use.

results courtesy of Bill Case

Bob Ashby	West Bath
Anne Bacon	Mt Desert
Jim Buchner	Crow's Neck
Steve Carle	Calais
Becky Carter	Sandy Hook CT
Cathy Lee Carter	Northfield
Mike Carter	Northfield
Mike Carter II	Sandy Hook CT
Bill Case	Lubec
Pete Churney	Bangor
Doug DeAngelis	Woburn MA
John Henry Hanscom	Carter Cove
Glenn Holyoke	Brewer
Darrell Kelley	Great Wass Island
Hal McFadden	West Lubec
Chuck Morris	Brewer
Serena Morris	Brewer
Bob Myers	Mt Desert
Giles Norton	Orono
Phil Stuart	Machias
Deke Talbot	East Machias
Kathy Tracy	Auburn



Orono's Giles Norton elected to jump from high on the ladder. Mike Carter is standing ready to assist (push) him into the water and pull him out with the rope.



Deke Talbot likes to get wet slowly by climbing down the ladder. Glen Holyoke, in robe, offers encouragement.



Doug DeAngelis of Woburn MA likes to make a big splash with a running jump.

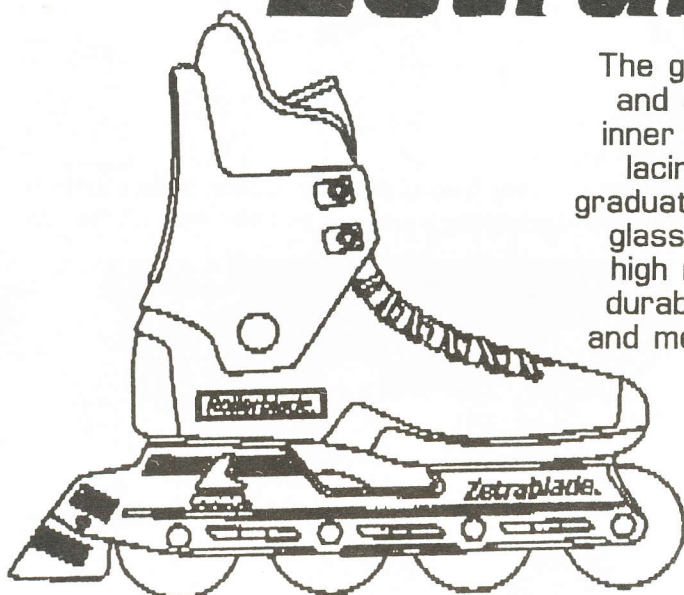
# "Dare to Run" 10K \* Somersworth NH \* November 29

Save your appetite for this race! There was an endless supply of sandwiches, cookies, etc. It seemed warm before the race, but the sun disappeared and the wind came up to make the run a bit chilly. Some challenging hills on the course countered the apparent "shortness" of the course to make times only "slightly" fast. Ron Newbury of Auburn returned to his home town of Somersworth for a good win.

results courtesy Brian Barrington

1 Ron Newbury	42 32:58	26 Janet L. Parkinson	40 42:06*	51 Mary Coolidge	24 48:00
2 Tom Callan	28 33:11	27 Norman J. Lachance	39 42:12	52 Peter Cardoza	44 48:00
3 Tom Shaw	18 33:17	28 Edward Lrkin	43 42:46	53 Ann Howard	29 48:00
4 Ken Houle	45 33:52	29 Don A. Carignan	39 43:07	54 Mitchell J. Avery	48 48:00
5 Alan Schlemmer	32 35:24	30 Andrew Schachat	37 43:16	55 David Darr	46 48:00
6 Kevin Bergeron	39 36:03	31 Bob Bersin	40 43:23	56 Richard E. Anderson	43 49:00
7 Brian E. Gallagher	43 37:06	32 Douglas D. Chamberlin	45 43:40	57 Sarah Beaudoin	15 50:00
8 Steve Marion	35 37:30	33 Robert Green	44 43:42	58 Paula DuBois	40 50:00
9 John R. Eriksson	42 38:10	34 Joseph R. Boyle	53 43:57	59 Susan Bisson	44 52:00
10 Doug Howard	32 38:43	35 Richard Bisson	38 44:17	60 Edward York	47 54:00
11 Donald L. January	45 38:44	36 Frank W. Williams	58 44:34	61 Robert F. Kraunz	56 54:00
12 Jon C. Gale	25 39:17	37 Paul R. LeBlanc	41 44:41	62 Polly Kenniston	55 54:00
14 Gary P. Garneau	34 39:27	38 Carol Lynn Cahil	28 44:56*	63 Kenn Coolidge	56 55:00
15 Peter Baletsa	45 39:33	39 Joel Gravallesse	40 45:26	64 Vathally	40 56:00
16 Gary P. Fieldsend	42 39:44	40 Stephen P. Benson	43 45:30	65 Mark Hourihane	40 56:00
17 Robert Heart	46 39:59	41 Lenney Broun	24 45:36	66 Denise Michaud	36 57:00
18 Michael W. Raiche	40 40:18	42 Jenny Lavoie	25 45:51	67 Dennis Crandall	17 57:00
19 Art Swenson	39 40:24	43 Brian Barrington	34 45:58	68 Mark Chrusz	40 57:00
20 Bruce Briaenbaum	33 40:30	44 Don Leeman	43 46:00	69 Christine M. Maxfield	26 57:00
21 Scott E. Hall	31 40:49	45 Larry Winchell	42 46:13	70 Rapia Cardozo	43 60:00
22 Clyde E. Coolidge	53 41:24	46 John L. McCarthy	42 46:22	71 L. Monahan	23 61:00
23 Stephen J. Merrill	35 41:40	47 Tom Guilmette	33 46:38	72 Sylvia Cote	45 63:00
24 Lisa Hart	29 41:53*	48 Jeff Jordan	34 47:07	73 Susan Desrosiers	44 63:00
25 Joe Dow	33 41:56	49 Robert Tetu	24 47:08		
		50 Keith R. Demers	25 47:24		

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The genuine good-time skate. High performance and affordability. A comfortable foam-padded inner boot and tongue. Speed hooks and eyelet lacing system for easy entry and exit. New graduated brake design on both skates. Two-piece glass reinforced nylon frames hold hubbed 303 high rebound wheels. Dependable, comfortable, durable and genuinely fun! Available in women's and men's sizes for the perfect fit! Non-marking hardware for in-door use.

