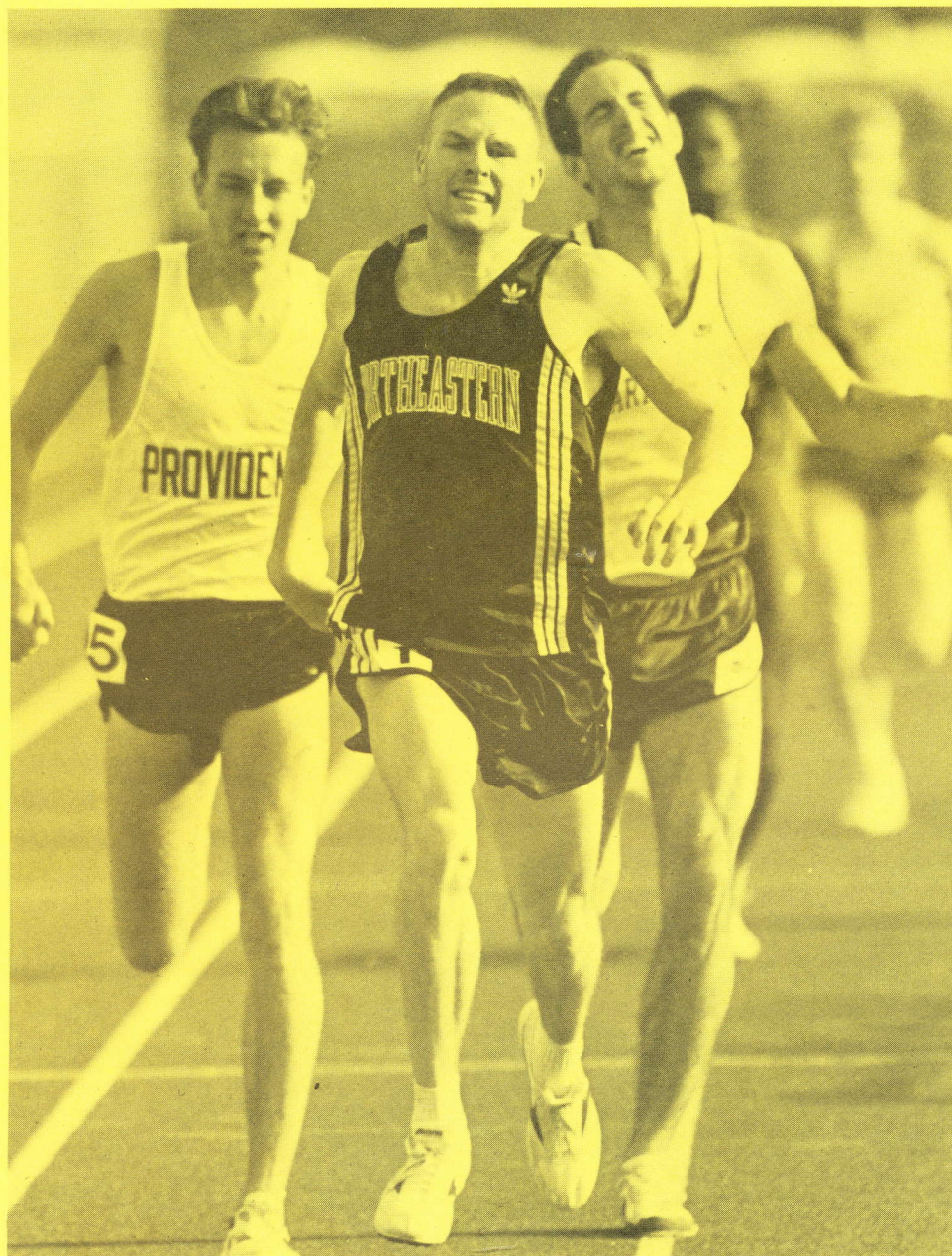


April 1993

Issue Number 21 \$2.50

Mainely Running

Maine Endurance Sports Coverage



!

**Erik
Nedeau**

3:59.68

!

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EDITORIAL

Snow, snow, snow, and at this writing it keeps coming. By far the most snow and the worst running conditions since I came to Maine - a quite vivid reminder of winters spent in Buffalo and Syracuse. My sympathy to everyone training for Boston; this year, only the toughest of the tough will toe the line behind Joan Samuelson. If you weren't able to get those training miles in, didn't qualify for Boston or simply don't like to run marathons, experience a Maine running tradition at the 64th running of the Boys and Girls Club Race, also starting at noon on Patriots day.

* * * * *

Wow! A Mainer runs a sub 4 minute mile and another slightly older one sets a new North American record at 100K. Add the growing excitement surrounding Team Maine, a new name for TAC, (USA Track & Field), the promise of an improving economy and the vitality of the new presidential administration. This may be the environment you have been waiting for to revitalize your competitive juices and train for some PRs in '93. We at Mainely Running think that it's a great climate to start our 3rd year.

* * * * *

"The Best of '92" continues in this issue. Who are the best open and age group runners in Maine? These listings identify the best performances; you decide for yourself who the best runners are. We have also included some stats using the age graded tables which identify the top performances factoring in age. The age graded system may seem confusing because it's different from what we are used to, but read the article with an open mind. The concept has much merit and could add greatly to Maine running.



ABOUT THE COVER: Erik Nedeau becomes the first Mainer to break the 4 minute mile. Read Rick Krause's interview with Erik - A Mainely Running exclusive. Also inside - Erik and Carlton Mendell receive Mainely Running's Athlete of the Month awards. Photo courtesy of Bob Kramer of Northeastern University.

April 1993

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RACE RESULTS

Running

Boston Primer 1983
Celebrate Gorham
January Thaw
Jingle Jog 5K
Mid-Winter Classic
MTC Handicapped Run
New Year's Portland
Snowfest 5 Miler
Turkey Trot 5K
Vermont City Marathon
WCTC Four for Food

Cross-Country Ski

Carter's Last Stand
Flying Moose Classic
Gould Jr & Sr Qualifier
Sam Ouellet's 50 Mile
Sunday River Langlauf

Plus:

Best of 92
CM Strider Banquet
High School Champions
Maine Track Club 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

MARCH

- 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-West Kennebunk-10am-Brian Gillespie-772-2753-TAC certified
 3 "CHAMPIONSHIP RUN"-25K-Rockland-11am-Vern Demmons-273-2594-certified-flyer February issue
 4 "KILLARNEY'S 10-K THIRSTQUENCHER"-Waterville-9am-Tom McGuire-465-2829-certified-flyer February
 10 "TERRIER TROT"-Waterville-5 mile-9am-Jim Moore 873-0080-flyer April
 10 "UMPI SPRING RUN OFF"-5k-Presque Isle-10am-Chris Smith-764-0311x283-certified
 17 "UNITY SPRING 5K"-Unity-9am-Ed Raiola-948-3131-flyer April
 19 "Boston Marathon"-12 noon
 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
 24 "TOGUS ROAD RACE"-Togus-5 mile & 1 mile fun-9:30am-Chris Bovie-823-8411x5571-flyer April

MAY

- 1 "SOUTH PORTLAND DARE RACE"-4mile-10am-Everett Moulton-799-2894
 1 "OFFICER FRIENDLY YOUTH RUNS"-1mi for ages 6-14 & .25mi for under 6-9am-Donna Moulton-799-2894
 1 "ROCKY COAST ROAD RACE"-10K-Boothbay-10am-Neal Verge-633-2855-certified-flyer April
 1 "STARK TREK 10K"-Conway, NH-10am-fun run at 8:30am-Bob Parrish-(603)447-2655
 2 "NEW BRUNSWICK HEART MARATHON"-Fredericton NB-Terry Goodlad-(506)357-6566-flyer April
 2 "WATERVILLE RAPE CRISIS 5K"-8:30am-Jerry Saint Amand-873-6753-flyer April
 2 "TERRY FOX 5K"-Bangor-Glendon Rand-825-3396
 8 "FAMILY CRISIS SHELTER RACE"-Portland-5K-9am-Crisis Center-767-4952-
 9 "EPSTEIN'S FIVE ACES"-5K-Brewer-11 am-Tom Manship-989-7950-certified-flyer Feb, April & May
 9 "MOTHER'S DAY ROAD RACE"-5k-Rockland-8:30AM-Coastal Day Care-594-2591-flyer April
 15 "JAYCEES 10K"-Skowhegan-10am-Walter Crockett-474-7179-
 15 "HOSPITAL WEEK"-5K-York-9:30-York Recreation Dept-363-1040
 23 "BUD LITE MARATHON"-Kingfield-7am-Chip Carey-265-2273-certified-flyer April
 23 "SUGARLOAF 15K"-KINGFIELD-7:30am-Chip Carey-265-2273-certified-flyer April
 26 "MECTA Meet"-5:30pm
 28 "BACK BAY 5K"-Portland-7pm-Bob Payne-655-6006-certified
 29 "DEXTER SHOE 7.2 MILER"-Dexter-10am-youth 1mi at 10:05-Tom Tillson-924-7359-flyer May
 30 "VERMONT CITY MARATHON"-Burlington VT-8am-1-800-642-5154-certified-flyer February issue
 30 "LIVE YOUR DREAMS"-5 mile run-9am-3 mile walk-8:40-Kennebunk-Rob Spaulding-985-8057-Certified-flyer April
 31 "APPLE BLOSSOM 15K & APPLE BUD 4 1/2 MILER"-Monmouth-8am-Doug Ludewig-933-4416-certified

JUNE

- 6 "CAMDEN 10K"-& 1 mile kids run-Camden-9am-Maine Sport-1-800-244-8799-certified-flyer May
 6 "HELEN P KNIGHT"-5K-Caribou-1pm-Art Thompson-325-4979-certified
 6 "COBSCOOK BAY 10K"-10am-Jonathan Aretakis-726-5858-certified-flyer April

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 Davenney-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**



Race Directors - Advertise Your Race - Quarter Page - \$30

BIKE CALENDAR

April

- 7 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
- 14 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
- 18 #Lynn Woods"-Lynn, MA-Eric Strimbeck-(617)233-2664
- 18 "Maine Freewheelers Time Trial Series"-Old Town-10mi-10am-Ann Mourkas-862-5990
- 21 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
- 25 "Alewives Spring Road Race"-West Kennebunk-USCF 1,2,3,4,5 + citizen-Saco Cycles-283-BIKE
- 25 "Maine Freewheelers Time Trial Series"-Old Town-10mi-10am-Ann Mourkas-862-5990
- 28 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE

May # indicates off road event

- 2 "Maine Freewheelers Time Trial Series"-Old Town-10mi-10am-Ann Mourkas-862-5990
- 2 "Streaked Mtn Spring Classic"-Buckfield-John Farr-674-3865
- 5 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
- 9 "Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576
- 12 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
- 19 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE
- 23 "Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576-flyer April issue
- 23 #Spring Runoff" MTn Bike-Maine Sport-Chris Shotwell-1-800-244-8799-flyer May
- 23 #Temple Mtn #1"-Peterborough, NH-Laurie Kenney-(603)-924-6949
- 26 "Kennebunk Road Race Series"-West Kennebunk-6pm-Saco Cycles-283-BIKE

GROUP RIDES

- Auburn Wed 6pm-Rainbow Cycle-pace line riding-784-7576
- Bath Tues 5:30PM and Sun 10AM-Mtn Bikes on trails-Bath Cycle-442-7002
- Brewer Mon & Wed-6pm-brisk pace-Tue & Thurs-off road-Pat's Bike shop-989-2900
- Brunswick Wed-5:30pm-Center St Bike-fast pace-729-5603
- Portland Sat. 8AM-fast, sprints, paceline-28mile-leave Cyclemania Portland Velo Club-Tim Corcoran-774-2933

- Portland Sun 10am-Union Station Fitness-long Rides-774-2933
- Portland Monday 5:45-Cycle Mania-instructional rides-774-2933
- Portland Tuesday 5:45-Interval, hills, fast-CycleMania-774-2933
- Saco Thurs 6pm-774-2933Mtn bike-time trial & ride-Saco Cycle-283-BIKE
- Searsport Tues 6pm-Mtn bike-Wed 6pm-social road ride-Birgfelds Bike-548-2916
- SW Hbr. Mon. 6PM-Mtn bike rides-Southwest Cycle-244-5856



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The Maine Track Club

- April 3 **MTC Memorial Race - 5K**
Brian Gillespie 772-2753
- April 19 **Boys & Girls Club - 5 Mile ****
Steve Muslawski 874-1070
- April 24 **April Amble - 4 Mile ****
Westbrook College 797-7261

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- TAC certified course
- Traffic safety
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- Adequate water stops
- TAC sanctioning
- Equal M/F awards

For race applications and/or membership information write:
The Maine Track Club, PO Box 8008, Portland, ME 04104



Run with a friend!



YOUTH CALENDAR

APRIL

- 19 "PATRIOTS DAY 1-MILE Fun Run"-Portland-10am-12 & under-Steve Muslawski 874-1070-flyer April
 25 "WESTBROOK COLLEGE APRIL AMBLE"-Portland-1 mi Fun Run-9:15-14 & under-Athletic Dept-797-7261-flyer Feb
 24 "TOGUS ROAD RACE"-Togus-1 mile fun-9:30am-Chris Bovie-823-8411x5571-flyer April

MAY

- 1 "FORT COLLIN BUNNY RUN"-Boothbay-8:45am-1mi-K thru 8th grade-free-Boothbay YMCA-633-2855-flyer April-
 9 "MOTHER'S DAY ROAD RACE"-5K-Rockland-8:30am-parent and children categories-flyer April
 9 "EPSTEIN'S FIVE ACES"-5K-Brewer-11 am-has 12 & under prize category-Tom Manship-989-7950-certified-flyer April
 29 "DEXTER SHOE "-1 mile-10:05am-Tom Tillson-924-7359-flyer May

JUNE

- 6 "CAMDEN KIDS RUN"-1 Mile-9am-Maine Sport-800-244-8799-flyer May

If you know of any youth running groups or races that contain youth races, let us know. If your youth is interested in the USA T&F track and field starting in June, call Ron Kelly 883-2747

ESPN - TV SCHEDULE OF ENDURANCE SPORTS

FOOT LOCKER - GASPARILLA (rerun).....	April 1	Thursday	4:30 to 5am
WORLD HIGH JUMP-CHICAGO (rerun)	April 9	Friday	1:30 to 2:30pm
FOOT LOCKER - St Patrick's Day 10K	April 11	Sunday	12:30 to 1pm
DANSKIN RUNNING & RACING	April 13	Tuesday	3:30 to 4 pm
DANSKIN RUNNING & RACING (rerun)	April 14	Wednesday	1:30 to 2am
DANSKIN RUNNING & RACING (rerun)	April 23	Friday	3:30 to 4am
FOOT LOCKER - St Patrick's Day 10K(rerun).....	April 23	Friday	1:30 to 2pm
TRACK & FIELD - THE PENN RELAYS	April 24	Saturday	4 to 6pm



Bill Stuart's Going-Away Party



Mainly Running's Headquarters



The Gardiner Saturday Morning Running Group



The Clapper's "Midwinter Run" in Bucksport on January 9th

INTERVALS

Killarney's Snow-date - April 4th

Because of the big snowstorm on March 14th, Killarney's 10k was rescheduled for Sunday April 4th. See flyer in February issue.

Hall Of Fame Banquet - Sept 11th

The big snowstorm also postponed the Maine Running Hall of Fame until the eve of the Sentinel Race, Sept 11th. The banquet will be held at the Waterville Holiday Inn. The 1992 inductees will be Leona Clapper, Fred Judkins, Don Matheson, Carlton Mendell & Dick Goodie.

Outstanding Sprinter

Mt Ararat women captured the State Class A Indoor T&F. Sophomore Cuyler Goodwin put it all together with wins in the 60, 300 and 600 meter dashes. Her 37.37 in the 300 and 1:29.24 in the 600 were state records. Prior to knowing about her accomplishments I watched her do 100 meter repeats on the Bowdoin track and knew from her fluid stride and dedication to the task (despite the pain) that she was something special. Watch this women, she has national class potential.

Jim Kloster misses Maine

Here some excerpts from a letter from Jim Kloster who moved to Yakima Washington in the fall of '91. *"Although I am thousands of miles away I still miss the Maine running scene and many of its races and racers. Last summer two of my brothers and I finished first in the 'Family Division' of the Valley of the Sun Triathlon here in Yakima. We started out the morning at 5:00 am setting up the bicycle course, the aid stations, the transition areas, and the running course. We also picked up all of those things after the race. As you might have guessed we were also part of the committee putting on the race. All in all it was a great event and we are already planning the 11th Annual Valley of the Sun Triathlon and I fully expect we will defend our crown. I enjoy every issue of the magazine and hope that I will be able to visit Maine this summer"*

1993 National Standards

The 1993 qualifying time standards for national rankings remain the same as in 1992. Official results must be submitted to the USA T&F Road Running Information Center (formerly TACSTATS) & must be run on USA T&F certified courses. In Maine, race directors should submit results to the State Record Keeper, Don Penta, 54 Sebago Ave, Windham ME 04062. Don is available for forms and assistance on 892-4526.

Patriots Day 5 Miler

Steve Muslawski, race director for the Boy's & Girls Club Patriots Day 5 mile race, has sent special invitations to all 1992 men & women winners of races between 4 miles and 10K in

distance. It is his hope that runners will view this race as the state's "5 Mile Championship."

National Canoe Races

The American Canoe Association will hold their Whitewater Open Canoe Cownriver Nationals on April 16, 17 & 18th in Huntington MA. Call (413) 667-3451 for entry information.

New Bike Time Trial Series

Maine Sport has announced it's sponsorship of a new time trial series called "The Mid Coast Time Trial Series". The series will be directed by Sue Butler of Rockport and will consist of 5 races starting on June 20th at 9am (see bike schedule). Chris Shotwell of Maine Sport says that the course is 15 miles in length and has enough hills to make it interesting, but no major steep hills. Prizes will be awarded for overall and age categories for each race as well as for the total series; the best 3 races will count toward the series.

Running Movies at Westbrook

The last movie of the "Thursday Night Running Movies" series is scheduled for April 15th at Westbrook College Blewett Science Building. Brian Gillespie, Women's Cross Country Coach at Westbrook College, has arranged the series. The start time is 7:00 p.m. and proceeds from the \$1 admission price will go to the Westbrook College Athletic Department.

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, D. Scott, does a great job in what is called the most successful sports training tape ever produced. 87 minutes.

Old Running Shoes

Paul Lamoreau of the Aroostook Musterds collecting old running shoes for high school cross country runners in need. Paul can be reached on 764-6517.

McDonald - Master's Chair

Kevin McDonald of Lovell has been appointed as Masters Long Distance Running Chair for Maine TAC. Kevin is a dedicated runner both on the roads and on the track. Last fall he organized a masters team from Maine to compete in the National Masters Cross Country Meet in Boston.

Musterds Sell Cokes For Scholarships

The Aroostook Musterds will be selling cases of Cokes - only \$9 per case - at their races to raise money for their two scholarships. Sounds like a good deal for everyone.

T & F Officials Clinic

There will be a Track & Field officials clinic on April 10th in Hill Gym at U of Southern Maine's Gorham campus. The free clinic will run from 10am to 2pm with a luncheon complements of Maine TAC. The clinic will cover High School federation and TAC rules with TAC certifications available. For more information and to register, call 780-5574 and leave name, address and phone #.

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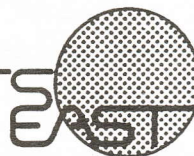


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SPORTS



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Indoor Track at Harvard

Some Mainers ran the mile at the Greater Boston Track Club's Invitational at Harvard on January 31st:

Rob Hoover	4:51
Marjorie Haney	5:35
Jeanne Hackett	5:40
Ray Shevenell	5:40
Carol Hogan	5:52
Carrie Croft	5:56
Mary Martin	5:58

Mainers at 100K Championship

Maine can be proud of their ultra runners. At the National 100K Championship in New York's Central Park on February 27th a small contingent of Mainers performed well under less than ideal conditions. The temperature was 25 at the start and peaked in the mid 30s during the race. Low temps coupled with a north wind and those infamous Central Park hills resulted in an above normal drop out rate. But, to the men from Maine this may have been to their advantage, as these are their normal training conditions. Craig Wilson, 43 of Kittery finished in 9:28 for 27th place, while 51 year old Phil Pierce of Falmouth was 36th with a 10:12 time. Joe Hayes of York Harbor entered the race with tendonitis of the knee from skiing and dropped out after *only* 30 miles. The big news was Carlton Mendel, as he set a new North American 70 to 74 age group record with an 11:27 knocking over 3

hours off the old record. The winner from Brazil had a time of 6:45. The world record for this distance is 6:10. Ellen McCurtin, who has roots in the Berwick area, was the first US woman.

Walkers to Receive Finish Times

Rob Spaulding, race director of the Live Your Dreams race reports that all finishers in the 3 mile walking division of this years race will receive finishing times and place. The walk and the feature 5 mile race is scheduled for May 30th. The run is a fast out and back course which runs adjacent to the ocean.

Rocky Coast Includes Bunny Run

The 1993 Rocky Coast 10K race on May 1st will include a free Fort Cowan Bunny Run for grades K-8. Registration for the 1 mile run is from 8 - 8:30am. All participants will receive a ribbon and a May Basket. The cannon for the 10k start will be fired at 10am

Mount Washington - June 19th

The Mount Washington Road Race is scheduled for June 19th, but entries for the lottery had to be in by March 15th.

Mainer in Biathlon Championships

Hannah Upham of Farmington recently competed in the World Junior Biathlon Championships in Germany

Snow Run Champions

Past winners of the "Wild Katahdin Trust Snow Run" are listed below. The 1993 champions will be determined on March 27th in Houlton. The present course was put into use in 1989. The course was certified in 1992.

Women

'82	Paula Stone	33:03
'83	Nancy Jackson	30:06
'84	Darlene Higgins	30:49
'85	Carol McElwee	30:29
'86	Carol McElwee	31:44
'87	Robin Emery Rappa	29:48
'88	Robin Emery Rappa	29:28
'89	Rayma Taylor	35:06
'90	Donna Sund	34:15
'91	Eunice Phillips	32:11
'92	Eleanor Anderson	34:22

Men

'82	Rusty Taylor	25:31
'83	Glen Holyoke	24:01
'84	Phil Stuart	24:48
'85	Joe McGuire	23:49
'86	Rusty Taylor	24:30
'87	Rusty Taylor	25:39
'88	Roy Morris	24:55
'89	Roy Morris	26:50
'90	Charles Violette	27:06
'91	Bob Everett	26:07
'92	Charles Violette	27:53

QUALITY FITNESS EQUIPMENT

High School Champions

Cross-country Skiing

Class A Men	
Noah Duarte	Oxford Hills 22:33
Jeremy Howard	Mt Blue 22:37
Dwayne Martin	Fort Kent 23:15
Justin Wood	Presque Isle 23:24
David Chamberlain	Mt Blue 23:34
Class B Men	
Carroll Lane	Maranacook 23:56
Ryan Albert	Lake Region 24:22
Sam Allen	Maranacook 24:42
Robert Masterman	Mt Abram 25:10
Jake Voter	Mt Abram 25:16
Class C Men	
Greg Laverru	Madawaska 19:50
Ryan Jacobson	Winthrop 20:04
Edward Lavertu	Madawaska 20:08
Ben Kamilewicz	Yarmouth 20:09
Joey Chretien	Livermore Falls 20:27

Class A Women	
Corey Coogan	Fryeburg Academy 18:25
Chris Shaner	Oxford Hills 18:26
Sarah Haeger	Mt Blue 18:30
Darcy Cornell	Oxford Hills 18:54
Hannah James	Mt Blue 19:14
Class B Women	
Loryn Kipp	Maranacook 19:24
Jeni Cook	Maranacook 21:01
Jessica Wadsworth	Leavitt 21:56
Arika Poulin	Maranacook 21:59
Beth Schiller	Maranacook 22:06
Class C Women	
Debbie Plourde	Madawaska 18:36
Kim McCrear	Fort Fairfield 18:39
Shelby Hodgkins	Yarmouth 18:41
Kristen Dubord	Jay 18:57
Sara Galbreath	Yarmouth 19:30

Indoor Track

Class A Men	
55 Hurdles	Shawn Walton Biddeford 8.04
55	Justin Ward Cheverus 6.71
300	Josh Mishou Bangor 33.49
600	Shawn Walton Biddeford 1:17.05
1000	Ryan McCalmon Cheverus 2:23.97
Mile	Ryan McCalmon Cheverus 4:28.41
2 Mile	Mike Rice Morse 10:04.20
Class B Men	
60 Hurdles	Del Case Greely 7.99
60	Tom Toye Scarborough 6.86
300	Kevin Hathaway Greely 34.20
600	Mike Ditzel Foxcroft 1:17.59
1000	Eric Goodwin Greely 34.20
Mile	Dan Carter George Stevens 4:33.0
2 Mile	Bryan Graham George Stevens 10:18.5

Class A Women	
Nichole Motil	Thornton Academy 9.02
Cuyler Goodwin	Mt Ararat 7.42
Cuyler Goodwin	Mt Ararat 37.37
Cuyler Goodwin	Mt Ararat 1:29.24
Cindy Pomerleau	Mt Ararat 2:51.80
Nicole Stevens	Old Town 5:32.52
Meg Randall	Westbrook 12:13.56
Class B Women	
Sarah Tsika	Scarborough 9.01
Erida Doyle	Greely 7.42
Erika Doyle	Greely 37.83
Dristin Stelmok	Foxcroft 1:32.96
Rebecca Ryan	Greely 2:53.6
Rebecca Ryan	Greely 5:25.4
Catherine Galipeau	George Stevens 11:50.1



Erik Nedeau & Carlton Mendell

April Athletes of the Month

A sub 4 minute mile and a North American record!!!! Not bad criteria for being selected as Mainely Running's athletes of the month. **Erik Nedeau and Carlton Mendell** will receive the *coveted* Mainely Running Athlete of the Month sweatshirt.

While watching the Olympic trials last year, I was thrilled to see Erik Nedeau finish 7th in the finals of the 800 meters. Since then, he has continued to win races and set new performance marks. On February 26th he set his latest and most noticeable mark--- a 3:59.68 while outkicking the national indoor mile champion! For more about Erik and his run see Rick Krause's article in this issue.

What a year for Carlton Mendell. He was named the 1992 Maine Runner of the Year by the Maine Track Club and will soon be inducted into Maine's Running Hall of Fame. In almost every race he runs, (if certified and the results submitted) his performance meets the USA T&F standards. Now Carlton has covered 100 kilometers in 11 hours and 31 minutes - a new North American record for the 70-74 age group. He devastated the old record of 15+ hours. at the national 100k championships in Central Park on February 27th. The conditions were less than ideal with wind and sub-freezing temperatures. Since most of us don't run in many 100k races, it is difficult to put this in perspective, but let's give it a try. The distance is over 62 miles, in this case 15.5 times around a 4 mile loop. Two marathons back to back! In preparation, he increased his daily runs from 5-6 miles to 10 miles a few weeks before the race, but did not run those long, long 30 milers that other ultra marathoners do. Carlton is an inspiration to all of us youngsters

Spring Thaw

Well here it is, the first part of April. Spring is here, right? It's time to get out there despite what the weather report may say. One of the worst things about training this time of year (besides the cold) is the wet road conditions. This is the result of two factors; melting snow, which is good; and the spring rains, which aren't so good. But rest assured, it will only last *a couple of months*.

After riding in these conditions year after year, I've finally decided to give fenders a try. For years I've shunned them, putting fenders on a racing bike would be like slipping black rubber overshoes on a pair of Air Max's. What would your friends think?

April Showers Bring Fenders ?

by Tim Corcoran

Come to think of it, when I'm out training most of my friends aren't even awake yet.

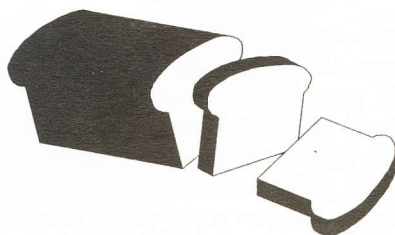
Fenders have changed a great deal since the chromed steel versions you used to see on your mother's 3 speed cruiser. Nowadays, fenders are lightweight, inexpensive and easy to install. There are several plastic clip-on types that cost around \$20 and are available for both road and mountain bikes. While these may not be ideal for racing conditions the amount of weight fenders add is almost negligible when you consider the comfort of riding with dry clothing - which is no small factor when your training in Maine!

