

January 1993

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Mainely Running

Maine Endurance Sports Coverage



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EDITORIAL

Don't forget to fill out the "Best of 1992 Races" survey form included in the December issue of Mainely Running. A steady flow of the forms continues to arrive in the mail, however, to maximize the results I need your input. The results will be compiled and included in the February issue, so if you act now your completed survey can still be counted.

Are you planning on running one of the major marathons like New York or Boston? Or maybe you are thinking about running the TAC indoor meet on February 27th, the TAC track meets this summer or the cross country meets in the Fall? If so, you will need a TAC membership. The smart thing to do is join now and save!! As a package, you can join Maine TAC *and* subscribe to Mainely Running for only \$25. The regular subscription is \$17.50 and Maine TAC is \$10. So you save \$2.50 The saving is even greater if you normally join TAC when you register for one of the out of state marathons, because other TAC memberships are \$12. But of most importance, joining Maine TAC ensures that those great Maine youth cross-country and track & field programs benefit from your memberships.

Race Directors: If you haven't sent Mainely Running your 1993 race date and information, do so ASAP so other races can be scheduled without conflicts. If you haven't set your date yet and wish to avoid bumping heads with another race, call me (725-8680) and I will try to help by sharing the race schedule information that I have.

Reminder!! If you change your address, let us know. The post office will forward 2nd class mail (if you're lucky) for only 60 days.

John

Happy New Year!



ABOUT THE COVER: Roz Randall is shown completing the Maine Track Club Fifty Miler. How can a person look this happy after running 50 miles? Endorphins? Or maybe it's the "pound your head against the wall" theory. For this feat Roz was chosen Athlete of the Month. Look for more inside. Photo courtesy of Bill Stuart

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RACE RESULTS

Bicycling

Maine State Time Trials
Mt Washington

Running

Aspirations
Bar Harbor 13 Miler
Belfast Lions 5K
Citibank United Way 10K
Coastal Cross Country
Downeast 4 mile
Gasping Gobbler
Goldsmith's Mile
Great Osprey
Highland Gold 10K
Homecoming Hustle
Lifeline 5K
Lost Valley Hill
Mac Cross Country
MTC 50 Miler
Murray Keatinge
Run Of The Irish
Stumps Revenge
Sunday River
Sunrise Run
TAC State Cross Country
Tri Town Wellness
Turkey Races
Turkey Trot Sanford
White Mtn Milers
YMCA Fall 3 Miler

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RUNNING CALENDAR

DECEMBER

31 "NEW YEAR'S PORTLAND"-5K-12noon-Pattie Tableman-721-0848-flyer December

JANUARY

9 "MECTA OPEN INDOOR MEET"-Bowdoin College-11am-includes children events-Peter Slovenski-725-3010

9 "BLACK BEAR HIGH SCHOOL RELAYS"-Uof M-Rolland Ranson-581-1079

16 Maine Track Club Banquet-Shawmut Inn Kennebunkport-

17 "JANUARY THAW"-4.5mi-Belgrade-noon-Gene Roy-465-7296

23 Central Maine Stricer's Banquet-6pm-Holiday Inn-Waterville

FEBRUARY

6 "WINTERFEST 93 FRIGID 5K"-Lubec-10am-Bion McFadden-733-4496

7 "MID-WINTER 10-MILE CLASSIC"-Cape Elizabeth-noon-Bob Payne-655-6006-flyer January

14 "SNOWFEST 5 MILER"-Augusta-11 am-Russell Martin-622-1258

27 "TAC INDOOR TRACK MEET"-Bowdoin College-2pm-Dave Watson-443-6171-flyer January in TAC section

MARCH

14 "KILLARNEY'S 10-K THIRSTQUENCHER"-Waterville-9am-Tom McGuire-465-2829-certified-flyer February

21 "BOSTON PRIMER"-15 miles-Readfield-11am-Dave Guban-622-0289-flyer February issue

27 "WILD KATAHDIN TRUST SNOW RUN"-5miles-Houlton-11am-Steve McDonald-532-3368 certified-flyer February

28 "93 PRESIDENTIAL RACE"-5mi-Kennebunkport-Tom Dann-985-2727-TAC certified-flyer February



WEEKLY GROUP RUNS

- Auburn-Wednesday-6pm-Track intervals-Dan Campbell-777-1601
- Bangor-Y Running Club-Sundays-weekdays-Sarah Gehrt 942-9940
- Brewer-Sub 5 Track Club-Mon & Thurs-5:30pm-Dave Jeffrey-825-3403
- Bridgton-Sundays-9am-12-14miles-from Sports Corner-varying pace-Dennis McIver-647-2742
- Brunswick-Lesser Durham Striders-Saturday & Sunday from Bowdoin-fast long runs-intervals-Dale Dorr-729-5731
- Carmel-Caravel Middle School-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 at 7:20 to 8:00 pace . Myles Lemieux 876-4424

- Lewiston-Wednesday-5:30-Hiltop-Bob Brainerd-786-4820
- Oakland-Sunday AM-long fast runs- Peter Lessard's house-465-9019
- Portland-Early mornings-USM-8-10 min pace-Bill Davenny-772-1787
- Portland-Rat Pack-weekdays and weekends-7 to 7:30 pace-John Gale-775-5017
- Portsmouth-Tuesdays-5:30pm-6 mile runs from Judkins & Lincoln-Joe Hayes-363-6035
- Sanford-Saturdays-8am-YMCA-Douneast Road Runners-324-4942
- South Portland-Weekday evenings-slow paced runs-Everett Moulton-799-2894
- Thomaston-Penn 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

The Bangor YMCA Running Club and the Ronald McDonald House

wish to thank all those runners who participated in the

3rd Annual "Run of The Irish" 5 Miler

The record number of Runners allowed the race to raise nearly \$1,000 for the Ronald McDonald House

Back by popular demand!!

'93 Presidential Race

Sunday - March 28th

Come be a part of a great event - 508 registered in last year's inaugural event.

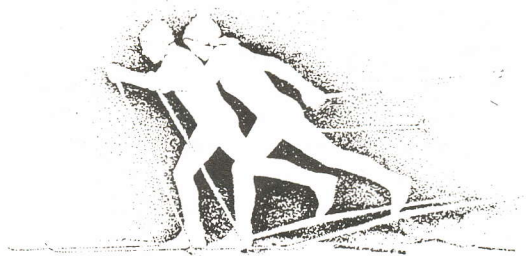
* Look for race flyer in the February issue *

Sunday River Cross Country Ski Center

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Cross Country Ski Calendar

January

- 1 Carter's Last Stand-Bethel-539-4848
- 6-15 US National Championships-Rumford-364-8977
- 10 Moose-Ski-Roo Fun Ski-1mile & 3mile-Millinocket-723-5839
- 16 Acadia Crossing-11am-15k free style-& classic-Bar Harbor YMCA-288-3511-flyer January issue
- 17 Loki's Loppet-Troll Valley, Farmington-10K-Classical & Skate-10am-778-3656
- 18 American Airlines Series-Troll Valley-10k-classical-10am-778-3656
- 23 John Sassi Race-Black Mountain-364-8977
- 24 Scandinavian Tour-Bethel Inn-824-2175
- 25 Special Olympics-Sugarloaf-237-2000
- 30 Caribou Bog Ski Tour-Bangor-11am-18k freestyle-kids 4k-Bill England-941-2875-flyer January issue

February

- 6 LL Ban XC Ski Festival-Bethel-800-341-4341
- 7 Moose Ski Roo-Millinocket-723-5839
- 7 Sugarloaf Ski Marathon-Carabassett-40 k classical-10am-Buzz Davis-237-2000-
- 7 Flying Moose Ski Classic-Bethel-5k, 10k & 25k-865-4761
- 14 Androscoggin River Tour-Carter Farm-Bethel-539-4848
- 20 Joy of Skiing Picnic-Sunday River-Bethel-824-2410
- 21 Gould Jr/Sr Qualifier-Bethel-5k&10k classic-Kirk Siegel-824-2161
- 27 Mt Kineo Challenge-Rockwood-10K-10am-The Birches-534-7305-flyer January issue

March

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

April

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

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

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INTERVALS

Boston '93 Qualifying Times

The 1993 Boston Marathon is scheduled for April 19th. To qualify you must have run the following times between January 1 1992 and March 8 1993. You also need to be a TAC member. (To save money and to help the youth activities of Maine, join Maine TAC for \$10. You may wish to save even more by joining Maine TAC and renewing your Mainely Running subscription for the bargain price of \$25.) For an application for the Marathon, write to: Boston Athletic Association, PO Box 1993, Hopkinton, MA 01748

Qualifying Times for the Boston Marathon

Age	Men	Women
18-34	3:10	3:40
35-39	3:15	3:45
40-44	3:20	3:50
45-49	3:25	3:55
50-54	3:30	4:00
55-59	3:35	4:05
60-64	3:40	4:10
65-69	3:45	4:15
70 +	3:50	4:20

Special Events at Indoor Meet

At the TAC Indoor meeting at Bowdoin college on February 27th, there will be a couple of "out of the ordinary" events. A Team Challenge 5k for men and 3K for women will pit the best in Maine against a Canadian contingent. There will also be a high school mile.

Master's Cross-Country

Kevin McDonnell of Lovell organized a master team to represent Maine in the TAC Masters National 8K Cross-Country Championship in Boston on November 21st. Kevin sends in the results and writes; "Mike was poised for the win but experienced hamstring problems and had to back off. We lost Dave Crawford to a heel injury and he was unable to make the trip. All and all we had a great time and hope to run better next year."

4th	Mike Gaige	24:46
17th	Ron Newbury	25:49
39	Kevin McDonald	26:35
48	Dennis McIver	26:58
49	George Towle	27:00

Team results

1	Central Mass Striders	2:07:34
2	Lowell	2:08:36
3	Victory (Kentucky)	2:08:54
6	Portland TC	2:11:08

Run To Win Team

Also held in Boston on November 21st was the National TAC Master Women's Cross Country 8K Champion. Brian Gillespie's

Run to Win Team had a great showing with a 3rd place finish behind the Liberty AC and the Central Mass Striders. Team members were: 7th, Carol Weeks, 33:36; 13th, Carol Hogan, 35:02; 17th, Nancy Lund, 35:45; 18th, Brigitte Edquid, 36:06. In the women's open division (5K course), Maine had the following finishers: Wanda Binette - 19:25, Jeanne Hackett - 19:46, Marjorie Haney - 20:10, Mary Martin - 20:13.

Team Maine at Tufts

Maine runners did very well at Tufts 10K in Boston on October 12th. which was won by Lynn Jennings in 32:22. A strong wind slowed some times. Team Maine did very well indeed:

Tina Meserve	23rd	35:46
Edie Dubord	31st	36:32
Wanda Binett	51st	38:32
Marty Shue	52nd	38:35
Joanne Nealy	53rd	38:38

Also at Tufts, Ellen Bowden was the 9th master with a 39:20 behind winner Priscilla Welch's winning time of 35:07.