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**Kenn Coolidge**



**Brian Gallagher**



**Richard Anderson**



**Winner Lisa Hart**



**Winner Ron Newbury**



**The Rochester Runner's Alan Schlemmer**

# 1992 5k Jingle Bell Run \* December 6 \* Bath

The cold temperatures & strong winds deterred many from running this fun event. Stan Bickford, who recently finished 19th at US National Cross Country championships toured the course in what should remain a course record for a long time. Todd Coffin and his dog, Ali, managed a 2nd place finish over Robert Ashby who was the 1st of many Santas to finish. Four members of Bowdoin College's women's cross country team ran together while singing Christmas carols.

results courtesy Kevin Shute							
1	Stan Bickford	29	15:01	13	Bob Brosius	40	20:54
2	Todd & Ali Coffin	31	17:16	14	Ira Cohen	40	21:02
3	Robert Ashby	24	17:39	15	John Morse	47	21:15
4	Steve Reed	45	17:44	16	Duane Hinds	17	21:54
5	Dane Dwyer	35	18:03	17	Nancy Lund	40	21:57*
6	Mitchell Lovering	32	18:09	18	Robert Robitaille	30	22:29
7	John Mathieu	35	18:55	19	Keith Hinds	15	22:50
8	Scott Leeman	26	19:20	20	Randy Hamilton	38	23:00
9	Mike Hewitt	17	20:00	21	Don MacDougall	35	23:46
10	Scott Hinds	14	20:20	22	Keith Malone	35	23:48
11	Vren Demmons	46	20:32	23	John Gilbride	61	23:55
12	Jon Kelley	15	20:45	24	Gordon Struble	43	24:08
				25	Kirk Townsend	33	24:25
26	Mark Alex	33	25:00				
27	Ashley Wernher	21	25:00				
28	Eileen Hunt	21	25:00				
29	Laura Kunzelmann	19	25:00				
30	Athnea Schmid	20	25:00				
31	Cheryl Gilbert	44	28:00				
32	Kirk Lussier	28	28:00				
33	Bob Collin	48	30:00				
34	William Borens	45	38:00				
35	Harriet Tyner	47	66:00				
36	Doreen Bornea	44	66:00				
37	Estelle Collins	73	66:00				

# Christmas Classic 5K \* November 29\* Farmington

According to the race director, Jack Paul, there is usually rain or snow for this race. Not this year, 40 degrees and nice. The course is one of the flattest in the state. Mount Blue High School standout, Jeremy Howard won easily. The new racewalking division attracted 9 walkers.

Results courtesy Tom McGuire							
1	Jeremy Howard	16	16:04	17	Bob Brosius	40	20:25
2	Dick Hoisington	38	17:09	18	Tony Hess	41	20:27
3	Mithc Lovering	32	17:34	19	Ron Deane	36	20:31
4	Bob Jordan	32	17:55	20	Josh Weingarten	17	20:40
5	Walter Crockett	33	17:58	21	David Benn	47	20:56
6	Steve Peterson	43	17:59	22	Coleen Jackson	31	21:11*
7	John Bean	35	18:15	23	Justin Easter	11	21:15
8	Ben Johns	56	18:16	24	Jim Sullivan	46	21:17
9	Chase Pray	48	18:47	25	Ruth Davis	37	21:52*
10	Bill Pinkham	50	19:02	26	Bob Kelly	39	21:53
11	John McDonough	30	19:05	27	Ken Whitney	11	22:12
12	Bill Pavlisko	42	19:14	28	Ron Paquette	51	22:17
13	Tom McGuire	46	19:16	29	Dick Miles	37	22:22
14	Doc Thibeau	38	19:26	30	Ann Nemi	37	22:31*
15	Tammy Mawhinney	39	19:36*	31	John Paradis	37	22:43
16	Brian Kelly	34	20:07	32	Fawn Paradis	32	22:43*
				33	Carlton Mendell	71	22:47
34	Randy Easter	37	22:00				
35	Jim Rines	45	23:00				
36	Donna Jean Pohlman	42	24:00				
37	Tim Smith	46	24:00				
38	Richard Thornton	59	25:00				
39	Kevin Eastler	15	25:00				
40	John Rote	40	26:00				
41	Jonathan Carter	41	28:00				
42	Cynthia Phinney	35	28:00				
43	Gretchen Eastler	20	28:00				
44	Mamie McCall	50	29:00				
45	Caleb Simpson	16	30:00				
46	Mike Hersey	15	31:00				
47	Judi Remley	34	34:00				
48	Caroline Remley	9	38:00				
49	Paul Paulson	66	39:00				
50	Patty Hastings	9	47:00				

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Brunswick Cook's Corner Mall 725-1323  
Auburn Auburn Plaza 784-6911  
Rochester Lilac Mall 603-336-0991



The Pen Bay Pacer's Vern Demmons



Nancy Lund with Santa (Ira Cohen)



Robert Ashby was the 1st Santa



Winner Stan Bickford



Kirk Lussier



Litchfield's Mitch Lovering



Todd & Ali Coffin



Bowdoin College's (l to r) Laura Kunzelmann, Eileen Hunt, Ashly Wernher & Athnea Schmid



Santa (Kirk Townsend) lines up at the start with winner Stan Bickford (398)



# First Annual FLYING MOOSE SKI TOUR

Sunday, February 7  
at the L.L.Bean Cross Country Ski Festival  
Bethel, Maine

Join in the fun of our first Flying Moose Ski Tour, destined to become a New England classic!