Go For The Grains

Grains are good for you - whatever your preference - wheat, oats, corn, rice, barley or even buckwheat. We know that foods made with grains provide us with complex carbohydrates and fiber as well as a number of key vitamins and minerals. Complex carbohydrates are an essential component for good health and have not been linked to the development of any chronic disease.

Health experts today are re-emphasizing the message of our forefathers, that bread is the staff of life. One of the latest Dietary Guidelines for Americans emphasizes that we increase our consumption of grain products. The new Food Guide Pyramid released by the U.S. Department of Agriculture, displays breads, cereals, rice and pasta as the foundation of a healthful diet with 6 - 11 servings from this group being recommended daily.

Carbohydrates are not fattening - it's what you put on them! As a general rule, breads, cereals, rice and pasta are low in fat so they make excellent substitutes for high fat foods. Fats like butter, margarine, cream and oils are examples of the foodstuffs we should be limiting because those are truly concentrated sources of calories. Instead of spreading your toast with butter or margarine try using a



fruit spread. Toss cooked pasta with steamed vegetables and lowfat cheese for a delicious dinner. Cook rice with chicken broth, chopped celery and onion for a tasty accompaniment for any meal.

What's a serving from the Bread Group? One slice of bread, 1 ounce of ready-to-eat cereal or 1/2 cup cooked cereal, rice or pasta. If six to eleven servings a day sounds like a lot, take a look at the menu:

Breakfast (2 servings from Bread Group)

1 slice whole grain toast with fruit spread
1 ounce ready to eat cereal, lowfat or skim milk
Fruit or juice

Lunch (2 servings from Bread Group)

Sliced turkey sandwich with 2 slices of whole grain bread
Lettuce and tomato
Fresh Fruit

Afternoon snack (1 serving from Bread Group)

Popcorn (3 cups popped)

Supper: (3 servings from Bread Group)

1 cup cooked pasta with tomato sauce
Tossed salad
Fresh Fruit

Choose foods from the Bread Group as the base of your diet and you will surely be more healthful - just watch what you put on them!

Anne-Marie Davee, M.S., R.D.

RR #4 Box 4135-G, Pownal, ME 04069



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• AUBURN MALL
• AUGUSTA
Downtown
• BRUNSWICK
Cooks Corner

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Wellehan**

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WELL, MAYBE A
CHUBBY
BUTTERFLY.**



Air Analog for women.

My Favorite Run

I have been running 10 years and of all my training runs, the ones most memorable were made on new routes in unfamiliar places. When traveling, I like to run from the hotel and explore the new area. An hour run can seem like brief minutes as I become occupied with the fresh sights and sounds and satisfy that explorer's curiosity of seeing what is around the next corner. This is true whether I am exploring the historical sites and fantastic vistas of Quebec City or running the back roads in Houlton, Maine.

Many of Mainely Running's readers probably experience the same rejuvenation when running a new course. Wouldn't it be great if when visiting a new area you knew where the favorite runs of the local runners were - where to park - the distance around a loop - what sites to watch for - etc.? To begin what I hope will be a continuing part of Mainely Running, I am writing about my favorite run in Harpswell. I hope that you will do the same and send me a write-up about your favorite run.

My favorite run in the town of Harpswell is approximately 6 miles & begins eight miles south of Cook's Corner on Route 24. On the right side of the road are two churches where you can safely park. The first is an active church, so avoid using it on Sunday morning. The second is used as an art gallery during the summer by local artists, so a non-runner accompanying you could visit the gallery while you run. There are also walking trails behind the churches if your company wants to take a walk. Caution, it is easy to miss the churches as there is a spectacular view of Gun Point Cove across from the churches and also a beautiful salt marsh that is frequented by blue herons just before the churches..



As you leave the church, head south. The 1st quarter of a mile is on Route 24 which has lots of tourist traffic in the summer, but the shoulders are wide enough to allow you to avoid the RVs. Make a left at the fork, this is Gun Point Road and has little traffic. Within the first mile on the right is a herd of domesticated deer, after which you will see a pair of work horses that are frequently grazing near the road. They like to watch you run by and seem to appreciate it if you tell them how beautiful they look. Stay on the paved road until you are 2 miles into the run when it changes to gravel. There is a sign at this point - "Private Road Residents Only." If you are squeamish about disobeying signs or invading other's privacy and need some justification for continuing - easily done - there is a house for sale down this road and I am sure the owner would welcome the exposure received by your running by.

Anyway, the main reason for the sign is to discourage tourists vehicle seeking views of the ocean; the residents don't seem to mind runners. Stay on the main portion of the gravel road and after about 400 meters it curves right and becomes paved again. At this point it opens up to major open views. The road runs very close to the ocean and a number of houses. I recommend that if you are in a group you keep your voices low. Keep running until the very end where there is a telephone pole good for stretching while you take in the deep ocean vistas. This run has many great views of the ocean but also offers other interesting sights. As this is an out and back course, you will notice things on the return run that you did not see going out.

This run is really great on a hot summer day as the shady roads and ocean breezes are guaranteed to cool you as summer temperatures in Harpswell are frequently 10 degrees cooler than inland. In the late fall and early winter the ocean tends to warm things on cold days.

I don't know the exact distance as I have never measured this run and have no desire to do so. I put down 6 miles in my log. I usually use this route for recovery runs and when I need some incentive. Hope you enjoy it.

Mainely Running Editor - John LeRoy



Age-Grading Recognizes Performance

by John Le

Over the last 2 years I have attended over 120 races and almost as many award ceremonies. I sometimes ask myself what the purpose should be of giving all these awards and I always arrive at the same answer: to recognize the best performances. Of course the person who crossed the line first ran the fastest and thus had the best performance, however, early in road racing it was recognized that as we age we tend to slow down. Therefore, a system of age divisions was established to recognize performances in various age groups. But this system of giving awards to winners in standard age categories doesn't always reward the best performances. One of the problems with age categories is that aging has a gradual effect on performance; we don't wake up on our 40th or 50th birthday and suddenly start running slower. Unfortunately the effect of age creeps up on

us. Most would agree that a 45 minute 10K run by a 49 year old is a greater achievement than the same time run by a 40 year old, yet, an award system with 10 year age divisions recognizes them equally.

At some bigger races, where competition within an age group is deep, the system of age divisions works reasonably well, but at smaller races winning an age group prize is often the result of "who showed up" instead of the quality of an individual's performance. I don't believe that awarding someone (who may have walked most of the race) because they were the only one in their age group makes anyone, including the recipient, feel good about running a race.

In an effort to explain how using the "Age-Graded Tables" can allow race directors to recognize the truly best performances in a race, I have taken the

results of the Sentinel held last September Waterville and applied the age graded table to determine each participant's age graded time. Then I sorted the results in age graded time order. I also indicated those that received awards in their normal age division in the last column. From these results you can see that Terry Clark & Bob Gillespie very good performances but were not recognized under the age division system. Because the Sentinel uses the 5 year age divisions, the disparity between performance and reward isn't as significant as in races using 10 year age divisions.

The age graded system explained here keeps the women's division separate from men's, however, there is a system in which the men and women can compete against another, but let's save that for another article.

finish order			actual time	age graded	Award
5	Toulouse	Jim	44 33:43	30:59	1st
1	Paul	Danny	38 32:47	31:18	overall
9	Berthiaume	Guy	46 35:40	32:20	1st
18	Ludewig	Doug	52 37:43	32:41	1st
2	Meserve	Jeff	34 33:07	33:07	1st
15	Clark	Terry	48 37:23	33:24	
30	Gillespie	Bob	54 39:17	33:28	
13	Howard	Alan	45 36:41	33:29	2nd
3	MacKenzie	Jim	27 33:40	33:40	1st
4	Thibeau	Tom	34 33:41	33:41	2nd
26	Lemieux	Myles	51 38:36	33:43	2nd
87	Mendell	Carlton	70 47:19	34:02	1st
6	Maxim	Dana	30 34:44	34:44	
14	Bourgoin	Bryant	42 36:49	34:57	2nd
36	McKenney	Dick	50 39:41	34:57	
11	Warner	Doug	37 36:25	35:00	1st
16	McDonald	Steve	41 37:32	35:10	
7	Wight	Barry	33 35:14	35:14	
19	Prickett	Chris	41 37:55	35:32	
35	Booth	Jim	47 39:33	35:37	
59	LeRoy	John	55 42:27	35:50	
37	McGuire	Tom	46 39:42	35:59	
25	Cummings	Tim	41 38:29	36:04	
10	LaFreniere	Gary	31 36:14	36:14	
29	Pavlisko	Bill	42 39:00	36:19	
24	Wilson	Randy	39 38:24	36:27	
23	Thibeau	Doc	38 38:13	36:30	2nd
38	Dearnley	Mert	44 39:46	36:32	
52	Laidlaw	Hank	49 41:23	36:43	
31	Liming	George	41 39:21	36:53	
42	Jacobsen	Steve	42 40:06	37:20	
17	Crockett	Walter	33 37:40	37:40	
34	Saucier	Jon	37 39:32	37:59	
56	Benn	David	47 42:12	38:00	
20	Holmes	Jeff	23 38:00	38:00	1st
62	Weymouth	Charles	50 43:18	38:08	
22	Drew	David	28 38:11	38:11	2nd
46	Scribner	Richard	41 40:48	38:14	
63	Moore	Jim	49 43:28	38:34	
49	Greenleaf	Michael	39 40:58	38:53	
27	Hickey	Colin	30 38:56	38:56	
28	Kelly	Brian	34 38:59	38:59	
55	Hooper	Ken	42 41:55	39:02	
53	Bright	David	39 41:32	39:15	
73	Drinkwater	Stanley	51 45:00	39:19	
32	Chapin	Jon	33 39:23	39:23	
51	Preble	Jeffrey	38 41:22	39:31	
74	Turcotte	Ray	50 45:05	39:42	
76	Dall	Paul	50 45:16	39:52	
40	Murray	Brian	26 40:00	40:00	
41	Alexander	Tom	22 40:03	40:03	2nd
50	Davis	Steve	35 41:15	40:07	
43	Therrien	Rodney	30 40:15	40:15	
92	Hunt	Shane	59 49:45	40:24	
57	Pratt	Skip	38 42:19	40:25	
48	Jacques	Jim	31 40:57	40:57	
67	Bies	Stephen	39 43:43	41:30	
54	Connolly	Jon	27 41:33	41:33	
81	Schwerdel	John	46 45:55	41:38	
82	Sargent	Reg	46 46:31	42:09	
65	Hamilton	Scott	36 43:42	42:15	
69	Pierce	James	37 44:15	42:31	
79	Croswell	Bob	41 45:38	42:45	
71	Boucher	Michael	38 44:55	42:54	

64	Alex	Mark	32 43:36	43:36
77	Paradis	John	37 45:28	43:42
88	Richards	Joe	42 47:26	44:01
85	Johnston	Robert	41 47:05	44:07
70	Doucette	Mark	30 44:32	44:32
72	Turcotte	Leo	33 44:59	44:59
86	Parent	David	38 47:10	45:03
80	Worcester	Ed	30 45:41	45:41
83	Clark	Ernie	32 46:47	46:47
84	Russ	John	33 46:59	46:59
93	Bouchard	Gary	36 50:43	49:02

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Age Graded Tables

To use tables, multiply your actual time by the factor listed for your age. This age-graded time can be compared directly with runners, of your sex, in the open-class (age 19 through 34). To compare against other age group runners you must calculate their age graded time by using the factor for their age and race distance.

AGE 5K thru 25K MARATHON

MEN

35	.9724	.9859	53	.8591	.8710	73	.6932	.7028	51	.8608	.8742
36	.9666	.9800	54	.8517	.8635	74	.6844	.6940	52	.8530	.8663
37	.9608	.9741	55	.8441	.8558	75	.6757	.6851	53	.8450	.8562
38	.9549	.9681	56	.8362	.8478	<i>Women</i>			54	.8369	.8499
39	.9490	.9621	57	.8282	.8397	35	.9696	.9845	55	.8285	.8414
40	.9430	.9560	58	.8201	.8315	36	.9633	.9780	56	.8198	.8326
41	.9370	.9500	59	.8120	.8233	37	.9568	.9715	57	.8110	.8237
42	.9310	.9438	60	.8038	.8150	38	.9504	.9649	58	.8021	.8147
43	.9249	.9377	61	.7956	.8067	39	.9439	.9583	59	.7932	.8056
44	.9187	.9314	62	.7874	.7983	40	.9373	.9516	60	.7842	.7965
45	.9125	.9251	63	.7790	.7899	41	.9307	.9450	61	.7752	.7874
46	.9064	.9190	64	.7706	.7814	42	.9241	.9382	62	.7661	.7782
47	.9002	.9127	65	.7622	.7728	43	.9174	.9314	63	.7569	.7689
48	.8938	.9061	66	.7537	.7641	44	.9106	.9245	64	.7477	.7595
49	.8872	.8995	67	.7451	.7554	45	.9037	.9176	65	.7384	.7501
50	.8804	.8926	68	.7365	.7467	46	.8970	.9109	66	.7290	.7406
51	.8735	.8856	69	.7279	.7380	47	.8902	.9039	67	.7196	.7310
52	.8664	.8784	70	.7192	.7292	48	.8831	.8968	68	.7101	.7214
			71	.7106	.7204	49	.8759	.8894	69	.7006	.7118
			72	.7019	.7116	50	.8684	.8819	70	.6911	.7021

STOP DOING THE WRONG TYPE OF RUNNING AROUND!

Maine Track Club 1992 Awards

Maine Runner of the Year

Carlton Mendell & Tina Meserve

Scholarships

Sara Fieweger & Scott Laliberte

Maine Track Club Runner of the Year

Bob Winn & Carol Weeks

MTC High School Runners of the Year

Rob Panetta & Rennee Lathrop

Outstanding Youth Runners

Alex Dann, Ricky Meinking, and Jessica Parker

Most Improved or Outstanding Runner

20 - 29

Chris Rolfe & Wanda Binette

30-39

Al Butler & Nanette Dyer

40 - 49

Reggie Sargent & Carol Hogan

50 - 59

Phil Pierce & Sally Patterson

Over 60

Walter Webber & Sally Armory

Outstanding Race

The Presidential Race

Directors - Tom Dann & Steve Jacobsen

Comback Runner of the year

Herb Strom & Liz Gendron

Outstanding Running Achievement

John Kim - Running across America

Outstanding Triathlon Achievement

David Crawford - World Master Champion

Outstanding Ultra-running Achievement

Carol Pierce

Outstanding Contributor to Youth Running

Ron Kelly

Outstanding Contributors to Maine Running

Maine Marathon - Dave & Sandra Shennan

Outstanding Contributors to the Maine Track Club

Sandy and Al Utterstrom

John Fyalka Award

Ruth Hefflefinger

RRCA National Volunteer Award

Don Penta, Rick Strout & Brian Gillespie

Central Maine Striders 1992 Awards

Striders of the Year

Ron Paquette & Jane Rau

Nominees:

Louisa Dunlap

Edie Dubord

Donnajeane Pohlman

Susan Clark Whittier

Steve Reed

Gordon Hartwell

Peter Lessard

Cliff Rogers

Doug Ludwig

Bryant Bourgoin

Most Improved

Jeremy Howard & Mary Poulin

Nominees

Walter Crockett

Doug Warner

Tim Cummings

Bob Poirier

Mitch Lovering

Michael Kay

Tim Smith

Barry Wight

Rob Ersking

Bob Brosius

Teague Dyer

Bryn Doiron

Mary Hendricks

Dianne Burke

Comeback Runner

Robert Gillespie

Youth Award

Julie Lagin Nasse

Race Director of the Year

John Schwerdel

Volunteer of the Year

Linda Benn

Sponsor of the Year

Atlee - Gleaton Eye Care

Andy Palmer's MAINE RUNNING CAMP



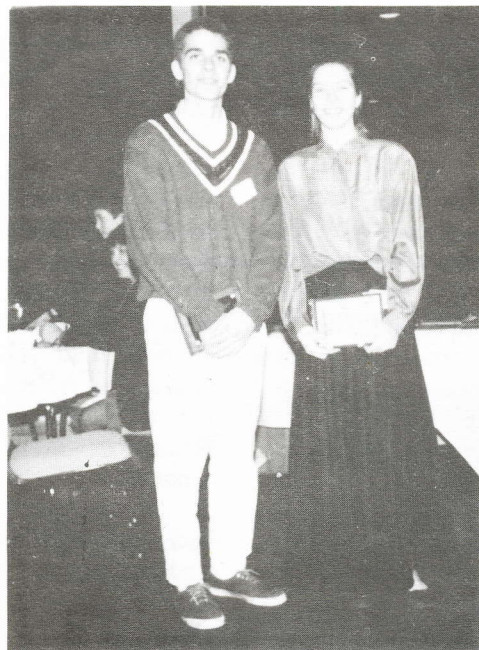
Sarah Roy presents "Most Improved Strider" to Mary Poulin. Other nominees (l- r) Dianne Burke, Bryn Doiron & Mary Hendricks



Maine Track Club's High School Runners of the Year, Rennee Lathrop and Rob Panetta



Central Maine Strider President, Tom McGuire (left) presents Robert Gillespie with Comeback Runner Award



Sara Fieweger and Scott Laliberte received scholarships from the Maine Track Club



Brian Gillespie presents Carol Weeks with Maine Track Club's Runner of the Year award

PADDLESport

By John Mathieu

GETTING STARTED IN MARATHON CANOE RACING

Why canoe racing? There are many reasons to take up the sport of canoe racing and new athletes are being attracted to it every year. The racing is competitive, the athletes are fun people to be around and the training is enjoyable. These are some of my favorite reasons, but there are many others. Picture a cool, tranquil August evening, your knife-like bow slicing through the mirror calmness of a local river. This presents a very nice training setting and when I introduce people to canoeing, I am usually asked questions on how to get involved in the sport.

The most popular questions are the obvious: "What should I buy for a racing canoe?" and "How much does it cost?"

There are many canoe racing designs that exist but only two are players: Jensen and Diller. Jensen designed hulls are made by We-no-nah (Minnesota), Crozier (Wisconsin), Corbin (Quebec), Morris (Maine), and a few other small boat companies. Diller designs are made only by Savage River (Maryland). All of these canoes are very comparable and any advantage is usually subjective and often not replicable. The point is this: if you get any of these boats that were made in the last three years, you will be on an equal playing field. The difference in these companies is often in the materials and the workmanship used to make them.

We-no-nah makes kevlar and carbon boats and manufactures more racing boats than anyone else. They are not the lightest, but are very durable and have had good workmanship in recent years. The approximate cost is \$1,450 for a C-1 (one person) and \$1,600 for a C-2 (two person): [note: prices may vary in different areas due to shipping, raw material cost increases, etc.] Corbin and Crozier will make a

lighter boat but you will pay extra for it. A carbon/spect Corbin may run over \$2,200 but will be under 30 pounds. This type of expenditure is justified only by those at the highest level of the sport, but the boats are beautiful craft. The Savage River boats are priced comparable to the We-no-nah and also have very good workmanship. John Diller from Savage River has been working closely with some of the country's top racers in making a fast boat and has come out with some noteworthy products.

Gaining popularity on the racing circuit are the cedar strip boats made by Morris Canoes. "Strippers," as they are called, were once the dominant style boat before they gave way to the more exotic composite materials. Prohibitive costs of the modern materials are making owning a stripper more attractive, aside from the fact that the boats are also pretty to look at. Prices are about \$1,200 for a C-2 and \$50 less for a C-1.

If I were to suggest something to a newcomer to the sport it would be to buy a used late model C-1 for about \$600-\$900. You would want to ask other canoe racers whom you trust if the boat you have in mind is a good value. Most racers I know would be more than happy to give you their advice.

Although most of the professional races are C-2 events, owning a C-1 as a first boat has several purposes. The first is you do not have to coordinate your schedule with a training partner. The second purpose is you will develop certain skills & knowledge on what makes the boat react that you may miss in a C-2. Finally, you will be able to measure your abilities without the assistance of a partner who may be of different strength than you. This last point enables you to "prove" yourself to other paddlers, upon which people will be asking you to paddle with them instead of the other way around. Remember that all of the good C-2 paddlers are also good C-1 paddlers.

Anyone who is interested in the sport should attend a few races and ask questions to several people at the event. Be wary of answers that are not consistent with the majority. You would also like to point out that you do not have to race to enjoy the beauty of the sport. I do highly recommend good equipment. Like a responsive bike or a fast pair of skis, using a racing canoe is a joy in itself.

John Mathieu is 35 years old and is an accomplished canoe racer. John started canoe racing in Maine 14 years ago and now competes on a national level in the United States and Canada. He is a three time New England Champion and has several top ten finishes in the National Championships and major professional canoe races. John started canoe racing to supplement his training for cross-country ski racing, another endurance sport in which he has competed for many years. John is currently living in Bath with his wife Stacey and is trying to teach himself to juggle!



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

1993 TACSTAT Qualifying Standards

The standard didn't change from 1992. Performances that meet the following standards will qualify for national ranking. Races must be run on USA T&F (formerly TAC) certified courses and results must be submitted to USA T&F Road Running Information Center (formerly TACSTATS). In Maine, race directors should send results to the state record keeper, Don Penta, 54 Sebago Ave, Windham ME 04062. For information and forms, Don can be reached on 892-4526.

WOMEN

age	5km	8k/5mi	10km	15km	10mi	H-Mar	Mar
15	21:00	33:30	42:00	1:09:00	1:15:00	1:40:00	3:15:00
16	20:30	33:00	41:00	1:07:00	1:12:00	1:38:00	3:40:00
17	19:30	32:30	40:00	1:04:00	1:11:00	1:36:00	3:35:00
18	19:00	31:30	38:30	1:00:00	1:08:00	1:31:00	3:20:00
19	18:30	31:00	37:30	59:00	1:05:00	1:26:00	3:10:00
Open	16:30	28:00	34:30	54:00	58:00	1:19:00	2:45:00
35-39	18:30	30:45	37:30	1:02:00	1:07:00	1:27:00	3:00:00
40-44	19:00	31:30	38:00	1:03:00	1:08:00	1:29:00	3:10:00
45-49	20:30	34:30	42:00	1:10:00	1:13:30	1:39:00	3:30:00
50-54	22:00	37:00	44:30	1:16:00	1:20:00	1:44:00	3:40:00
55-59	24:00	41:00	49:00	1:22:00	1:27:00	1:53:00	4:00:00
60-64	26:00	46:30	52:30	1:38:00	1:45:00	2:15:00	4:30:00

MEN

age	5km	8k/5mi	10km	15km	10mi	H-Mar	Mar
15	17:00	28:30	36:00	57:00	1:00:00	1:21:30	3:10:00
16	16:45	27:30	35:00	55:00	58:00	1:18:00	3:00:00
17	16:30	27:15	34:45	53:30	57:00	1:17:00	2:50:00
18	16:00	26:30	33:30	52:00	55:00	1:14:00	2:40:00
19	15:45	25:45	32:30	50:00	54:00	1:11:00	2:33:00
Open	14:20	23:45	29:45	46:15	49:45	1:06:30	2:20:00
35-39	15:30	26:00	32:00	51:00	55:00	1:12:00	2:35:00
40-44	15:45	26:15	32:30	52:30	56:30	1:14:00	2:37:00
45-49	16:45	27:45	34:30	55:30	1:00:00	1:19:00	2:45:00
50-54	17:30	29:00	35:45	58:00	1:01:30	1:21:00	2:52:00
55-59	18:30	31:00	38:30	1:03:00	1:07:00	1:27:00	3:05:00
60-64	19:45	33:30	40:30	1:07:00	1:13:00	1:34:00	3:22:00
65-69	22:00	36:30	44:00	1:15:00	1:19:00	1:44:00	3:45:00
70-74	24:30	41:30	50:30	1:35:00	1:50:00	2:00:00	4:35:00



**COASTAL
SPORTS**

Comprehensive Sports Medicine

Kennebunk's Erik Nedeau is Nation's No. 1 Collegiate Miler

by Rick Krause

When Northeastern junior Erik Nedeau, from Kennebunk, won the mile at the North Atlantic Conference meet on February 20th in a time of 4:04, unchallenged, it was all he needed to convince himself that he was clearly capable of running under 4:00 - if pushed. And that is just what happened the following weekend in the New England indoor meet when Andy Keith, last year's national indoor champ in the mile, hooked up with him. The race came down to the last 50 meters when both runners kicked. Nedeau edging out Keith, from Providence, by a half-second to become the only collegiate runner in the nation this year to go under four minutes.

With that stellar performance the talented Nedeau became the first Mainer ever to run a sub-4 minute mile. (Bruce Bickford has run 4:01.8.) Nedeau's time of 3:59.68 is also the fastest mile ever run by a native New Englander. Now if that isn't an earful, I don't know what is. Only four other runners - all foreigners - have run faster, says Nedeau.

The 21-year-old Nedeau, who's 5'11" and 155 lbs., ran track and played soccer while at Kennebunk High School where he graduated in 1989. He set state indoor class B records in the 300 and 600, as well as the state outdoor record in the 400 meters. He was also an All-Conference selection in soccer during his junior and senior years.

He entered Northeastern on a three-quarter scholarship and an only indoors that year, but he set a freshman school record in the 500 with a time of 1:03.62. By his sophomore year, NU had offered him a full scholarship, and he added outdoor track. As a sophomore he ran a 1:49.6 in the 800 meters outdoors and clocked 50.27 indoors.

After running the 500 as a freshman, he asked his coach if he could run the 800 the next year. "I've known for a few years now, going back to my senior year in high school, that I was going to be more successful at the mile. And it was just a matter of getting into college," said Nedeau.

He tried the mile just once during his freshman year. "And although I didn't know how to run it, I knew that it was there. With my speed in the half, I knew it was going to be my niche." He ran the mile a few times last year, but he admits "I never raced it." But his 1500 meter time says it all. Nedeau cruised to a time of 3:42 last year. "Just for the win," in a time that was only a second off the school record.

"I guess I would have had it (the record) had I continued running, but once I saw that I was winning by so much I just let up because I had another race a half-hour later."

Nedeau then began running more mileage to improve his strength for the mile. Then this year on Feb. 20th he won the North Atlantic Conference mile in 4:04.59, but he admits "there was really no one there to race." But his time convinced him that he could go under four minutes if he were challenged. And it was just that which happened in the New England meet the following Saturday. "It came down to the last 50 meters. We were both kicking and I managed to outkick him."

In the mile, the major part of the race is the third quarter," he says, "If you are going to run a fast mile, as soon as you get through the half you start to hit a pain barrier. And if you are willing to run through it, you are going to run fast. It only lasts for about 20 meters, then you feel good."

IT'S NOT 

JUST DO IT

When interviewed a few days after his historical mile, Nedeau was making plans for his next assault, the 1000 at the IC4A meet on March 6th. His best in the event, which he says is his favorite is 2:20.3, only a second off the national record which he hopes to break.

"I think I'm capable of running in the 2:18's if not quicker."

And the following week its off to the nationals where Nedeau, who will run the mile, has the fastest time in the country to date.

Over his running career, Nedeau has come through with only a few minor injuries. During his freshman year, he was troubled with tendonitis, and this past January he had an inflamed Achilles tendon and had to spend a lot of time in the pool. but he's recovered, as his times clearly indicate. His long term goal is to make the 1996 Olympic Team. He placed 7th in the 800 meter trials in June last year with a time of 1:46.19.

Nedeau says without hesitation that his greatest influence has been his coach at NU. "I've always known that I had talent. But to what extent, I wouldn't have foreseen." without Coach Mark Lech, he says. "I feel he is one of the top middle distance coaches in the country, and there's a lot of people who hold the same opinion. "Lech's 800 meter record, indoors and outdoors, held for 14 years until Nedeau broke them both last year.

Nedeau is in a five-year program in criminal justice. He hopes to eventually pursue a career with the FBI, but his immediate goal is to develop his running potential while he is still in his prime years, hoping that his performances over the coming months will attract a

sponsor such as one of the shoe companies which would permit him to train full-time.

Talent and the motivation to make the best use of it is something the Nedeau family shares. His brother, Ethan, younger by one year, won the state class B cross country championship and set a state record in the 1500 while at Lincoln Academy in Newcastle. After graduating from L.A., Ethan went off to Lake Superior State College in Michigan but soon after developed a stress fracture. He's only recently recovered and is now back racing.