T & F Officials Clinics

Roland Ranson, track coach at U of M at Orono is conducting a series of clinics for officials. These clinics are designed for the parent or track enthusiast who would like to help out at some of the High School and College events. Those who wish to obtain certification are also welcome. All clinics are free and include refreshments. Dates currently scheduled are January 6, March 31 and April 8 all at 7pm at U of M. Those interested should contact the track office on 581-1079.

ME Runners invade NH

According to Sumner Weeks, some Maine runners went to Concord, NH for the Fred J. Hackett Autumn Run 10K and did very well. Wanda Binette won the women's division with a 38:22; Carol Weeks was 2nd woman and 1st master with a 40:24; Clyde Coolidge (an adopted Mainer) was 4th in the 50-55 division with a 40:34; and Carlton Mendell was 1st in the 70+ with a 46:37. There were 550+ runners. Oh, Sumner was 20th in the 40-44 division with a 41:38. At the Casa 5 mile Road Race in Manchester NH Wanda and Carol were again 1 and 2 with 220 runners.

Attention Race Directors

Herb Strom relayed some information from TAC national Masters LDR committee. One item pitches the need to provide runners over 40 awards. In general Maine does very

well on this item. (Of course as our runners get older you may wish to re-think the divisions and add a 70+ division if you don't have one.) Also, the committee is looking for quality masters events to serve as national long distance running championships either in road racing or cross country. We have many quality events in Maine; and a wealth of quality master runners who could do well in a national event. Think about it! If interested, I will help

Celebrities at Weekly Runs

Joe Meehan has announced that there will be weekly group runs from January through March on Saturday mornings in Gardiner. The runs will start at the Gardiner Area High School Parking Lot at 8:30. To make their runs especially attractive, the group will have a special celebrity guest each week. "Come join some big stars (and out and out bums) as we go *long in the cold*, from greyhound to snail pace." To assure the snail pace, the groups 1st guest on January 2nd will be Mainely Running's editor, John LeRoy. For more information call Joe Meehan on 582-1540 or Ray Johnson on 582-1122.

ME at the Vermont 100

A note from Lance Guliani of West Bath. It was good to read about Phil Pierce's continued success at the ultramarathon distances in your reporting in the October/November issue on his Leadville Trail 100 Miler finish. Three other Mainers also did very well at the Vermont 100 Mile Endurance Run this past July. The Vermont race includes over 14,000' of vertical climb and 14,000' of total descent. The Maine finishers were: 30th - Joe Hayes (43) 19hr 32 min; 32nd - Bryant Bourgoin (41), 19hr 45 min; & 36th - Craig Wilson (43) 19hr 57min. There were 160 finishers out of the 212 runners who started the race in the pre dawn darkness of beautiful Woodstock Vermont." Ed note: There is more to the story than Lance has told us. Next month will tell you the story of how Lance won the Lower Durham Striders "Cane Award" this very race. Thanks for the information Lance, and I am sorry we are going to have to tell on you, but, there is a reason why the National Inquirer sells more copies than Mainely Running. So readers tune in next month for not only the story about how Lance won the Cane Award but how he was able to pass the award to Steve Podgajny. Photos too!

NH at Kenney Cross-Country

Emily Hodgson of Manchester (NH) Central High School placed 3rd and Danyelle Wood of Spaulding High School in Rochester NH, placed 4th at the Kenney Cross Country Northeast Regionals at Van Cortlandt Park in NY on November 28th. The top eight finishers advance to the Finals in San Diego on December 12th. ESPN will broadcast highlights on December 24th at 2pm.

Attention Seniors

Bob Payne is organizing a team of Seniors (50+) to run in the Cabot Trail 185 mile relay on the weekend of May 29th. The race is divided into 17 legs and is run like a stage race, with each leg concluding before the next leg is started. The Maine group will be joined by a group from the Nifty Fifties team from Connecticut. Sounds like a fun weekend, call Bob 655-2165 for more information.

Joan Wins Columbus

In case you haven't heard, Joan Samuelson won the Columbus (Ohio) Marathon with a time of 2:32:18. Boston '93??

Bickford at Championship

Benton's own Stan Bickford, currently living in Boston and training with the Nike Boston team finished 19th in the US Crosscountry Championship in Kenosha Wisconsin. At the Jingle Bell Run in Bath Stan looked extremely fit. A friend of his told me that Stan has been applying himself to his training with double workouts and 120 mile weeks. He usually runs 5 to 6 miles by himself at 5:30 am and then does a

longer, harder workout with someone from the team in the afternoon.

Run O' Irish Donates Big \$\$\$\$

Kevin Vickers race director of the Run of the Irish race on October 17th announced that the race raised over \$1000 for the Ronald McDonald House.

Heart Rate Guidelines

For all of you Heart Rate Monitor fans..... A more accurate guideline for predicting maximum heart rate has been formulated by the scientists at Ball State University. Up until now the generally accepted formula of subtracting your age from 220 has been used. For many individuals the results of this guideline was far afield, especially for us older types. The new formula subtracts 80% of your age from 214 for men and 70% of your age from 209 for women. For example your editor is 55 (almost 56) so the old guideline would predict my max heart rate to be $220 - 55 = 165$. The new guideline would be $.80 \times 55 = 44$, $214 - 44 = 170$. I am not totally sure what my max is but I know it is at least 174. Last summer on the track, after doing a few 400 meter repeats, I did one very hard with the last 100 meter as fast as I could run and then read the monitor -174. Thus, for me the new method comes closer.

Motorists are Inconvenienced

The "Lifespan Bay Bridge 10K" race crosses the Bay bridge, thus they close the bridge to motorists on the Sunday morning of the race. Over 1000 motorists called the California highway department to

complain, but the race goes on. Is there a message here for the motorists of Cape Elizabeth who don't want runners inconveniencing them during the two races per year held there. Or maybe the message should be directed to the Cape Elizabeth police who are reacting (or overreacting?) to a few complaints. Fortunately, most towns and their police forces live with (many seem to actually welcome) the inconveniences because they understand the benefits, one being money raised for charity at most of the races.

Clapper's Midwinter Run

Just before press time I received an invitation from Charlie and Leona Clapper to their annual "Midwinter Run" on Saturday January 9th at their home in Bucksport. Traditionally the run is followed by a pot luck lunch. Although the Clappers will be able to suggest routes of varying distances, I am planning on running the route around the lake (9.5mi) that is used for the Tour Du Lac. The run starts at 10:30am and is open to all. Call the Clappers on 469-3615 for directions.

Maine Masters X-C Skiers

Maine cross-country skiers planning to race in the Masters Nationals in Waterville Valley, NH on January 24-30 are having a classy suit made up. Anyone interested in a "Maine Masters X-C" suit, regardless of whether they plan to race in the Nationals, should contact Kirk Siegel, Gould Academy PO Box 860, Bethel, ME 04217: 824-2196. For information on the National Masters, call Waterville Valley at (603)236-4666.

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RT. 26, Oxford----- (207)539-4848----- Middle Intervale Rd. Bethel
"Carters Last Stand" X-C Ski Race January 1 - look for flyer in MR

Club News

- The Sub 5 Track Club will start their weekly group runs from room 29 at Brewer High School on Monday and Thursdays at 5:30 PM. For more information call Dave Jeffrey at 825-3403.
- Over 100 members and their friends attended the Maine Track Club's auction and pot luck supper on November 11th. Over \$1500 was raised for youth scholarships and the purchase of race equipment.
- Bruce Freme is the Aroostook Musterd's new Bull (president). Bruce is a dentist in Caribou and has some great running credentials for the position. In 1991 he won the Caribou Labor Day 4.4 Miler and ran the Bar Harbor Half Marathon in 1:17:02. This year he ran the Wild Katahdin Snow 5 Miler in 29:36, the Houlton Almost 5 (8K) in 28:10 and the Great Osprey 10K in 35:25 (all courses are certified). I know something else about Bruce. In the hallway of Sargent Gym at Bowdoin College is a plaque that lists all of the school's record holders in the 2 mile run. Guess

Below: MTC incoming president, Tom Dann and outgoing co-presidents Carol and Sumner Weeks



whose name is listed last? That's right B.M. Freme in 1978 with a time of 9:37.1. Being last makes him the current record holder, but Bruce is quick to let one know that they didn't run the 2 mile after that. Under Bruce's leadership, I bet we can expect to see a continuation of fast times being run at the County's races and those surprise invasions of runners in unmistakable orange singlets heading south to test their mettle and remind the rest of the state of the County's reputation of producing great runners.

- The Sub 5 Track Club held their first annual banquet on December 5th in Bangor. They also presented awards to the various winners in the Bangor Daily News Charity Road Race Series. The February issue will have photos and a listing of award winners.
- The yearly change of leadership is also being made at the Maine Track Club as outgoing presidents, Carol and Sumner Weeks

Below: Bruce Freme of Caribou



move into the past presidents position in which they can reflect on a super year for the Club. As is the Club's process, current vice president, Tom Dann of Kennebunk, will be the president for 1993.

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A Safe Attitude

By Jeanne Hackett

I have seven brothers. I also have an *Attitude*. A runner friend of mine recently suggested that these are inextricably related. He believes that my righteous attitude about running wherever and whenever I choose has to do with the fact that I grew up in the loving fold of nine siblings, predominately male. I'm not so certain of this, though I understand his reasoning. He believes that I internalized a sense of safety, protection from external harm and danger, sure of myself and confident that the care and concern of my brothers would see me through the threatening times. I have a slightly different angle on the experience, (I mean let's be realistic!) though the outcome is consistent.

I remember taking to the streets at eleven o'clock at night for that three mile run down the center of streets in my hometown. I was a teenager and I felt like running. Period. No threats; no poor judgment. Just doing my thing. Or like when I attended the University of Massachusetts in Amherst, a small city within itself, and I had places to go, people to meet, and ground to cover. I proceeded. Business as usual. I never experienced an assault while living and running in places like Lake Tahoe or Kauai, and the Hawaiian Islands are supposed to have a terrible reputation for violence against white visitors. I believe my good fortune was on account of *Attitude*.

Portland Police Chief Michael Chitwood and Officer Gary Aggar alluded to this during their talk to the Maine Track Club on "Running and Safety." They referred to tangible ways in which one can protect oneself from harm, such as running with others and varying your routines, and traversing well traveled and well lit areas. They also related the importance of body language, and the need to present an assertive posture. This begins to address attitude. Mr. Tom Burnickus, a former Massachusetts State Trooper, states that "light and noise are the most effective deterrents" to assault, and that one can be prepared to respond with a noise making device and a plan of action, such as knowing where the nearest home, business or telephone is located.

These are very sensible strategies. Yet, it is here that my mature sensible self becomes aware of the emotional, perhaps rebellious part of me that

believes something is desperately wrong with this picture. It is this highly charged emotional strain that is continually triggered in me in response to verbal harassment and bodily attacks against innocent people. In the past two years I have known two women by name who were physically, and/or sexually assaulted while running in this area! That is two too many as far as I am concerned.