Take part in a 5-, 10-, or 25-kilometer ski tour, all starting Sunday morning at 9:30 AM. Enjoy the thrill of competition or simply relax and enjoy the great scenery. There's something for all ages and levels of skiers. Don't miss this chance to share the beautiful Western Maine Mountains area trails with friends, family and other cross country enthusiasts.

It's all part of our annual Cross Country Ski Festival. Sign up just for the Flying Moose Tour, or register for the entire day's events. Non-stop activities abound:

The Bill Koch Youth Ski League Race for Kids • Ski Games • Costume Parade on skis • Ski Orienteering, with the New England Orienteering Club • Biathlon Race, Combining Skiing Skills with Marksmanship

To register yourself, your family and friends for the Flying Moose Ski Tour, or for all of Sunday's Festival events, just fill out the Registration Form below and mail it with your fee to: **L.L.Bean Outdoor Discovery Program, Retail Store, Freeport, Me 04033.**

The Cross Country Ski Festival is a full weekend of events. If you're interested in finding out more about Saturday's instructional and demo programs, just call us for a free Ski Festival brochure at **1-800-341-4341.**

## REGISTRATION FORM

Name \_\_\_\_\_  
Phone: Home (     )                      Work (     )  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name \_\_\_\_\_  
Phone: Home (     )                      Work (     )  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please list name(s) of other family member(s) attending

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### FLYING MOOSE SKI TOUR

(Note: Registration is FREE for everyone registered for the Ski Festival.)

	# of people	Total (\$)
\$15 per person	x _____	_____

### SUNDAY FESTIVAL EVENTS

	# of people	Total (\$)
\$20 per person (Adult)	x _____	= \$ _____
\$10 per person (Ages 11-14)	x _____	= \$ _____
Free (Age 10 and Under)	x _____	= \$ 0.00
Mt. Abram telemark lift ticket—\$23	x _____	= \$ _____
<b>TOTAL \$</b>		_____

Which of the following distances during the Ski Tour do you wish to participate in? Please print name of each person to participate beside the appropriate race. Note: You must be 18 or older to 25k distance.

5k (3 mi.): \_\_\_\_\_  
10K (6 mi.): \_\_\_\_\_  
25k (15 mi.): \_\_\_\_\_

### SEND CHECK (PAYABLE TO L.L.BEAN, INC) AND COMPLETED REGISTRATION FORM TO

Cross Country Ski Festival, L.L.Bean, Freeport, Maine 04033

Charge my credit card: ☐ MC ☐ VISA ☐ AMEX ☐ Discover

Card No. \_\_\_\_\_

If you have any questions, call L.L.Bean at 1-800-341-4341, ext. 2509 (weekdays, 8am-4:30pm)



# CENTRAL MAINE STRIDERS, INC.

*Proudly Announce the 15th Annual*

## "SNOFEST FIVE MILER"



Club #480

SUNDAY - FEBRUARY 14, 1993

11:00 A.M.

AUGUSTA CIVIC CENTER

AUGUSTA, MAINE

(Exit 31 I-95)

Sponsored by: "STACY'S HALLMARK SHOP"



Join us on Valentine's Day for one of Maine's oldest winter runs! Back in 1979 the Maine Road Ramblers staged the first "SNOFEST" with Readfield's Marty Thornton directing. Just under 40 runners enjoyed that first run and we're hoping to see Maine pioneer Diane Fournier back with us 15 years later to celebrate her victory in '79! Last year a freak storm forced a week's postponement which cut attendance to some 35 runners, with Stan Bickford repeating his win of a year earlier and the Striders Cliff Rogers also burning the course with a sub-30 minute performance! Two time women's winner Veronica Knight has moved, and course record holder Deb Potter has retired from competition but we're hoping every runner who has ever done this great race returns for this special anniversary year!

**ENTRY FEE:** \$5.00 — Register day of race from 10 a.m. on

**RACE DIRECTOR:** Russell Martin (622-1258) Volunteers needed and appreciated.

**SPONSOR:** "Stacy's Hallmark" of Augusta — Richard & Susan Cummings

**FEATURES:** Changing rooms & showers available/Time Splits/Refreshments after the race.

**COURSE:** Loop course, hilly in middle, downhill 1st mile! Starts/ends behind Civic Center.

**AWARDS:** 1st overall — Male & Female — 1st & 2nd Male & Female in age groups.

**RESULTS:** Published In: Kennebec Journal - Morning Sentinel - "Interval" Newsletter.

(Course records and Race History on back of this flyer)

### Waiver & Entry Form — SnoFest Five Miler

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Maine Striders Club, City or Town officials and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

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

TEAM or CLUB: \_\_\_\_\_

SIGNATURE

PARENT or GUARDIAN if under 18

Central Maine Striders, Inc. • P.O. Box 1177 • Waterville, ME 04901 • (465-2829)



## 21st Annual Sunday River Langlauf Tour/Race



RACE DATE: Saturday, March 6, 1993  
LOCATION: Sunday River Cross Country Ski Center  
DISTANCE: 15 Km  
START TIME: 10:00 AM  
ENTRY FEE: \$12



This fun event is organized for the average skier wishing to go on a scenic tour, or for the seasoned pro looking for competition. Registration and bib pick-up time is from 8:00 to 9:00 AM at the Sunday River Cross Country Ski Center. For last minute details all applicants must attend the pre-race meeting at 9:00 AM. An awards ceremony following the race will consist of a prize table where all participants will bring a small prize (maple syrup, ski wax etc.) and the winners of several divisions will get first choice of prizes.