Ethan has as much talent, if not more, than I do, not in the mile or 800, but more like the 5000 and 10000 or cross country," said Erik who helped coach his brother over the phone from Boston. But he says that Ethan's success was not due to "his ideas" but rather from Ethan's own self-motivation, especially since Ethan had to train alone almost all the time.

Erik said that he's been trying to talk his brother into coming to Northeastern for a long time. "I tried for two years, but he is not really a city person."

For more than 20 years, Northeastern has lured some of Maine's top high school talent offering attractive scholarships. It started when former coach Everett Baker sought Deering High great, Ken Flanders, who later set records at the school. Others followed, like Jim Doane from Cheverus, Larry Greer, Danny Paul, and finally Bruce Bickford.

So it appears that Northeastern's next star will be yet another Maine boy, the latest of a long line of talent from the North Country, and possibly the greatest ever.

BIG SPRING SALE

WIGHT'S

Value of Training with a Heart Monitor - Part 1

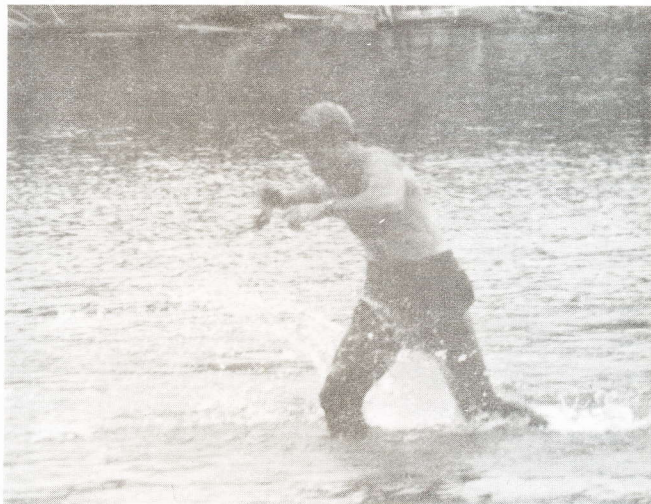
By David Crawford and Steve Fluet

David Crawford, World Masters Triathlon Champion for 1990 and 1992 has written numerous articles for Mainely Running beginning with the first issue in April 1991. These articles on triathlons and training have been well received by our readers. David and Steve Fluet, another of Maine's top triathletes, are very serious about their training and utilize the latest technology and training methods to gain that competitive edge. They have done extensive work with heart rate monitors and graciously agreed to provide us with a series of articles on training with a monitor - ED.

The use of heart monitors in endurance training has been increasingly popular in recent years with the advent of lower cost monitors. In recent Hawaii Ironman Triathlon races, you may have noticed the top athletes strapping on the chest transmitters in preparation for the bike and run portions of the race. Elite runners and cyclists have come to depend on heart monitors for maximizing the effectiveness of their training. Also, an increasing number of recreational athletes or first time exercisers are discovering the benefits of using the heart monitor in their exercise routines. This article describes some of the uses of the heart monitor and why it should be on the basic list of equipment for the endurance athlete.

The heart monitors of interest here are the units with the chest strap transmitter and wireless wrist receivers. These are the most accurate and versatile monitors on the market. Polar makes a number of units and is probably the best known brand. Rather than discuss the different units or brands in this article, check with your local sports retailer for information. There are basic units that sell for around \$100 which just display your heart rate and more expensive units that provide the bells and whistles like high/low limit alarms.

One of the fundamental uses of the heart monitor is to indicate when the exerciser is in the "target zone" - the best pulse rate range for optimum cardiovascular conditioning and improvement. For inexperienced exercisers, this can be helpful in making sure one is putting forth enough effort to benefit from the exercise. For instance, the individual on the Lifecycle engrossed in an article he/she is reading may not be sufficiently energetic to get full value from the exercise. A heart monitor with the high/low limit alarm would signal the 'lazy' exerciser to work harder.



Steve Fluet at Maine Sport's "Tinman"

The endurance athlete can find value in the heart monitor well beyond the basic use. It can be an important tool for even the most experienced athletes. Using the monitor, you can learn more about your body under various conditions and stresses to help you fine tune your training, and, for some, prevent over training. But most importantly, the heart monitor can help you define your anaerobic threshold (AT) and determine training and race paces that lead to improved performance. Training paces at, above, and below the AT all have their place in a balanced program. This may include long, slow, easy runs for endurance, race pace training at or near the anaerobic AT or interval training at or above the AT for strength and speed. The heart monitor provides excellent feedback to help determine the proper pacing and to serve as a control regardless of the type of workout. *Examples:*

***Controlling your long run pace.** - Keeping your effort under control with the heart monitor by staying at 65% to 75% of your maximum heart rate allows you to obtain the endurance benefits of the longer run without overdoing it. Hence, faster recovery should result. Controlling the pace early will allow you to go longer distances without reaching exhaustion prematurely.

***Controlling your pace in fast runs.** - Fast runs near your anaerobic threshold require good pace control to be able to either maintain the pace over the distance desired, or to do the number of repeats desired. For instance, a 3 mile tempo run that is to be done just under the anaerobic threshold must be carefully controlled; too fast a pace and the 3 miles turns into 2 or less and the goal of the workout is not reached. Trying to keep the heart rate at 80 - 85% of maximum is more easily done with the feedback of the heart monitor and helps achieve the goal of the workout.

***Controlling pace in a race.** - A marathon is most effectively run at an even pace, under the anaerobic threshold. Early excitement in the race and too fast a pace results in disastrous consequences in the latter stages. Use of the heart monitor in the race provides an accurate indication of your level of effort and helps you determine whether to back off on the uphills, and whether your early pace is sustainable.

***Controlling workouts in the heat** - as weather turns warm, or if you travel to a warm climate, the heart rate monitor is useful as an indicator of heat stress. In a workout in the heat, if your body temperature rises too high your heart rate can jump to a very high level even though you are at a pace that seems well within your capability. Watch the heart rate monitor instead of your pace and you can safely avoid heat exhaustion or, at a minimum, avoid

overdoing a workout that will take more recovery time. The heart monitor will also help define when you are becoming heat acclimated by indicating more normal pulse readings.

***Control your overall training volume/intensity** - if your pulse rate seems out of kilter in a workout, even though you are accustomed to what feels like a normal pace, you may be in a state of overtraining. For instance, on a bike ride you may feel like you are putting forth a strong effort. However, if it seems like you just can't get your heart rate up to normal levels, your legs may be over-tired. It is a sure sign that a day of rest is needed. Without the feedback, continued hard effort may result in chronic fatigue and overtraining.

Many runners have a good feeling for their perceived level of exertion. But it doesn't necessarily relate to the same perception of effort on the bike. Many runners turned cyclists may expend too little effort on the bike because of the level of discomfort in leg muscles that is unaccustomed to cycling. The heart monitor will give a realistic indication of how hard you are working on the bike and translate that into more effective bike training.

The heart rate monitor can be a very useful tool in understanding your body and its ability to withstand the stress of training. It will take some experimentation with different paces to understand your own body and its reactions. Here are some suggestions on how to get started using a monitor, and how to immediately apply it to your training.

1. Buy a model that fits your purpose and your budget. The low-end models only indicate heart rate. The high-end models can record heart rates for an entire workout and may be downloaded to a computer for in-depth analysis afterwards. Whatever it is, make sure it is a wireless chest transmitter/watch receiver type for maximum versatility and accuracy.
2. Calculate your maximum heart rate with the standard formula: $220 - \text{your age}$. Also check your morning resting heart rate; this is also used for calculating heart rate ranges. For a given percentage of intensity relative to maximum effort use the formula $(\%) \times (\text{Maximum HR} - \text{Rest HR}) + (\text{rest HR}) = \text{HR}$. For example:
you are 40 years old
 $220 - 40 = 180$ (max HR). Morning Resting Rate = 50
65% intensity level: $0.65 \times (180 - 50) = 84.5$
 $84.5 + \text{resting rate (50)} = 134.5$ HR for 65 % effort.
calculate for 70%, 75%, 80%, 85%, 90% and 95% max HR.

- 3 Set up a table of your heart rates as an initial guide for matching level of effort or intensity with your approximate heart rate ranges.

<u>Level of Effort/Intensity</u>	<u>40 year old HR</u>	<u>Description</u>
100% (max HR)	180	all out effort (max pace in 1/2 or 1 mile race effort)
95% level	174	fastest pace, short distance repeats
90% level	167	fast pace, short to medium distance repeats (near 5k race pace)
85% level	161	approximate region for anaerobic threshold in experienced athlete, medium to longer distance repeats (near 10k race pace)
80% level	154	approximate region for anaerobic threshold for inexperienced athlete, moderately hard tempo runs, longer repeats (near marathon pace)
75% level	148	moderate level of effort
70% level	141	easy, long distance, minimum level of effort for training effect
65% level	135	easy, long distance, minimum level of effort for training effect

- 4 Experiment with training paces to verify that the calculated percentages are appropriate, and observe your reactions to the varying conditions of training. Learn from the feedback, and adjust your training to meet your goals more effectively.

The next article on training with a heart monitor will discuss the application of the Conconi test that has been reported in the sports literature. The Conconi test is a physical method of measuring an individual's anaerobic threshold without actually testing blood lactate levels. Although there is still some controversy as to its accuracy relative to blood lactate levels, it is useful in more clearly defining paces as they relate to heart rates. Actual training routines and examples will be provided to illustrate the practical use of the heart monitor and the heart rate ranges

The Leadville Trail 100 - The Race Across the Sky

Philip S. Pierce, Ph.D.

The Leadville Trail 100, run on August 15, 1992, celebrated its 10th anniversary with a superbly managed, totally town-supported race. The race is second only to the Western States in fame and has many times been seen on ABC Wide World of Sports. The course is arduous with 30,000 feet of climb and descent, but the real problem to be faced is the elevation. Eighty percent of the race occurs at 10,000+ feet and the climb up Hope Pass (twice since this is an out and back course), defies description in terms of level of difficulty. I made it over Hope Pass only by not moving my arms the slightest, because if I did my feet and legs would not move! It was like having a car battery so weak that when you put the lights on, the car would not start.

If you have walked or run up Mount Washington, consider this. Mount Washington's peak is 6,300 feet in elevation; Hope Pass is 12,600 feet, exactly twice as high! The town of Leadville, Colorado, is at 10,150 feet and it is difficult for many people just to breathe at this elevation. My wife and son accompanied me on this trip to Colorado and both got altitude sickness within 3 days of arrival. Altitude sickness is not what you might think; it is a lot like the flu, with stomach cramps, diarrhea, weakness, nausea, and so forth. Many runners got hit with this during the race. I was lucky; I came down with it 4 hours after finishing the race.

The race itself is a wonderful running experience taking you through the spectacular and scenic beauty of some of the highest elevations in the Rockies. There are animals on the top of Hope Pass that look like rabbits without long ears, called marmots. They like to eat trail markers perhaps because there isn't too much else to eat at these heights!

I had only two mishaps during the race, minor ones compared to my near-death experience at Wasatch last year. (Read about Phil's experience at the Wasatch Front in the Feb/March '92 issue of *Mainely Running*) At mile 80, while negotiating one of the many brooks and streams, I fell flat on my face into a stream, landing hard on large boulders, smashing my flashlight and injuring my right thumb. I was so stunned and dazed that I could not move. I lay there in the cold water for a period of time like a mechanical toy that had fallen over, unable to upright itself. It was 2:00 a.m. and I was in the middle of nowhere but eventually I was spotted by race volunteers who literally picked me up out of the stream. They thoroughly checked me over and pronouncing me fit, I was once again on my way.

At mile 93, I got lost because some campers had moved the florescent trail markers off the trail and onto a road to throw the runners off. (This is a challenge you must always be prepared for.) Realizing this, I simply waited for runners to arrive who knew how to get to the finish. Thus I finished in 25 hours and 40 minutes, in

42nd place, 4th out of exactly 50 runners in the 50-59 age group. There were 139 finishers out of 300 starters. I was satisfied with this performance. Of course, you can always do better.

Five members of the legendary Tarahumara Indian Tribe from Copper Canyon, Mexico, ran in this race. None spoke English; none had seen a car no less ridden in one until the week of the race, and none had "raced" or even understood the concept of a race. However, one look at these Indians famous for their legendary history of running hundreds of miles told you that these men could run. They ran in loin cloths and leather sandals. Unfortunately, none of them made it over Hope Pass. This is not an easy race to complete and just finishing is a great accomplishment.



Members of the Tarahumara Indian Tribe from Copper Canyon, Mexico

There are now eight additional 100 mile trail races scattered over the United States. Some of the races are very, very difficult. e.g., the Hardrock 100 in Silverton, Colorado, and some are relatively easy, e.g., the Vermont 100. Trail running is becoming increasingly popular in the United States and a new trail running magazine is available, although I have not yet seen a copy of it. If you are capable of running (and I mean running) a marathon, you are capable of becoming an ultra trail runner. Good vision is critical because the placement of each foot in every step of a trail race is so important. I have jumped over rattlesnakes, traversed the edges of steep cliffs, crossed dozens of tricky streams, and gotten lost. The races are really tremendous adventures in the true sense of the word, and a successful outing gives you a wonderful sense of accomplishment and fulfillment that stays with you for a lifetime.

Phil has now completed the "big four" of the 100 mile trail endurance races.

<u>Race</u>	<u>Year</u>	<u>Time</u>	<u>Award</u>	<u>Place</u>
Western States	1989	22 hr. 55 min	silver buckle	52
Old Dominion	1990	23 hr 45 min	silver buckle	21
Wasatch Front	1991	32 hr 51 min	finisher's buckle	36
Leadville	1992	25 hr 40 min	silver buckle	42

Eulogy for Barbara Hamaleek

by Roz Randall

The red Casco Bay marathon long sleeve t-shirt with its cascade of seals and buoy markers lies ensconced in my dank Portland cellar. It holds the oily axle grease odor of Portland's only triathlon. Barbara and I were there. Purple from the swim, I handed her the shirt. Our eyes met in a "blood-brother" ritual that cemented a friendship that has not ended.

Yes, Barbara's time on earth was abruptly ended in an early morning run in October. However, her image, her thoughts and her emotions are alive in my mind - a gift from my fellow traveler.

An accomplished marathon runner, a knee injury sent her into the world of triathlons. On her trip to her mother and father's homeland of Poland, she reveled in the mountainous terrain climbing to the peaks. Similarly her relationship with the grueling endurance event The Hawaii Ironman piqued her slavish soul and spirit.

I thank Barbara for her enduring inspirational support in this short stream of life we shared. Her energy continues with me and all her Maine friends.

I would like to include this paragraph from Valerie Andrew's book *The Psychic Power of Running*:

"The awareness of our temporary tenure here on earth creeps poignantly into an occasional run and deepens our appreciation of this life. It comes as a thick, sensuous feeling of being wrapped in a

body that is part of the continuously changing fund of matter, of sticks and stones, flesh and bones. Or as a piercing melancholy that illuminates the edges of existence, described by poet Roger Eischens in *Run to Reality*:

Running
talking of the fear of dying
and the sudden and continuing realization
that my friends and I will soon be gone
Even the earth is temporary
My friend is drained by the burden
of looking death in the eye
Having experienced his mortality so clearly
he can never fool himself again.
He talks of feeling alone
of wanting to relate closely
about energy ties between friends
the importance of community
ties to the life energy of the earth
Reality grows. . .
A glimpse caught of death
A realization of intimacy
We run on
Lengthening the time of our closeness

Bike Touring or "how to relax and get in shape"

How many of you spend the winter months piecing together enough quality training time so you can run those 10ks at least as fast as you did last summer - trying always to keep creeping age at bay. Wedged in sometime after work, before dinner, pre-homework help with the kids, before you finally relax, are those all too short workouts - weights, sit ups, upper body stuff that gets neglected over the summer months, followed by the (boring) exercise bikes, aerobics, treadmills, and maybe occasional sorties outdoors to ski, snowshoe, run (b r r) or skate.

This enjoyable stress is followed by warmer weather and the serious training. Although outdoors more often, workouts tend to be constantly contesting for priority space. That run or bike that was going to be a leisurely 2 hours gets clipped down to one, and gray thoughts of other obligations keep tiptoeing into your brain space.

So, what does all this have to do with bike touring while relaxing and getting in shape? Think of being able to spread that leisurely ride out over 5 or even 8 hours, of being able to bike not 20 miles, but 50 or more in a day, and not feel pressed - mentally or physically, of not even feeling that you are training, yet reaping the benefits, while retaining enough energy to dance the night away. No work to creep into your schedule, no lawns to mow or textbooks to read - just you, your bike, and your new found friends.

So our answer to all this is a bike tour, but it's not entirely that easy. There are two ways to accomplish the dual goals of relaxing and adding a training edge. You can put together a bike tour on your own, or you can leave the driving to someone else. Part of this choice is financial - at whatever level of luxury you decide to travel, if someone else puts it all together it will cost more (bike tour companies have to buy tofu too). What you receive for that premium is the key. Let's look at that in some detail...

First, if you are looking to let someone else do the driving and adding to your fitness level is part of the goal (and for the readers of this mag that's a given), then you need to select carefully. In the feeding frenzy of the 80's most bike tour companies zoomed into hyperspace... per diem costs of \$200 or more are now common in Europe. Don't get us wrong - most of those companies provide absolutely superb experiences for the right kind of people - some of the finest cuisine and accommodations in the world all exquisitely catered to.

But along with that may also come low mileage, van support, and most importantly, an older, more sedate group - or if sedate is not overstatement, at least it's obvious that the aims of someone on a luxury tour are a bit different than someone considering going on their own, someone who sees intensive exercise four or more times a week as a prerequisite to sanity. You know what we mean. So part of the premium you seek in paying a bit more for buying a tour is athletic in nature, but you are perhaps willing to forgo a bit of luxury (and save quite a bit of money) in the exchange.

If you normally are the do-it-yourself type but crave mental relaxation (a vacation!) then you must take into account that letting someone else book

hotels, provide transportation, research bike routes, and feed you interesting information on history, politics, food, customs, et. al. may be important to your ability to kick back. Also, if you are considering a foreign tour, having a bilingual guide really helps. If you thought you'd camp, then plan your own party because bike touring companies can't really claim expertise picking one camp ground over the next or instructing you in roughing it. Or if you are more carefree and often find yourself far from your planned itinerary with the interesting people you found along the way, then an organized bike tour might not be for you either. However, once you are on the road having all logistics taken care of might be more important than you think.

So what are we getting at here? A not so expensive trip (cost of a trip works in direct proportion to ease of the routes and age of the group...); perhaps one that caters to younger people (at least mental age); one that scrapes off the luxuries you don't need (sag wagon, five star hotels, and \$100 dinners); an offering that includes trips longer than 5 to 8 day (sans direct proportion as cost); interesting routes; and most importantly one who expresses, even welcomes, flexibility.

The first several items are obvious, but why flexibility? First, people looking for an "athletic" bike tour in Europe won't find exactly that. But what they can search out is a company flexible enough to encourage everyone doing their own thing if that's what they want. Having a confirmed roof over your head each night can allow you the freedom to take on the unlimited possibilities of new places and countries. There are really bike touring companies that encourage this philosophy! Those that foster a pervasive follow-the-groups atmosphere will probably make you feel ostracized if you continually wave good-bye and ascend another off-category climb. There also won't be much expertise in the more adventuresome route category. On the other hand, a flexible company will relish group members willing to forge new routes on their own (it's easier on the guide, you see, someone has to scout the Simplon Pass from Switzerland to Italy in a snow storm.)

And the final answer to the 'why pay extra for someone else to do this' question is that all these items and more offer you value back for the premium you pay. Authenticity, intelligence, careful shopping (for hotels, food, wines) flexibility in routes offered daily, and well organized infrastructure. Ever try to find just the right little French hotel that fit your budget and expectations at 11 p.m. on an empty stomach? There really is something to be said for leaving the driving to us (not them)!

Where do you find such a company? Oh, we have some ideas. . .

by: Bill Miles and Sarah Nicholson -authors co-conspirators and principals of Blue Marble Travel and Odyssey Adventures of Portland and Paris, France, not Maine

BLUE MARBLE TRAVEL

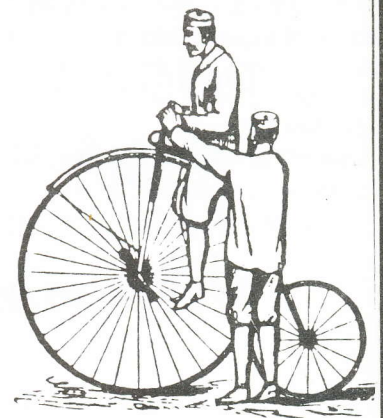
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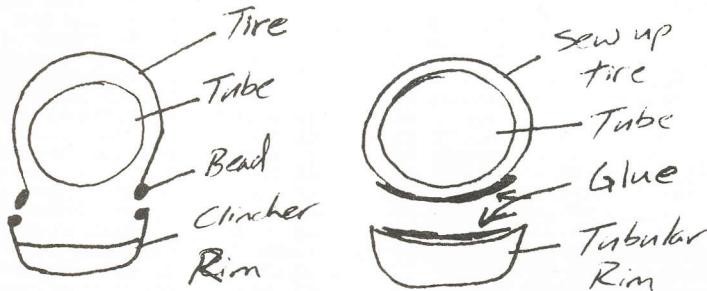


Shop Talk - Affordable Upgrades

Rims and Tires

by Tim Corcoran

There is nothing like a new set of wheels to get you motivated for the upcoming season, except of course a new bike. There are basically two options to choose from: clinchers and sew-ups. Clinchers refers to tire and tube that are separate and mounted on a clincher rim. Sew-ups have a tube sewn into the casing of the tire and are glued onto a tubular rim.



Most stock bicycles (those off the showroom floor) come with clinchers. The tires that come on these bikes can usually be improved upon. Most have a steel or wire bead. An easy way to save weight would be to buy tires with Kevlar or foldable beads. Tubes are another sure way to save. I don't know of any bikes that come with Latex inner tubes. Replacing your Butyl rubber tubes with Latex ones will cut the weight of your tubes in half. If

money is no object, sew-ups are a great way to save weight, they are without a doubt the lightest set-up. However, most of us do have some financial limitations that we must work within. If this is the case clinchers may be the answer. For example, the lightest tubular combination costs \$104 and weighs 530 grams. This is for one Mavic GEL 280 rim (280g) and one Continental Sprinter tire (250g). The lightest clincher combination costs \$87 and weighs 650 grams. This is for one Matrix Iso C-11 rim (400g), one Continental Gran Prix foldable tire (190g), however, the biggest savings will be in the replacement costs. The Continental tubular will cost \$54 to replace, whereas the latex tube in the clincher tire costs only \$13. Particularly during the Spring training season where weight is less of a factor and road conditions are poor, clinchers can save a considerable amount of money. A quick calculation will show that after only 2 flats, you will have saved enough money to purchase a Flite titanium saddle which would cancel out most of the added weight of the clinchers.

This is a very brief description of tires and rims. There are hundreds of tires and rims which gives you an infinite number of combinations to choose from. The best thing to do is take your wheels to a good shop and find out what you already have and what you can do to improve them. Next month I'll write about spokes and wheel building.

Tubular Rims

Mavic GP4	(395g).....	\$37
Mavic GL330	(330g).....	\$41
Mavic GEL280	(280g).....	\$50

Sew-Up Tires

Continental Giro	(300g).....	\$28
Continental Triathlon	(290g).....	\$49
Continental Sprinter	(250g).....	\$54

Lightest Combination

GEL 280	280g	\$50
Sprinter	250g	\$54
Totals	530g	\$104

Clincher Rims

Mavic MA40	(430g).....	\$40
Matrix Iso C-II	(400g).....	\$34

Clincher Tires

Continental Super Sport.....	(300g).....	\$18
Continental Gran Prix	(250g).....	\$34
Continental Gran Prix Foldable	(190g).....	\$40

Clincher Tubes

Butyl Rubber	(110g).....	\$4
Latex	(60g).....	\$13

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Iso C-II	400g	\$34
Gran Prix Foldable.....	190g	\$40
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Totals	650g	\$87



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The Best of '92 - 10K

There are no really fast 10Ks in Maine! The Sentinel in Waterville and the Lobster Fest in Rockland (if temperatures are OK) come closest. Citibank in Falmouth is the flattest but the Macworth Island path slows times. The best performances (considering age) are listed under age graded times. If you want to calculate your age-graded time, multiply your actual time by the factor on the Age Graded Tables.