I run alone and also with a group, and there is rarely an outing without a cat-call or a human bark, or a horn blowing, or some other inaudible remark or guttural opinion. It's tiresome and while my attitude may be self-assured and purposeful, I am feeling increasingly angry and disappointed. This is about attitude too. The present reality dictates that I am no longer able to run wherever and whenever I choose to without risking harm and sharp criticism for demonstrating poor judgment and carelessness. It's that curious phenomenon of blaming the victim, perhaps because the problem seems too overwhelming or out of control. Or because we have become conditioned to the ever increasing violence that is

happening around us, and it's just another day. Or maybe because people really do believe that the victim asks for it! I don't know.

In closing, I would like to share one thing I do know. And that is my attitude is changing. I think we're in trouble. The Portland Press Herald recently ran a blurb highlighting the results of the 23rd Annual Survey of High Achievers, a study of high school students nationally. It found that almost one third of them have contemplated suicide, and nearly half have experienced violence in school. The results find a "generation that is sexually aware, politically indifferent, personally depressed, economically anxious and fearing for their safety." I am sure that many of us would love to recommend that they tie on their running shoes and begin to work out some of this stress. Can we safely say this? With people feeling pitted against other people in the holistic and integrative context of running, we are going to have to work extra diligently toward finding, creating, exuding, and sharing a positive, loving *Attitude*. Else we're in big trouble and no older brother is going to bail us out.

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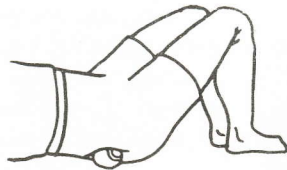
Get to Know Your Glutes!

by Deb Merrill

The gluteus muscles are located on your posterior hip. There are three of them (see diagram) and they overlap in areas. The glutes function to stabilize, rotate and extend the hip.

Their close cousins are the deep six rotators, located underneath the gluteus group and famous for the piriformis syndrome. Many athletes have sciatic symptoms where pain radiates from the hip down the back of the leg, and a tight piriformis can be the culprit. Triggerpoints in the gluteus muscles and deep rotators can mimic sciatic symptoms as well as cause sacroiliac pain. Faithful stretching and tennis ball therapy can keep this area healthy and free of triggerpoints.

These muscles are especially prone to soreness after hilly, long or fast workouts. Because they stabilize the legs, heavy pounding can overly stress them.



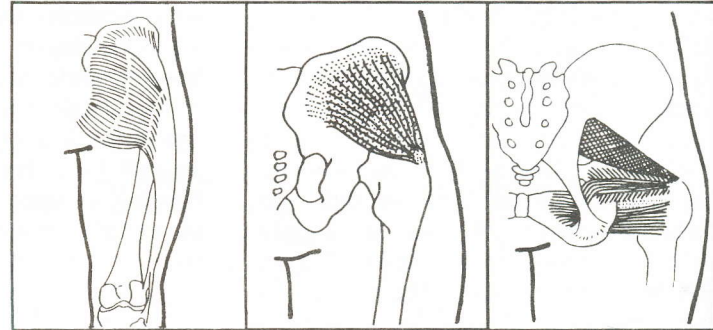
Roll on a rug with a tennis ball pressing into the muscles, as shown above. Be gentle, roll slowly and limit each session to five minutes. Roll up and down and sideways, hold triggerpoints for ten seconds and do no more than once a day.



Stretching the piriformis: right hand pulls down right hip, left hand pulls down right knee to opposite side. Stretch five seconds, relax and repeat ten times. To perform postisometric relaxation, push right knee up into left hand for a few seconds, relax and stretch again.



Stretching the gluteus maximus: pull knee toward chin with hands clasped above knee on the lower thigh. Pull for five seconds, relax and repeat ten times.



gluteus maximus

gluteus medius
gluteus minimus

deep six rotators-
piriformis on top

If tendonitis occurs, where pain remains in an area for a long time, cross fiber friction may be needed to separate the scar tissue knots, bring back flexibility, blood supply and muscle health. Your local neuromuscular therapist or sports massage therapist can help instruct you with these techniques.

Deb Hewson Merrill is a neuromuscular therapist in Brunswick. She is a Hawaii Ironman Triathlon finisher, has run a 1:28 half marathon and a 3:15 marathon.

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Mainely Running's Athletes of the Month

Rosalyn Randall (Photo on this month's cover.) is a triathlete and an ultra runner. In October, "Roz" ran around a 4 mile loop 12.5 times in a time of 7 hours, 30 minutes and 50 seconds. To give you an idea of how fast this is; she ran the first 26 miles in under 3:45 and then ran another 24 miles at very close to the same pace. This should rank very high in the 1992 TACSTATS rankings, however, we will have to wait until they are published to see. We do know that it would have ranked 6th in the US for any women and second in her age group (40-45) in 1991.

Roz's training secret can be best described as "Tons". If she isn't working she is usually running, biking, swimming or lifting weights. Since 1985, she has done 1 or 2 iron man distance triathlons each year. She has done the Iron Man in Hawaii numerous times and often places high in her age group. Roz's training doesn't suffer during the infamous Maine winters. She is a veterinarian at the Scarborough Animal Hospital for 9 months, then she heads for Tampa Bay Downs in Florida to work for the winter. She returns every year for the Boston Marathon which is one of her favorite events.

Below: Wayne Stewart of
Fredericton



Wayne Stewart of Fredericton New Brunswick, doesn't cross the border very often to run in the US, but when he does his performances are unquestionably worthy of recognition. In June of 1991, I watched Wayne win the Bruce Ellis Master mile in Fairfield and then minutes later he ran the Joseph's 5K in a respectable 16:26 for 6th place. At the time Wayne was 43. I wasn't overly impressed with his 5k time since the winner Steve Podgany had just turned 40 and won with the awesome time of 15:36. At this year's Aspirations 10K at U of Maine in Orono in October, a contingent from the Fredericton Running Club had some strong performances against the likes of Chuck Morris, Mike Gage and Tim Wakeland and came close to winning the team award from the local Sub 5 Track Club.

Unfortunately, Aspirations is not TAC certified, but it has been measured with a wheel and none of the reported finish times would indicate a short course. In any case, Wayne's time of 32:37 is impressive for a 45 year old. *If* the course was certified and *if* Wayne was a US citizen, this time would have placed on the all time US rankings and would have been the 4th fastest in 1991. I hope we will see Wayne and his club members at the TAC Indoor Championships at Bowdoin on February 27th.

As Mainely Running athletes of the month Roz and Wayne will receive a *Mainely Running* sweatshirt.

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Learning Tree Ski Days

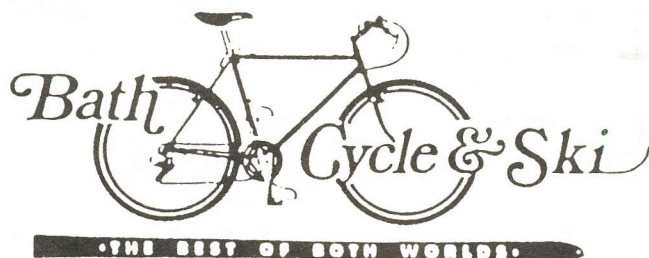
The Maine Nordic Ski Council has joined with the Maine Forest Products Council to host a series of LEARNING TREE SKI DAYS to benefit Project Learning Tree. The Maine Forest Products Council is a statewide association of the forest products community representing landowners, loggers, truckers, lumber and dimension stock processors, hardwood manufacturers, paper companies, land management firms and other related firms. Project Learning Tree is an award winning environmental education program designed for educators working with students in kindergarten through grade 12. By using the forest as a "window" into the natural world, young people become aware of their presence in the environment, their impact upon it, and their responsibility for it.

Each LEARNING TREE SKI DAY includes a skiing session with a forester from 10am to 1pm. Individuals and families can ski together for the remainder of the day. The cost is \$12 for adults, \$6 for juniors 12 and under and includes the center's trail use fee.

January	3	Sunday River	Newry
	10	Troll Valley	Farmington
	17	Harris Farm	Dayton
	24	Natanis	Augusta
	31	Carter's Farm	East Bethel/Oxford
February	7	The Birches	Rockwood
	14	Katahdin Country	Millinocket
	21	Bethel Inn	Bethel
	28	Sugarloaf	Carrabassett
March	7	Saddleback	Rangeley

A (Nordic) Dream Come True

Growing up on a dairy farm along the Androscoggin River in East Bethel, David Carter often hiked through the woodlands and fields which now are part of an extensive 60 kilometer network of cross country trails rising from the banks of the Androscoggin River to near the summit of 1896 foot Farwell Mountain. After a high school and college career in cross country ski racing, David helped establish the Jackson Ski Touring Center in Jackson N.H. In 1976, he and his wife Anne settled on a farm in Oxford, Maine growing vegetables in the summer and opening his fields and woodland trails for cross country skiing in the winter. In 1992, David's dream came true when he returned to the old East Bethel homestead and opened a second cross country skiing facility. The new facility brought the added dimension of scenic vistas of the Presidential and Mahoosuc ranges to the cross country ski scene in Bethel. This season, the Carters have expanded their trail network and built a comfortable warming lodge near his family's dairy farm.



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Cross Country Skiing's Downeast Challenge

by Eric Hanson

The Acadia Crossing is a relatively new event on the Maine nordic scene. Organized and sponsored by the Mount Desert Island YMCAA and Cadillac Mountain Sports, the event is in its third year. Since January 1991, when 57 skiers crossed the finish line, the event has grown rapidly. Over 70 raced in 1992, and over 90 skiers are expected this season.

This year's Acadia Crossing will take place on January 16 at 11am. The snow date has been set for February 6. The 15 kilometer race will offer both classic and freshly divisions.

The event is a race, but it is also a ski tour. Many of the fastest skiers in Maine participate, as well as the numerous

recreational skiers who simply enjoy the beauty of the park.

The race is popular with recreational skiers because the scenery is unmatched in Maine. The course traverses 15 kilometers of the most beautiful carriage roads in Acadia National Park and the Rockefeller Estate.

Acadia National Park has over 30 miles of groomed trails throughout the ski season. There are typically over 40 days of good snow cover. The favorite trail of local skiers is considered to be the Around Mountain Trail, which is 11 miles long and offers views of stunning beauty. A magnificent short trail is Upper Hadlock, which is 3.6 miles. All winter long, this spectacular

scenery is available for everyone to enjoy, at no cost.

The race weekend, however, may be the best time to ski the Park. The trails are groomed to perfection and a portion of the course is only open to skiing during the race weekend. In addition, the Acadia Corporation opens their heated dormitory near the Jordan Pond House for a warming and waxing facility and busing is provided to transport skiers across the Park. If you want a taste of skiing downeast, this is the time to go!

For information about race conditions, call the YMCA at 288-3511. For general ski conditions, call the National Park Service 288-3338.