### RACER INFORMATION

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

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

TELEPHONE: \_\_\_\_\_

AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ ENTRY FEE ENCLOSED: \_\_\_\_\_

I hereby release Sunday River Inn, Sunday River Cross Country Ski Center, and any person whose land we may be skiing on and any person officially connected with this competition from all liabilities for any injury or damage whatsoever arising from participation in or presence at this event.

SIGNATURE \_\_\_\_\_

### MAIL APPLICATION TO:

Sunday River Cross Country Ski Center  
RFD 2, BOX 1688  
Bethel, ME 04217



# THIRD ANNUAL FROSTBITE "TWO" RUN DOWN EAST FAMILY YMCA



## 5 K (3.1 MILES) OUT AND BACK

Please join us in the annual FROSTBITE RUN to benefit the YOUTH SCHOLARSHIP FUND that will help provide assistance to needy kids for Y programs. We need your encouragement and support, so please help make this years race a huge success!

PLEASE JOIN US IN OUR FROSTBITE RUN - FOR KIDS SAKE! MARCH 13, 1993

**DATE:** Saturday, March 13, 1993

**START:** 11:00 a.m.

**LOCATION** Start at the Down East Family YMCA, on Route 1A in Ellsworth. 3.1 (5K) mile course of flat and rolling hills along the shore road. Wheel measured - Out and Back course to YMCA

**REGISTRATION:** Donation Fee - \$7.00, Registration begins at 10:00am. T-Shirts to first 25 to pre-register, Checks should be made payable to the Down East Family YMCA and should be forwarded with the registration form to P.O. Box 25, Ellsworth, ME 04605 Telephone 667-3086.

**FACILITIES:** Restrooms and showers at the YMCA. Hot and cold drinks available, and Awards will be given after the race.

**SPECIAL DRAWINGS:** There will be several drawings for special prizes following the awards ceremony.

---

## REGISTRATION FORM

In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and official volunteers for any and all injuries suffered by me in the above named road race.

NAME: \_\_\_\_\_ T-SHIRT SIZE S M L XL (FIRST 25 PRE-REGISTERED)

MAILING ADDRESS: \_\_\_\_\_ AGE (AS OF MARCH 13, 1993) \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ MALE/FEMALE \_\_\_\_\_ PHONE # \_\_\_\_\_

PARENT OR GUARDIAN IF UNDER 18 YEARS OF AGE \_\_\_\_\_



# CENTRAL MAINE STRIDERS, INC.

*Proudly Announce The 14th Annual*

American Heart  
Association



Club #480

# KILLARNEY'S

# 10-K

**THIRST QUENCHER**

## ROAD RACE

**SUNDAY - MARCH 14, 1993 - HOLIDAY INN, WATERVILLE (I - 95, exit 34)**

Once again the Striders are proud to offer every runner in Maine a chance to enjoy the first 10-K of the year! There are no serious hills in this race, the loop course was revised last year to avoid a "run around the Inn" start, and this event has long been the un-official start of the Pine Tree running season. Originally, Striders Gene Roy and Fred Judkins helped get the first "St Patrick's Day Run" going in 1980, and the club has played a key role in keeping it alive since then. Strider President Tom McGuire is in his 2nd year as director, and saw nearly 140 finishers in last year's event with the Meserve duo of Livermore Falls pulling off twin victories!! New this year - **TEAM COMPETITION !**

---

**SPONSOR: VALLEY DISTRIBUTORS - Oakland, Maine**

---

**ENTRY FEE:** \$10 Pre-registration to March 4th (Includes special souvenir long sleeved T-shirts to 1st 150 runners)  
\$10 day of race / Register from 8am on

**RACE DIRECTOR:** TOM MCGUIRE (465-2829) Volunteers welcome!

**FEATURES:** Changing rooms courtesy Holiday Inn / Limited showers / Refreshments  
Note: Special runner's price on famous "Killarney's" buffet!!

**COURSE:** Re-certified! (ME 91002WN) Downhill start, rolling hills on loop route.  
Starts near "VIP" Auto Parts, finishes behind Holiday Inn.

**AWARDS:** 1st overall male/female / 1st & 2nd place age groups awards male/female  
Special award to 1st place team : (call Director for details)

**RESULTS:** Published in: Morning Sentinel/Mainely Running/"Interval"

---

### Waiver & Entry Form — "Killarney's 10-K"

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Maine Striders Club, City or Town officials and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

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

TEAM or CLUB: \_\_\_\_\_ T-SHIRT SIZE: \_\_\_\_\_

---

SIGNATURE

PARENT or GUARDIAN if under 18

# Sully's St Patrick's Run

Sunday March 14, 1993

1:00 PM **SHARP!!**

*Come Celebrate St Patrick's Day with Joe and Sam!*



START: Sully's 1160 Forest Ave Portland, Maine

COURSE: Mostly flat and fast

DISTANCE: 5K ( 3.1 Miles) - Arrive ready to run

ENTRY FEE: \$10 - T-Shirts to all preregistered by March 5th

REGISTRATION: **Mail** check or money order to:

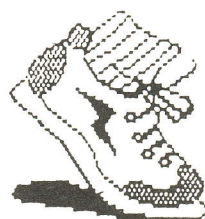
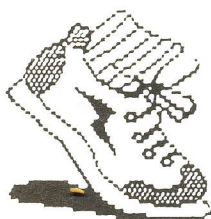
SULLY'S 5K

128 MAINE AVE

PORTLAND ME 04103

AWARDS: Top Male & Female and 1st & 2nd in age groups

INFORMATION: Call Sully's 797-6924 or Bill Skerritt 797-8175



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

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

AGE: \_\_\_\_ SEX: \_\_\_\_ T-SHIRT SIZE \_\_\_\_\_

I, for my heirs,executors and administrators, waive and release any and all claims for personal damages I may have against the organizers and sponsors of this race and I attest and verify that I am physically fit and have sufficiently trained for this event.

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



# CENTRAL MAINE STRIDERS, INC.

Proudly Announce the 15th Annual



Club #.