AGE GRADED RESULTS

		actual time	age graded time
MEN			
Mike Gaige	40	32:39	30:47
Jim Toulouse	44	33:43	30:59
Conrad Walton	53	35:25	31:11
Stan Bickford	29	31:13	31:13
Danny Paul	38	32:47	31:18
Tom Dann	35	32:22	31:29
Tom Dann	35	32:25	31:31
Rolly McSorley	41	33:44	31:37
Steve Reed	44	34:37	31:48
Doug Ludewig	52	37:43	32:41
Doug Ludewig	52	37:54	32:50
Bob Payne	54	37:57	32:19
Todd Coffin	31	32:14	32:14
Guy Berthiaume	46	35:40	32:20
Hap Hazzard	60	40:18	32:24
Roy Morris	29	32:26	32:26
Jeremy King	28	32:31	32:31
Carlton Mendell	70	46:40	33:35
WOMEN			
Joan Samuelson	35	34:55	33:52
Joan Samuelson	35	35:28	34:58
Tina Meserve	25	35:17	35:17
Edie Dubord	34	36:21	36:21
Edie Dubord	34	36:26	36:26
Paula Emery	36	38:03	36:39
Tina Meserve	24	36:42	36:42
Carol Weeks	43	39:54	36:54
Paula Emery	36	38:24	37:00
Carol Weeks	43	40:25	37:05
Ellen Bowden	39	39:33	37:20
Leslie Doolittle	54	45:16	37:53
MEN - OPEN			
BICKFORD	STAN	29 31:13	Kingfield 10K
Coffin	Todd	31 32:14	TURKEY TROT
Dann	Tom	35 32:22	CAMDEN 10K
Dann	Tom	35 32:25	ROCKY COAST
MORRIS	ROY	29 32:26	Kingfield 10K
King	Jeremy	28 32:31	CAMDEN 10K
King	Jeremy	28 32:38	LL BEAN
GAIGE	MICHAEL	40 32:39	Kingfield 10K
Paul	Danny	38 32:47	SENTINEL
Spaulding	Andrew	21 32:48	CAMDEN 10K
LESSARD	PETE	30 32:59	Kingfield 10K
Meserve	Jeff	34 33:07	SENTINEL
King	Jeremy	28 33:10	ROCKY COAST
Paul	Danny	38 33:13	PRESQUE ISLE
WEATHERBIE	DAVID	24 33:30	CITIBANK 10K
Weatherbie	David	24 33:38	TURKEY TROT
MacKenzie	Jim	27 33:40	SENTINEL
Thibeau	Tom	34 33:41	SENTINEL
Toulouse	Jim	44 33:43	SENTINEL
MCSORLEY	ROLY	41 33:44	CITIBANK 10K
MESERVE	JEFFREY	34 33:44	Kingfield 10K
Doane	James	34 33:47	LL BEAN
Loomis	Scott	20 33:51	LL BEAN
DEARING	DAN	31 33:53	CITIBANK 10K
Meserve	Jeffrey	32 33:54	KILLARNEY'S
Howard	Jeremy	15 33:55	LL BEAN
WEATHERBIE	DAVID	24 33:55	Kingfield 10K
Dearing	Dan	30 34:00	COUNTRY KITCHEN
Rand	Glendon	30 34:05	CAMDEN 10K
NEWETT	JAMES	34 34:06	Kingfield 10K
DANN	TOM	35 34:16	CITIBANK 10K
Chase	John	37 34:16	LOBSTER FEST
Thibeau	Tom	34 34:18	GREAT OSPREY
ERSKINE	ROBERT	22 34:24	Kingfield 10K
Frontin	Ronald	29 34:25	CAMDEN 10K
Sturges	Jim	43 34:32	LL BEAN
Rogers	Cliff	33 34:33	PRESQUE ISLE
Grigware	Michael	28 34:36	GREAT OSPREY
REED	STEVE	44 34:37	Kingfield 10K
Fluet	Stephen	33 34:38	LL BEAN
MEN - 19 & UNDER			
Howard	Jeremy	15 33:55	LL BEAN
Rogers	Abe	18 35:14	KILLARNEY'S
Howe	David	17 35:40	LL BEAN
LECLERC	JASON	15 36:07	Kingfield 10K
Randall	Jesse	16 36:15	LL BEAN
Wagnis	Joseph	19 36:29	TURKEY TROT
Mills Jr	Jeff	18 36:38	KILLARNEY'S
Murphy	Tony	19 36:40	PRESQUE ISLE
Goodwin	Eric	17 36:42	LL BEAN
Hood	Chris	18 36:49	LL BEAN
Bender	Bruce	18 37:00	LOBSTER FEST
Waldo	Michael	19 37:12	LL BEAN
Howe	David	17 37:44	KILLARNEY'S
Johnson	Jared	17 37:45	CAMDEN 10K
Deschaine	Jason	19 38:07	LOBSTER FEST
Ferland	George	18 38:40	PRESQUE ISLE
MASTERMAN	ROBERT	17 38:46	Kingfield 10K
CAREY	FOREST	16 38:51	Kingfield 10K

Haskell Johnson	Todd Chris	18 39:08	CAMDEN 10K
		19 39:15	KILLARNEY'S
MEN 40+			
GAIGE	MICHAEL	40 32:39	Kingfield 10K
Toulouse	Jim	44 33:43	SENTINEL
MCSORLEY	ROLY	41 33:44	CITIBANK 10K
Sturges	Jim	43 34:32	LL BEAN
REED	STEVE	44 34:37	Kingfield 10K
Towle	George	41 34:42	ROCKY COAST
Reed	Steve	44 34:47	ROCKY COAST
FLETCHER	RALPH	42 34:50	Kingfield 10K
Fletcher	Ralph	41 35:12	COUNTRY KITCHEN
MCIVER	DENNIS	41 35:14	Kingfield 10K
Croteau	Dennis	41 35:16	ROCKY COAST
Reed	Steve	44 35:21	LL BEAN
Walton	Conrad	53 35:25	PRESQUE ISLE
Croteau	Dennis	41 35:34	CAMDEN 10K
Berthiaume	Guy	46 35:40	SENTINEL
Droz	Don	42 35:42	LL BEAN
Taylor	Rusty	40 35:55	PRESQUE ISLE
MCKINSTRY	BILL	44 35:56	CITIBANK 10K
Clark	Terry	48 36:08	LOBSTER FEST
Scannell	Gordon	40 36:19	GREAT OSPREY
Klein	John	43 36:24	LOBSTER FEST
STEVENS	GRAYDON	40 36:26	CITIBANK 10K
White	Scott	40 36:27	LOBSTER FEST
Benoit	Andre'	40 36:30	ROCKY COAST
CROTEAU	JOEL	48 36:33	CITIBANK 10K
Howard	Alan	45 36:41	SENTINEL
Berthiaume	Guy	46 36:46	KILLARNEY'S
Bourgoin	Bryant	42 36:49	SENTINEL
McCrea	Brian	48 37:02	LL BEAN
Croteau	Joel	48 37:02	LL BEAN
Peterson	Steve	43 37:02	LOBSTER FEST
Keppy	Dale	43 37:04	LL BEAN
Peterson	Steve	43 37:10	GREAT OSPREY
Libby	Paul	44 37:15	PRESQUE ISLE
Feeney	Gary	47 37:16	PRESQUE ISLE
Clark	Terry	48 37:23	SENTINEL
MEN 50+			
Walton	Conrad	53 35:25	PRESQUE ISLE
Ludewig	Doug	52 37:43	SENTINEL
Ludewig	Doug	52 37:54	LL BEAN
Payne	Bob	54 37:57	TURKEY TROT
Ludewig	Doug	52 38:04	ROCKY COAST
LUDEWIG	DOUGLAS	52 38:14	Kingfield 10K
Lemieux	Myles	51 38:36	SENTINEL
LUDEWIG	DOUG	52 38:44	CITIBANK 10K
Coolidge	Clyde	53 39:13	ROCKY COAST
Gillespie	Bob	54 39:17	SENTINEL
Coughlin	Bob	53 39:19	ROCKY COAST
Coughlin	Bob	53 39:28	LL BEAN
LEMIEUX	MYLES	51 39:28	Kingfield 10K
Coughlin	Bob	53 39:34	TURKEY TROT
Ludewig	Doug	52 39:38	COUNTRY KITCHEN
Lemieux	Myles	51 39:38	LOBSTER FEST
Gillespie	Robert	53 39:40	LOBSTER FEST
McKenney	Dick	50 39:41	SENTINEL
MacDonald	Erv	50 39:44	PRESQUE ISLE
Coolidge	Clyde	53 39:48	LL BEAN
BASTON	PETER	56 40:06	Kingfield 10K
Pierce	Philip	50 40:08	ROCKY COAST
Pierce	Phil	50 40:09	KILLARNEY'S
Hazzard	Hap	60 40:18	LL BEAN
McKenney	Dick	50 40:20	GREAT OSPREY
Coolidge	Clyde	53 40:32	COUNTRY KITCHEN
Hazzard	Hap	60 40:39	ROCKY COAST
MCKENNEY	DICK	50 40:39	CITIBANK 10K
Marquis	Robert	54 40:46	LL BEAN
Bird	John	55 40:50	LOBSTER FEST
Hildreth	Greg	50 40:53	CAMDEN 10K
McFadden	Bion	50 40:53	COBSCOOK BAY
MEN - 60+			
Hazzard	Hap	60 40:18	LL BEAN
Hazzard	Hap	60 40:39	ROCKY COAST
Hazzard	Bob "Hap"	60 42:38	KILLARNEY'S
Webber	Walter	61 42:41	LL BEAN
BOWEN	CARL	60 43:26	Kingfield 10K
Webber	Walter	62 43:43	TURKEY TROT
CHANDLER	JOHN	65 44:44	Kingfield 10K
Bradley	Russ	68 45:29	LL BEAN
Bradley	Russ	68 45:42	KILLARNEY'S
Young	Art	62 46:16	KILLARNEY'S
CHURCH	DICK	61 46:19	Kingfield 10K
MENDELL	CARLETON	70 46:40	Kingfield 10K
CURRIER	TOM	66 46:50	Kingfield 10K
BRADLEY	RUSS	68 46:52	CITIBANK 10K
Mendell	Carlton	70 47:01	LOBSTER FEST
URIE	BOB	63 47:18	Kingfield 10K
Mendell	Carlton	70 47:19	SENTINEL
Young	Art	62 47:44	GREAT OSPREY
Mendell	Carlton	70 47:48	KILLARNEY'S
Mendell	Carlton	70 49:41	ROCKY COAST
MENDELL	CARLTON	70 49:47	CITIBANK 10K

The Best of 92 - 15K

Some of the Sugarloaf results did not have an age and therefore were not included by the computer. This is a comparison of results from 3 very different courses. Sugarloaf is "ego building" with a significant overall elevation drop, Schoodic is fast with only minor hills and the Apple Blossom is very hilly. The best performances (considering age) are listed under the Age Graded Performances.

THE BEST AGE GRADED PERFORMANCES

		actual time	age graded time						
MEN									
Gerald Barney	59	60:07	48:49	Ludewig	Douglas	52	1:05:25	APPLE BLOSSOM	
Peter Lessard	29	49:30	49:30	LeRoy	John	55	1:05:56	SCHOODIC	
Bob Payne	53	57:43	49:35	Paquette	Ronald	51	1:06:23	SCHOODIC	
Mike Gaige	39	52:23	49:43	DRINKWATER	STANLEY R.	51	1:07:24	SUGARLOAF	
Russ Bradley	68	68:03	50:07	NASSE	HARRY F.	58	1:07:25	SUGARLOAF	
David Renault	43	54:24	50:19	Ireton-Hewitt	Jack	54	1:07:30	APPLE BLOSSOM	
Richard Hoisington	37	52:50	50:46	Drinkwater	Stanley	51	1:07:39	SCHOODIC	
Clyde Coolidge	53	59:25	51:03	BRADLEY	RUSSELL V.	68	1:08:03	SUGARLOAF	
Bob Coughlin	53	59:32	51:09	LeRoy	John	55	1:08:05	APPLE BLOSSOM	
Dennis Croteau	41	55:01	51:33	DEAN	BOB	55	1:08:10	SUGARLOAF	
Jim Newett	34	51:55	51:55	Paquette	Ron	51	1:08:55	APPLE BLOSSOM	
Alan Rielley Alan	39	54:56	52:08	LUDEWIG	DOUGLAS C.	52	1:09:17	SUGARLOAF	
WOMEN				Marquis	Robert	51	1:10:41	APPLE BLOSSOM	
Robin Emery-Rappa	45	61:43	55:47	DEHART	JOHN	51	1:10:45	SUGARLOAF	
Jane Rau	42	63:22	58:33	DeHart	John	51	1:10:59	APPLE BLOSSOM	
Julie McGee	32	59:26	59:26	Auerbach	Sam	58	1:11:06	SCHOODIC	
Sharyn Kingma	42	64:19	59:26	Mendell	Carlton	70	1:11:12	APPLE BLOSSOM	
Susan Hawkins	30	60:13	60:13	Atlee	Ed	52	1:11:50	APPLE BLOSSOM	
Susan Foster	34	61:10	61:10	GOODENOW	CLINT A.	53	1:11:51	SUGARLOAF	
Sheila Hodges	37	63:52	61:11	Edwards	Frank	50	1:12:08	SCHOODIC	
Louisa Dunlap	51	75:32	62:05	Men 60 +					
Carrie Berman	20	62:20	62:20	BRADLEY	RUSSELL V.	68	1:08:03	SUGARLOAF	
Men Open				Mendell	Carlton	70	1:11:12	APPLE BLOSSOM	
LESSARD	PETER	0	49:30	Peters	Ed	65	1:15:31	SCHOODIC	
Newett	Jim	34	51:55	Roth	Howie	62	1:18:52	SCHOODIC	
GAIGE	MICHAEL	39	52:23	Clapper	Charles	63	1:29:22	SCHOODIC	
Keenan	Shaun	30	52:41	TANINO	KEN	70	1:41:28	SUGARLOAF	
HOISINGTON	RICHARD	37	52:50	Zaslau	David	61	1:48:16	SCHOODIC	
KEENAN	SHAUN	30	53:18	Women Open					
Murphy	Todd	25	53:56	McGee	Julie	32	59:26	SCHOODIC	
Henderson	Jay	23	54:07	Hawkins	Susan	30	1:00:13	SCHOODIC	
Renault	David	43	54:24	Foster	Susan	34	1:01:10	SCHOODIC	
Rielley	Alan	39	54:56	Emery-Rappa	Robin	45	1:01:43	SCHOODIC	
Connor	Steve	19	55:00	Berman	Carrie	20	1:02:20	SCHOODIC	
Croteau	Dennis	41	55:01	HODGES	SHEILA M.	37	1:02:51	SUGARLOAF	
JOHNSTON	RONALD E.	39	55:10	Antone	Shelley	24	1:02:53	SCHOODIC	
MCCREA	BRIAN L.	32	55:24	MCCREA	RHONDA P.	27	1:03:06	SUGARLOAF	
REILLY	ALAN	38	55:34	Rau	Jane	42	1:03:22	SCHOODIC	
Maxim	Dana	30	55:47	Hodges	Sheila	37	1:03:52	SCHOODIC	
McCrea	Brian	32	55:50	DOIRON	BRYN H.	30	1:03:53	SUGARLOAF	
BROSNAN	MICHAEL A.	37	55:52	Kingma	Sharyn	42	1:04:19	SCHOODIC	
Davee	Rick	36	55:53	McGee	Julie	32	1:04:37	APPLE BLOSSOM	
Snow	Mark	25	55:55	JACKSON	COLEEN	31	1:04:59	SUGARLOAF	
Mageles	Michael	25	55:55	ANDRUS	SARAH L.	37	1:05:03	SUGARLOAF	
CROSSMAN	DAVID	35	56:09	Elliot	Jen	19	1:05:08	SCHOODIC	
Jenkins	Jay	42	56:14	Antone	Shelley	24	1:05:1	APPLE BLOSSOM	
DEANS	LARRY	0	56:17	Worcester	Felice	39	1:05:20	SCHOODIC	
ERSKINE	ROB H.	21	56:34	BEDARD	MADELEINE	34	1:05:41	SUGARLOAF	
Love	Awani	18	57:02	CUSICK	JENNIFER K.	27	1:06:15	SUGARLOAF	
Howard	Alan	45	57:13	MCREA	CAROL S.	37	1:06:24	SUGARLOAF	
MACDONALD	KENT	37	57:22	Kneeland	Nancy	37	1:06:35	SCHOODIC	
Erskine	Rob	22	57:33	Millikin	Cathy	22	1:06:55	SCHOODIC	
PAYNE, SR.	BOB A.	53	57:43	Hendricks	Mary	32	1:08:16	SCHOODIC	
Men 19 & Under				Duffy	Nancy Ellis	39	1:08:17	SCHOODIC	
Connor	Steve	19	55:00	JOHNSON	LORI L.	33	1:08:33	SUGARLOAF	
Love	Awani	18	57:02	MEEHAN	CAROLINE A.	24	1:09:13	SUGARLOAF	
Young	Sheldon	19	57:56	DAYS	CAROL-ANN	28	1:09:28	SUGARLOAF	
Gilbert	Nathan	17	1:05:06	DUFFY	NANCY	39	1:09:30	SUGARLOAF	
Joy	Adam	16	1:14:09	Women 19 & Under					
Pickerell	Jake	15	1:21:24	Elliot	Jen	19	1:05:08	SCHOODIC	
Men 40+				Harmon	Denise	16	1:27:41	SCHOODIC	
Renault	David	43	54:24	Joy	Rachel	17	1:27:49	SCHOODIC	
Croteau	Dennis	41	55:01	Lapetina	Graciana	18	1:29:17	SCHOODIC	
Jenkins	Jay	42	56:14	Bradstreet	Chrissey	15	1:42:44	SCHOODIC	
Howard	Alan	45	57:13	Women 40+					
PAYNE, SR.	BOB A.	53	57:43	Emery-Rappa	Robin	45	1:01:43	SCHOODIC	
Kasper	Gene	45	58:12	Rau	Jane	42	1:03:22	SCHOODIC	
COOLIDGE	CLYDE R.	53	59:25	Kingma	Sharyn	42	1:04:19	SCHOODIC	
CLARK	TERRY	47	59:29	Vendrell	Vicky	42	1:10:23	SCHOODIC	
COUGHLIN	BOB	53	59:32	Pohlman	Donnajean	41	1:14:48	SCHOODIC	
DUDDY	TERRY	40	59:38	Meriam	Joan	44	1:15:08	SCHOODIC	
Foster	Roger	45	59:51	MERRAIN	JOAN	43	1:15:19	SUGARLOAF	
NICHOLS	CHARLES	43	1:00:05	COUGLIN	BARBARA W.	49	1:15:24	SUGARLOAF	
Barney	Gerald	59	1:00:07	Dunlap	Louisa	51	1:15:32	APPLE BLOSSOM	
MERRILL	SAM	41	1:00:17	Sall-Lehrer	Marilyn	44	1:15:51	SCHOODIC	
SIMONEAU	MIKE R.	44	1:00:41	Seekins	Harriet	47	1:17:57	SCHOODIC	
Liming	George	41	1:00:48	Pohlman	Donnajean	41	1:19:28	APPLE BLOSSOM	
Mason	Nathaniel	43	1:01:03	Boardman	Colleen	40	1:20:55	SCHOODIC	
GILLESPIE	ROBERT	53	1:01:10	GARNIER	JANET	46	1:20:56	SUGARLOAF	
Hildreth	Greg	50	1:01:26	Knapick	Veronica	46	1:22:43	APPLE BLOSSOM	
PAVLISKO	BILL J.	42	1:01:27	Peters	Faun	55	1:23:22	SCHOODIC	
LAVASSE	ALBERT G.	45	1:01:36	ROSSMAN	MICHELLE	47	1:26:28	SUGARLOAF	
Men 50+				Bruce	Mary Alice	53	1:29:24	SCHOODIC	
PAYNE, SR.	BOB A.	53	57:43	Clapper	Leona	62	1:29:36	SCHOODIC	
COOLIDGE	CLYDE R.	53	59:25	Mason	Deborah	40	1:29:41	SCHOODIC	
COUGHLIN	BOB	53	59:32	UTTERSTRON	SANDY L.	48	1:31:42	SUGARLOAF	
Barney	Gerald	59	1:00:07	Bacon	Ann	44	1:33:24	SCHOODIC	
GILLESPIE	ROBERT	53	1:01:10	TURNER	JILL	44	1:41:25	SUGARLOAF	
Hildreth	Greg	50	1:01:26	Women 50+					
SCHIFF	MARTIN L.	53	1:02:02	Dunlap	Louisa	51	1:15:32	APPLE BLOSSOM	
Gillespie	Robert	53	1:03:45	Peters	Faun	55	1:23:22	SCHOODIC	
				Bruce	Mary Alice	53	1:29:24	SCHOODIC	
				Clapper	Leona	62	1:29:36	SCHOODIC	
				MCCALL	MAMIE	50	1:41:32	SUGARLOAF	

York Day 5K - August 2nd



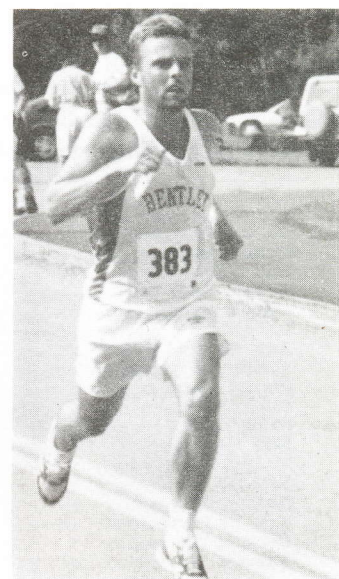
Portsmouth's Laurie DuBois



Ted Hutch of Wells



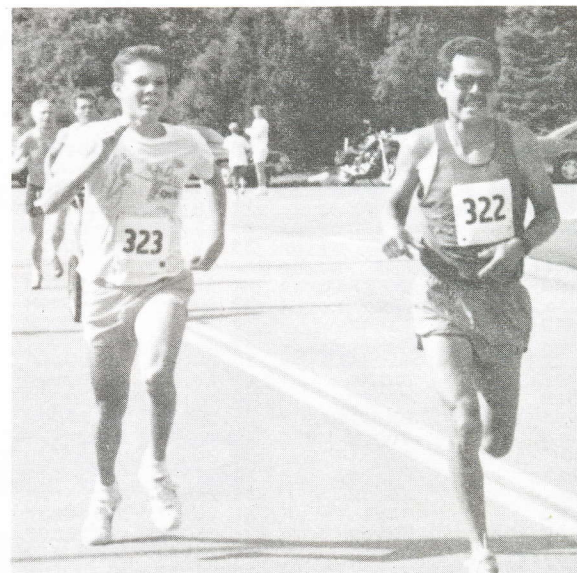
Lori Morin of Leominster MA



Winner Brent Leighton of OOB



Lori Cynewski of South Berwick & Brian Howk of Plattsburg, NY early in the race.



"Grudge Race": Joshua Tostado of Dover tries to outsprint his father, Joe, at the finish



Kittery's Frank Lazzera leads Polly Lena of Newfields NH & Dottie Long of Stratham



Gerdi Stevenson of Concord NH leads Janet Vallee of York



Alison Clark of York & Steve Henson of Portsmouth

Best of '92 - 4 Mile

This distance is a "non distance" in most of the world (it's like having a 7 mile race), but is very popular in Maine. The largest race in Maine, Bridgton's "4 on the Fourth", ends up with the fastest times because of the strong competition at all levels. The best performances (considering age) are listed under the age graded times.

AGE GRADED RESULTS

		actual time	age graded time
MEN			
Gerry Clapper	31	19:20	19:20
Rusty Snow	22	19:23	19:23
Bob Winn	33	19:28	19:28
Larry Sayers	32	19:30	19:30
Craig Fram	33	19:33	19:33
Bob Winn	33	19:36	19:36
Art Sorrell	32	19:36	19:36
Jeffrey Young	22	20:03	20:03
Henry Finch	43	21:42	20:04
Greg Hale	29	20:07	20:07
Mick Grant	33	20:10	20:10
Bob Payne	54	23:44	20:13
Ralph Fletcher	41	21:35	20:14
Tom Dann	35	20:49	20:15
Russ Connors	60	25:16	20:19
Mie Villeneuve	60	25:18	20:21
Dennis McIver	41	21:51	20:29
Lawson Noyes	50	23:18	20:31
WOMEN			
Joan Samuelson	35	21:40	21:01
Julie Petron	32	22:07	22:07
Kathy Tracy	25	22:23	22:23
Charlotte Thomas	35	22:32	21:51
Susannah Beck	24	22:50	22:50
Sally Perkins	29	23:07	23:07
Kathy Tracy	25	23:12	23:12
Pam Allie-Morrill	29	23:35	23:35
Carol Weeks	43	25:46	23:38

MEN OPEN			
CLAPPER	GERRY	31 19:20	BRIDGTON
SNOW	RUSTY	22 19:23	BRIDGTON
WINN	ROBERT	33 19:28	BRIDGTON
SAYERS	LARRY	32 19:30	YORK 4 ON 4TH
FRAM	CRAIG	33 19:33	YORK 4 ON 4TH
Winn	Bob	33 19:36	OAKHURST
SORRELL	ART	32 19:36	BRIDGTON
YOUNG	JEFFREY	22 20:03	BRIDGTON
HALE	GREG	29 20:07	BRIDGTON
CRAIN	ETHAN	19 20:08	BRIDGTON
GRANT	MICK	33 20:10	BRIDGTON
GRAHAM	MICHAEL	30 20:23	BRIDGTON
STEVENS	BRIAN	28 20:28	BRIDGTON
BROWN	SCOTT	34 20:31	BRIDGTON
SULLIVAN	BRENDAN	29 20:39	BRIDGTON
Brown	Scott	33 20:41	OAKHURST
DANN	TOM	35 20:49	BRIDGTON
Bockus	George	25 20:59	OAKHURST
REED	ERICH	24 21:02	BRIDGTON
KEHOE	PAUL	31 21:11	BRIDGTON
Weatherbie	David	24 21:13	OAKHURST
DEARING	DAN	30 21:21	YORK 4 ON 4TH
BETTETT	BRETT	19 21:22	BRIDGTON
NOEL	JOE	35 21:23	YORK 4 ON 4TH
MCGRAW	TODD	27 21:24	BRIDGTON
Libby	David	26 21:26	OAKHURST
MAGELES	MICHAEL	25 21:27	BRIDGTON
LIVINGTON	TIM	18 21:29	BRIDGTON
Thibault	Roland	24 21:32	OAKHURST
GRIGWARE	MICHAEL	27 21:35	YORK 4 ON 4TH
FLETCHER	RALPH	41 21:35	BRIDGTON
CONANT	JEFF	17 21:37	BRIDGTON
THIBAUT	ROLAND	24 21:39	BRIDGTON
FINCH	HENRY	43 21:42	BRIDGTON
WAY	KEVIN	23 21:43	BRIDGTON

MEN 19 & UNDER			
CRAIN	ETHAN	19 20:08	BRIDGTON
BETTETT	BRETT	19 21:22	BRIDGTON
LIVINGTON	TIM	18 21:29	BRIDGTON
CONANT	JEFF	17 21:37	BRIDGTON
LAMSON	KEN	19 21:46	BRIDGTON
MCINTYRE	BEN	18 22:47	BRIDGTON
Laidley	Zachary	19 23:12	S PORTLAND DARE
SMITH	TYSON	19 23:14	BRIDGTON
JAWORSKI	JAMES	19 23:16	BRIDGTON
McCann	Ryan	18 23:26	OAKHURST
BENGTSON	ANDY	16 23:27	YORK 4 ON 4TH
NAZZARO	PHILIP	16 23:28	YORK 4 ON 4TH
ABBOTT	BENJAMIN	18 23:29	BRIDGTON
Funk	Eric	17 23:40	S PORTLAND DARE
STURK-DAVIS	JOSHUA	17 24:15	BRIDGTON
HENSON	RYAN	17 24:17	BRIDGTON
SHIRLEY	JON	17 24:19	YORK 4 ON 4TH
STICKNEY	CHARLES	19 24:19	YORK 4 ON 4TH
HARTER	ERIC	17 24:25	YORK 4 ON 4TH

MEN 40+			
FLETCHER	RALPH	41 21:35	BRIDGTON
FINCH	HENRY	43 21:42	BRIDGTON
MCIVER	DENNIS	41 21:51	BRIDGTON
MCDONALD	KEVIN	42 21:52	BRIDGTON
Toulouse	Jim	43 21:55	OAKHURST

McKinstry	Bill	44 22:14	S PORTLAND DARE
GRYANS	MICHAEL	41 22:26	YORK 4 ON 4TH
LAMATTINA	JOHN	42 23:16	YORK 4 ON 4TH
Noyes	Lawson	50 23:18	OAKHURST
SMITH	DENNIS	42 23:27	BRIDGTON
PAYNE	BOB	54 23:44	BRIDGTON
NOYES	LAWSON	50 23:50	YORK 4 ON 4TH
Devou	bill	43 23:52	S PORTLAND DARE
CATALUCCI	BILLY	50 23:54	BRIDGTON
PRATT	CHARLIE	50 23:54	BRIDGTON
Devou	Bill	43 23:57	OAKHURST
FOSTER	ROGER	45 24:04	BRIDGTON
Richards	Joe	48 24:09	S PORTLAND DARE
RICHARDS	JOE	48 24:11	BRIDGTON
PETRSON	DAN	42 24:20	BRIDGTON
Cochrane	Gary	50 24:22	OAKHURST
TOSTADO	JOE	40 24:30	YORK 4 ON 4TH
PRAY	CHASE	48 24:32	BRIDGTON
HULBURD	LLOYD	44 24:33	YORK 4 ON 4TH
KINNER	LARRY	42 24:34	BRIDGTON
DICKSON	RICHARD	48 24:39	BRIDGTON
HOWARD	GARY	49 24:42	BRIDGTON
REILLY	BILL	44 24:44	BRIDGTON
Coughlin	Bob	53 24:49	OAKHURST
NOONAN	JOSEPH	48 24:49	BRIDGTON
McCormack	Bob	40 24:54	OAKHURST
PIERCE	PHIL	50 24:55	BRIDGTON
FAY	JOE	44 24:56	BRIDGTON
VAN WINKLE	DAVIS	51 24:56	BRIDGTON

MEN 50+			
Noyes	Lawson	50 23:18	OAKHURST
PAYNE	BOB	54 23:44	BRIDGTON
NOYES	LAWSON	50 23:50	YORK 4 ON 4TH
CATALUCCI	BILLY	50 23:54	BRIDGTON
PRATT	CHARLIE	50 23:54	BRIDGTON
Cochrane	Gary	50 24:22	OAKHURST
Coughlin	Bob	53 24:49	OAKHURST
PIERCE	PHIL	50 24:55	BRIDGTON
VAN WINKLE	DAVIS	51 24:56	BRIDGTON
MCKENNEY	DICK	50 25:02	YORK 4 ON 4TH
GAGNE	DANIEL	53 25:07	BRIDGTON
Coolidge	Clyde	53 25:10	S PORTLAND DARE
CONNORS	RUSS	60 25:16	YORK 4 ON 4TH
VILLENEUVE	MOE	60 25:18	YORK 4 ON 4TH
Bastow	Peter	55 25:25	OAKHURST
LEWIS	ANDREW	52 25:32	BRIDGTON
Bastow	Peter	55 25:39	S PORTLAND DARE
REARICK	DAN	56 25:44	BRIDGTON
Shevenell	Ray	51 26:04	S PORTLAND DARE
HANCOCK	JOHN	50 26:08	BRIDGTON
Sullivan	John	60 26:09	OAKHURST
Coolidge	Clyde	53 26:18	OAKHURST
Cowell	Michael	54 26:34	OAKHURST
Smith	David	50 26:52	S PORTLAND DARE
Smith	David	50 27:12	OAKHURST
HOWE	JOHN	57 27:22	BRIDGTON
DORLEY	RUSS	53 27:24	YORK 4 ON 4TH