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- | | |
|--------------|--------------------------------------|
| Dec. 12 & 13 | Equipment Demo Weekend |
| Dec. 13 | Wild Moose Run; 10km Skate Race |
| Dec. 19 & 20 | Skier's Challenge Workshop |
| Jan. 16 | Skier Advancement Clinic |
| Feb. 7 | Sugarloaf Ski Marathon; 40km Classic |
| Feb. 14 | Telemark Clinic |
| Feb. 20 | Skier Advancement Clinic |
| Mar. 14 | Leprechaun Loppet; 10km Skate Race |

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Athlete Profile - Michael Gaige

by Susan O'Brien

Running is simply a way of life for Michael Gaige. He's a top masters runner and a strong supporter of the running community.

Michael's running career didn't start until his sophomore year at Lock Haven State College in Pennsylvania. Before that, he was more interested in playing high school football in his home town of Canton, Pennsylvania. His running career in college blossomed quickly, and he was a "hot shot" from the start. After moving to Maine his running career continued. He is currently very active on the road racing circuit.

Michael's favorite race has always been "The Schoodic 15k". He has never missed a race. He set the course record there in 1982 with a time of 46:51. Hey, most of us don't dream that fast!!! His record held until his friend Bruce Bickford broke it several years later.

Michael has other races that he runs on an annual basis. Some of these are "The Blueberry Run" in Machias and "The Fourth of July" in Bangor.

Michael has also been active in other facets of running. He is qualified to certify race courses and has done many in Maine. He has been involved in supporting and training the Bangor High Cross-Country team this fall, and has helped train other local runners like Shelly Antone and Sarah Gehrt. He is actively involved in the Sub 5 Track Club and serves as the club treasurer. His contributions to running continue long and hard after the race ends. Often Mike races, wins, and then works the finish board.

Considering his heavy involvement in running there seems to be no time left; yet, Mike has time for a successful career as a litigation paralegal. He is employed at the law firm of Eaton and Peabody in Bangor. He also has an active family life with his wife, Beth and three daughters.

Mike's present goals are geared towards Masters running. He has looked forward to that 40th birthday for quite some time. This August he became a masters runner and is competitive on the

national level. Disappointment has accompanied his success with a recent hamstring injury. He is hoping that a somewhat restful winter will cure this. I expect to see him back running strong in no time.

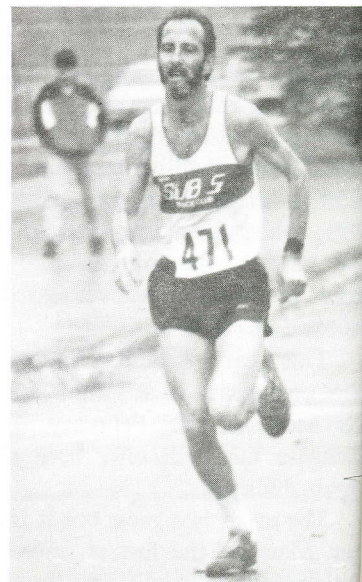
Michael's training fluctuates as his short term goals vary, always keeping his long term goals in mind. I was surprised that he doesn't keep track of miles but records the total time he runs. His short runs are 30-50 minutes and his long ones are 1 1/2 to 2 hours. His yearly totals are interesting:

1991	142:39
1990	216:38
1989	227:42

Will his first full masters season be longer? Time will tell. keep watching in 1993!!!

One of Michael's favorite long training runs is on the carriage trails around Eagle Lake on Mt. Dessert Island. Often he'll take a long Sunday morning run there and later in the week do speed work on the track. Michael is very dedicated to his training and puts a lot of thought and energy into planning it.

Michael is a special person in the running community. He is a motivated runner with directions; yet, he isn't so self-directed that he doesn't ask recreational runners "How's your running going?" or "How's that injury healing?" He's a role model for us all. Thanks Michael.



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Athletes must obtain the meet coordinator's approval for entry into these fields which will be limited to ten competitors per event. There will be seven meets with a point scoring system to determine the overall series award winners. The emphasis is on consistent participation for development of speed and track racing experience. Substantial awards will be made to the series outstanding performers. There will be no award for any individual race.

WOMEN who wish to participate must have run, within the last year, a minimum of a sub six minute mile or a sub 20:30 5k on a certified course. Runners will be admitted into each event in order of performance with the ten starting spaces filled in performance order. Runners near the cut off times will be wait listed to participate on a space available basis. This is due to the limited time available at these college meets for non-college events. We do not wish to interfere with the college time

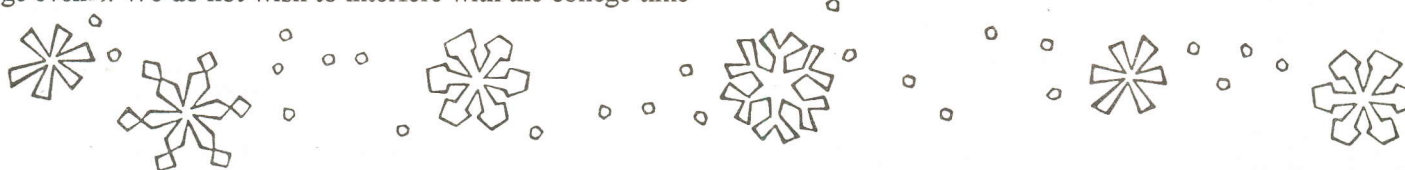
schedules. No team affiliation is required. There are no team awards. Please call Marge Podgajny to enter at 725-8767.

MEN who wish to participate should contact Steve Podgajny at 725-8767 for confirmation of their participation. Entries will be filled by the ten fastest applicants for each meet. Slower runners will be accepted on a competitiveness and space available basis.

SCHEDULE

DATE	LOCATION	DISTANCE
12/19/92	Bowdoin	Women: 5000 Meter
12/19/92	Bowdoin	Men 3000 Meter
1/30/93	Bowdoin	Men 5000 Meter
1/30/93	Bates	Women: 3000 Meter
2/5/93	Bates	Women: 5000 Meter
2/5/93	Bowdoin	Men 3000 Meter
2/25/93	Colby	Women: 1500 Meter
2/25/93	Colby	Men 1500 Meter
2/27/93	*Bowdoin	Women: 3,000 Meter
2/27/93	*Bowdoin	Men: 5,000 Meter

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Shin Splints

By Alfred Wakeman, ATC

Shin splints, technically known as posterior tibia stress syndrome, is a sharp pain on the inside of the tibia, the major bone in the lower leg. Shin splints are usually seen early in a sporting season when an athlete is not conditioned to the stress of strenuous work. They may also arise from a change in exercise surface, i.e. from a grass covered soccer field to a hard surfaced basketball court. There is currently some debate over the mechanism behind the pain of shin splints. Some believe that the increased pull of certain muscles causes an inflammation of the connective tissue covering the tibia. This would explain why the pain seems to come from the shin bone itself. Another theory is that the inflammation occurring in the muscles of the lower leg creates an increase in pressure and soreness or tenderness in the shin area.

Diagnosis of shin splints involves a complete history with attention to any increase or changes in physical activity. A second step in diagnosis is analyzing the physical structure of the lower leg and foot. The alignment of the skeletal structures as well as the individual characteristics of how a person stands or runs can be important in determining both cause and treatment. Lastly, the degree of severity of shin splints is determined by the amount of pain present when palpating the tibia.

Treatment of shin splints involves a reduction in activity as well as icing the affected area. Cardiovascular fitness can be maintained with a routine of swimming or riding a stationary bicycle in place of running. Icing should be done 20 minutes before and after practice and also for 20 minutes at night. Your athletic trainer may be able to supplement this treatment with taping prior to practice or games.

A word of caution, shin splints can develop into stress fractures if not properly treated or resolved. Therefore, treat early signs of shin splint discomfort before they become more serious and valuable practice or game time is lost.

Ed: Alfred Wakeman is a certified athletic trainer and currently manages the school training programs for Coastal Sports Care Plus in Belfast. He also works in the sports clinic with the facility's physical therapists and sports physicians.

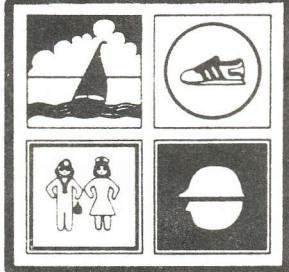


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1991 TACSTATS Road Running Rankings

Linda & Basil Honikman manage TACSTATS and were kind enough to send Mainely Running data concerning Maine runners. The following list indicates those performances that met the TACSTAT time standards for 1991. The performance must have been run on a TAC certified course and the race director must have recorded your time appropriately. The information must also have been sent to TACSTATS. Don Penta is now Maine's record keeper and as such he is assisting race directors in getting the data to TACSTATS. If your name is on this list, congratulations! A framable certificate of your achievement can be ordered by sending \$12 to TACSTATS, 915 Randolph RD, Santa Barbara, CA 93111, The number in the last row indicates where the performance ranked in 1991 for the age group.