## "BOSTON PRIMER"

### 15 MILE ROAD RACE

Sunday, March 21, 1993 — 11:00 a.m. — Maranacook School, Readfield, Main

Fifteen years ago editor Rick Krause wrote about the need for a training run in Maine for the mid-April "Boston Marathon". Shortly after, Marty Thornton of Readfield, with support from the Maranacook Community School where she worked, announced the first "Boston Primer" and started what would become one of Maine's legendary races. Looking over the list of past winners is like reviewing a "who's who" of Maine running! Manchester's Dave & Gladys Gugan have directed this event since 1987 and invite you to add your name to the list of runners who have "Made It Through The 'Primer'!"

RACE DIRECTOR: Dave Gagan (622-0289) Volunteers Welcome!

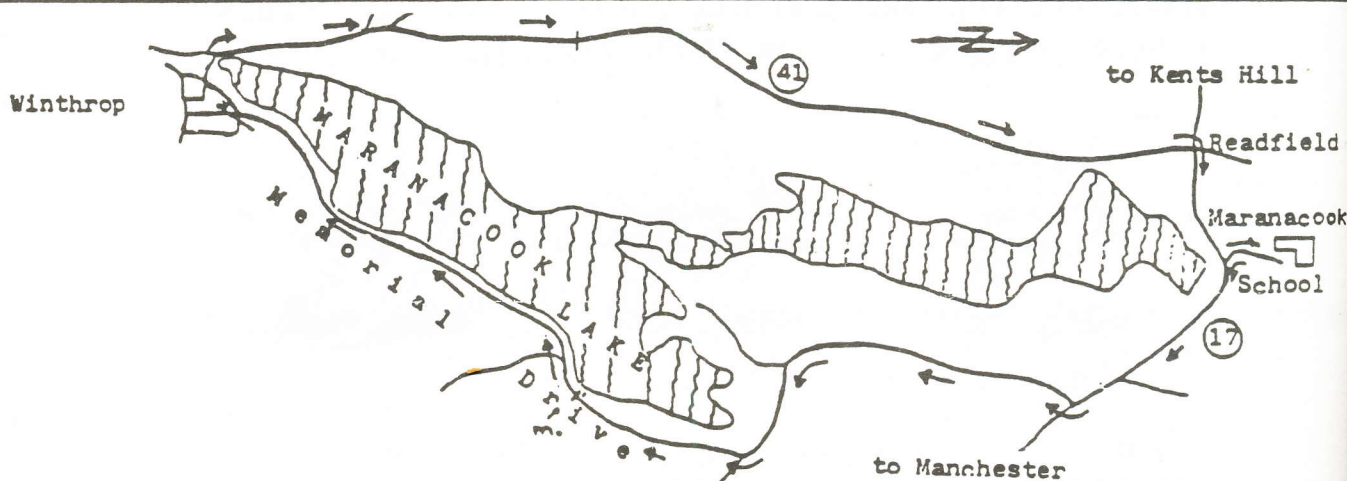
ENTRY FEE: \$5.00

FEATURES: Changing room & showers — Water Stops — Time Splits — All miles marked — Refreshments for all runners and volunteers following race.

COURSE: Challenging rolling hills — circles Maranacook Lake — Starts/Ends at School.

AWARDS: 1st Overall Male & Female — 1st & 2nd Male & Female — Age groups 19 & under/20 to 29/30 to 39/40 to 49/50 to 59/60 & over.

RESULTS: Published in Kennebec Journal, Morning Sentinel & "Interval" Newsletter.



#### Waiver & Entry Form — Boston Primer

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to absolve any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entering on my behalf, waive and release the Central Maine Striders Club, City or Town officials and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the person named in this waiver.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

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

TEAM or CLUB: \_\_\_\_\_

SIGNATURE

PARENT or GUARDIAN if under 18

# 12TH ANNUAL KATAHDIN TRUST SNOW RUN

A FIVE MILE ROAD RACE ,MOVED TO MARCH 27th , SPONSORED BY THE KATADIN TRUST WITH BROADCAST ASSISTANCE FROM WHOU . WINNING RECORD TIMES IN THE OVERALL MALE & FEMALE DIVISIONS WILL EARN A \$100.00 SAVINGS BOND COURTESY OF KATAHDIN TRUST. 1ST RACE OF THE 1993 COUNTY CHALLENGE

WHERE & WHEN :

HOULTON H. S. / LOCKERS, SHOWERS & RESTROOMS

SATURDAY MARCH 27, 1993 @ 11:00 A.M.

DISTANCE :

5.0 MILES, TAC CERTIFICATION #ME92002WN

REGISTRATION :

\$10.00 FOR A LONG SLEEVE SHIRT OR \$8.00 FOR A SHORT SLEEVE SHIRT  
POST RACE MEAL INCLUDED. PRE OR REGISTER ON RACE DAY

AWARDS :

TOP 5 MALE & TOP 3 FEMALE, THREE EACH PER AGE  
1ST PLACE TEAM AWARD MALE & FEMALE

RELAY :

FIVE MEMBER TEAMS: MALE, FEMALE, MIXED ; EACH MEMBER  
RUNS A MILE ; BUS WILL DROPOFF & PICK UP RELAY RUNNERS AT  
THE MILE MARKERS PRE-REGISTRATION ONLY ! 1ST PLACE AWARDS

PRIZES :

\$50.00 SAVINGS BONDS TO TOP MALE & FEMALE & DRAW PRIZES  
RACE BENEFITS THE PINE TREE CAMP. SCHOLARSHIP MONEY FOR  
COUNY YOUTH WILL BE RAISED BY THE SALE OF COCA-COLA CASES .  
COME PREPARED TO PURCHASE ,AT A CONSIDERABLE SAVINGS, A  
SUPPLY OF COKE FOR A WORTHY CAUSE .