MEN 60+			
CONNORS	RUSS	60 25:16	YORK 4 ON 4TH
VILLENEUVE	MOE	60 25:18	YORK 4 ON 4TH
Sullivan	John	60 26:09	OAKHURST
SCONTRAS	PETER	63 28:44	YORK 4 ON 4TH
Chandler	John	65 28:48	OAKHURST
Bradley	Russ	68 29:08	S PORTLAND DARE
CHANDLER	JOHN	65 29:11	BRIDGTON
SHELTON	ROBERT	62 29:16	BRIDGTON
MENDELL	CARLTON	70 29:33	BRIDGTON
TAYLOR	HERB	67 30:46	YORK 4 ON 4TH
MURPHY	WILLIAM	63 32:38	BRIDGTON
LOSIER	MARTIN	69 32:47	YORK 4 ON 4TH
LELAND	BILL	65 32:48	BRIDGTON
DAVIS	DEAN	63 32:55	YORK 4 ON 4TH
ZAZZERA	FRANK	62 33:31	YORK 4 ON 4TH
JOHNSON	DONALD	61 33:56	BRIDGTON

WOMEN OPEN			
Samuelson	Joan	35 21:40	OAKHURST
PETRSON	JULIE	32 22:07	BRIDGTON
TRACY	KATHY	25 22:23	BRIDGTON
THOMAS	CHARLOTTE	35 22:32	BRIDGTON
BECK	SUSANNAH	24 22:50	BRIDGTON
PERKINS	SALLY	29 23:07	BRIDGTON
Tracy	Kathy	25 23:12	OAKHURST
ALLIE-MORRILL	PAM	29 23:35	YORK 4 ON 4TH
BINETTE	WANDA	26 23:41	BRIDGTON
Braceras	Christine	29 23:53	OAKHURST
Binette	Wanda	26 24:15	S PORTLAND DARE
DEAN	CATIE	22 24:19	BRIDGTON
DUNN	JAMILYN	30 24:52	BRIDGTON
GEARY	KATHY	35 24:59	YORK 4 ON 4TH
KRICHKO	LESLIE	33 25:01	BRIDGTON
WARE	MOLLY	19 25:15	BRIDGTON
ALLEN	CATHY	26 25:17	BRIDGTON
Jenkins	Kathy	32 25:32	OAKHURST
Weeks	Carol	43 25:46	S PORTLAND DARE

GLATZ	EMILY	22	25:54	BRIDGTON
ABBOTT	ALLISON	19	26:00	YORK 4 ON 4TH
THOMPSON	JENNIFER	19	26:00	YORK 4 ON 4TH
Jurgelevich	Cathy	28	26:06	OAKHURST
WEEKS	CAROL	43	26:24	BRIDGTON
HOGAN	CAROL	41	26:25	BRIDGTON
PROBERT	BRENDA	23	26:29	YORK 4 ON 4TH
LECLAIR	MARY-LOU	38	26:32	YORK 4 ON 4TH
WAITKUN	LINDA	39	26:33	BRIDGTON
HOLT	PAULA	35	26:35	BRIDGTON
Dunphy	Eileen	36	26:37	S PORTLAND DARE
CAMPBELL	NICOLE	27	26:45	YORK 4 ON 4TH
SMITH	BRENDA	22	26:58	BRIDGTON
BEDARD	MADELEINE	34	27:04	BRIDGTON

WOMEN 19 & UNDER

WARE	MOLLY	19	25:15	BRIDGTON
ABBOTT	ALLISON	19	26:00	YORK 4 ON 4TH
THOMPSON	JENNIFER	19	26:00	YORK 4 ON 4TH
REILLY	STACY	18	27:32	BRIDGTON
LEWIS	STACEY	17	27:58	BRIDGTON
COOGAN	COREY	14	28:12	BRIDGTON
SMITH	ABI	15	28:34	BRIDGTON
BARBOSA	MAGGIE	12	29:23	YORK 4 ON 4TH
LIVINGSTON	KELLY	16	29:23	BRIDGTON
SEABURY	JAIMEE	15	29:39	YORK 4 ON 4TH
Armstrong	Laura	17	29:47	S PORTLAND DARE
REILLY	KELLY	11	29:59	BRIDGTON
SAMPSON	MARY	19	30:10	BRIDGTON
NEWLAND	SHAWNA	19	30:15	BRIDGTON
DYAN	MARY	17	30:19	BRIDGTON
CHURCH	SHANEY	19	30:22	BRIDGTON
KEILLER	JAIME	12	30:41	BRIDGTON
Mitchell	Andrea	17	30:42	OAKHURST
TOWLE	LORI	19	30:59	BRIDGTON
HENSON	ELIZABETH	13	31:32	YORK 4 ON 4TH
CASE	CHRISTA	13	31:39	BRIDGTON

WOMEN 40+

Weeks	Carol	43	25:46	S PORTLAND DARE
WEEKS	CAROL	43	26:24	BRIDGTON
HOGAN	CAROL	41	26:25	BRIDGTON
Nappe	Gayle	40	27:15	OAKHURST
Gagnon	Faye	47	27:27	OAKHURST
GAGNON	FAYE	47	27:51	BRIDGTON
KINNEY	GAIL	40	28:16	BRIDGTON
OSBORNE	MARY	47	29:34	YORK 4 ON 4TH
STERN	NANCY	40	30:43	YORK 4 ON 4TH
SOLOMON	MAGGIE	58	30:47	BRIDGTON
MCQUIGGAN	ELIZABETH	46	30:52	YORK 4 ON 4TH
PARKINSON	JANET	40	31:12	YORK 4 ON 4TH
DUBOIS	PAULA	40	31:18	YORK 4 ON 4TH
ALBRECHT	NORMA	44	31:53	BRIDGTON

LINTON	TRICIA	47	31:55	BRIDGTON
ELDRIDGE	LINDA	47	32:22	BRIDGTON
BURKE	MARY	41	32:24	BRIDGTON
Andrews	Cindy	40	32:43	OAKHURST
TRUDO	PAMELA	40	32:47	BRIDGTON
SWENSON	SALLY	49	32:49	BRIDGTON
YATES	KATHRYN	41	32:59	BRIDGTON
STOKES	NANCY	65	33:07	YORK 4 ON 4TH
THOMAS	JEAN	56	33:23	BRIDGTON
Hancock	Migs	41	33:24	OAKHURST
WILKINSON	JULIE	44	33:27	BRIDGTON
RAY	MOLLY	43	33:32	BRIDGTON
KEARNEY	LINDA	45	33:34	BRIDGTON
KEILLER	DIANE	41	33:37	BRIDGTON
TRAFTON	BARBARA	42	33:42	BRIDGTON

WOMEN 50+

SOLOMON	MAGGIE	58	30:47	BRIDGTON
STOKES	NANCY	65	33:07	YORK 4 ON 4TH
THOMAS	JEAN	56	33:23	BRIDGTON
RUGGIERO	ELSIE	57	34:00	BRIDGTON
FRY	PAT	55	34:11	BRIDGTON
French	Shirley	59	34:18	OAKHURST
Kenniston	Polly	55	34:57	OAKHURST
Amory	Sally	66	35:00	OAKHURST
Paterson	Sally	50	35:03	OAKHURST
MORRIS	IRENE	50	35:23	BRIDGTON
SALMON	JEANNE	60	35:38	YORK 4 ON 4TH
MILLER	JEAN	61	36:08	BRIDGTON
REARICK	NANCY	52	36:12	BRIDGTON
Gagne	Marianne	51	36:48	OAKHURST
Clapper	Leona	62	36:50	OAKHURST
WHITE	ELEANOR	53	37:01	BRIDGTON
GAGNE	MARIANNE	51	37:16	YORK 4 ON 4TH
Getchell	Teresa	55	37:26	OAKHURST
HURD	MARY	50	37:30	BRIDGTON
Ryder	Ashley	62	37:47	OAKHURST
MARCHANKEVICZ	FRAN	51	37:54	YORK 4 ON 4TH
DAM	SHIRLEY	58	38:48	BRIDGTON
Buckley	Pat	54	38:51	S PORTLAND DARE
DAVIS	CAROL	55	39:20	BRIDGTON
BUCKLEY	PAT	54	40:08	BRIDGTON
Stetson	Nora	64	41:04	OAKHURST
MACLEAN	BOBBIE	62	41:33	BRIDGTON
MOORE	BARBARA	54	45:16	BRIDGTON
WILSON	MARY-HELEN	72	45:31	YORK 4 ON 4TH
HAMLIN	BETTYANN	50	47:26	BRIDGTON
SAWYER	MARGARET	78	49:58	BRIDGTON
MILLER	JANET	74	50:18	BRIDGTON
CLARK	MARJORIE	69	56:16	BRIDGTON
CHANDLER	MARTHA	61	56:19	BRIDGTON
HORVITZ	DORRIS	67	56:25	BRIDGTON

Zetrablade™

Best of '92 - 10 Mile

Sports East Bowdoin & Back 10 Miler is the flattest and generally fastest of the 3 certified 10 mile races. Good times on the Mid-Winter Classic are always difficult to come by because of the challenging hills & in '92 the blustery cold winds made it even more difficult. The Hancock Lobster Classic has some hills and tends to be warm and humid. The best performances (considering age) are listed under age graded times. If you want to calculate yours multiply your time by the factor on the Age Graded Tables posted in this issue.

AGE GRADED RESULTS

		actual time		age graded time			Men 40+		
		MEN							
Bob Sholl		45	55:28	50:37	SHOLL	BOB	45	55:28	Sports East
Conrad Walton		53	59:27	51:04	TOWLE	GEORGE	42	57:09	Sports East
Stan Bickford		28	51:24	51:24	BERTHIAUME	GUY	46	58:13	Sports East
Guy Berthiaume		46	58:13	52:46	WALTON	CONRAD	53	59:27	Sports East
George Towle		42	57:09	53:12	JONHSON	RAY	44	60:46	Sports East
Arnie Green		60	66:17	53:17	TARLING	JOHN	41	61:02	Sports East
Russ Bradley		68	73:09	53:52	SMITH	DOUGLAS	43	61:23	Sports East
George Bockus Jr		26	53:55	53:55	Berthiaume	Guy	46	61:37	Mid-Winter
Russ Connors		60	67:09	53:59	Renault	David	43	62:18	Hancock Lobster
Bob Coughlin		53	63:05	54:11	Tarling	John	40	62:32	Mid-Winter
Scott Loomis		20	54:29	54:29	CLARK	TERRY	48	62:56	Sports East
Walter Webber		62	69:22	54:37	COUGHLIN	BOB	53	63:05	Sports East
		WOMEN			Howard	Alan	45	63:14	Hancock Lobster
Carol Weeks		43	66:06	60:38	MEEHAN	JOE	45	63:37	Sports East
Jane Rau		42	66:57	61:52	Wilson	Craig	42	63:54	Mid-Winter
Veronica Knight		24	62:47	62:47	Higgins	Gary	43	64:00	Hancock Lobster
Elizabeth Bugbee		47	70:50	63:04	Hayes	Joe	43	64:26	Mid-Winter
Julie McGee		32	63:27	63:27	LUDEWIG	DOUGLAS	52	64:32	Sports East
Eileen Dunfey		36	65:47	63:37	DALEY	MIKE	47	64:36	Sports East
Sharyn Kingma		42	69:27	64:11	SANBORN	DONALD	47	64:38	Sports East
		Men Open			St. Onge	Gary	42	64:41	Hancock Lobster
Bickford Stan		28	51:24	Sports East	KINNER	LARRY	43	64:42	Sports East
BOCKUS JR. GEORGE		26	53:55	Sports East	RANDALL	FRED	41	64:48	Sports East
LOOMIS SCOTT		20	54:29	Sports East	LEMIEUX	MYLES	51	65:01	Sports East
DOANE JAMES		34	54:53	Sports East	MACDONALD	ERV	50	65:16	Sports East
Morris Roy		29	55:23	Hancock Lobster	DEVOU	BILL	43	65:18	Sports East
SHOLL BOB		45	55:28	Sports East	COOLIDGE	CLYDE	53	65:19	Sports East
GULIANI LANCE		33	55:45	Sports East	MARQUIS	ROBERT	54	65:20	Sports East
Rodgers Cliff		33	56:25	Hancock Lobster	MORIARTY	STEVE	42	65:24	Sports East
ELLIS SCOTT		29	56:27	Sports East	Fox	Steve	40	65:25	Mid-Winter
THIBAUT ROLAND		24	56:28	Sports East	ERIKSSON	JOHN	41	65:41	Sports East
Bottomley Peter		30	56:58	Mid-Winter	WILSON	DONALD	45	65:49	Sports East
KEENAN SHAUN		30	57:07	Sports East	CEDRONE	RON	43	65:50	Sports East
TOWLE GEORGE		42	57:09	Sports East	Devou	Bill	43	65:51	Mid-Winter
Newett Jim		34	57:10	Hancock Lobster	FOGG	CARL	44	65:52	Sports East
FRONTIN RONALD		29	57:28	Sports East			Men 50+		
Keenan Shaun		30	57:59	Hancock Lobster	WALTON	CONRAD	53	59:27	Sports East
THIBEAU TOM		34	58:05	Sports East	COUGHLIN	BOB	53	63:05	Sports East
BATES GEOFF		18	58:11	Sports East	LUDEWIG	DOUGLAS	52	64:32	Sports East
Henderson Jay		23	58:13	Hancock Lobster	LEMIEUX	MYLES	51	65:01	Sports East
BERTHIAUME GUY		46	58:13	Sports East	MACDONALD	ERV	50	65:16	Sports East
Norton Giles		37	58:32	Hancock Lobster	COOLIDGE	CLYDE	53	65:19	Sports East
Merrill Paul		37	58:36	Mid-Winter	MARQUIS	ROBERT	54	65:20	Sports East
Stevens Graydon		39	59:17	Mid-Winter	GREEN	ARNIE	60	66:17	Sports East
GILE KEVIN		34	59:19	Sports East	GILLESPIE	ROBERT	53	66:20	Sports East
WALTON CONRAD		53	59:27	Sports East	Coolidge	Clyde	53	66:26	Mid-Winter
SCANNELL GORDON		39	59:42	Sports East	CONNORS	RUSS	60	67:09	Sports East
REILLY ALAN		39	59:50	Sports East	Hildreth	Greg	50	67:49	Hancock Lobster
LOVERING MITCHELL		32	59:52	Sports East	TRIPP	DAVID	50	68:06	Sports East
SEGARS GUY		32	59:54	Sports East	HODGKIN	DOUGLAS	53	68:08	Sports East
D'AMELIO TONY		39	60:23	Sports East	Pierce	Phil	50	68:40	Mid-Winter
BLEASE DWIGHT		32	60:25	Sports East	JARRATT	ROBERT	50	68:49	Sports East
Pelletier Ron		32	60:29	Hancock Lobster	WEBBER	WALTER	62	69:22	Sports East
		Men 19 & Under			PREBLE	JEFFREY	53	70:07	Sports East
BATES GEOFF		18	58:11	Sports East	COWELL	MICHAEL	55	70:31	Sports East
RANDALL JESSE		16	60:30	Sports East	KATZAN	HARRY	57	71:00	Sports East
FAIRFIELD SCHUYLER		19	61:28	Sports East	PAQUETTE	RONALD	51	72:04	Sports East
LEWIS MATTHEW		18	61:59	Sports East	Angwin	Jim	55	72:13	Mid-Winter
LALIBERTE SCOT		17	64:40	Sports East			Men 60+		
DESCHAIINE JASON		19	64:47	Sports East	GREEN	ARNIE	60	66:17	Sports East
ROBINSON ANDY		17	65:19	Sports East	CONNORS	RUSS	60	67:09	Sports East
HEATHERS SHANE		15	65:24	Sports East	WEBBER	WALTER	62	69:22	Sports East
HOWARD JASON		17	66:08	Sports East	BRADLEY	RUSS	68	73:09	Sports East
MALONEY PATRICK		18	66:09	Sports East	Mendell	Carlton	70	76:53	Sports East
DEDEKIAN MICHAEL		16	67:30	Sports East	Mendell	Carlton	70	78:24	Mid-Winter
Adams Benjamin		18	67:34	Hancock Lobster	Russ	Bradley	68	78:42	Hancock
LOUGEE BRIAN		18	68:57	Sports East	Lougee	John	60	82:56	Sports East
BOUDREAU WARD		16	69:58	Sports East			Open Women		
MORSE PARKER		18	71:13	Sports East	Knight	Veronica	24	62:47	Mid-Winter
TRIPP JOSHUA		16	74:48	Sports East	MCGEE	JULIE	32	63:27	Sports East
WEINGARTEN JOSH		17	75:13	Sports East	MORSEHEAD	CINDY	18	64:55	Sports East
BOUDREAU WADE		16	76:30	Sports East	DUNFEY	EILEEN	36	65:47	Sports East
					WEEKS	CAROL	43	66:06	Sports East

JENKINS	KATHY	32	66:33	Sports East	Doucette	Rebecca	18	90:10	Hancock Lobster
RAU	JANE	42	66:57	Sports East			Women 40+		
HACKETT	JEANNE	33	67:04	Sports East	WEEKS	CAROL	43	66:06	Sports East
Bowden	Ellen	39	67:30	Mid-Winter	RAU	JANE	42	66:57	Sports East
Braceras	Christine	29	67:39	Mid-Winter	Kingma	Sharyn	42	69:27	Hancock Lobster
Foster	Sue	34	67:47	Hancock Lobster	BUGBEE	ELIZABETH	47	70:50	Sports East
MCREA	CAROL	38	68:56	Sports East	Rau	Jane	42	71:12	Hancock Lobster
Millard	Julie	29	69:18	Hancock Lobster	EDQUID	BRIGHTTE	44	71:44	Sports East
Kingma	Sharyn	42	69:27	Hancock Lobster	Weeks	Carol	42	71:48	Mid-Winter
GALLUPE	TERRY	30	69:29	Sports East	Rau	Jane	42	75:13	Mid-Winter
Greaney	Libby	29	69:42	Mid-Winter	Pierce	Carol	45	75:18	Mid-Winter
Hodges	Sheila	37	69:48	Hancock Lobster	DOLLEY	JANE	44	78:13	Sports East
Keenan	Kerry	27	70:42	Mid-Winter	DISANZA	BETTY	43	78:52	Sports East
BUGBEE	ELIZABETH	47	70:50	Sports East	FOLGER	LINDA	40	78:54	Sports East
Peers	Kristen	25	71:05	Mid-Winter	Collins	Rene	50	79:14	Hancock Lobster
Rau	Jane	42	71:12	Hancock Lobster	LOVETERE	NANCY	48	79:29	Sports East
KNEELAND	NANCY	37	71:21	Sports East	GUILLEMETTE	ELAINE	42	79:54	Sports East
SNOW	TAMI	26	71:33	Sports East	Breckinridge	Lynn	40	81:32	Mid-Winter
RYEKMAN	THERESE	33	71:35	Sports East	Tremberth	Joan	46	81:39	Mid-Winter
EDQUID	BRIGHTTE	44	71:44	Sports East	Merriam	Joan	44	82:18	Hancock Lobster
Weeks	Carol	42	71:48	Mid-Winter	LUDEWIG	NANCY	47	82:39	Sports East
EVANS	LEAH	18	72:07	Sports East	THOMAS	JEAN	56	83:41	Sports East
Gendron	Elisabeth	28	72:19	Mid-Winter	PAILTHAPP	MARY	42	83:51	Sports East
TOLFORD	KATHRYN	37	72:25	Sports East	WILKOFF	MARILYN	47	84:50	Sports East
DYER	NANETTE	30	72:37	Sports East	LAJUNESSE	PAMELA	43	85:03	Sports East
	Women 19 & Under						Women 50+		
MORSEHEAD	CINDY	18	64:55	Sports East	Collins	Rene	50	79:14	Hancock Lobster
EVANS	LEAH	18	72:07	Sports East	THOMAS	JEAN	56	83:41	Sports East
JACKSON	KATHLEEN	17	75:27	Sports East	Thomas	Jean	56	87:16	Mid-Winter
MELANDER	ANN	17	76:02	Sports East	PATERSON	SALLY	51	88:00	Sports East
ROLLINS	KATH	19	80:34	Sports East	MCCOID	BEORLEY	59	90:56	Sports East
LORRAIN	AMY	18	81:15	Sports East	Bunce	Elizabeth	52	97:53	Hancock Lobster
CUMPIAN	DOLLY	19	82:14	Sports East	GAGNE	MARIANNE	51	1:40:18	Sports East
CRAWFORD	KORY	15	82:57	Sports East	HEFFLEFINGER	RUTH	63	1:59:59	Sports East
POMERLEAU	CINDY	17	84:09	Sports East					

Flying Moose Ski Classic - Bethel - Feb 7th

These races were part of LL Bean's Ski Festival, a weekend of cross-country skiing activities at Gould Academy. Mainly Running had planned to attend this race to take photos, but when I woke up the temp was -18 in Harpswell and -25 in Bethel. Priding myself on having some semblance of sanity left, I drove directly to Cape Elizabeth for the Mid-Winter Classic where I could take photos from the car. As it turned out, by the race start it had warmed up to -2 in Bethel. Other than the cold, conditions were good for the race with a surface of packed powder. All races were classical. (no skating allowed) Results courtesy of Kirk Siegel.

Mens & Womens 25K			Men's 10K			Women's 10K			Mens 5K			Women's 5K		
1	Ron Newbury	1:06:14	1	Eli Walker	45:10	1	Kelly Simoneau	56:32*	1	Ralph Mayer	37:52	1	Melinda Remington	26:58*
2	Peter Hall	1:06:42	2	Pete Thoreson	51:56	2	Jennifer Moore	1:24:35*	2	Peter Florey	42:47	2	Karen Sharnberg	36:45*
3	Gordon Scannell	1:10:18	3	Reg Reilly	56:05	3	Cindy Gibson	1:32:38*	3			3	Louise Carrol	40:57*
4	John Eldredge	1:10:39	4	Joe Schweikhard	1:26:03	4	Marsha Odal	1:45:54*	4			4	Susan Florey	46:31*
5	Mike Simoneau	1:11:29	5	Jim Connors	1:29:37	5	Marsha Odal	1:45:54*	5			5	Pam Munslow	1:02:15*
6	Raul Siren	1:12:48	6	Mike Draper	1:32:33	6	Linda Kayser	2:13:47*	6			6	Ellen Morse	1:11:17*
7	Dan Works	1:14:20				7	Susan Gates	2:13:58*	7			7	Margaret Van Emmerick	??
8	Bill Yeo	1:14:37							8			8	Kathy Murphy	1:16:11*
9	Mike Yeo	1:14:44							9			9	Lynn Kabot	??
10	John Shirley	1:18:11							10			10	Marji Wallin	??
11	Peter Gagnon	1:19:54												
12	Douglas Zinchuk	1:20:29												
13	Alice Goodwin	1:23:09*												
14	Tom Armstrong	1:23:20												
15	Curtis Cole	1:25:12												
16	Fred Prescott	1:29:09												

Jingle Jog 5K for K.I.D.S. Inc. * Dec. 12, 1992 * Kennebunk

1	Joel Croteau	48	19:31	14	Steve Jacobsen	43	25:04	27	Kathy Baker	39	30:06*
2	Robert Spaulding	37	19:43	15	Brian Barrington	open	25:30	28	Mary DiGiacomo	38	30:16*
3	Mike Dinehart	open	20:21	16	David McMahon	35	25:40	29	Kathy Jacobsen	40	31:27*
4	Eric Ortman	33	21:20	17	Paul Corrado	40	26:08	30	Jessica Fletcher	47	31:58*
5	Paul Gadbois	39	21:57	18	James Hall	open	26:17	31	Jonathan Roy	5	32:32
6	Rick Daniel	open	22:30	19	Charles Glover	54	26:33	32	Ronald Roy	43	32:32
7	Frank DiGiacomo	38	22:43	20	Bob LaNigra	50	26:33	33	Marie Maguire	42	34:43*
8	Clyde Coolidge	?	23:04	21	Don Burnham	51	27:02	34	Sally Hendershot	33	35:08*
9	Don Benoit	open	23:47	22	Mary Anne Peck	34	27:05*	35	Beth Hazen	40	35:08*
10	Don Pennta	46	24:14	23	Carlton Mendell	71	27:53	36	Jane Fecteau	32	35:09*
11	Delores Billings	62	24:32*	24	Bonnie Konopka	36	29:13*	37	Chantelle Fecteau	10	42:00*
12	Sally Perkins	29	24:46*	25	Jeanne Richmond	34	29:30*				
13	Nancy Kneeland	38	25:03*	26	Mary Kimball	open	29:56*				

Gould Academy Jr & Sr Ski Qualifier - Feb 21st

Koch League 13 & Under 2.5K							
1	Tim Woodbury	8:28		30	Daniel Voisin	23:08	Mt Greylock
2	Rebecca Weaver	8:47		31	Kevin Kokx	23:14	WVBTS
3	Kevin Fitzpatrick	9:16		32	Tim Remington	23:32	Telstar
4	Anna Trafton	10:00		33	Jason Ennis	23:35	Mt Greylock
5	Aaron Easter	10:03		34	Eric Grimmes	23:35	Gould
6	Armanda Thompson	10:17		35	Jon Shirley	23:55	Gould
7	Erik-Lars Siren	10:23		36	Tory Kendrick	23:58	Holderness
8	Margaret Shaner	10:32		37	Chris Rowe	24:15	UNH
Sr & Masters Mens				38	David Vincent	24:23	Lenox
1	Will Sweetser	33:37		39	Brian Perry	24:24	MIDD
2	Raul Siren	36:18		40	Michael Hamill	24:26	Ford Sayre
3	Ron Newbury	37:31		41	Tony Cappello	24:37	Cent MA
4	Peter Davis	38:17		42	Noah Duarte	24:47	Maine
5	Bill Yeo	38:40		43	Brian Seppala	25:12	WVBTS
6	Paul Wonsavage	39:20		44	Charles Swift	25:35	Maine
7	Gordon Scannell	39:39		45	Joel Riley	25:38	Telstar
8	Rob Walsh	39:40		46	Ben Trafton	25:39	
9	Richard Trafton	40:33		47	Topher Sabot	26:28	Mt Greylock
10	Curtis Cole	41:57		48	Mark Fabian	27:13	Tilton
11	Peter Gagnon	42:21		49	Benjamin Drew	27:47	
12	Christopher Easton	47:32		50	Eric Duda	24:28	Holderness
13	Owen Haskell	48:02		51	Will Trafton	34:38	Holderness
14	Chase Pray	48:05		Junior Women's 10K			
15	Peter Smith	49:03		1	Sarah Walker	39:14	Stratton
16	Joe Trafton	56:03		2	Jessie Donovan	39:49	Stratton
Sr & Masters Women				3	Jill Wolski	40:46	
1	Leslie Krichko	37:50		4	Rebecca Irwin	40:55	MIDD
2	Hilary Mosher	42:49		5	Tessa Benoit	41:04	Stratton
3	Schullenberger	47:43		6	Angela Daigle	41:22	UNH
Junior Men 5K				7	Katie Gould	41:22	Stratton
1	Jay Leach	20:18	Stratton	8	Heather Eliassen	41:27	DOC
2	Cory Smith	20:20	DOC	9	Michelle Spina	41:28	Lenox
3	Adam Patridge	20:39	Holderness	10	Eden Shillenberger	41:42	UNH
4	Eli Enman	20:41	CVU	11	Emily Boyle	42:09	Ford Sayre
5	David Laurence	20:49	Stratton	12	Nicole Robillard	42:15	Holderness
6	Craig VanValkenburgh	20:51	Burke	13	Ellen McGoldrick	42:54	Holderness
7	Drew Smith	21:02	Burke	14	Chris Shaner	42:59	
8	Jonathon Weaver	21:05		15	Sarah Kincaid	43:01	Lenox
9	Erik Jacobsen	21:06	Mt Anthony	16	Heidi Kendall	43:06	WVBTS
10	Brian Jaquet	21:13	DOC	17	Ellen Halstead	43:43	Stratton
11	Addison Whitworth	21:17	Holderness	18	Lara Burgel	43:43	DOC
12	Jesse Gallagher	21:20	Stratton	19	Coreen Woodbury	43:44	Holderness
13	Brent Radcliffe	21:25		20	Lara Dumond	44:36	
14	Noah Jackson	21:34	Holderness	21	Cynthia Osterling	44:57	Holderness
15	Clter Leys	21:35	DOC	22	Nadya Bech-Conger	45:01	Mt Mansfield
16	Eric Joder	21:36	Stratton	23	Jessica Doneske	45:14	Holderness
17	Sean Kerwin	21:41	MIDD	24	Maya Davis	45:41	Underhill
18	Patrick Cote	21:44	Gould	25	Gwen Stockwell	46:11	Gould
19	Stephen Donahue	21:48	UVNC	26	Sara Larson	46:13	
20	Roger Knight	21:51	UNH	27	Gretchen Elias	47:12	MIDD
21	Carroll Lane	21:58	Maranacook	28	Loryn Kipp	47:17	
22	Peter Spina	22:23		29	Amy Dupuis	48:21	Mt Greylock
23	Eric Maas	22:37	NCUHS	30	Emily Drinkwater	48:29	KUA
24	Jeff Hixon	22:41	UNH	31	Rebekah Roland	52:07	KUA
25	Justin Freeman	22:43		32	Becca West	42:48	Mt Greylock
26	Matt O'Meara	22:45	Gould	Women 5K			
27	William Rawstron	22:46	Cent MA	1	Jennifer Cook	31:28	Maranacook
28	Randy Dupuis	22:55	MT Greylock	2	Jessica Trundy	35:06	Gould
29	Rogan Lechtaler	22:56	Holderness	results courtesy of Kirk Siegel of Gould Academy			