5K	30:37	JENNIFER ALPERN	8*	WDF	707	10M	55:12	FRED RANDALL	40	Bowdoin	24
5K	22:18	DENISE JONES	12*	Sunrise	406	10M	56:59	JIM TOULOUSE	43	Bowdoin	67
5K	22:08	NICOLE MCTIMONEY	13*	Epstein's	382	10M	58:37	GUY BERTHIAUME	45	Bowdoin	30
5K	22:24	KELLY CAMPBELL	13*	Epstein's	421	10M	59:27	GUY BERTHIAUME	45	Mid Winter	46
5K	22:30	KATE MCNAMARA	13*	WDF	435	10M	59:53	LAWSON NOYES	49	Bowdoin	52
5K	19:41a	GLADYS GANIEL	14*	Cutler	113	10M	1:04:47	RUSS CONNORS	59	Bowdoin	16
5K	20:47	ELEANOR ANDERSON	14*	Epstein's	199	10M	1:06:06	ARNIE GREEN	59	Bowdoin	31
5K	19:48a	SHAWN LAMOUREUX	16*	Cutler	124	10M	1:13:18	WALTER WEBER	60	Mid Winter	45
5K	19:35	KRISTIN PIERCE	17*	WDF	101	10M	1:14:47	GARY DOWNS	60	Bowdoin	54
5K	18:21	MELISSA LOCKMAN	18*	Epstein's	13	10M	1:13:02	CARLTON MENDELL	69	Bowdoin	13
5K	18:59	KATHERINE CHABOT	18*	WDF	52	10M	1:13:58	CARLTON MENDELL	69	07/30/91	15
5K	16:24	JOAN SAMUELSON	33*	Freihof	59	10M	1:14:50	RUSS BRADLEY	67	Bowdoin	21
5K	16:55	MICHELLE HALLET	27*	Back Bay	148	10M	1:15:46	RUSS BRADLEY	67	Mid Winter	22
5K	17:17	TINA MESERVE	24*	Freihof	227	10M	1:15:57	CARLTON MENDELL	69	Mid Winter	24
5K	17:19	MICHELE HALLETT	27*	WDF	239	10M	1:31:07	JOSEPH BENNETT	71	Bowdoin	21
5K	17:20	SALLY PERKINS	28*	Freihof	245	HMAR	1:13:29	JOAN SAMUELSON	34*	09/22/91	9
5K	17:25	KATHY TRACY	24*	Freihof	284	HMAR	1:35:00	CAROL PIERCE	45*	Fore River	29
5K	19:43	ROBIN EMERY-RAPPA	44*	Epstein's	151	HMAR	1:42:25	LOUISA DUNLAP	50*	Bar Hbr	37
5K	19:52a	CAROL MOSEL	41*	Cutler	169	HMAR	1:46:10	JEAN THOMAS	55*	Fore River	20
5K	21:30	FAYE GAGNON	46*	WDF	115	HMAR	2:01:42	CONNIE BILLS	64*	Bar Hbr	19
5K	22:59	RENE COLLINS	50*	WDF	124	HMAR	1:12:09	DANNY PAUL	37	Fore River	35
5K	23:39	JEAN THOMAS	56*	Back Bay	66	HMAR	1:15:29	JOE MCGUIRE	47	Bar Hbr	10
5K	23:56	JEAN THOMAS	55*	Back Bay	79	HMAR	1:17:15	GUY BERTHIAUME	45	Fore River	30
5K	25:21	WENDY SAYRES	57*	Back Bay	129	HMAR	1:18:58	LAWSON NOYES	49	09/15/91	53
5K	26:34	MEAD BROWNELL	60*	WDF	73	HMAR	1:22:25	BOB COUGHLIN	52	Fore River	49
5K	27:58	CHRISTINE DETROY	63*	WDF	117	HMAR	1:35:45	CARLTON MENDELL	69	Bar Hbr	12
5K	28:28	DOLORES BILLINGS	61*	Epstein's	133	HMAR	1:38:30	CARLTON MENDELL	69	Fore River	20
5K	39:12	BEVERLY MCKINNON	69*	Epstein's	200	HMAR	1:41:27	RUSS BRADLEY	67	Fore River	33
5K	36:43	MARDIE BROWN	74*	WDF	53	HMAR	1:48:59	HARRY BILLS, JR.	68	Bar Hbr	62
5K	27:18	ERIC DICKLE	8	Back Bay	620	MARA	2:26:54a	JOAN SAMUELSON	33*	Boston	2
5K	27:45	RICKY MEINKINY	8	Back Bay	651	MARA	2:33:48a	JOAN SAMUELSON	34*	New York	9
5K	20:42	RYAN MOORE	9	07/04/91	386	MARA	3:39:03a	LOUISA DUNLAP	50*	Boston	42
5K	22:56	BRANNIN BUEHNER	9	Sunrise	481	MARA	3:42:44a	JEAN THOMAS	55*	Clarence	24
5K	20:43	JEFF MITCHEL	11	Back Bay	390	MARA	2:29:40	ANDY PALMER	37	10/26/91	63
5K	19:50	ETHAN HIGHBEE	12	Epstein's	326	MARA	3:25:37a	CARLTON MENDELL	69	Boston	14
5K	21:23	MORGAN BUEHNER	12	Sunrise	422	MARA	3:30:15	CARLTON MENDELL	70	Pine Tree	2
5K	16:50	T. J. SPRAGUE	15	Sunrise	143	MARA	3:31:49	CARLTON MENDELL	70	Marine Corp	3
5K	15:21	NATE RUDER	18	07/31/91	9	MARA	3:59:55	GEORGE DEMERCHANT	71	Pine Tree	0
5K	15:19	ANDY PALMER	37	Back Bay	42	50M	6:28:17	JOE HAYES	43	MTC 50	9
5K	15:54	STEVE PODGAJNY	40	Back Bay	74	50M	6:47:57	HANS VAN WILLIGEN	53	MTC 50	2
5K	22:05	CARLTON MENDELL	69	Back Bay	93	50M	9:23:47	RICHARD BUSA	61	MTC 50	7
5K	23:44	BILL LAWLER	66	Epstein's	205						
5K	33:29	DON MCKINNON	71	Epstein's	288						
5K	35:48	NORMAN PELKEY	75	Epstein's	106						
8K	27:20	JOAN SAMUELSON	34*	08/17/91	73						
8K	33:55	CAROL PIERCE	45*	PT-8K	27						
8K	45:32	CHRISTINE DETROY	63*	PT-8K	54						
8K	46:26	LEONA CLAPPER	61*	Blueberry	64						
8K	47:37	SANDY MCDONALD	72*	Blueberry	6						
8K	27:00	TIM MILLER	16	PT-8K	20						
8K	27:04	GEOFF BATES	17	PT-8K	23						
8K	26:09	MIKE GAIGE	39	Blueberry	67						
8K	26:36	STEVE PODGAJNY	40	PT-8K	74						
8K	29:22	BOB PAYNE	53	Back Cove	44						
8K	29:30	BOB COUGHLIN	52	PT-8K	51						
8K	31:37	BOB HAZZARD	59	PT-8K	56						
8K	35:24	CARLTON MENDELL	69	PT-8K	25						
8K	36:35	CARLTON MENDELL	69	06/22/91	45						
8K	43:33	JOSEPH BENNETT	71	Back Cove	68						
8K	51:18	FRANK LONG	74	PT-8K	131						
10K	33:23	JOAN SAMUELSON	34*	06/08/91	35						
10K	54:39	NANCY BAKER	60*	07/04/91	66						
10K	56:51	MEAD BROWNELL	60*	05/18/91	104						
10K	32:00	MICHAEL GAIGE	39	Kingfield	68						
10K	34:22	GUY BERTHIAUME	45	Sentinel	0						
10K	35:22	CONRAD WALTON	52	Kingfield	23						
10K	1:03:09	LESTER RHODES	75	05/04/91	66						
12K	40:00a	JOAN SAMUELSON	34*	05/19/91	3						
15K	52:46	JOAN SAMUELSON	34*	03/24/91	33						
15K	49:43	ROBERT SPAULDING	36	07/14/91	21						
20K	1:14:00	MICHELE HALLETT	27*	09/02/91	11						
25K	1:39:58	MARGE BROWN	28*	09/08/91	28						
25K	1:59:54a	CAROL PIERCE	44*	Rockland	32						
25K	1:57:59	CAROL PIERCE	45*	09/02/91	10						
25K	2:06:11a	LOUISE DUNLAP	50*	Rockland	9						
25K	2:22:59	NANCY STOKES	64*	09/02/91	3						
25K	1:56:17a	CARLTON MENDELL	69	Rockland	9						
25K	1:58:53	CARLTON MENDELL	69	09/02/91	13						
25K	2:00:54a	RUSS BRADLEY	67	Rockland	17						
10M	1:06:57	EILEEN DUNFEY	35*	Bowdoin	41						
10M	1:07:29	ELLEN BOWDEN	38*	Mid Winter	48						
10M	1:07:31	ROBIN PANCER	35*	Bowdoin	49						
10M	1:09:11	HANE RAU	41*	Bowdoin	48						
10M	1:18:38	JEAN THOMAS	55*	Mid Winter	15						
10M	1:18:44	JEAN THOMAS	55*	Bowdoin	16						
10M	1:33:34	BEVERLY MCCOID	56*	Bowdoin	50						
10M	1:38:03	DOLORES BILLING	61*	07/30/91	21						
10M	1:39:04	DELORES BILLINGS	60*	Mid Winter	22						
10M	1:49:10	CHRISTINE DETROY	62*	Bowdoin	30						

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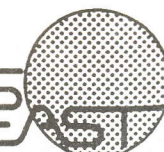
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U.S Racewalkers Badly Beaten In 20K Event

By Dr. Moshe Myerowitz

Olympic fever has come and gone! This enthusiastic and epidemic illness that strikes athletes and those interested in athletics, every four years seems to be self-limiting and requires no medical attention. After this feverish activity and crisis has passed, its victims (us) are able to gradually return to the "real world" and go about our routine activities until this cyclic epidemic type illness strikes again in four years.

In the meantime, the more things change the less things change. Although the Olympics have improved in technological capability, public relations fanfare, and in a variety of other ways little has changed in racewalking for the U.S. team. The results of the men's 20K racewalk produced no surprises. Our single American participant, Alan James could place no better than 30th with a time of 1:35:12. In prior Olympics the men's 20K racewalk team have placed as high as 17th and 6th. Only once in the entire history of Olympic racewalking (since 1906) has an American medaled in this event.

In prior years such racewalking greats as Ron Laird and Henry Lasku have consistently placed closer to the top than U.S. Men's racewalkers in recent Olympics. Laird and Lasku accomplished these feats at a time when the U.S. Olympic Committee had not supported racewalking in any way at all! Today, the top American racewalkers receive encouragement from the U.S. Olympic Committee and the Athletic Congress. Time is spent at the Olympic Training Center in Colorado with the U.S. racewalking team. Yet, we are unable to produce racewalkers that are competitive at the international level in the open division. In the Masters Division, U.S. racewalkers are a force to reckon with.

Alan James' time of 1:35:12 was approximately thirteen and a half minutes behind the winner of this event, Daniel Plaza Montero of Spain, captured the gold in 1:21:45 for the 12.4 mile distance. Guillaume LeBlanc of Canada captured the silver with a time of 1:22:25, and Giovanni DeBenedictis of Italy took the bronze with a time of 1:23:11. Maurizio Damiano also of

Italy, took fourth with a time of 1:28:25. Interestingly, another Canadian, Berrett finished in the top 15 with a time of 1:28:25. Racewalking is a major sport in Europe and Latin American countries and a minor sport in the U.S. and Canada. The Canadians have become more active in developing programs so that their racewalkers could be more competitive on the international scene. Their efforts over the past ten years are bearing fruit. The U.S. still lags far behind, although attempts to develop a "feeding system" that will ultimately produce internationally competitive racewalkers is beginning to show evidence of success.

Dr. Tom Eastler's siblings, Greg and Kevin are "shining lights" of the new generation. Others in Maine show great promise. Eastler has been very active in promoting racewalking amongst the current school generation. Another active individual has been working extensively with Maine youth is Ray LaFreniere. His career as a preteen and early teen racewalker is becoming very competitive.

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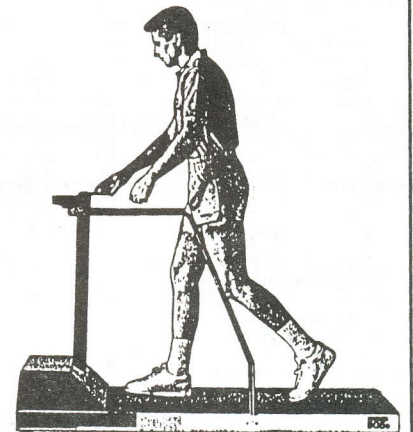
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"Ice" Riding

By Davis Carver

OK, now. Shut your eyes (figuratively speaking). Imaging a road that winds through forests, fields and marshes. Now imagine this road having no cars, no phone poles, no signs, no driveways. Just you, the road and the wilderness.