COURSE RECORD :

EARN A  
\$100 SAVINGS BOND

MALE : BOB EVERETT 26:07

FEMALE : EUNICE PHILLIPS 32:11

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

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ST: \_\_\_\_\_ ZIP: \_\_\_\_\_

AGE : \_\_\_\_\_ SEX: \_\_\_\_\_ TEAM: \_\_\_\_\_ SHIRT SIZE : M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_  
CHECK SHIRT TYPE : LONG SLEEVE \_\_\_\_\_ ( OR ) SHORT SLEEVE \_\_\_\_\_

I FOR MYSELF , MY HEIRS, EXECUTORS, ADMINISTRATORS WAIVE & RELEASE ANY & ALL RIGHTS & CLAIMS FOR  
PERSONAL DAMAGE I MAY HAVE AGAINST RACE OFFICIALS & SPONSORS. I ATTEST AND CERTIFY THAT I AM  
PHYSICALLY FIT TO PARTICIPATE IN THIS RACE AND HAVE FULL KNOWLEDGE OF THE RISKS INVOLVED .

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

( PARENTS SIGNATURE IS REQUIRED IF PARTICIPANT IS UNDER 18 YRS OF AGE )

FOR INFORMATION CALL 532-6554 OR MAIL ENTRY AND FEE TO:

S.A.D.# 29 ADULT EDUCATION.

P.O. BOX 190, HOULTON, ME 04730

FOR OFFICIAL USE :

PAID \_\_\_\_\_

SHIRT \_\_\_\_\_

AGE CODE \_\_\_\_\_

BIB # \_\_\_\_\_



KENNEBUNKPORT, MAINE ☆ MARCH 28, 1993  
10:00AM Dock Square



**Saucony®** 

**ENTRY FEES:**  
**\$10.00 preregistration**  
**(postmarked by 3/18/93)**  
**\$12.00 day of race**  
**Longsleeved cotton**  
**T-shirts to all**  
**pre-registered runners.**

- The course is moderately challenging
- Come ready to run.
- Packet pick-up and registration at Consolidated School Gym, Rte 9, School Street, Kennebunkport at 7:30.
- Managed by the Maine Track Club
- Proceeds to benefit Kennebunk High School Track and Field Programs.

**1992 Winners &  
Course Record Holders:**  
**Bob Winn 25:38**  
**Veronica Knight 29:44**

### Full Results in Mainly Running

Shirt Size: Sm \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ Checks payable to : Presidential Race

☐ I would like information about the Maine Track Club

**NO REFUNDS, EXCHANGES or TRANSFERS**

Last Name										First Name										Age on race day		Mo.		Day		Yr.		Male		Female							
Mailing Address										Street										Include Apt. No. and/or C/O (Check here if this is a change of address <input type="checkbox"/> )										Area Code		Phone					
City										State (or Country if not USA)										Zip Code																	
Exact Name of Team																																					

**NO BABY STROLLERS OR RADIO HEADSETS ALLOWED**

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

Signature \_\_\_\_\_ Date \_\_\_\_\_ Parents Signature (if under 18) \_\_\_\_\_

Mail entry and fee to : Presidential Race, P.O. Box 1163, Kennebunk ME 04042



IT'S DIFFERENT! TRY A RACE WHERE SPEED & WEIGHT COULD BRING YOU INTO THE WINNER'S CIRCLE.

THE MAIN EVENT...25K, (15.5 miles)

DATE.....Saturday, April 3rd at Rockland High School

TIME.....Race starts at 11 am, (runners should be ready by 10:15 am to be driven to the starting point)

ENTRY FEE.....\$5.00 Pre-entry to April 1st/\$6.00 Race day - 9:30 on

RACE DIRECTOR....Vern Demmons, 207-273-2594

SPONSOR.....Pen Bay Pacers and the Rockland Recreation Center

COURSE.....Certified (ME 87007 GN), rolling hills, starts in Union, returns on Rte 17 to Rockland High School

FEATURES.....Time splits at 1, 5, 10 miles, water stops at 3, 6, 9, 12 miles, changing rooms, showers, hot soups, breads, juices

RESULTS.....Published in MAINLY RUNNING

AWARDS.....First in each WEIGHT DIVISION for men and women, Gloves to the first 50 entrants

COURSE RECORDS...Stan Bickford, 1:24.01 (1992)  
Deb Potter, 1:38.56 (1989)

FLYWEIGHT: M up to 112 lbs  
F up to 105 lbs

BANTAMWEIGHT: M 113-118 lbs  
F 106-111 lbs

FEATHERWEIGHT: M 119-126 lbs  
F 112-117 lbs

LIGHTWEIGHT: M 127-135 lbs  
F 118-123 lbs

WELTERWEIGHT: M 136-147 lbs  
F 124-129 lbs

MIDDLEWEIGHT: M 148-160 lbs  
F 130-135 lbs

LT HEAVYWEIGHT: M 161-175 lbs  
F 136-141 lbs

HEAVYWEIGHT: M 176-195 lbs  
F 142-160 lbs

SUPER HEAVYWEIGHT: M 196 lbs & over  
F 161 lbs & over



### Waiver & Entry Form - 25-K Championship Run

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Pen Bay Pacers, City or Town officials and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

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

TEAM or CLUB: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

SIGNATURE

PARENT or GUARDIAN if under 18

Pen Bay Pacers / Vern Demmons • P.O. Box 54 • Warren, ME 04864 • 273-2594

WESTBROOK COLLEGE IN ASSOCIATION WITH THE MAINE TRACK CLUB  
PRESENTS THE 17th ANNUAL

## "APRIL AMBLE" 4-MILE RACE

SATURDAY, APRIL 24, 1992 at 10 A.M.

1-MILE "FUN RUN" at 9:15 A.M.



START: Westbrook College, Stevens Avenue, Portland, Me.

9:15 A.M. 1-MILE FUN RUN (14 & Under)

10 A.M. 4-MILE ROAD RACE \*Pre-Register by April 17th.

ENTRY FEE: \$7.00 Pre-Entry/\$9.00 Post Entry.