Carter's Last Stand - Bethel - January 31st

8K					6K				
1	Mike Yeo	24	24:07	Freeport	1	Thane Ryland	29	24:00	Woolwich
2	Doug Zinchuk	40	24:50	Bethel	4K				
3	Bill Yeo	27	24:59	Freeport	1	Jessica Trundy	15	17:25*	Rumford
4	Jason Pettingill	22	35:56	Freeport	1	David Carter	44	17:57	Oxford

Sam Ouellet's 50 Mile Ski Marathon - Feb 13-14th - Ashland

1	Dennis Arpin	5:25	5	Danny Bondeson	6:35	9	Cheryl Arpin	8:46
2	Bob Salesi	5:31	6	Lendal Johnson	6:35	10	Dave Gale	11:25
3	Jean Deschenes	6:10	7	Bill Lopotra	6:40			
4	David Davidson	6:28	8	Ed Ouellet	7:26			

results courtesy of Sam Ouellet

Sunday River Langlauf - 15K Skate - March 6th

results courtesy - Paula Michniewicz			11	Curt Cole	1:01:52	22	Brian McCreau	1:13:41
1	Brook Mullens	51:02	12	Bill Yeo	1:02:09	23	Rob Craig	1:14:58
2	Ben Dunlap	51:54	13	Eli Walker	1:02:10	24	Ryan Burney	1:16:26
3	Matt Sudduth	53:40	14	Mark Danyla	1:03:13	25	Dick Davidson	1:28:12
4	Ron Newberry	53:45	15	Barry Fifielfeld	1:03:45	26	Ginnie Farrell	*
5	Ken Woodward	55:03	16	Tami Andrews	1:04:36*	27	Melinda Remington	*
6	Doug Zinchuk	55:17	17	Alice Goodwin	1:06:04*	28	Conrad Herzel	
7	John Tarling	56:38	18	Peter Merrill	1:06:04	29	Dwaine Craig	
8	Mike Yeo	57:20	19	Owen Haskell	1:09:31	30	Tony Mourkas	
9	John Eldridge	57:49	20	Mike Farnham	1:10:09			
10	Tom Page	1:01:47	21	Bruce Gridley	1:11:20			



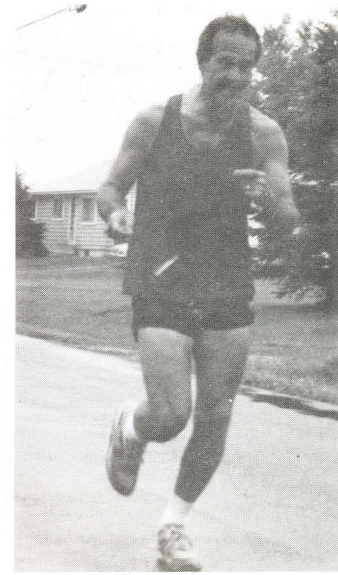
Art Thompson of Limestone



George Beasley of Presque Isle



Caribou's Darcie McElwee



Gary Feeney of Grand Falls NB



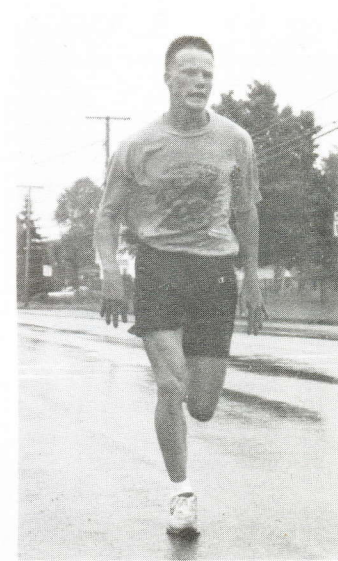
Carol McElwee of Caribou



Rusty Taylor of Houlton



Washburn's Richard Hartford Sr



Melvin Taylor of Presque Isle

Potato Blossom 5 Miler * Fort Fairfield * July 18

Results Courtesy Paul Lamoreau. Photos courtesy Mike Mendonca

1 Violette	Charlie	21 27:14	24 Hartford	Terry	19 32:54	47 Cook	Christopher	24 38:09
2 Doane	James	24 27:38	25 McCrea	Rhonda	27 32:58*	48 Felch	Henry	37 38:19
3 Rogers	Cliff	33 28:07	26 Varis	David	37 33:41	49 Kzewnicki	Mac	34 39:07
4 Good	Jamie	18 28:45	27 Finnemore	Delbert	39 34:10	50 Richardson	David	33 39:07
5 Taylor	Melvin	19 28:50	28 Cuff	Peter	35 34:24	51 Donovan	Derrick	11 39:15
6 Taylor	Rusty	40 29:14	29 Michaud	Gerald	50 34:25	52 Lee	Shane	12 39:17
7 Murphy	Tony	19 29:27	30 Wilson	David	48 34:26	53 Thompson	Art	58 39:44
8 Ferland	George	18 29:41	31 McCrea	Scott	42 34:31	54 McElwee	Carol	47 40:16*
9 Stewart	Hal	30 29:59	32 McDonald	Steve	42 34:32	55 Hartford	Richard	47 40:47
10 McCrea	Brian	32 30:05	33 Wellman	Dennis	35 34:38	56 Wilson	Katherine	47 41:54*
11 Lewey	Newell	34 30:19	34 Rand	Dave	52 34:44	57 Varis	Sarah	35 42:44*
12 Emery	Steve	37 30:32	35 Bailey	Brent	30 34:57	58 Bailey	Brenda	30 43:26*
13 McCluskey	David	22 30:36	36 Mendonca	Connie	41 35:06*	59 Donovan	Daniel	40 43:54
14 Feeney	Gary	47 30:43	37 Donovan	Daniella	12 36:09*	60 Deveau	Phil	20 43:57
15 Meredith	Bob	31 31:19	38 McElwee	Darcie	19 36:17*	61 Michaud	Beth	30 44:03*
16 Cushman	Ken	22 31:20	39 Beasley	Joe	52 36:25	62 Chimick	Chris	33 44:09
17 Twombly	Bruce	39 31:29	40 Cushman	Clint	52 37:06	63 Best	Chris	16 45:39
18 Toner	Lee	19 31:36	41 Edgecomb	Angie	24 37:08*	64 Smith	Nancy	42 46:43*
19 Hartford	Mike	16 31:41	42 Pilgrim	Cindy	17 37:14*	65 Brooker	Stacey	12 47:36
20 MacDonald	Erv	50 32:03	43 Atwood	Dave	40 37:18	66 Stevens	Chris	33 47:38
21 Kelley	Dan	37 32:11	44 Campbell	Michael	29 37:31	67 Bird	Dean	0 49:48
22 Toner	Conrad	47 32:15	45 Cyr	Charles	29 37:34	68 Donovan	Nancy	40 69:05*
23 Ross	Mitch	32 32:31	46 Nickerson	Bruce	29 37:34	69 Thibodeau	Teresa	53 69:05*

From the past - 1983

Boston Primer - 15 Miles - March 27, 1983

1	Rock Green	1:23:38
2	Lance Guiliani	1:24:05
3	Peter Lessard	1:24:09
4	Fred Judkins	1:26:27
5	Wendell Blood	1:27:09
6	Dana Maxim	1:30:34
7	Rick Stuart	1:31:20
8	Dan Cake	1:32:53
9	Rick Lane	1:33:44
10	Mike Daly	1:33:48
11	Bill Haney	1:33:53
12	Greg Nelson	1:34:01
13	Doug Ludewig	1:34:02
14	John Leeming	1:37:11
15	David Deloiois	1:38:36
16	Mike Simoneau	1:40:13
17	Bob Hagopian	1:40:51
18	Bill Kerwin	1:41:09
19	John Moncure	1:41:16

20	Allen French	1:43:20
21	Ed Rice	1:44:07
22	Bill Sayres	1:44:25
23	Vern Lewis	1:45:37
24	Tom Harrington	1:46:19
25	Arnie Clark	1:46:36
26	Bill Gayton	1:46:50
27	Gagton Fontaine	1:46:59
28	Skip Rowe	1:47:52
29	Michael Cameron	1:47:56
30	Frank Morong	1:49:27
31	Stanley Sheldon	1:52:27
32	Ray Fournier	1:52:27
33	Joanie Rhoda	1:53:16*
34	Roger Putnam	1:54:10
35	Cliff Fletcher	1:57:01
36	John Edmondson	1:57:02
37	Paul D'Amboise	1:58:19
38	Joanne Petkus	1:58:57*

39	Diane Fournier	1:58:58*
40	Paul Dall	1:59:43
41	Shirley Packard	2:00:01*
42	Gerald Hoff	2:01:05
43	Jerri Bushey	2:02:18
44	Gary Dawbin	2:04:13
45	Dave Guban	2:05:13
46	Daniel Force	2:08:36
47	Bert Gendron	2:10:23
48	Anne Geller	2:11:13
49	Charlie Frair	2:11:13
50	Nelson Mathews	2:19:07
51	Margie Force	2:19:18*
52	William Tozier	2:20:10
53	Susan Adams	2:20:42*
54	Dean Farrar	2:20:43
55	Sheree Rizzardie	2:35:40*

Celebrate Gorham 3 Miler * July 11, 1992

Results courtesy of Barbara Caiazzo

1	Jeff Young	14:14
2	David Libby	14:54
3	Roland Thibault	15:03
4	Dennis McIver	15:35
5	Kevin Gile	15:47
6	Mike Caiazzo	16:04
7	Josh Taton	16:12
8	Larry Thompson	16:15
9	Dan Roy	16:26
10	Dennis Smith	16:29
11	Joe Richards	16:44
12	Hayden Towle	16:49
13	Richard Hawkes(wc)	16:51
14	Michael Bulgajewski	17:02
15	Chris Newell	17:13
16	Brad Davis	17:15
17	Randy Moore	17:26
18	Kathy Jenkins	17:46*
19	Les Berry	18:02
20	Robert Jolicoeur	18:33
21	Richard Scribner	18:38
22	Joseph Kerwin	18:39
23	Kevin Downing	18:41
24	Sam Boothby	18:43
25	John Merritt	18:56
26	Craig Robinson	19:03
27	Nora Frizzell	19:07*
28	Mike Downing	19:08
29	Anne Hendrix	19:16*
30	Chuck Thorp	19:17
31	Jonathan Randall	19:19
32	Bill Wood	19:20
33	Rosalyn Randall	19:22*
34	Al Hardy	19:24
35	Robe Sree	19:25
36	Jeff Roth	19:31
37	Eric Ellis	19:41
38	Mike Shaw	19:47
39	Greg Newell	20:12
40	Marc Herrick	20:24
41	Rick O'Brien	20:35
42	Lee Akerley	20:47
43	Tom Gadbois	20:50
44	Steve Lubelczyk	20:52
45	R.Richard Hawkes	21:09
46	Andrew Haslam	21:09
47	Bob Bushway	21:15
48	Terri Downing	21:17*
49	Kate McNamara	21:18*
50	Tim Merritt	21:31
51	Daria McNamara	21:37*
52	Carol Hardy	21:50*
53	Jackie Maurer	22:07
54	Jamie Brewster	22:08
55	Mark Clinch	22:08
56	John Ouillette	22:13
57	Tom Brewster	22:15
58	Gary Harris	22:17
59	Linda Richards	22:25*
60	Steven Evrad	22:32
61	Sheldon Kretschmer	22:52
62	Paul Maniscalco	23:09
63	Amy Sawyer	23:10*
64	Peggy Maniscalco	23:14*
65	Caryn Harvey	23:24*
66	Rachel Sawyer	23:43*
67	Carol Brown	24:09*

68	Jessica Hayes	24:23*
69	Shirley Cullinare	24:43*
70	Steve Ettelman	25:20
71	Judy Grassi	25:22*
72	Paul Peters	25:41
73	Joyce Ellsmore	26:34*
74	Keith Ellsmore	26:34
75	Don Penta	26:35
76	Pat Buckley	26:51*
77	Virginia Cross	27:22*
78	Charlie ;Miller	28:49

Children's 1 1/2 Mile

1	Peter Downing	8:01
2	Marc Heskett	8:14
3	Brandon Reynolds	8:14
4	Michael Downing	8:34

5	Bobby Hurt	8:35
6	T.J. McLeod	9:12
7	Brian Hurt	9:16
8	Eric Palomaki	9:21
9	Kristy Harris	9:22*
10	John Parafinczuk	9:52
11	Doug Thorpe	9:54
12	Justin Parafinczuk	9:58
13	Greg Caiazzo	10:05
14	Andy Jenkins	10:47
15	Joe Babino	10:52
16	Daniel Brewer	11:29
17	Ryan Tewhey	11:45
18	Peter Palomaki	11:50
19	Christopher Hendrix	12:35
20	Tyler Randall	15:02
21	Kurt Randall	18:59



**RUNNING,
BOATING,
CAMPING:**

**THEY ALL FIT
TOGETHER AT**



HIGH ST., Ellsworth

Vermont City Marathon - May 24 '92 - Burlington VT

Maine & New Hampshire Finishers

WOMEN					
6 Lynne Schuler	28 Portsmouth	3:02:11	145 Jeff Underhill	30 Nashua	3:11:13
11 Eileen Dunfey	36 Cape Elizabeth	3:13:58	151 Steve Marion	35 Dover	3:11:54
14 Leah Adams	24 Hanover	3:19:28	166 Robert Denfey Jr	40 York	3:13:58
16 Anne-Corinn Beaver	21 Hanover	3:21:17	169 David Jolly	53 Amherst	3:14:50
26 Jamie Hurwitz	21 Hanover	3:34:48	181 Harry Katean	57 Kingston	3:16:03
28 Christin Healy	21 Durham	3:35:16	197 James Broehl	41 Enfield	3:18:22
29 Kathleen Adams	22 Bedford	3:35:18	208 Stephen D'urso	43 Salem	3:19:51
30 Karen Selden	29 Canterbury	3:35:41	218 Stephen Mazurka	30 Exeter	3:21:01
35 Jennifer Eber	Concord	3:36:59	223 Kim Bodwell	42 Laconia	3:22:01
39 Mary Gaffney	31 Hanover	3:38:35	226 Tom Brown	44 Concord	3:22:17
43 Virginia Steckowych	30 Portsmouth	3:40:20	233 Thomas Kennedy	45 Littleton	3:24:09
48 Pamela Phair	44 Stratham	3:43:45	236 Skip Foy	33 Concord	3:24:24
52 M Evans McMillion	22 Hanover	3:44:58	251 Lawrence Drapeau	30 Manchester	3:26:40
59 Maria Nichols	38 Derry	3:51:28	253 Roger Clark	48 Gilmanton	3:26:57
63 Jennifer Pattee	30 Meredith	3:44:42	263 Peter Gregoraros	37 Barrington	3:27:58
65 Joanne Reed	30 Manchester	4:06:12	273 James Mothig	27 Dover	3:28:59
77 Catherine Sellman	20 Hanover	4:08:45	284 Ernie Roy	45 Hampton	3:29:42
95 Lisa McManus	33 Newport	4:28:30	285 Frank Dorman	38 Merrimack	3:29:45
110 Laura Nagy	43 Hanover	4:51:14	303 David Neitling	56 Lancaster	3:31:31
			326 Larry Kimball	42 Wolfesboro	3:35:42
			331 Ray Ashenhurst	49 Nashua	3:36:31
			338 Robert Spurrier	44 Exeter	3:37:02
			348 Rodney Forey	29 Canterbury	3:38:17
MEN			361 David Adams	30 Portsmouth	3:40:18
15 Bryan Kuprewicz	36 Alfred	2:34:59	366 Orlando Delogu	55 Portland	3:41:02
20 Jay Jenkins	41 Newmarket	2:38:52	367 David Chisholm	42 Laconia	3:41:17
28 Jonathan Aretakis	33 Pembroke	2:45:18	369 Richard Pierce	31 Windham	3:41:21
30 Shaun Keenan	30 Jefferson	2:45:59	375 Steven Henson	42 Portsmouth	3:42:10
33 Jr Stockwell	31 Gilmanton	2:46:21	379 Alan Haley	39 Concord	3:43:10
37 Joe Cushing	34 Ctr Strafford	2:47:36	381 Tom Van Berkel	34 Keene	3:43:22
52 Eddy Ou	29 Hanover	2:53:27	392 David Engstrom	20 Hanover	3:44:53
55 Kenneth Kallil	31 Londonderry	2:54:06	411 Ernie Henderson	49 Nashua	3:49:31
58 Denis Ibey	39 Cannaan	2:54:37	457 Joseph Neimat	22 Hanover	3:59:11
64 Jeffrey Knol	30 Lawrence	2:57:06	470 Gerry Gray	28 Milan	4:05:07
67 Peter Brigham	34 Penacook	2:57:43	485 Don Leeman	43 Middleton	4:10:18
78 Viet Tran	39 Hudson	2:59:33	515 Darrin Mackenzie	32 Barrington	4:24:09
79 Robert Hedlund	27 W Lebanon	2:59:34	517 Craig Wofsy	42 Contoocook	4:24:52
84 Tom Menendez	38 Lewiston	3:01:09	522 Al Pappalardo	39 Salem	4:26:35
103 Daniel Logan	43 Plainfield	3:04:54	538 Jacob Liebert	57 Keene	4:37:26
105 Tom Conley	32 Nashua	3:05:09	542 Youngahl Kim	55 S Portland	4:40:00
116 Peter Davison	31 Nashua	3:06:32	546 Stephen Guyer	41 Laconia	4:45:32
125 Jerry Rosa	48 Londonderry	3:08:09			
131 David Selden	32 Canterbury	3:08:55			

January Thaw * Belgrade * January 17, 1993

1 Todd Coffin	31 22:01	18 Phil Pierce	51 28:38	36 Lee Rossignol	38 32:24
<i>Todd's time-a new course record</i>		19 Bill Pinkham	50 28:54	37 Russ Bradley	69 32:57
2 Cliff Rogers	34 24:34	20 Rusty Dewsnap	34 29:03	38 Geoff Hill	46 33:25
3 Randy Hastings	38 25:21	21 Cody Rau	14 29:50	39 Bob Cushman	55 33:33
4 Shane Heathers	16 25:37	22 David Wilson	49 30:06	40 John Seegers	31 33:34
5 Guy Berthiaume	47 25:49	23 Dale Rines	40 30:11	41 Joan Merriam	44 34:05*
6 Dane Dwyer	35 25:55	24 Bob Hagopian	46 30:17	42 Carlton Mendell	71 34:35
7 Rick Davee	36 26:00	25 Hank Laidlaw	49 30:20	43 Richard Scribner	41 34:37
8 Mitch Lovering	33 26:06	26 Stephen Biess	40 30:22	44 Allen Hersom	34 34:38
9 Steve Peterson	43 26:12	27 David Benn	47 30:34	45 Nancy Ludewig	48 35:29*
10 Robert Jordan	32 26:24	28 Jim Sullivan	46 30:39	46 Michelle Grenier	18 35:49*
11 Rob Erskine	22 27:09	29 Bob Brosius	40 30:42	47 Joanie Rhoda	39 36:01*
12 Bob Strout	37 27:17	30 Betty Rines	35 30:50*	48 Joe Richards	43 37:07
13 Joe Meehan	46 27:25	31 Tony Hess	41 30:53	49 Charles Clapper	63 41:35
14 Matthew Cline	18 27:30	32 Craig Haggett	38 30:54	50 Leona Clapper	62 41:37*
15 Doug Ludwig	53 27:39	33 Jeffrey Preble	39 31:00	51 Mardi Brown	75 55:06*
16 Doc Thibau	38 27:57	34 Jane Rau	43 31:05*	52 Linda Benn	44 56:53*
17 Randy Spjencer	31 28:23	35 Clif Smith	41 31:23	Results - Central ME Striders	

WCTC Four for Food * Dec. 13, 1992 * Calais

1 Pete Churney	34 22:47	16 Samuel Gallus	40 30:29	31 Deneia Greenlaw	15 38:49*
2 Tony Sprague	16 24:23	17 James Buehner	50 30:30	32 Anthony Russomano	20 39:18
3 Jack Frost	26 25:14	18 Jonathan Stewart	14 30:49	33 Amy Murray	15 43:20*
4 Al Hanscom	17 25:31	19 Joel Parker	15 31:27	34 Holly Bel	17 43:20*
5 Bob Jordan	32 25:47	20 George Fatula	46 31:36	35 Andrea Gibson	17 43:21*
6 Chris Holt	30 26:58	21 Tom Brennan	40 32:10	36 Jessica Clark	16 44:20*
7 Phil Stuart	45 27:26	22 Ann Cannizzaro	27 32:17*	38 Richard Parker	47 44:23
8 Bill Pinkham	50 27:35	23 Patty Cormier	29 32:40*	39 Shandy Butler	16 48:35
9 Chuck Murphy	42 28:09	24 John Churchill	45 34:24	40 Kelly Dow	14 50:26*
10 Rick Honer	37 28:21	25 Josh Parker	15 34:25	41 Tracy Mulholland	17 55:44*
11 Steve McGinley	35 28:34	26 Matt Murphy	30 35:13	42 Janice McConvey	17 55:45*
12 Bob Abrams	35 28:40	27 Sarah Donovan	14 35:37*	43 Billie Jo Johnson	17 55:49*
13 John Leighton	18 28:48	28 Tim O'Toole	21 36:13	44 Karen Wheelock	18 55:51*
14 Michael Carter	42 29:10	29 Chip Henderson	22 37:05	45 Andrea Leishman	18 55:54*
15 Pete Williams	14 30:19	30 John Raser	38 38:18		

Turkey Trot 5K - Brewer - November 22nd

results courtesy of Sharyn Kingma

results courtesy of Sharyn Kingma											
1	Sam Wilbur	15:20	100	Nicole Stevens	20:58*	200	Melvin Coombs	26:39			
2	Tim Wakeland	15:39	101	Rick Breau	21:00	201	Oriana Farley	26:44*			
3	Roy Morris	15:49	102	Bob Snow	21:04	202	Jon Farley	26:45			
4	Pete Churney	16:10	103	Daniel Dearney	21:05	203	Andrea Pelletier	26:45*			
5	Mike Gaige	16:21	104	Jane Rau	21:07*	204	Deborah Paradis	26:46*			
6	Jim Newell	16:26	105	Scott Baldwin	21:07	205	Mike McLuskie	26:50			
7	Cliff Rogers	16:39	106	Nicki Farnham	21:07*	206	Tessa Byard	26:56*			
8	Awani Love	16:36	107	Joseph Kubetz	21:12	207	John Trafford	26:57			
9	Mike Sargent	17:05	108	Rebekka Brooks	21:13*	208	Jason Horr	27:00			
10	Rob Erskine	17:09	109	David Baldwin	21:20	209	Brian Barker	27:03			
11	Rob Pelletier	17:31	110	Tim Rogers	21:20	210	Terry Hunt	27:05			
12	Rick Chalmers	17:34	111	Peggy Smith	21:21*	211	Steve Hunt	27:06			
13	Alfred Hanscom	17:39	112	Tim Thorpe	21:23	212	Ann Bacon	26:06*			
14	Judson Kendall	17:41	113	George Jacobson	21:25	213	Caitlin Roxby	27:07*			
15	John Mills	17:44	114	David Samuelian	21:31	214	April Burke	27:08*			
16	Chris Jones	17:48	115	Donna Just	21:35*	215	Karen Dowding	27:09*			
17	Jack Frost	17:49	116	Shawn Coombs	21:37*	216	Diane Hussey	27:11*			
18	Tom McKinney	17:57	117	Max Brooks	21:42	217	Phyllis Hanscom	27:37*			
19	Tim Reid	18:08	118	Stanley Drinkwater	21:43	218	Jerrold Renquin	27:39			
20	Myles Lemieux	18:09	119	David Horr	21:44	219	Connie Sisson	27:44*			
21	Cosman Bishop	18:11	120	Robert Gundersen	21:48	220	Steve Sisson	27:48			
22	Robert Jordan	18:13	121	Shawn Bayrd	21:51	221	Jill Eldridge	27:48*			
23	Dan Carter	18:15	122	Doug Farnham	21:52	222	Kathy Ranger	28:07*			
24	Troy Johnston	18:18	123	John Taylor	21:54	223	Janice Gran	28:18*			
25	Newell Lewey	18:20	124	Colan Davis	21:58	224	Matthew Cyr	28:41			
26	Mike Thompson	18:22	125	Bernard Kubetz	22:02	225	Ryan Jeffrey	28:46			
27	Ken Remsen	18:27	126	Cole Sargent	22:04	226	Michael Jeffrey	28:50			
28	Gene Kasper	18:28	127	Nancy Quimby	22:09*	227	Russell Horan	28:51			
29	Chris Holt	18:34	128	Janet Boyle	22:12*	228	Jamie Russell	28:58			
30	Chris Prickett	18:35	129	Art Fraser	22:12	229	Jody Breindal	29:10*			
31	Jay Henderson	18:36	130	John Poirier	22:13	230	Thomas Baker	29:20			
32	David Wheaton	18:37	131	Matt Santow	22:14	231	Katie Fisher	29:26*			
33	Gary Higgins	18:38	132	Eric Brown	22:21	232	Breanne Torrey	29:31			
34	Paula Emery	18:40*	133	Dean Shea	22:31	233	Shawn LaFland	29:31*			
35	Scott Burnett	18:42	134	John Wakely	22:32	234	Gary Hanscom	29:32			
36	Dan Mittelstadt	18:43	135	Donald O'Halloran	22:35	235	Adam Eldridge	29:33			
37	Glendon Rand	18:47	136	Bernice Stockley	22:36*	236	Heather Fraser	29:43*			
38	Jay Beveridge	18:50	137	Joan Merriam	22:37*	237	Jane Bragg	29:46*			
39	Mark Carliss	18:55	138	Jason Webster	22:45	238	Carolyn LaBossiere	29:55*			
40	Ray Quimby	18:59	139	Alex Brehm	22:48	239	Frank Mitchell	30:03			
41	Bion McFadden	19:00	140	Ian Torrey	22:49	240	Jim Russell	30:16			
42	Erv MacDonald	19:02	141	Mark Emery	22:54	241	Jen Curtis	30:35*			
43	Karl Johnson	19:04	142	Rene Collins	22:55*	242	Ben Bryant	30:58			
44	Gary Larson	19:05	143	Mike McCarthy	23:57	243	Tamara Goodwin	31:15*			
45	Edward Harrow	19:08	144	Kira Young	23:06*	244	Jay Jeffrey	31:16			
46	Mike Young	19:10	145	Robert Ranger	23:13	245	Frances Faucher	31:22*			
47	Susan Foster	19:16*	146	Barbie Beal	23:15*	246	Dennis Klah	31:54			
48	John Hwalek	19:17	147	Jennifer Parady	23:16*	247	Lara Littlefield	32:04*			
49	Jon Kraft	19:20	148	Jon Baldwin	23:20	248	Sarah Littlefield	32:08*			
50	Joshua Damon	19:21	149	Howard Ryder	23:23	249	Katie Reynolds	32:28*			
51	Bill Pinkham	19:21	150	Rebecca Cawthra	23:27*	250	Megan Reynolds	33:10*			
52	Tom Kerby	19:23	151	Ed Thompson	23:31	251	Samantha Brochu	33:10*			
53	Terry DeRedin	19:24	152	Mike Kearney	23:44	253	Kelly Cookson	33:11			
54	Ron Bryant	19:25	153	Steve Webster	23:58	254	Sue Roeder	34:01*			
55	Greg Hildreth	19:29	154	Kristine Guaraldo	23:59*	255	Don Roeder	34:02			
56	Mark Renquin	19:32	155	Heidi Bauer	24:00*	256	Katie Jacobs	34:29*			
57	Matt Poliquin	19:33	156	Shannon Webster	24:02*	257	Jerry Goss	34:36			
58	James Ellis	19:34	157	Jessica Smith	24:09*	258	Ginger Hwalek	35:01*			
59	Dagan Heavrin	19:35	158	Nancy Jacobson	24:10*	259	Casey Jacobs	35:51			
60	Mark Ranco	19:37	159	Brenda Bailey	24:11*	260	Jasmine Renquin	36:00			
61	Mike Hutchins	19:39	160	Joe Savage	24:18	261	Amanda Goodness	36:28*			
62	Bill Wood	19:41	161	Asa Pickard	24:18*	262	Brecht Merrill	36:29			
63	Jim Bright	19:44	162	Jim McCarthy	24:19	263	Daniel Merrill	36:31			
64	Julie Millard	19:48	163	Michael Pelletier	24:22	264	Linda Renquin	37:39*			
65	Ian Davison	19:51	164	James Goodness	24:27	265	Linda Benn	38:09*			
66	Jeff Jones	19:53	165	Bill Lawlor	24:37	266	Patty Bourget	38:10*			
67	Stephen Norton	19:56	166	Melissa Cruse	24:44*	267	Mary Baldwin	38:22*			
68	Schuyler Morrison	19:57	167	Trina Smith	24:44*	268	Anne Bussenius	38:26*			
69	Ted Carey	19:58	168	Ray Dubois	24:45	269	Sam Boyd	38:44			
70	Brent Balley	19:59	169	Kim Thompson	24:47	270	Craig Boyd	38:56			
71	Sharyn Kingma	20:01*	170	Brian Gilliss	24:49	271	Erica Brooks	39:06*			
72	Sheila Hodges	20:04*	171	Tim Brochu	24:53	272	Bron Bryant	40:53			
73	Gordon Smith	20:07	172	Joe McLaughlin	24:57	273	Sharon Bryant	40:54*			
74	George Claude	20:10	173	Ali Carison	25:01*	274	Norman Peikey	40:56			
75	Tom Tetu	20:12	174	Stephany Gaige	25:03*	275	Hilda Chow	41:04*			
76	Frank Bragg	20:13	175	Joe Cyr	25:04	276	Ellen Chessa	41:07*			
77	David Wilson	20:14	176	Eillen carey	25:08*	277	Jean Goss	41:24*			
78	Jeffrey Harding	20:15	177	Kristen Dame	25:12*	278	Martha Seavey	41:26*			
79	Bill Case	20:16	178	Erin Bull	25:15	279	Billie Libby	42:06			
80	Herb Gilley	20:17	179	Rick Provost	25:25	280	Anne Norton	42:07*			
81	Rick Cegelis	20:17	180	Kim Farley	25:26	281	Mary Lou Ames	42:09*			
82	Rod White	20:18	181	Dave Gregory	25:29	282	Chelsea Boyd	42:31*			
83	Greg Herz	20:19	182	Seth Young	25:31	283	Vicky Taylor	42:51*			
84	Joe Bennett	20:22	183	Dan Theriault	25:35	284	Mary Reynolds	43:26*			
85	Troy LeVasseur	20:26	184	Erin Young	25:36	285	Tyson Finch	43:51			
86	Cody Rau	20:26	185	Cressica Brazier	25:40*	286	Janice Davis	44:43*			
87	Tony Hess	20:28	186	Robert Myers	25:51	287	Tom Davis	45:00			
88	Shelley Antone	20:29*	187	Nina Cartier	25:58*	288	Millie Rice	45:01*			
89	Matt Moore	20:29	188	Shane Coombs	26:01	289	Ian Fraser	45:12			
90	Robert Hutchings	20:30	189	Sue Baker	26:01*	290	Jeff Goodness Jr	45:18			
91	Pat Duperry	20:31	190	Bill Baker	26:03	291	Heidi Finch	46:29*			
92	Jan Semba	20:37*	191	Carla Hastings	26:04*	292	Lynn Brooks	46:32*			
93	Ben Barr	20:40	192	Bill Brochu	26:07	293	Kathy Rice	46:33*			
94	David Benn	20:42	193	Norman Fitzgerald	26:11	294	Aimee Cyr	47:25*			
95	Don Greillo	20:44	194	Beth Gaige	26:11*	296	Dawn Goodness	48:01*			
96	Alan Stockley	20:49	195	Lisa Miller	26:13*	297	Jeff Goodness	42:23			
97	Carl Bowen	20:50	196	Charles Clapper	26:19	298	Eric Paradis	52:23			
98	Mary Meehan	20:52*	197	Leona Clapper	26:21*	299	Monica Williams	55:29*			
99	Gabriel Brooks	20:55*	198	Stephanie MacDougall	26:25*	300	Anne Williams	55:29*			
			199	Matthew Kearney	26:37	301	Bruce Williams	55:37			