Now, open your eyes.

This road exists, and it's one of my favorites, but there is a catch! It's only open in the winter, and it requires a little preparation and common sense to ride it. As you may have guessed by now. I'm talking about ICE RIDING. Every stream, brook, pond, lake and river is a possibility. For me, few things can match the thrill of exploring a winding brook, pedaling upriver through a snowy tunnel, hearing only the sound of my breathing and an occasional rustle in the bushes.

All right, enough sappy sentimentality, already. If you're psyched to try ice riding, you've got to address three issues: traction, warmth, and safety.

There are three options in studded tires. The first is the IRC Blizzard tire, a conventional knobby pattern with a few anaemic steel studs that give you just enough traction to get you in trouble. These retail for about 30 dollars apiece.

The second option is a homemade studded tire. These are simple to make as well as inexpensive. First, take any knobby tire with a fairly open pattern and mark the center of each knob on the inside of the tire with a felt tip marker. Next, turn the tire inside out. Now using a power screwdriver or a drill with a #2 Phillips bit, insert a #7 x 3/8" or #7 x 1/2" pan head sheet metal screw in each mark. They should protrude about 1/8" above the tread. A thorn-proof tube in place of your regular tube will prevent internal flats caused by the screw heads. Be sure to use Pan-head screws. These can be identified by their smooth rounded head and a combination Phillips/straight slot. If you don't have time to do your won tires, some shops offer custom studded tires. If you still can't find any, give me a call at 207-442-7840.

The third option is the Porsch of studded tires. These tires are custom studded with carbide studs. Although they're heavier and more expensive than your garden variety tire, the carbide studs last almost indefinitely. They're called Polar Claws and retail for 45 dollars each.

I have seen, but not tried, a new design of strap-on chain called Pit Bulls, which attach to an existing tire. I believe they retail at about 55 dollars per pair.

The next issue to address is warmth. We generally wear a polypropylene inner layer, a layer of fleece or wool and a wind resistant outer layer. The trouble spots you're likely to encounter

are feet, hands and head. My favorite set-up is a thick pair of wool socks, my riding shoes, and a pair of PYI neoprene booties. I've ridden at 5 below zero and had warm feet with this set-up. You may want to put on a pair of extra large clips to accommodate larger shoes or booties.

For those really cold rides, consider a pair of mittens. Otherwise, a pair of well insulated gloves will do.

Most of your heat loss is through your head. A balaclava works well and can be turned into a hat if you start getting too warm. Taping the vents of your helmet cuts down on the drafts as well.

Now, before you hop on your bike and head across the nearest lake. READ THIS!

Most things that are fun involve a certain element of danger, and this is certainly no exception. Use a little common sense and preparation and you shouldn't have a problem.

- 1 Ride with a friend. If either one of you gets in trouble, the other can help out.
- 2 Carry with you: a rope, 2 spikes about 4 inches long, and matches or a lighter in a waterproof container. The rope should be long enough to throw to a friend without endangering yourself. If you do fall through the ice, stay calm, your first priority is getting out as fast as possible. Face the direction you came from and use the two spikes to pull yourself to ice thick enough to support your body weight and pull yourself out.
- 3 Always stay to the edge of a stream if possible, and remember that the fastest flow is on the outside of a curve. Avoid bridges, dams and narrow sections. These are areas of increased flow and potential thin ice.
- 4 Stay at least 30 feet from your riding buddies if you aren't absolutely sure of the thickness of the ice. Take turns at the lead and try to follow a common path.
- 5 When in doubt, don't chance it.

Give it a try! You'd be surprised at the new unexplored terrain out your own back door!

Editor note: Davis is the owner & operator of Bath Cycle & Ski and is an avid bicyclist of all kinds. When you read this Davis will be in Puerto Rico mountain biking. And he wants us to ride our bikes on the ice, oh yeah!!

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Maine State Time Trials Series Overall Results

Best 5 of 8 times used to calculate total.

	Race 1	Race 2	Race 3	Race 4	Race 5	Total
Bob Dubois	40:11	40:49	40:29	40:51	41:02	3:23:22
John Grenier	42:01	41:58	43:17	42:36	42:47	3:32:39
Rocky Freeman	43:07	43:16	42:35	42:49	42:48	3:34:35
Gil Cole	42:28	42:59	42:53	43:20	43:18	3:34:58
Ray Marchessault	43:17	43:17	43:15	43:00	42:37	3:35:26
Dean Read	43:22	43:45	42:30	43:05	43:56	3:36:38
Bill Cochran	43:12	43:48	44:05	43:14	44:11	3:38:30
Danny Smith	46:43	42:51	44:15	42:52	42:28	3:39:09
Kirk Jurgelevich	44:00	44:16	4:18	44:16	44:03	3:40:53
Jamie Brooks	44:19	44:50	43:43	44:22	44:07	3:41:21
Dan Grover	45:23	44:10	44:12	44:00	45:25	3:43:10
Ed Mendes	45:01	44:28	43:40	45:08	45:00	3:43:17
Dick Marchessault	44:46	44:40	44:14	44:53	46:29	3:45:02
Jeff Longfellow	46:13	44:38	46:08	45:25	45:28	3:47:52
Mark Simpson	45:29	46:24	45:23	45:04	46:07	3:48:27
Bob Pfeiffer	45:50	45:50	45:33	45:17	45:46	3:49:16
Marc D'Amour	46:02	46:09	45:40	45:39	47:02	3:50:32
Brian St. Louis	45:23	45:39	46:21	46:53	46:17	3:50:33
Jared Johnson	48:19	45:58	45:40	44:37	47:08	3:51:42
Jim Dowling	46:50	46:33	45:59	45:56	47:07	3:52:25
Matt Ouellette	46:25	48:29	46:45	45:31	46:03	3:53:13

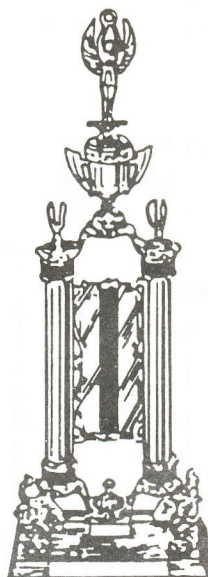
Donald Grover	46:33	46:13	46:20	46:26	48:09	3:53:47
Bob Phelps	46:57	45:48	47:13	47:38	48:03	3:55:39
Kyle Warren	46:41	46:20	47:22	48:05	48:28	3:56:56
Chuck Hillier	47:40	47:13	47:23	47:52	47:15	3:57:23
Cliff Greim	48:22	48:08	47:03	47:27	47:19	3:58:19
David Miller	49:04	48:11	47:08	45:52	48:08	3:59:23
Beryle Martin	47:24	47:59	47:43	48:09	49:03	4:00:18
Doug Dolan	48:59	48:25	48:39	47:15	47:52	4:01:10
Kevin Ross	50:51	48:10	47:23	48:13	48:23	4:03:00
Josh Freeman	48:41	47:10	49:17	48:28	51:22	4:04:58
George Walsh	48:49	49:15	48:38	49:44	50:03	4:06:27
Jeff Hawksley	50:18	49:03	51:02	48:24	51:35	4:10:22
Dave Gagan	50:59	50:28	49:39	49:31	50:12	4:10:49
David Rotford	52:52	49:04	49:08	50:52	49:13	4:11:09
Jim Witherell	52:42	52:02	50:21	49:40	48:57	4:13:42
Cathy Jurgelevich	51:21	42:28	51:45	53:04	53:59	4:22:38
Barb Rattigan	52:58	52:55	52:38	51:51	53:28	4:23:50
Jeff Harrison	52:45	53:50	52:57	55:07	52:36	4:27:15
Dave Hatch	55:29	56:52	56:10	56:11	57:04	4:41:46
Martin Naas	57:48	56:10	54:57	58:15	55:38	4:42:48
Pat Hawksley	64:26	58:07	62:27	59:02	57:23	5:01:25
Deb Pluck	62:07	61:52	60:15	60:02	61:56	5:06:12
Eliza Kenney	66:49	64:20	61:39	57:44	58:36	5:09:07

results courtesy of Rainbow Cycles

Mt. Washington Bicycle Hill Climb * Sept 13th

Dan Works	1:05:44	Auburn	Bobb Balanger	1:24:10	Portland	James Hill	1:47:09	Bangor
Bob Harkins	1:12:40	Paris Hill	Ray Marchessault	1:24:23	Auburn	Stephen Dubois	1:48:18	Kittery
Robert Baiguy	1:15:21	Biddeford	Roger Hoffman	1:24:49	Surry	Kevin McDonough	1:48:25	So Portland
Derek Luke	1:15:32	Scarborough	Charles Cole	1:25:26	Portland	Mike Pappaconstan	1:50:07	Portland
James Reuter	1:16:40	Auburn	Michael Loughlin	1:25:58	Limerick	Bob Pride	1:54:40	Dover-Fox
Nicholas Legare	1:17:19	Auburn	Don Andrus	1:34:53	Rockland	John Greene	1:55:16	Cape E
Scott Logan	1:17:49	Brunswick	Dan Emery	1:36:09	Yarmouth	Gerard Boisvert	1:59:22	Bath
Stephen Morse	1:18:01	Gray	Marc D'Amour	1:38:35	Lewiston	Robert Phelps	2:04:18	Glen Cove
Bill Hartwell	1:18:08	Topsham	Harry Schmitke	1:38:49	Spruce Head	Charles Tingley	2:04:29	Bangor
David Macnair	1:18:18	Camden	Jim Granger	1:40:53	Brunswick	Ardenne Pierce	2:18:41	Bath
Michael Claus	1:18:30	So Freeport	Robbie Jordan	1:42:59	Lewiston	Reginald Smith	2:29:04	Berwick
Gary Soliday	1:19:52	So Portland	Joel Fitzpatrick	1:44:38	So Portland	Fred Nelson	2:38:29	Brunswick
John Long	1:21:12	Portland	Chessell McGee	1:46:22	Portland			

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results courtesy of Ellen Bosden Boys 5-7 (1/2 mile)

1	Ben Evans	2:53	Y
2	Derek Anderson	2:54	C
3	Ryan Dunlap	2:56	B
4	Jeremy Nalden	3:02	Y
5	Andrew Rogers	3:03	Fr
6	Mike Crawford	3:06	Y
7	Anders Wood	3:08	C
8	Owen Krauss	3:10	Y
9	Max Hames	3:13	Fr
10	Nate Passmore	3:13	P
11	Jeff Best	3:15	P
12	Clayton Kyle	3:17	Fr
13	Ben Swardlick	3:19	Y
14	William Macleod	3:28	Y
15	Jack Sidar	3:29	Y
16	Alex Urquhart	3:29	F
17	Thomas Sterling	3:30	F
18	Ian Wing	3:31	Y
19	Kyle Whittaker	3:32	C
20	Trevor Paul	3:44	C
21	Steve Wilson	3:51	F
22	David Blaszczyk	3:55	Y
23	Joseph Cate	4:06	B
24	Brian Mehler	4:09	Fr
25	Ryan McDermott	4:15	Fr
26	Jeremy Urquhart	4:22	F
27	Tim Whiton	4:26	Y
28	Ned Asherman	4:45	F