\$3.00 All "Fun Run" Entrants

Mail Entries To: "April Amble" 4-Mile Race

(Return Bottom Portion) Westbrook College Athletic Dept.

Stevens Avenue, Portland, ME. 04103

RACE INFO: 207-797-7261 ask for "Athletic Dept."



\*\* Race-day registration starting at 7:30 A.M. at Finley Recreation Center.  
Numbers for all runners will be distributed at this time. Come ready to run.  
Registration closes at 9:45 A.M. Shower facilities/Awards at 11:30 A.M.

AWARDS: "Fun Run" (14 & Under) Top 15 Finishers - Trophies

4-Mile: Top 5 Finishers Overall - Male/Female

First Male - Maurice Fuller Award \$100.00 / First Female - Joan Benoit Samuelson Award \$100.00

Age Divisions - 1st, 2nd and 3rd Place. (No Duplicate Awards)

(18 and under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 + over, 70 + over)

Westbrook College Awards: Top Ten Students/Top Five Staff

Special Award: First runner at the mile mark - \$25 gift certificate to the Sportshoe Center, Millcreek Plaza, South Portland.

COURSE: This classic 17 year old course has now been certified. The winning time will establish a new course record. Mostly a flat, fast course, with a section of it on a dirt trail through a wooded area. Mile splits given at 1 mile and 3 mile. Water available at 3 mile mark.



\* FREE T-SHIRTS TO FIRST 250 PRE-REGISTERED \*

NO BABY STROLLERS OR RADIO HEADSETS ALLOWED



"APRIL AMBLE" 4-MILE RACE/1-MILE FUN RUN APRIL 25, 1992

☐ I WOULD LIKE INFORMATION ABOUT THE MAINE TRACK CLUB

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

BIRTHDATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

WESTBROOK COLLEGE: STUDENT STAFF

CIRCLE ONE: 4-MILE 1-MILE

NO REFUNDS, EXCHANGES or TRANSFERS

ENTRY MUST BE SIGNED: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this race, including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and/or humidity, traffic, and the conditions of the road; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, the undersigned, myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, Westbrook College, and all sponsors, their representatives and sponsors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ PARENTS SIGNATURE \_\_\_\_\_  
IF UNDER 18 YRS. \_\_\_\_\_

Checks payable to: Westbrook College

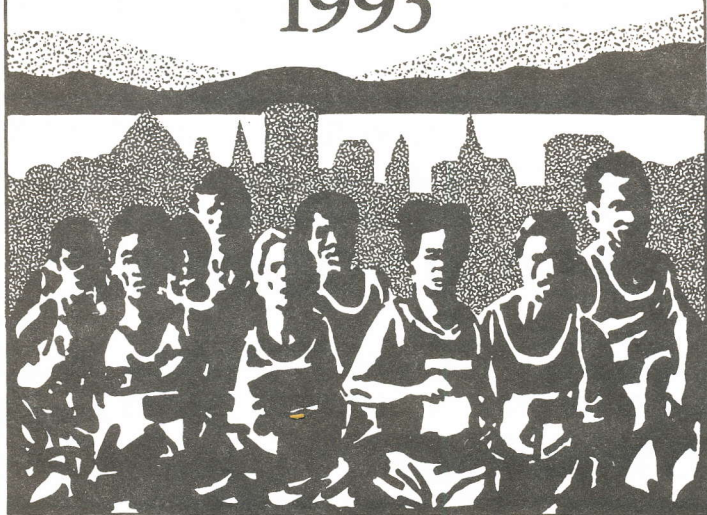
LONG  
DISTANCE  
NORTH.  
by KCI Long Distance Company



Bank of Vermont

# VERMONT CITY MARATHON

## 1993



SELECT DESIGN LIMITED



Burlington's 5th Annual Marathon  
& Marathon Relay

**Sunday, May 30, 1993**

- Mostly flat, city course (TAC certified) with views along Lake Champlain
- Waterfront finish with ongoing music and celebration
- Net drop of 100 feet elevation
- \$8,300 in cash prizes to Open, Masters and Wheelchair divisions
- Over 1,000 marathoners expected
- Marathon relay with over 250 teams expected, legs of 3.3, 6.6, 6.6, 4.1, 5.6 miles, maximum 5/minimum 2 runners
- On Saturday, May 29th:
  - Sports and Wellness Expo
  - Seminars
  - All you can eat buffet

For race application send SASE (4"x 9.5") to:

**VERMONT CITY MARATHON**

P.O. Box 152, Burlington, VT 05402-0152

Questions: 800-642-5154, Ext. 360



## SPECIAL \$1,000.\* DRAWING

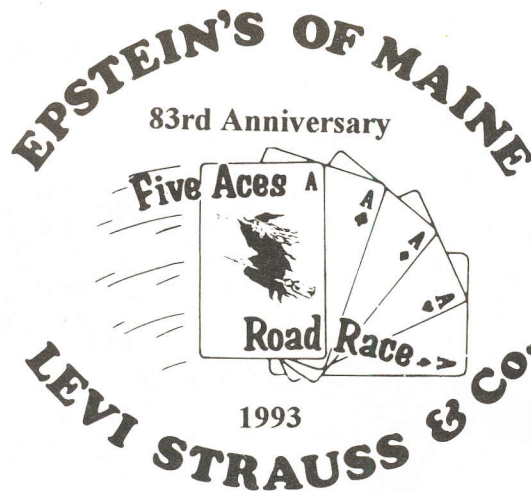
IF YOU WOULD LIKE TO WIN \$1,000.\* COME TO EPSTEIN'S Five ACES 5K ROAD RACE ON MAY 9, MOTHER'S DAY, 1993 AT 11:00 A.M. AT THE CANUSA TRACK COMPLEX.