Maine Track Club Handicapped Run - Dec 6th

A strong cold wind didn't keep members of the Maine Track Club from having fun at their annual handicapped race. The race was held at past president, Peter Bastow's house in Cumberland Center. For this race, members turn in recent race times (yes, there is some room for sandbagging) and are assigned starting times with the slowest starting first. Theoretically, everyone will finish at the same time. This gives slower runners the experience of leading a race and the faster runners the opportunity to try to catch up.. No matter what their finish, everyone enjoyed Jan Bastow's homemade soup after the race! :

1 Wilbur Holmes	8 Sue Davenny	15 Sandy Utterstrom	22 Don Kent
2 Bob Cushman	9 Warren Foye	16 Summer Weeks	23 Carlton Mendell
3 Mary Anne Peck	10 Herb Strom	17 Ruth Hefflefinger	24 Jessica Parker
4 Sue Inches	11 Harry Nelson	18 Dennis Morril	25 Tom Allen
5 Bob Green	12 Jim McCorkle	19 Clyde Coolidge	26 Reggie Sargent
6 Maggie Soule	13 George Liming	20 John LeRoy	27 Bob Payne
7 Dale Rines	14 Russ Bradley	21 Greg Parker	



Ruth Hefflefinger started first



Some of the Runners at MTC Handicapped Race

New Year's Portland * 5K * December 31st

Last year Todd Coffin ran off the course but was called back by Tom Dann. This year, Todd was directed the wrong way by a race volunteer and wandered around the Old Port before rejoining the race. Despite the detour, Todd almost caught the official winner, Allan Muir. Susannah Beck, home for the holidays from Eugene Oregon, overwhelmed everyone else for the win. A light rain, with temperatures in the mid 30s created icy sidewalks but fortunately the road surfaces were wet and sandy, not icy. The weather did, however, keep many runners away from this annual celebration.

results Ruth Hefflefinger								
1	Allan Muir	37 16:17	90	Dick Downs	47 22:05	141	Ann Tenpenny	32 24:28*
2	Todd Coffin	31 16:19	91	John Watson	48 22:08	142	Lee Akerley	57 24:29
3	Michael Mageles	25 16:31	92	Betty Rines	35 22:12*	143	Lewis Simoneau	23 24:29
4	Paul Fagan	39 16:59	93	Carolyn Court	38 22:13*	144	Tess Nacelewicz	40 24:35*
5	Susannah Beck	24 17:01*	94	Jonathan Dietz	45 22:26	145	Shannon Reny	34 24:35*
6	Rick Stuart	35 17:02	95	Michael Downing	09 22:26	146	Donna Jean Pohlman	42 24:36*
7	Stephen Fluet	34 17:03	96	Erin Ray	27 22:27*	147	Eric Tableman	12 24:40
8	Derrick Martin	19 17:05	97	Thomas Menendez	39 22:28	148	Sam Moore	13 24:40
9	Kevin McGwin	18 17:08	98	Michael Brennan	39 22:29	149	Warren Wilson	59 24:41
10	Raymond Kusche	38 17:11	99	Keith Malone	35 22:30	150	James Landry	30 24:59
11	Ron McGraw	24 17:12	100	Julia Cunningham	26 22:32*	151	Mike Foshay	22 25:21
12	Jesse Randall	16 17:13	101	Reggie Sargent	47 22:35	152	Nina Stoddard	40 25:28*
13	Steve Reed	45 17:15	102	Aalexander Stankodw	45 22:39	153	Andy Jenkins	09 25:41
14	Robert Hoover	37 17:20	103	Warren Mayberry	34 22:46	154	Dick Forbes	45 25:44
15	Michael Rile	17 17:22	104	Patty Dobriko	20 22:48*	155	Joseph Loughlin	39 25:53
16	Guy Segars	32 17:25	105	Mark Doucette	31 22:52	156	Ross Kahill	09 25:57
17	Gordon Scannell	40 17:26	106	Peter Hall	38 22:55	157	Patty Titcomb	35 26:01*
18	Dane Dwyer	35 17:28	107	Ann Strohm	28 23:10*	158	Robert Crowley	46 26:09
19	Andrew White	30 17:37	108	David McMahon	35 23:16	159	Rute Stuffletoe	53 26:52
20	Barry Wight	34 17:50	109	Phil Jones	41 23:17	160	Herb Ludwig	45 26:53
21	Jim Bunnell	35 18:01	110	Paul McCort	57 23:21	161	Brian Hassett	26 27:02
22	Kenneth Fengler	19 18:23	111	Corey Coogan	15 23:23*	162	Sandy Brown	46 27:11*
23	Joseph Mangone	36 18:26	112	Mike Vigue	28 23:25	163	Paul D'Amboise	63 27:13
24	Joel Titcomb	34 18:32	113	Eric Ellis	40 23:35	164	Mandy Bowden	08 27:28*
25	Bob Payne	54 18:42	114	Diane Flanders	35 23:37*	165	Sandy Utterstrom	49 27:30*
26	Parker Morse	18 18:50	115	Beth Crowley	17 23:37*	166	Kathleen McDonough	12 27:45*
27	John Bean	35 18:53	116	Robert Shubert	21 23:38	167	Terry Sprague	43 27:57*
28	Harry Weymouth	20 18:56	117	Gary Johnson	46 23:39	168	Janise Monaghan	42 28:00*
29	Will Lund	37 18:57	118	Dav Aderman	12 23:39	169	Annette Brown	31 28:13*
30	Gary Higgins	43 19:03	119	Ronald Pelton	39 23:40	170	Sarah Mason	15 28:14*
31	Tom Allen	36 19:16	120	Dana Brown	18 23:44*	171	Dianne McCorkle	33 28:15*
32	Ellen Bowden	40 19:20*	121	Carlton Mendell	71 23:45	172	Ann Ludwig	35 28:16*
33	Stephen Morse	20 19:29	122	Tom Collins	49 23:46	173	William Sproul	35 28:20
34	Chris Varney	16 19:32	123	Rebecca Goldfine	16 23:47*	174	Polly Kennison	56 28:26*
35	Damian Dennison	18 19:34	124	Chris Neagle	40 23:50	175	Stanley Harmon	70 28:35
36	Kristin Pierce	19 19:35*	125	Joseph Kott	45 23:50	176	Gail Browning	55 28:37*
37	Coreen Corsetti	28 19:37	126	Laurie Dumais	30 23:51*	177	John Bubar	46 28:52
38	Donald Wilson	45 19:41	127	Carolyn Lockwood	26 23:52*	178	Donald Zillman	48 28:52
39	Harry Nelson	38 19:42	128	Brian Wormwood	41 23:53	179	Jesica Parker	10 29:04*
40	Peter Cheney	48 19:43	129	Bill Nemitz	38 23:54	180	Greg Parker	34 29:04
41	Marjorie Haney	25 19:44*	130	Laura Bean	31 23:55*	181	Jim Cusack	56 29:08
42	Rex Holtan	40 19:46	131	Kevin Lavoie	25 23:56	182	Bruce Daly	37 29:14
43	Paul Gadbois	39 19:51	132	Laura McMahon	15 24:02*	183	Lynne Zimmerman	53 29:19*
44	Clyde Coolidge	54 19:52	133	Peter Pompeo	47 24:05	184	Grace Hague	40 29:33*
45	Timothy Higgins	33 19:53	134	Tad Stride	30 24:07	185	Craig Cunningham	33 29:39
46	Doc Thibeau	38 19:53	135	Paul Lorrado	40 24:09	186	Mark Long	32 29:46
47	Jim Tatgenhorst	36 20:00	136	Marilyn Gelish	38 24:12*	187	Deborah Mason	40 29:56*
48	Mike Downing	41 20:01	137	Donald Foshay, Jr.	33 24:15	188	Cynde Gagne	33 30:06*
49	Muzzy Barton	40 20:02	138	Charles Hews	46 24:18	189	John Gagne	34 30:06
50	Gary Giffard	33 20:03	139	Julie Ciraldo	33 24:23*	190	Patricia Moynaham	53 30:07*
51	Nathaniel Mason	43 20:03	140	Michael Bean	35 24:27	191	Donald Penta	46 30:21
52	Craig Komulainen	30 20:07						
53	Peter Bastow	56 20:11						
54	Carol Hogan	42 20:12*						
55	Nick Trout	30 20:17						
56	Michael Boyson	39 20:19						
57	Neil Martin	49 20:20						
58	Peter Flaherty	46 20:21						
59	Dale Rines	40 20:24						
60	Lloyd LaFountain	30 20:31						
61	Scott Davis	42 20:33						
62	Paul McDonough	41 20:35						
63	Leo Turcotte	34 20:36						
64	Darrel Holmes	39 20:36						
65	Rick Defilipp	46 20:39						
66	Richard Robinov	32 20:50						
67	Carrie Croft	33 20:51*						
68	Rocco Corsetti	45 20:53						
69	Jim Sullivan	46 20:55						
70	Forrest Sprague	43 20:59						
71	Jonathan Rundell	32 21:00						
72	Norman Frizzell	41 21:03						
73	Ed Scott	40 21:04						
74	James McCorkle	37 21:04						
75	David Young	41 21:09						
76	Stephen Bies	40 21:14						
77	Joan Lee	38 21:15*						
78	David Benn	47 21:20						
79	Ronald Paquette	51 21:29						
80	Brigitte Edquid	44 21:34*						
81	Michael Cowell	55 21:38						
82	Diane Lavangie	34 21:39*						
83	Andrew Braceras	30 21:49						
84	Kevin Burke	28 21:50						
85	Myles Countney	11 21:50						
86	Adam Bowden	11 21:51						
87	Ron Fenton	39 21:57						
88	Philip O'Hearn	36 22:00						
89	David Courtney	39 22:03						

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l-r: Lloyd LaFountain, Craig Komulainin & Paul McDonough



Gorham's Ann Strohm & Keith Malone of Yarmouth



James Landry (689) of N Waterboro & Julie Ciraldo of Cape E

Mid-Winter 10 Mile Classic - Cape Elizabeth - Feb 7th

The early morning temperature was minus 18 degrees but warmed up to about 5 above for the race; fortunately the wind was light. Big turn out for these conditions, but many ran it as a fast training run, including winner Kathy Tracy who is back after her illness. Only 4 Mainers were in the 1st 11 finishers; 3 were from New Brunswick, 2 from New Hampshire and 2 from Massachusetts. The course was not run as certified because the town had done some alterations near the school. The director, Bob Payne, used the Jones counter to make the adjustments, so the distance was correct. Some more road modifications are planned by the Town this year requiring recertification for next year's race. The height of consistency, Russ Bradley ran the same time, to the second, as last year. Ellen Bowden repeated last year's 2nd place finish but is now a master and ran almost a minute faster. Her time easily meets the '93 USA T&F Road Runner Information Center's (formerly TACSTAT) standards and would have been the 25th fastest in '91 for a master. I bet she can knock 2 minutes off this time on the Sports East 10 Mile course with some good weather. This should put her in the top 10 fastest in the US. Ken Houle of Somersworth also met the USA T&F standards.

results courtesy of Ruth Hefflefinger

1 Gilles Gautreau	33	56:26
2 Cliff Rogers	34	58:24
3 William Stone	40	58:44
4 Ken Houle	45	59:38
5 Steven Hertford	32	59:51
6 Paul Fagan	40	1:00:05
7 Michael Dubois	42	1:00:06
8 David Regan	30	1:01:26
9 Kathy Tracy	26	*1:02:17
10 Craig Wilson	43	1:02:18
11 Erryl Hines	30	1:03:14
12 Roland Thibault	24	1:03:36
13 Michael Dinehart	36	1:03:59
14 Kevin Connor	29	1:04:17
15 Ken Mackie	38	1:04:43
16 Joe Meehan	46	1:05:02
17 Doc Thibeau	38	1:06:03
18 John Eriksson	42	1:06:28
19 Courtney Parker	38	1:06:42
20 Ellen Bowden	40	*1:06:47
21 Terry Clark	48	1:06:58
22 Hal Stewart	31	1:07:22
23 Nathaniel Mason	43	1:07:34
24 Lloyd LaFountain	30	1:07:50
25 Catie Dean	23	*1:08:14
26 Peter Cheney	48	1:08:19
27 Corey Daniels	41	1:08:28
28 Bill Pinkham	50	1:08:32
29 Donald Wilson	45	1:08:51
30 Robert McCormack	41	1:08:53
31 Larry Kinner	43	1:08:54
32 Ray Quimby	42	1:09:09
33 Russ Connors	60	1:09:18
34 Larry Barker	43	1:09:22
35 Harry Nelson	38	1:09:35
36 Paul Lavangie	35	1:09:40
37 Brian Gallagher	43	1:09:43
38 Glen Gallupe	33	1:09:50
39 Greg Holdreith	30	1:10:02
40 Larry Swett	34	1:10:03
41 Jim Bright	43	1:10:31
42 Karl Brantner	38	1:10:38
43 Eileen Dunfey	36	*1:10:57
44 Steve Jacobsen	43	1:11:22
45 Rex Holtan	40	1:11:27
46 Stephen Bies	40	1:11:28
47 Jody King	32	*1:11:28
48 Erich Reitenbach	42	1:11:30
49 Ken Mashke	30	1:11:43
50 Clyde Coolidge	54	1:11:47
51 Coreen Corsetti	28	*1:11:50
52 Robert Bachorik	48	1:12:14
53 Timothy Jordan	23	1:12:18
54 George Campbell	46	1:12:32
55 Ann Marie Davees	36	*1:12:36
56 Peter MacKintosh	33	1:12:54
57 David Benn	47	1:13:11
58 Caroline Meehan	25	*1:13:13
59 Steve Douglas	32	1:13:30
60 John Pettorini	43	1:13:38
61 Bob Brosius	40	1:13:47
62 Richard Fedion	59	1:14:04
63 Robert Ouellette	37	1:14:37
64 Robert Kramer	49	1:14:40
65 John Parker	61	1:14:50

66 James Boisvert	36	1:15:01
67 Paul McDonough	41	1:15:06
68 Richard Scribner	41	1:15:07
69 Dale Rines	40	1:15:16
70 Michael Cowell	55	1:15:20
71 Robert Spurrier	44	1:15:25
72 Bruce Birenbaum	33	1:15:35
73 Caolan Macmahon	29	*1:15:49
74 Carlton Mendell	71	1:15:50
75 Les Berry	45	1:15:52
76 Rocco Corsetti	45	1:16:06
77 Ron Paquette	51	1:16:13
78 Lisa Hart	29	*1:16:20
79 Mark Doucette	31	1:16:50
80 Fred Conti	42	1:16:53
81 Betty Rines	36	*1:17:23
82 David Rideout	55	1:17:34
83 Alan Leathers	50	1:17:41
84 Tim Dempsey	27	1:18:33
85 Robert Green	44	1:18:36
86 Carol Pierce	46	*1:18:41
87 Russ Bradley	69	1:18:42
88 Terry Gallupe	31	*1:19:24
89 Mark Nowak	44	1:19:28
90 Kenneth Sirois	45	1:19:41
91 Frank Morong	59	1:19:47
92 Phillip Ortolani	44	1:20:03
93 William Shuttleworth	45	1:20:27
94 Tom Shorty	30	1:20:45
95 Joan Tremberth	47	*1:21:20
96 Gerard Salvo	38	1:21:23
97 Carl Smith	51	1:21:26
98 Reggie Sargent	47	1:22:17

99 Steven Henson	43	1:22:49
100 Philip Jones	42	1:23:51
101 Warren Mayberry	34	1:23:53
102 Pattie Tableman	34	*1:24:27
103 Steve Collins	55	1:24:29
104 Sandra Hodnett	44	*1:24:31
105 Herb Strom	63	1:24:38
106 Greg Parker	34	1:24:57
107 Erin Ray	27	*1:25:20
108 Howard Spear	42	1:25:22
109 David Anderson	50	1:26:12
110 Vicki Gayton	30	*1:26:13
111 Patricia Clark	33	*1:26:37
112 Peter Sutcliffe	43	1:27:26
113 Don Burnham	51	1:27:27
114 Warren Wilson	59	1:27:27
115 Bob Cushman	55	1:27:33
116 Shirley Sirois	45	*1:27:37
117 Donna Jean Pohlman	42	*1:27:44
118 Elaine Guillemette	43	*1:28:12
119 Tom Collins	49	1:28:50
120 Brian Wormwood	41	1:28:51
121 Paula Lepore	45	*1:28:54
122 Don Kent	40	1:29:01
123 Thomas Hicks	43	1:32:12
124 Scott MacDonald	41	1:36:47
125 Sally Paterson	51	*1:36:48
126 Frank Setter	47	1:41:18
127 Sandy Utterstrom	49	*1:41:27
128 Marianne Gagne	51	*1:43:35
129 Robert Wyman	55	1:43:36
130 Pat Moynahan	53	*1:47:10
131 Marilyn Gelish	38	*1:47:11



EYE ASSOCIATES

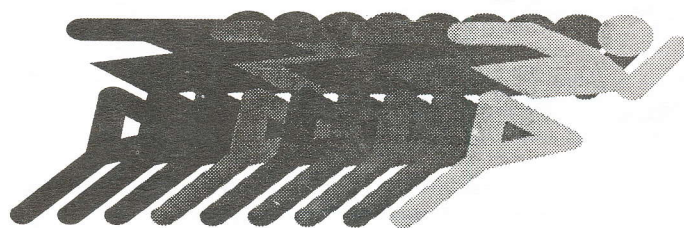
Dr. Ronald M. Cedrone
Dr. Steven A. Goldstein
Optometrists

152 Middle Street
Portland, Maine
773-2020

Monday-Friday 8:30-5:00
Tuesday evenings until 8:00
Saturday 9:00-1:00

COMPLETE FAMILY VISION CARE

- specializing in contact lenses and pediatric optometry
- large contact lens inventory
- widest selection of fashion frames in Portland
- optical lab on premises for convenient service





Craig Wilson of Kittery Point



Canadian Gilles Gautreau - Winner



Catie Dean of Kennebunk



Yarmouth's Warren Wilson



Portland's George Campbell & Robert Spurrier of Exeter (789)



Kennebunk's Michael Dinehart & Winner Kathy Tracy



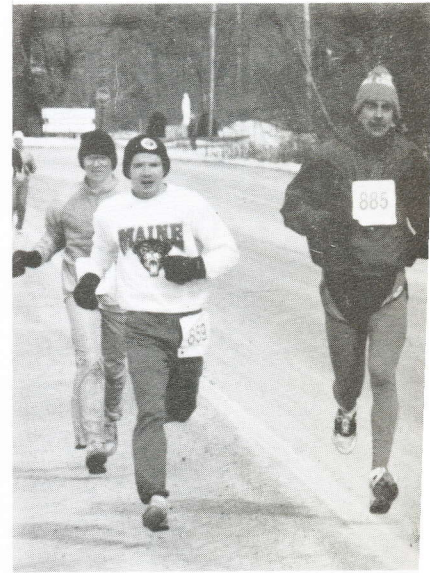
David Regan (887) of Canada & Portland's Paul Fagan



l-r: Paul Lavangie, Harry Nelson & Nathan Mason



l-r: Robert Ouellette, Richard Fedion, James Boisvert, Paul McDonough & Caolan Macmahon



Cliff Rogers & Mike Dubois of Rochester

SNOFEST 5 MILER * Feb. 14 * Augusta

A wire to wire race between Cliff Rogers and Tom Thibeu. The lead changed numerous times but was decided on that last hill just before the finish line when Cliff used his weight advantage to zip up to the victory. Times are always slow on this course due to hills, sometimes surface conditions and many treat it as a training run. In spite of the poor weather leading into the race the roads were almost clear of snow & ice and some of the crazier runners ran in shorts. Guy Berthiaume, now 47, continues to race up front with those young guys.

results - Central Maine Striders								
1	Cliff Rogers	34 28:18	10	John McDonough	30 35:00	20	Carlton Mendell	71 39:42
2	Tom Thibeau	34 28:22	11	Jeff Preble	39 35:06	21	Ray MacFarland	28 39:47
3	Dane DDwyer	35 29:48	12	Hadley Austin	34 35:08	22	Bob Cushman	55 40:10
4	Guy Berthiaume	47 19:53	13	Peter Bastow	56 35:14	23	Louisa Dunlap	52 40:25*
5	Mitch Lovering	33 30:02	14	David Benn	47 36:13	24	Warren Wilson	59 40:56
6	Ross Cameron	26 30:20	15	Richard Scribner	41 36:44	25	Donnajean Pohlman	42 42:25
7	Steve Peterson	43 30:34	16	Randy Thibeau	29 36:52	26	Joanie Rhoda	39 43:25*
8	Joe Meehan	46 32:07	17	Leslie Doolittle	35 38:06*	27	Dennis Morrill	53 49:43
9	Doc Thibeau	38 33:16	18	Russ Bradley	69 39:02	28	Sara McIntyre	21 50:14*
			19	Jim Moore	49 39:23	29	Linda Benn (W)	45 65:48



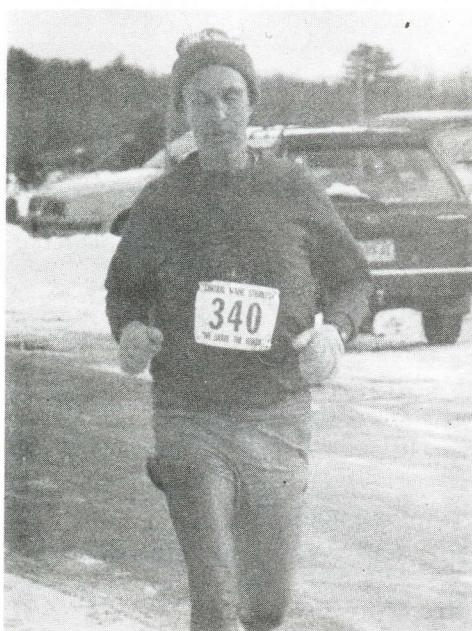
Leslie Doolittle of Belgrad



Camden's Steve Peterson



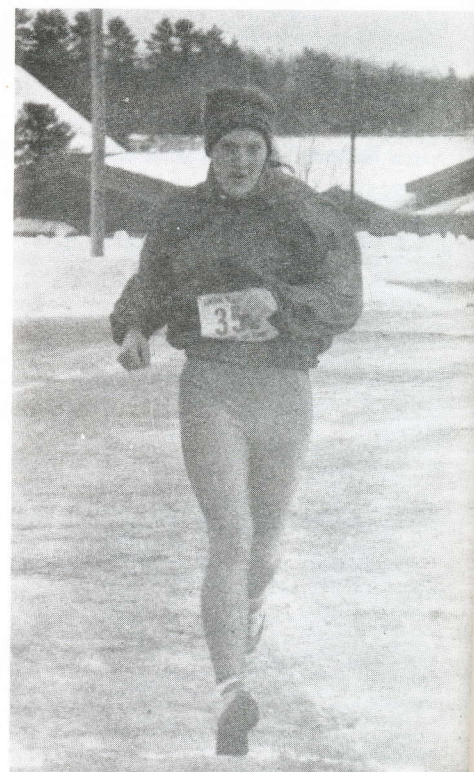
Union's Joanie Rhoda



Warren Wilson of Yarmouth



Randy Thibeau of Gardiner



Sara McIntyre of Wilton

efore
imes
snow

1 9 9 3 MAINE STATE

TIME TRIAL SERIES



RAINBOW CYCLES

ENTRY FEE

\$10 advance registration fee,
\$13 day of race. Registration
will be accepted until
8:30 a.m. race day.

DIVISION

Open to non-sanctioned men
and women.

CATEGORIES AND TROPHIES (1st, 2nd, 3rd)

Jr. Men	14-17
Sr. Men	18-34
Vets Men	35-44
Vets Master	45-55
Grand Master	56-69
Super Grand Master	70+
Sr. Women	18-34
Vet Women	35+

TIME

9:00 a.m. each race. One
minute staggered starts.