Girls 5-7 (1/2 mile)

1	Melissa Seiger	3:05	Fr
2	Samantha Bowden	3:12	C
3	Kristina Grimaldi	3:15	F
4	Heather O'Connell	3:23	Y
5	Lyndsey Corkum	3:31	Y
6	Darcee Moulton	3:32	Y
7	Michelle Peters	3:36	Fr
8	Crystal Paslawsky	3:41	Fr

9	Renee Thibodeau	3:41	Y
10	Julie Bragg	3:44	C
11	Louisa Ensworth	3:45	C
12	Jenna Richardson	3:46	C
13	Ashley Bunting	3:49	Fr
14	Amanda Seely	3:51	P
15	Hillary Doten	3:53	Fr

Boys 8-9 (3/4 mile)

1	Evan Allen	3:07	Y
2	Chris Peixotto	3:09	Y
3	Brian Millins	3:16	C
4	Eric Bowden	3:19	C
5	Mike Erkinen	3:19	Y
6	Edward Gray	3:29	B
7	Seth Coburn	3:31	Y
8	Owen Black	3:32	C
9	Sam Nelson	3:34	C
10	Devin Anderson	3:35	C
11	Griff Leach	3:35	Fr
12	Kyle Vosmos	3:39	P
13	Gregory Tripp	3:39	C
14	Alex Harold	3:42	Fr
15	Aaron Norton	3:42	JB
16	Chris LaChance	3:44	C
17	Josh Raines	3:48	Y
18	Mat Allen	3:48	P
19	Oscar Boyson	3:49	C
20	Ben Rogers	3:51	P
21	Billy Dawson	3:53	C
22	Winthrop Sheldon	3:54	Fr
23	Robert Ostreya	3:55	Y
24	Kevin Adair	3:59	B
25	Henry Ensworth	4:00	C
26	Peter Sterling	4:00	F
27	Matt Bowker	4:03	Y
28	Nick Gramaldi	4:05	F
29	Casy Corover	4:08	Fr
30	Scott Booth	4:09	C
31	Chris Enright	4:10	B

32	Andrew McDermott	4:18	Fr
33	Thad Quimby	4:19	C
34	Ryan Harlow	4:20	P
35	Rob Marks	4:22	C
36	Nick Meier	4:26	Y
37	Craig Nale	4:26	Y
38	Nate Hubbell	4:28	Y
39	Byron Marshall	4:29	Fr
40	J.D. Seeley	4:31	P
41	Paddy Foran	4:31	C
42	Mike Dileo	4:36	Fr
43	Ian Dunn	5:30	Fr

Girls 8-9 (3/4 mile)

1	Maria Kamilewicz	3:32	Y
2	Amanda Bowden	3:37	C
3	Amy Banks	3:42	F
4	Acadia Klain	3:43	F
5	Heidi Herrick	3:44	F
6	Erin Lasalle	3:45	Y
7	Larissa Penson	4:02	C
8	Amy Morejon	4:04	Fr
9	Margaret Leblanc	4:05	Y
10	Jackie Curtis	4:06	Y
11	Page Jones	4:08	Y
12	Christy Clugh	4:10	Fr
13	Lyndsey Prescott	4:22	Y
14	Sarah Bennis	4:26	P
15	Moria Foley	4:27	Fr
16	Lorielle Lillie	4:34	B
17	Heather Fraser	4:35	Fr
18	Christine Clancy	4:37	Y
19	Abby Wood	4:41	C
20	Kate Hall	4:42	P
21	Sarah Hames	4:44	Fr
22	Carrie Fuller	4:56	Fr
23	Jackie Nash	5:23	Fr
24	April Doten	5:29	Fr
25	Elizabeth Weber	6:30	Fr

Boys 10-12 (1 mile)

1	Adam Bowden	5:12	C
2	Andrew Crowley	5:14	C
3	Roy Morejon	5:22	Fr
4	Alden Fertig	5:27	F
5	Neil Hutchings	5:39	C
6	Beck Erhard	5:43	B
7	Matt McMenamin	5:44	C
8	Crispen LeBlanc	5:47	C
9	Brian Foley	5:54	Y
10	Dan Root	6:03	F
11	Dane Leone	6:05	Fr
12	Jonathan Gormley	6:19	Y
13	Andrew Marshall	6:34	Fr
14	Ryan Adair	6:37	B
15	Charlie Snow	6:45	P
16	Jake Martin	6:48	Fr
17	Andrew McMorro	6:51	C
18	Eric Booth	6:53	C
19	Sam Penson	6:58	C
20	Shayon Murerjee	7:10	C
21	Amos Simpson	7:14	P

Girls 10-12

1	Jessie McClain	5:46	C
2	Hadley Drake	5:57	F
3	Vanessa Allen	6:00	B
4	Megan Gaudin	6:01	C
5	Catilin Foley	6:17	Fr
6	Amy Snow	6:21	P
7	Brook Moyer	6:27	P
8	Georgie Wright	6:28	B
9	Kim Short	6:28	Y
10	Alison Hewitt	6:29	B
11	Katie Banks	6:49	F
12	Carrie Curtis	7:01	Y
13	Holly Briggs	7:08	P
14	Heidi Griffith	7:17	P
15	Erica Keith	7:33	P
16	Jenna Neilson	7:48	P

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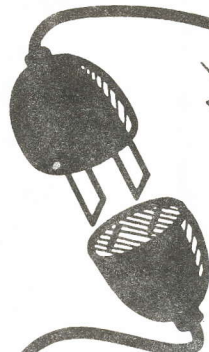
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Bar Harbor 13 Miler * September 19th

This race was part of Bob Winn & Joan Samuelson's marathon training. Bob would win the Maine marathon in 2 weeks and Joan would go on to win both the Maine Half Marathon and the Columbus Marathon. One of the few races in Maine that offer cash for the 1st 3 open finishers. A fairly heavy rain stopped just minutes before the start. This was fortunate for everyone except Paul Paulson who elected to enter as a walker and started early. Paul was soaked well before the rain stopped. Paul wasn't the only one to suffer though, as the rain left very humid conditions for the runners. This course has the well deserved reputation of being one of the most appealing in New England because of it's route through Acadia National Park on the carriage paths. Not the fastest course but one that people like to run and return to run it again. TAC certified

results courtesy of Sharyn Kingma								
1 Winn	Bob	1:10:24	87 Bright	James	1:33:52	137 Steen	Thomas	1:38:11
2 Mutter	Jeffrey	1:10:44	88 Hodges	Sheila	1:33:53*	138 Musgrave	Nigel	1:38:11
3 Bouchard	Henry	1:11:34	89 Avery	Mike	1:34:08	139 Hendricks	Mary	1:38:11
4 Paul	Danny	1:14:36	90 Mountford	John	1:34:22	140 Jones	Jeff	1:38:11
5 Fischetti	Joe	1:15:59	91 McCubbins	Phillip	1:34:25	141 Smith	Clifton	1:38:11
6 Saunders	Jay	1:16:07	92 Emery-Rappa	Robin	1:34:28*	142 Bryant	Ron	1:38:11
7 St. Germain	Tom	1:16:42	93 Todd	James	1:34:41	143 Flatin	Daniel	1:38:11
8 Kennan	Shawn	1:18:39	94 Schwerdel	John	1:34:41	144 Wellman	Dennis	1:38:11
9 Samuelson	Joan	1:19:18*	95 Vodopia	Michelle	1:34:55*	145 Wilson	David	1:38:11
10 Allen	Gary	1:19:19	96 Atherton	Howie	1:34:59	146 Cummings	Dick	1:38:11
11 Reed	Steve	1:19:23	97 Quimby	Ray	1:35:05	147 Davee	Ann-Marie	1:39:00
12 Erskine	Rob	1:19:36	98 Choiniere	Janice	1:35:10*	148 Kirchner	Ted	1:39:00
13 Mace	Matthew	1:20:38	99 Lafountain	Lloyd	1:35:13	149 Young	Harold	1:39:00
14 Renault	David	1:20:50	100 Ellis	James	1:35:13	150 Rodgers	Kevin	1:39:00
15 Mendonca	Michael	1:21:33	101 Coffin	James	1:35:26	151 Boyd	Craig	1:39:00
16 Lovering	Mitchell	1:21:58	102 Rau	Jane	1:35:27*	152 Case	Bill	1:39:00
17 Wight	Barry	1:22:08	103 Brantner	Karl	1:35:29	153 Alex	Mark	1:39:00
18 Lewey	Newell	1:22:21	104 Cuff	Pete	1:35:34	154 Preble	Jeffrey	1:40:00
19 Chalmers	Rick	1:22:40	105 Nealy	Dale	1:35:38	155 Adams	Kevin	1:40:00
20 Brosnan	Michael	1:23:23	106 Worcester	Felice	1:35:56*	156 Hess	Tony	1:40:00
21 Whalen	Stephen	1:23:51	107 Hooper	Kenneth	1:36:00	157 Kelly	Matthew	1:40:00
22 Weeks	Dennis	1:23:57	108 Rossignol	Lee	1:36:01	158 Luff	David	1:40:00
23 Segars	Guy	1:24:18	109 Greenleaf	Michael	1:36:08	159 Quinn	Michael	1:40:00
24 Johnson	Ray	1:24:40	110 Leather	Greg	1:36:14	160 Scribner	Richard	1:41:00
25 Tonzi	Larry	1:25:28	111 Jacques	Jim	1:36:36	161 Conrad	Jospeh	1:41:00
26 Butler	Album	1:25:35	112 Paquette	Ron	1:36:38	162 Kay	Mike	1:41:00
27 Howard	Alan	1:25:51	113 Johnson	Kevin	1:36:51	163 Savage	Mary	1:41:00
28 Twombly	Bruce	1:25:55	114 Dalrymple	Scott	1:36:55	164 Mitsock	Lisa	1:41:00
29 Holton	Tripp	1:26:04	115 DeMers	Peter	1:36:57	165 Gilles	Dillon	1:41:00
30 Frost	Jack	1:26:20	116 Bowen	Carl	1:36:58	166 Giglia	Michael	1:42:00
31 Dauphine	Peter	1:26:30	117 Shields	Jack	1:36:58	167 Yale	Ethan	1:42:00
32 Nealey	JoAnn	1:26:54*	118 Johnson	Lendal	1:37:00	168 Young	Arthur	1:43:00
33 Bither	Chris	1:27:00	119 Kirejczyk	William	1:37:00	169 Cohen	Steven	1:43:00
34 Gates	David	1:27:07	120 Palman	Gary	1:37:11	170 Everett	Stephen	1:43:00
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38 McGee	Julie	1:27:37*	124 Therrier	Rodney	1:37:22	174 Auerbach	Sam	1:43:00
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40 Lamoreau	Paul	1:27:53	126 Mendonca	Connie	1:37:25*	176 Goodenow	Clinton	1:43:00
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42 Wheaton	David	1:28:09	128 Spurrier	Robert	1:37:38	178 Zillman	Don	1:44:00
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44 Yates	Peter	1:28:30	130 Shuttleworth	William	1:37:50	180 Mantfold	Geoff	1:44:00
45 Nesfeder	Mark	1:28:34	131 Foster	Sue	1:37:55*	181 Allen	Hank	1:44:00
46 Love	Ranco	1:28:34	132 Claude Jr.	George	1:37:56	182 Sarrouf	John	1:44:00
47 Getchel	Tom	1:28:35	133 Derosby	Tony	1:37:57	183 Vendrell	Vicky	1:44:00
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50 DellaPenna	Kevin	1:28:59	136 Blair	Scott	1:38:12	186 Snodgrass	David	1:44:00
51 Hildreth	Greg	1:29:06						
52 Hine	Bill	1:29:10						
53 Baldwin	Douglas	1:29:12						
54 Quillen	Terry	1:29:18						
55 Stewart	Hal	1:29:22						
56 Antone	Shelley	1:29:30*						
57 Hague	Frank	1:29:32						
58 Meehan	Mary	1:29:43*						
59 McFadden	Bion	1:29:50						
60 Everett	William	1:29:56						
61 Jordan	Robert	1:30:00						
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74 McDonald	Peter	1:31:56						
75 Rolfe	Christopher	1:32:00						
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78 Graves	Doug	1:32:24						
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80 Stevens	Joshua	1:32:54						
81 Morgan	L. Eash	1:33:03						
82 Reid	Tim	1:33:14						
83 Cesen	Dennes	1:33:22						
84 Pinkham	Bill	1:33:24						
85 Salenovich	Lou	1:33:29						
86 Crovo	Christopher	1:33:30						