EPSTEIN'S WILL BE GIVING AWAY \$1,000.\* IN A RANDOM DRAWING FROM ALL FINISHERS. YOU CAN RUN, WALK, SKIP, OR JUMP THE RACE COURSE AS LONG AS YOU FINISH.

VISIT ANY EPSTEIN'S LOCATION FOR MORE DETAILS.

*\*\$1,000. WILL BE GIVEN ONLY IF EPSTEIN'S HAS 505 RACE FINISHERS.*





**Proceeds:.....To benefit the Brewer Track Complex.**

**Distance: .....5K - Certified by TAC**

**Date: .....Sunday, May 9, Mother's Day at 11:00 a.m.**

**Start:.....Pendleton Grade School - Brewer.**

**Entry Fee:.....\$7.00 per individual - includes "Levi" Polo Shirt.**

**Prizes: .....Plaques & "Levi" jeans for the first three male and female finishers in the following age groups:**

13 & Under

14 - 18

19 - 29

30 - 39

40 - 49

50 - 59

60 & Over

**Sponsored by  
EPSTEIN'S OF MAINE  
&  
LEVI STRAUSS & CO.**

Plus a "Levi" shopping spree at Epstein's (Shopping spree to be used for "Levi" products only.) for both the 1st, 2nd & 3rd male and female finishers. 1st, \$250.00, 2nd, \$150.00 & 3rd, \$105.00

**Registration ...Make check or money order payable to "Epstein's Five Aces Road Race" and mail or drop off at Epstein's - 527 South Maine St., Brewer, between 9:00 a.m. & 10:30 a.m....Polo Shirts, numbers, map & race information will be distributed at Pendleton Grade School on the day of the race.**

**Team Challenge:....The first 3 members of the winning all male & winning all female teams will receive "Levi" jeans. The total time of the 1st 3 team finishers will be used to determine winners.**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Age** \_\_\_\_\_ **Sex** \_\_\_\_\_ **T-Shirt Size (S, M, L, XL)** \_\_\_\_\_ **Circle One**

**Fill out if you are participating in the Five Aces Challenge:**

**Team Name (must have 5 people to qualify)** \_\_\_\_\_

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

**Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

\*Parents signature is required if participant is under 18 years of age. HAVE FUN!

\* \_\_\_\_\_ **Date:** \_\_\_\_\_

## Race Directors Race Flyer Fees

For only \$40.00 per page, MAINELY RUNNING will print your flyer in the body of the magazine. This saves you printing and mailing expenses. Flyers must be 8 1/2 x 11. Send one **GOOD** black & white copy with payment to MAINELY RUNNING by the tenth of the month prior to issue date.

## Advertising Rates

	Single Issue	Five Issues	One Year
1/4 Page	\$ 30	\$135	\$250
1/2 Page	50	220	380
Full Page	80	355	620
Covers	Call	Call	1000

These prices are for camera ready ads, with additional charges for ad layout.

For More Information Call: 725-8680

## Mainely Running is available at the following Advertisers

- Bath Cycle & Ski
- Cadillac Mtn Sports
- CycleMania
- Fort Western Sports
- Goldsmith's

- Life Sports
- Maine Sport
- Northern Lights
- Olympia Sports

- Rainbow Cycle
- Sports East
- Wights
- Yankee Sports

Woolwich  
Bar Harbor  
Portland  
Augusta  
Bangor  
Presque Isle  
Scarborough  
Ellsworth  
Rockport  
Farmington  
Bangor  
South Portland  
Newington NH  
Auburn  
Topsham  
Brewer  
Auburn  
Brunswick  
South Portland  
Windham  
No.Conway NH  
Rochester NH

# Mainely Running MAGAZINE

## Subscription Form and Maine TAC Memberships

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

Telephone \_\_\_\_\_ Sex \_\_\_\_\_ US Citizen \_\_\_\_\_

Check Applicable Sport(s) T&F \_\_\_\_\_ LDR \_\_\_\_\_ RW \_\_\_\_\_

(Track & Field-Long Distance Running-Racewalking)

Date of Birth \_\_\_\_\_ Club \_\_\_\_\_

I certify that in accordance with the rules of TAC and the IAAF, I am eligible to compete in the indicated sports.  
Signature \_\_\_\_\_

Today's date \_\_\_\_\_ Check the applicable box:

- One year subscription (10 issues) - \$17.50 ☐  
Subscription - Maine TAC members - \$15.00 ☐  
TAC membership - \$10 ☐ youth - \$8 ☐  
Subscription & TAC \$25 ☐ youth - \$23 ☐

TAC memberships are from January 1 through December 31.  
For information call MAINELY RUNNING at 725-8680

(For TAC only memberships, send with check to Maine Association of TAC, PO BOX 69, HALLOWELL ME 04347)

Send with check to: MAINELY RUNNING, 2 Howards Hill Rd, Brunswick ME 04011 (207)725-8680

**EPSTEIN'S OF MAINE**

83rd Anniversary



**"Clothing For The  
Family Since 1910"**



Brewer, Ellsworth, Millinocket  
Presque Isle, Houlton, Searsport  
Stonington

LOOK INSIDE \* \* \* RACE ON MOTHER'S DAY \* \* \* INFORMATION



# PROUD TO BE AN AMERICAN.



Introducing the Saucony Bangor, the running shoe that lets everyone show their pride in American craftsmanship.

**Saucony**

Register early for 1993 Presidential Road Race!

AUBURN, ME  
Center Street

WELLS, ME  
Wells Retail Center  
adjacent to Wells Plaza



SACO, ME  
249 Main St.

**NOW OPEN !** \* SOUTH PORTLAND \* Mill Creek Shopping Center

Locations in Amherst, Conway, Gorham, Manchester, Salem, Londonderry, W. Lebanon, Weirs Beach, NH;  
Auburn, Wells & Saco, ME; N. Hampton, MA; Lake George, NY; Rutland & Burlington, VT.