TIME TRIAL SERIES AWARDS

An overall winner for each
category will be awarded the
Maine State Time Trial Series
Champion. To be eligible,
riders must attend at least 5
races and compete in the final
stage on August 22. Special
prizes and awards to each
category will be presented at
a ceremony following
the last race.

ENTRY FORM

Winner will have lowest cumulative time of 5 trials (one time must be last leg). Overall winner in each category will receive trophy, winner's jersey and gift certificate. Other prizes and trophies awarded to 2ND and 3RD place finishes as well.
MAKE CHECKS PAYABLE TO: RAINBOW CYCLES. 1225 CENTER ST. • AUBURN, MAINE 04210

NAME _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ TEL# _____ AGE _____ SEX: M _____ F _____

Signature _____ Guardian (if under 18) _____

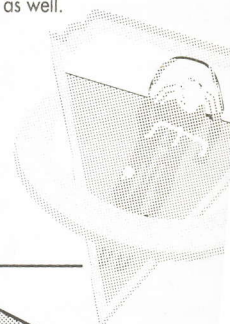
RACES TO ENTER

- ☐ May 9 ☐ May 23 ☐ June 13 ☐ June 27
☐ July 11 ☐ July 25 ☐ August 8 ☐ August 29

Cycle racing, like any other sporting event, involves the risk of bodily injury or damage to property. Your signature on this application indicates that you understand the chances for injury and agree to hold harmless our sponsors, organizers and personnel involved in this event.

PRIZES

Over \$10,000 in prizes and trophies. Largest purse in the state. Winners will receive trophies and gift certificates. 2nd and 3rd place finishers will receive medallions and gift certificates per category. Grand Prize valued at \$500 will be given away by random drawing from all series entries. Top three finishers in each category will not be eligible for overall race prize drawing. Other prizes will be distributed to 20% of total entries per category. To be eligible, you must enter 5 out of 8 races.





Club #137

CENTRAL MAINE STRIDERS, INC.

Proudly Announce The 9th Annual



Club #480

"TERRIER TROT 5 MILER"

SATURDAY - APRIL 10, 1993 - 9 AM

Thomas College
West River Road
Waterville, Maine

**MAINE
SPORTS
MEDICINE**



The Striders and "Maine Sports Medicine" combine to offer all runners in Maine a chance for a spring 5 mile workout that has become a surprise success story. Coming just before the "Boston Marathon" and the Portland "Patriot's Day" race, this is the only road race held at Thomas College and this year will benefit the new cross country program headed by Strider Gene Roy. With Director Jim Moore now in his 2nd year at the helm of this popular central Maine run, we hope you join the Striders and the folks from "Maine Sports Medicine" and help a new running program develop at the campus!

- SPONSOR:** HAINES SPORTS MEDICINE, Waterville, Maine
- ENTRY FEE:** \$6 (Includes T-shirt to 1st 75 entries!)
Please mail entry form by: April 6th
Race day entries welcome - \$6 with shirt / \$5 without
- RACE DIRECTOR:** JIM MOORE (873-0080) NOTICE - VOLUNTEERS WELCOME
- FEATURES:** Showers & Changing Rooms available / Time Splits / Course re-measured / Refreshments after race
- AWARDS:** 1st place, Male/Female : Age Group Awards, Male/Female
Special! New award to 1st college runner!
- RESULTS:** Published in: Morning Sentinel / Mainely Running / Kennebec Journal
NOTICE: Course Records & Race History printed on back of this flyer!

Central Maine Striders Waiver & Entry Form - Terrier Trot 5 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: _____ T-SHIRT SIZE: _____

SIGNATURE

PARENT or GUARDIAN if under 18

Central Maine Striders • P.O. Box 1177 • Waterville, ME 04901 •



Club #137

CENTRAL MAINE STRIDERS, INC.

Proudly Announce The 12th Annual

"UNITY SPRING 5-K"



Club #480



Saturday, April 17, 1993

9:00 a.m.

Unity College — Unity, Maine



The country setting of the Unity Campus is relaxed and comfortable, and the long downhill start guarantees you a super time as you do this out and back run through "downtown" Unity. This is one of fastest, flattest 3.1 mile races in the state! Bryn Doiron set a new course record of 18:19 for the women! Pete Lessard's 14:29 still holds for the men.

ENTRY FEE: \$3.00 — not a mis-print! Only \$3.00! No pre-registration!

Register race morning from 8 a.m. on.

RACE DIRECTOR: Ed "Marathon Man" Raiola (948-3131).

FEATURES: Showers & Changing Rooms available —Low-key, no frills event, but join us after the race for breakfast in town!

COURSE: Very fast — Starts and ends at Unity College — "Turnaround Course!"

AWARDS: Age group awards as set by Race Director.

RESULTS: Published in Morning Sentinel, Interval and Mainely Running.

1992		1989		1986		1983	
Cliff Rogers	15:59	Bob Strout	16:01	Bob Strout	15:30	Fred Judkins	15:08
Bryn Doiron	18:19*	Tammy Ciesla	20:04	Jan Rau	18:57	Jo Comeau	19:25
1991		1988		1985		1982	
Peter Lessard	14:29*	Lee Stover	15:17	Randy Gordella	15:48	Unknown	
Sheila Hodges	19:10	Deb Merrill	19:25	Jan Rau	19:33		
1990		1987		1984			
Mike Sargent	15:13	Bob Strout	15:17	Fred Judkins	15:55	*=Course Records	
Sheila Hodges	19:55	Jan Rau	19:25				

Waiver & Entry Form — Unity Spring 5-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: _____

SIGNATURE _____

PARENT or GUARDIAN if under 18 _____

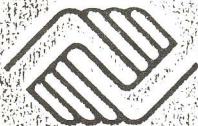
64th Annual

PATRIOTS DAY 5-MILER

Patriots Day—Monday, April 19, 1993

Portland, Maine at 12 o'clock sharp

Officiated by the Maine Track Club TAC# ME91003GN



Boys & Girls Clubs of Greater Portland
Alumni Association

Portland Press Herald

for complete race results.

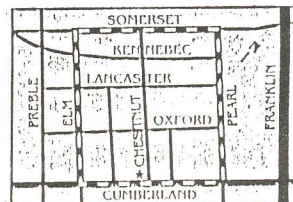
Sponsored by: Boys & Girls Clubs of Greater Portland
Alumni Association and *Portland Press Herald*
with proceeds to Boys & Girls Clubs Alumni Association Projects

1-Mile Fun Run

Monday, April 19

10:00 a.m.

For boys & girls 12 & under (\$2.00 entry)
Free if sponsored by 5-miler race entrant



Awards in the following categories:

Male Open—ages 17–29 (1–15 places)

Female Open—ages 17–29 (1–10 places)

Male & Female (1–3 places)

13 & 14, 15 & 16, 30–39, 40–49, 50–59,

60–69, 70+

1st Male B. & G.C. Member

1st Female B. & G.C. Member

1st Alumni Member (male and female)

Pre-race fee: \$10.00

(before April 19)

Postmarked by Monday, April 5, 1993
will include official race T-shirt to first
500 entrants.

Entry fee: \$12.00

Day of race.

Entries close at 11:30 am day of race

Race results listed in **Mainely Running**

Official Entry Form

LAST NAME										FIRST NAME									
ADDRESS										SEX									
CITY										STATE									
AREA CODE										TELEPHONE NUMBER									
ZIP CODE										AGE ON 4/2/92									
Check one if you are:																			
<input type="checkbox"/> Open										<input type="checkbox"/> 5-Miler									
<input type="checkbox"/> Kids Fun Run										<input type="checkbox"/> P.B. & G.C. member									
										<input type="checkbox"/> P.B. & G.C. Alumni									

Entry fee \$10.00

Make checks payable to:
Boys & Girls Club Alumni
Association and mail completed
form plus entry fee to:

Wm. Gorham/Steve Muslawski
Race Directors
277 Cumberland Avenue
Portland, ME 04101



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 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 acting on my behalf, waive and release the Maine Track Club, the city of Portland 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.

Signature

Parent or Guardian if under 18

Date

"NO REFUNDS"
"NO RADIO HEADSETS ALLOWED"
"NO BABY STROLLERS"

Official Use Only



Club #137

CENTRAL MAINE STRIDERS, INC.

Proudly Announce The 11th Annual



Club #480

"TOGUS ROAD RACE"

5 Mile Race & 1 Mile Fun Run



Saturday, April 24th 1993

9:30 a.m.

V.A. Center, Togus, ME (off. Rt. 17)

In the summer of '83, one of Maine's hottest runners was 33 yr old Chris Bovie of the Central Maine Striders. Chris was winning races such as "Peter Ott's 10-K" in Camden, the "Gardiner Common 5 Miler" and the "Jr Olympics 10-K" in Fairfield, and was usually 2nd or 3rd in any other race he entered that summer. Even so, he took time from his training and racing to direct the first "Togus Road Race" and introduced Maine runners to a flat and fast course that he himself trained on for many years. Now, some 10 years later, Chris has retired from racing himself but the popular event he helped start is a favorite of many. The raffle prizes are legendary, and part of the proceeds will benefit the "RONALD MACDONALD HOUSE" in Bangor! Come join Chris and the Striders and treat yourself to one of Maine's fastest 5 mile races.

ENTRY FEE: \$8 Pre-registration (Includes souvenir T-shirt to 1st 75 entries)
Please mail by: April 20th / Race day entries welcome/\$8 with shirt/\$6 without

RACE DIRECTOR: Chris Bovie (623-8411 / Ext 5571) Evenings - 622-1267

FEATURES: Changing Rooms / Limited showers / Double water stop / Mile splits
Refreshments after race / **NOTICE** - "Fun Run" held prior to 5 miler!

AWARDS: 1st place, Male/Female / 1 & 2nd Male/Female Age Group Awards
19 & under / 10 to 29 / 30 to 39 / 40 to 49 / 50 to 59 / 60 & over
Important - Special raffle prize drawings following awards ceremony!!!

RESULTS: Published in: Mainely Running / Kennebec Journal / Morning Sentinel

NOTICE: Course Records & Race History printed on back of this flyer.

Waiver & Entry Form — Togus 5 Miler

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

TEAM or CLUB: _____ T-SHIRT SIZE: _____

I realize road racing is a potentially hazardous activity and hereby waive and release the Central Maine Striders running club, it's officials and Director of this race, and all volunteers, sponsors or town or city officials from any and all claims or liabilities arising from my voluntary participation in this event.

SIGNATURE

PARENT or GUARDIAN if under 18

Make check payable & mail to:

"TOGUS ROAD RACE" c/o Chris Bovie / RR#1 - Box 350 / Vassalboro, Me 04989

Thirteenth Annual ROCKY COAST ROAD RACE

BOOTHBAY REGION YMCA

10,000 METER (6.2 MILES) WHEEL MEASURED COURSE/ELECTRONIC FINISH
TAC CERTIFIED CODE #ME 85002-GN

Saturday, May 1, 1993 10:00 a.m. (rain or shine) at the Boothbay Region YMCA
P.O. Box 500 • Townsend Avenue, Boothbay Harbor, Maine 04538

REGISTRATION: 8:15 to 9:30 a.m. Pre-registration \$7.00, \$8.00 race day. T-shirts for all pre-registrations.

RACE DIRECTOR: Neal Verge **Race committee:** Rachel Jordan, Carol Wright, Juanita Soler, Alice Vannah, Doris Welch, Lew and Dot Pike, Jack Virden, Lin Smith **Race Doctors:** Andre Benoit and Douglas Long.

FACILITIES: Boothbay Region YMCA - locker rooms - showers - bathrooms - saunas - swimming pool - fitness center.

AWARDS CEREMONIES: 11:30 a.m. - Door prizes will be drawn during awards ceremonies. You must be present to receive door prize.

AWARDS

MEN'S OPEN - Top 5 positions

12 years & under - first

13-18 years - first 3

19-29 years - first 3

30-39 years - first 3

40-49 years - first 3

50-59 years - first 2

60 & over - first 2

WOMEN'S OPEN - Top 5 positions

12 years & under - first

13-18 years - first 3

19-29 years - first 3

30-39 years - first 3

40-49 years - first 3

50-59 years - first 2

60 & over - first 2

Awards will also be given to the first Boothbay Region Finisher (male & female) and oldest finisher. *Note:* Winners eligible for only one award..

FORT COWAN BUNNY RUN - Grades: K-8 • Distance: 1 mile

Time: Race begins at 8:45 a.m. • Registration: 8:00 - 8:30

*** All participants will receive a ribbon and a May Basket**

Complete race results will be published in the "Mainly Running"

PRIZES: Andersen Pottery

REFRESHMENTS: Chowder - oranges and orange juice - soda - coffee

For further information contact the Boothbay Region YMCA at 633-2855



Registration

13th Annual Rocky Coast Road Race

Fort Cowan Bunny Barracks
Newagen, Maine



Name (please print) _____ Age: _____ Sex: _____

Phone: _____ Address: _____

_____ Check here if Boothbay Region Resident _____ Check here if Boothbay Region YMCA Member

In consideration of Boothbay Region YMCA permitting me to participate in the Rocky Coast Road Race, I hereby, for myself, my heirs, administrators and assigns waive and release any and all rights and claims of any nature that I may have against Boothbay Region YMCA, and any organization connected with this event, their representatives, successors, and assign for any and all injuries or damages which I may suffer while taking part in any activities connected with the event.

Signature of participant (under 18 signed by parent or guardian)

Make check payable to **BOOTHBAY REGION YMCA** at above address.

Please circle shirt size: M L XL



15th Annual New Brunswick Heart & Stroke Marathon

Sunday, May 2nd, 1993
Fredericton, New Brunswick, Canada

EVENTS

2 Mile walk, 1/4 marathon (6.5 miles), 1/2 marathon (13.1 miles),
Full Marathon (26.2 miles), Competitive Relay, Recreational Relay.

STARTING TIMES

12noon.... Marathon

1:00pm Other Categories

ENTRY FEE

Minimum of \$25 in sponsorship or \$25 donation paid by participant.
You are encouraged to surpass this amount.

AWARDS

Award and draw prizes will be presented to top fund-raisers
and to all race winners at the banquet.

FOR MORE INFORMATION :

N.B. Heart and Stroke Marathon

Contact Terry Goodlad, days 506- 422-3086 or
after 4:30pm: 506- 357-6566

or write to

340 McDonald Ave,
Oromocto, N.B. E2U 2J3

Money raised will help finance research and education programs.



Club #137

CENTRAL MAINE STRIDERS, INC.

Proudly Announce The 4th



Club #480

"RAPE CRISIS 5-K"

3.1 MILE RUN / WALK

To benefit: "RAPE CRISIS ASSISTANCE, INC" of Waterville

SUNDAY, **May 2**, 1993

8:30 a.m.

Waterville Area YMCA

Pleasant Street, Waterville, Maine

**RAPE
CRISIS
ASSISTANCE,
INC.**



The Striders are pleased to invite you to participate in a very unique event that has become a fixture in their spring schedule. This 3.1 mile course offers both an uplifting early season run or walk and also is a much needed fundraiser for a very special agency. Rape Crisis Assistance Inc. has now offered their "Hotline" for female and male survivors of sexual assault for 10 years! In 1992, the agency handled over 1000 contacts while also offering nearly 60 programs involving nearly 1800 participants. Come join the Striders as they join with staff, Volunteers and Board Members of RCA Inc. in this very joyful and rewarding experience!

Jerry Saint Amand, Director

ENTRY FEE: \$6 (\$4 of every entry goes to Rape Crisis Assistance)

SPONSORS: 100% of all Sponsorship funds go to Rape Crisis Assistance. See back of flyer.
New this year - Special award from RCA Inc. to top fundraiser!

RACE DIRECTOR: JERRY SAINT AMAND (873-6753) Volunteers welcome!
For race/sponsor info: Sarah Marion, Director, RCA Inc. (872-0601)

COURSE: Very flat / Starts/ends on North Street in front of Wtvl YMCA.

FEATURES: Changing rooms / Showers / Refreshments after race.

AWARDS: 1st overall, Male/Female / Male/Female age group awards.

RESULTS: Published in: Morning Sentinel / Mainely Running

Waiver & Entry Form — Rape Crisis 5-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: _____

CLUB-GROUP AFFILIATION: _____

SIGNATURE

PARENT or GUARDIAN if under 18

Central Maine Striders, Inc. • P.O. Box 1177 • Waterville, ME 04901 • 873-6753



RACE INFORMATION	ENTRY FORM																
<p>date: 9 MAY 1993 race start: 8:30 a.m. registration time: 7:00 - 8:15 a.m. distance: 5k (3.1 miles) around downtown Rockland location: Coastal Child Care - 64 Summer St., Rockland</p>	<p>In consideration of this entry being accepted, I for myself, my heirs, executors, administrators, hereby waive and release any and all rights and claims for damages I may have against the City of Rockland, sponsors, supporters, volunteers and officials of Coastal Child Care's Mother's Day Road Race. I attest and verify that I am physically fit to participate in this race and have full knowledge of the risks in this event.</p>																
<p>EVENT SERVICES</p> <ul style="list-style-type: none"> * child care available for ages 2½ - 5 * restroom available * juice & fruit at finish 	<p>NAME _____ PHONE _____ MAILING ADDRESS _____ SIGNATURE _____</p>																
<p>ADVANCE REGISTRATION FEE:</p> <ul style="list-style-type: none"> * \$15.00 family of 4 or more * \$10.00 family of 2 or 3 * \$ 5.00 single entrant 	<p>CATEGORIES</p> <p>Please choose only one category per application</p> <table border="1"> <thead> <tr> <th>FAMILY</th> <th>SINGLE</th> </tr> </thead> <tbody> <tr> <td>____parent(s) with running buggy</td> <td>Age as of 5/9/93 _____</td> </tr> <tr> <td>____parent(s) with stroller</td> <td>Male _____</td> </tr> <tr> <td>____parent(s) with 1 child</td> <td>Female _____</td> </tr> <tr> <td>____parent(s) with 2 children</td> <td></td> </tr> <tr> <td>____parent(s) with 3 children</td> <td></td> </tr> <tr> <td>____parent(s) with ____ children</td> <td></td> </tr> <tr> <td>____grandparent(s) with grandchild(ren)</td> <td></td> </tr> </tbody> </table>	FAMILY	SINGLE	____parent(s) with running buggy	Age as of 5/9/93 _____	____parent(s) with stroller	Male _____	____parent(s) with 1 child	Female _____	____parent(s) with 2 children		____parent(s) with 3 children		____parent(s) with ____ children		____grandparent(s) with grandchild(ren)	
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____parent(s) with 2 children																	
____parent(s) with 3 children																	
____parent(s) with ____ children																	
____grandparent(s) with grandchild(ren)																	
<p>RACE DAY REGISTRATION FEE:</p> <ul style="list-style-type: none"> * add \$2.00 to each of the advance registration fees listed above 	<p>NAMES AND AGES OF FAMILY PARTICIPANTS: _____ _____</p>																
<p>****LOTS OF PRIZES****</p> <p>***LOTS OF SPECIAL FAMILY CATEGORIES***</p> <p>***FIRST 50 APPLICATIONS RECEIVE A FREE RACE LOGO T-SHIRT***</p> <p>***RESULTS WILL BE PUBLISHED IN MAINLY RUNNING MAGAZINE***</p>	<p>I WILL NEED CHILD CARE FOR ____ CHILDREN. AGES _____</p>																
<p>MAIL APPLICATIONS TO:</p> <p>MOTHER'S DAY ROAD RACE Coastal Child Care, Inc. P. O. Box 996 Rockland, Maine 04841</p>																	
<p>Questions? Call Terry at (207) 594-2591 or Sarah at (207) 594-7721 evenings</p>																	
<p>FIRST 50 APPLICATIONS RECEIVE A FREE RACE- LOGO T-SHIRT</p>																	
<p>SIZE: Medium ____Large ____X-Large ____XX- Large additional t-shirts can be purchased at the race.</p>																	

The Bud Light Marathon & 15K at Sugarloaf 1993



THE BUD LIGHT MARATHON AND 15K at Sugarloaf have earned reputations as quality running events. Both are extremely fast courses. Bruce Ellis of Exeter, N.H. ran a course & personal record in the 1986, 2:18:38. Yoll Casa posted the women's course record in 1987 at 2:50:19. The Bud Light Marathon's fast course is fully TAC certified.

The Sugarloaf 15K is on the last half of the Marathon course, following the Carrabassett River to Kingfield. This course has the potential of being the fastest 15K in New England with an elevation loss of 300 feet between the start and finish, and nearly void of hills.

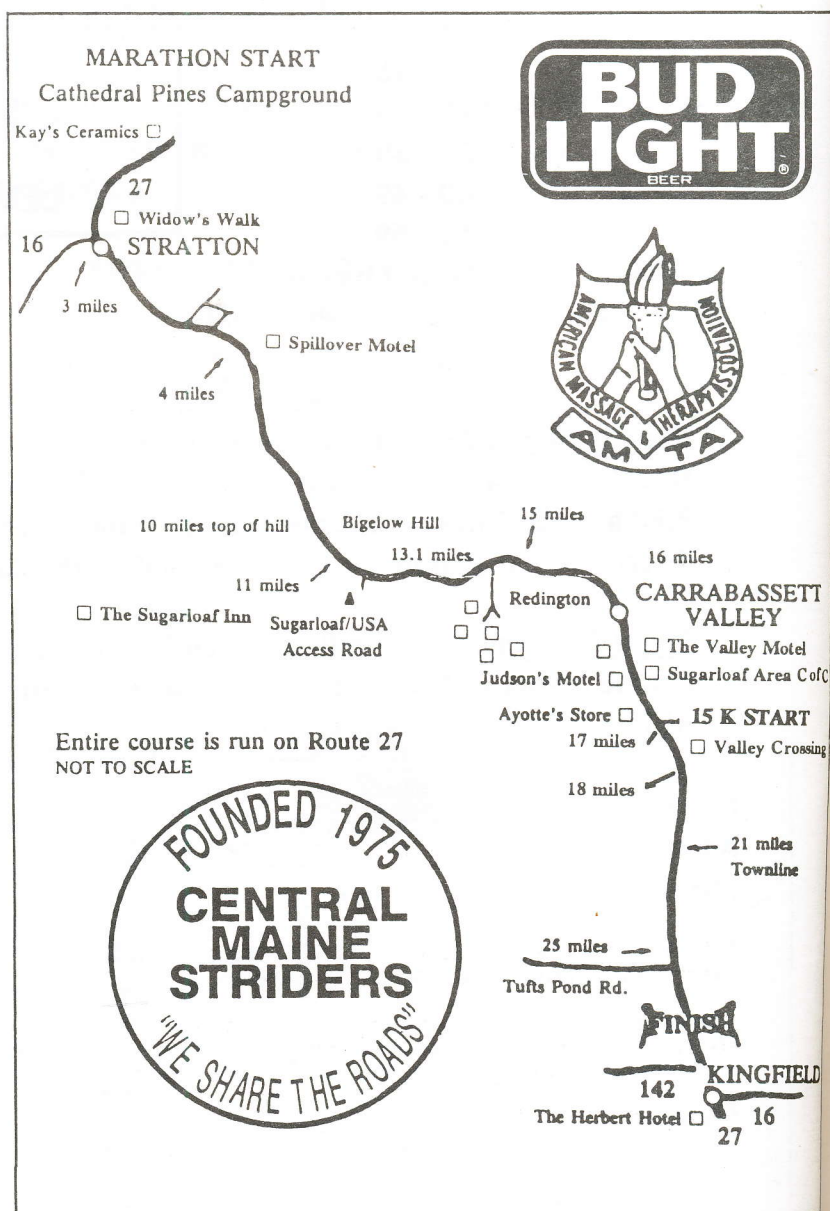
The setting for both races is breathtaking as it follows Maine Scenic Highway Rt. 27. Even though the courses wind through the beautiful western mountains of Maine they are not what you would imagine. The first 5 miles of the Marathon are flat, the next 5 holds our version of Heartbreak Hill, a steady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

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

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

Special accommodation prices are available in the classic Sugarloaf Inn and Mountainside Condominiums right on Sugarloaf Mountain. These luxury units are being offered at great savings. They are located at mile 11 of the Marathon.

Sugarloaf/USA and the Central Maine Striders invite you to join us for the Eighth Annual Bud Light Marathon at Sugarloaf.



SUNDAY
June 6, 1993
10:00 a.m.

Pembroke, Maine
(25 miles east of
Machias on
U.S. route 1)

COBSCOOK BAY 10K

for
Downeast Hospice
... America's Easternmost 10K* ...

Come race on the pristine shores of Cobscook Bay, America's easternmost saltwater bay, home to eagles, osprey, seals, and whales.

Support Downeast Hospice, which provides care and support for the terminally ill and their families throughout Washington County, Maine.

Our nationally certified course, one of the most scenic in New England, starts at Route 1 in Pembroke, Maine (see map on reverse side), and finishes at Pembroke's majestic Reversing Falls Park on the western shore of Cobscook Bay, halfway between the Equator and the North Pole.

Awards and prizes in all age divisions and categories. Cook out/picnic to follow awards ceremony at Reversing Falls Park. T-shirts for the first 50 pre-entries. Pre-entries no later than May 28th. Entry fee: \$6.00

Coordinated by the Sunrise County Road Runners and sponsored by:

Name: _____

Address: _____ Tel: _____

Age on race day: _____ Shirt size: S, M, L, XL

Check for: ☐ 10-K div. ☐ *5-K div. ☐ Walker ☐ Team competition (3 min.)

MAKE CHECKS PAYABLE TO: Sunrise County Road Runners, P.O. Box 157, Pembroke, ME 04666

ENTRY RELEASE

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

Runner's Signature

Parent's Signature (if under 18)

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

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

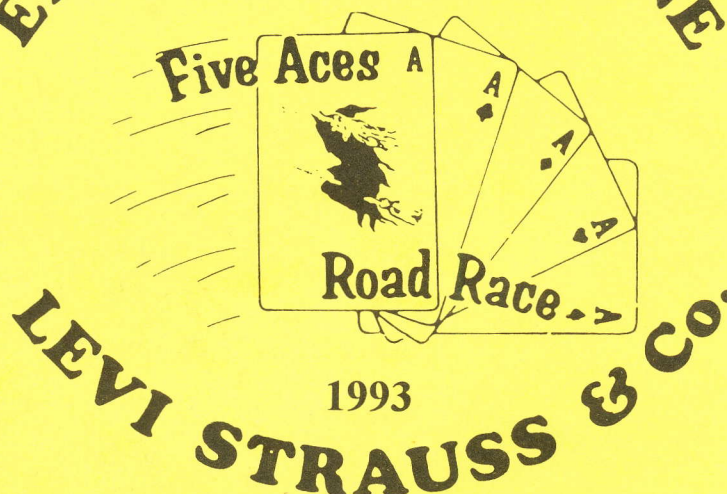
TAC memberships are from January 1 through December 31.
For information call MAINELY RUNNING at 725-8680

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

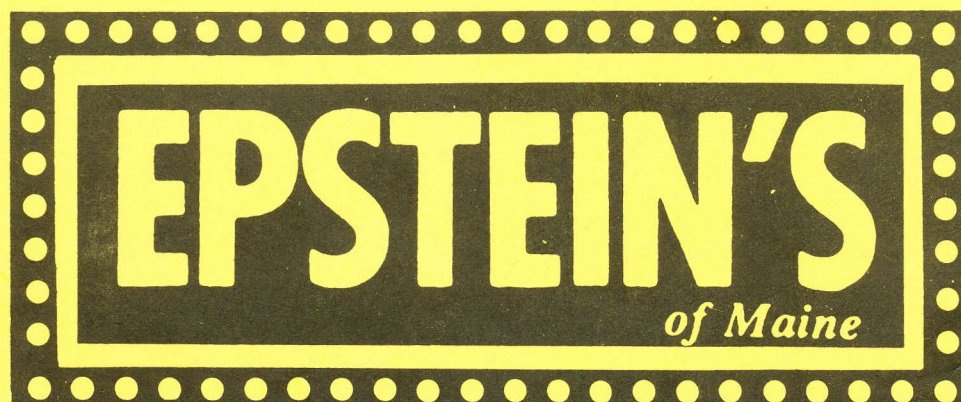
Send with check to: MAINELY RUNNING, 2 Howards Hill Rd, Brunswick ME 04011 (207)725-8680

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