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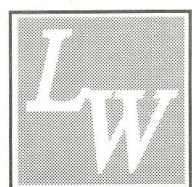
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188 Keigher	Bernie	1:45:27	238 Thompson	Art	1:51:57	208 Sherman	Joyce	2:01:11*
189 Selanka	Mike	1:45:28	239 Scott	Elizabeth	1:52:05*	209 Szewczak	Alexander	2:01:11
190 Samuelson	Scott	1:45:33	240 Lynch	Kim	1:52:23*	290 Smallidge	Arthur	2:02:40
191 Talbot	Micahel	1:45:35	241 Oset	Judith	1:52:04*	291 Patterson	Sally	2:02:54*
192 Grant	Clair	1:45:44*	242 Wilson	Roger	1:52:49	292 Burr	David	2:02:59
193 Usher	Linda	1:46:07*	243 Dunlap	Louisa	1:53:18*	293 Massarella	Greg	2:03:00
194 Matuzack	Joh;	1:46:14	244 Martell	Jane	1:53:33 *	294 Davis	Brian	2:03:02
195 Atwood	David	1:46:17	245 Janas	John	1:53:33	295 Maxwell	Jane	2:04:41*
196 Meaher	Thomas	1:46:23	246 Goulson	Marueen	1:53:36*	296 Pendola	Frank	2:04:49
197 Howland	Fred	1:46:28	247 Galas	Richard	1:53:50	297 Falen	Jean	2:05:09*
198 Brown	Larry	1:46:33	248 Wilson	Katherine	1:53:53*	298 Katz	Bob	2:05:41
199 Pride	Doug	1:46:44	249 Scott	Ed	1:54:27	299 Sullivan	Paul	2:06:05
200 Van Orden	Margie	1:46:51*	250 Turner	Adrienne	1:54:42*	300 Gleason	Jack	2:06:10
201 Erskine	Regina	1:46:57*	251 Pierson	Ted	1:54:45	301 Hamlin	Jon	2:06:47
202 Tasker	Carol	1:47:01*	252 Pearce	Linda	1:54:46*	302 Cawley	David	2:06:49
203 Horr	David	1:47:05	253 Richardson	George	1:54:48	303 Morin	Ed	2:07:05
204 Drinkwater	Stanley	1:47:08	254 Kelly	Chris	1:54:52	304 Khoury	Cindy	2:07:16*
205 Ellingwood	Kenneth	1:47:15	255 Morgan	Ike	1:54:54	305 Vickers	Robert	2:07:16
206 Roy	Tony	1:47:18	256 Sullivan	Delores	1:54:56*	306 Osborn	Nancy	2:07:29*
207 Johnston	Robert	1:47:32	257 Hill	Geoffrey	1:54:58	307 Kucinkas Jr.	Gene	2:07:39
208 Goris	Kimberly	1:47:37*	258 Quillen	Kathleen	1:55:22*	308 Bakker	Marja	2:08:32*
209 Angelastro	Joe	1:47:37	259 Marquis	Robert	1:55:41	309 Miller	George	2:08:03
210 Dougherty	Tracy Lynn	1:47:40*	260 Cass	Donald	1:55:41	310 Kobischen	Eric	2:08:36
211 Davis	Colan G.	1:48:09	261 Coyer	Deborah	1:55:55*	311 Conde	Augusto	2:08:45
212 Cawley	Stephen	1:48:13	262 Farren	James	1:55:59	312 Clapper	Charles	2:09:09
213 Lee	Richard	1:48:14	263 Thompson	Beth	1:56:19*	313 Clapper	Leona	2:09:16*
214 Butterfield	Deter	1:48:16	264 Pohlman	Donnajean	1:56:21*	314 Mason	Tracy	2:10:47*
215 Butterfield	Mark	1:48:17	265 Sewal	Geoffrey	1:56:22	315 Juneau	Deborah	2:11:13*
216 Merriam	Joan	1:48:25*	266 Tobiasen	Harry	1:56:24	316 Frost	Jeffrey	2:11:22
217 Mapleton	Thomas	1:48:36	267 Corey	Debra	1:57:10*	317 Hunt	Linda	2:12:31*
218 Lehan	Brad	1:48:38	268 Juneau	David	1:57:20	318 Kopke	Sarah	2:15:45*
219 Ormar	Michele	1:48:39*	269 Lapore	Paula	1:57:20*	319 Meyers	Robert	2:16:15
220 Boyle	Colleen	1:48:48*	270 Van Orden	Joanna	1:58:10*	320 Bacon	Ann	2:16:21*
221 Zbell	Alan	1:48:54	271 Van Orden	John	1:58:10	321 Farren	Maureen	2:16:40*
222 Delogu	Orlando	1:49:10	272 Sabin	Elizabeth	1:58:31*	322 Tamaro	John	2:16:46
223 Smith	Brad	1:49:12	273 Roberts	Richard P.	1:58:23	323 Karnofsky	Blue	2:17:04*
224 Brennan	Tom	1:50:12	274 Rowe	Kevin	1:58:24	324 Kinner	Pamela	2:19:33*
225 Muldoon	Emily	1:50:21*	275 Gilford	Rebecca	1:58:43	325 Plumer	Doris	2:19:33*
226 Allen	Colleen	1:50:36*	276 Bergman	Dorothy	1:59:00*	326 Lesniak	Louis	2:20:26
227 Mazury	Kate	1:50:41*	277 Bergman	Paul	1:59:00	327 Atherton	Napette	2:22:38*
228 O'Halloran		1:51:05	278 Long	Bill	1:59:15	328 Goldfine	Jean	2:23:31*
229 Stuart	Emily	1:51:12*	279 Crowley	Joseph	1:59:47	329 Dodge	John	2:24:00
230 Frost	Jack	1:51:15	280 Setter	Frank	1:59:48	330 Chalmers	Henry	2:27:24
231 White	Kevin	1:51:15	281 Koeppel	Nancy	2:00:03*	331 Bain	Anne	2:35:47*
232 Katkowski	Ronald	1:51:22	282 Harlow	Bud	2:00:07	332 May	Emily	2:36:29*
233 Woodfin	Mary	1:51:32*	283 Schena	Debra	2:00:19*	333 Cote	Nancy	2:36:29*
234 Hall	Sean	1:51:37	204 Field	Chris	2:00:34	334 Tozier	William	2:37:21
235 Munro	Donna	1:51:37*	205 Fallon	Ned	2:00:41	335 Monniere	Annaliese	2:58:30*
236 Slayton	Lauren	1:51:46*	206 Boyd	Susan	2:00:49*	336 Paulson	Paul	3:03:53W



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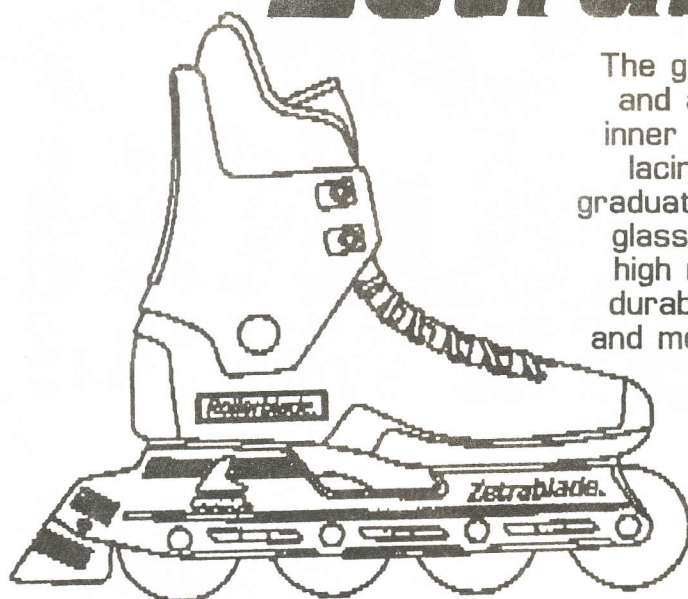
Mac Cross-Country Races * Aug 15th * Cross Lake

Attendance surpassed the race directors expectations as a total of 95 participants enjoyed the scenic races. This truly "family" event drew from all neighboring communities and relatives and tourists from away. Course records were broken in the 5K race and a record number of "muddy" shoes turned up in the 4 mile walk and 10K run from the wettest course in the race's 6 yr history. The unusually wet summer made the course authentic and comparable to the European style of cross-country running. Results and photos courtesy of Mike & Connie Mendonca.

500 meters - ages 2-4 & 5-7			5K			10 K			4 Mile Walk		
1	Mike Smith	1:41	11	Robbie Mockler	7:11	23	Joe Bouchard	24:43	1	Janet Morrill	47:13
2	Kyle Alden	1:43	12	Justin Baker	10:00	24	Mark Babin	24:44	2	Gloria Frost	48:48
3	Thomas McDermott	1:58				25	Don Peters	24:57	3	Ruth Pierson	50:36
4	Dustin Giles	1:59	1	Melvin Taylor	16:12	26	Ralph Ostland	25:35	4	Billy Tasker	51:12
5	Mat Baker	2:00	2	Dan Harigan	16:36	27	Jeff Alden	25:41	5	Leland Frost Sr	51:13
6	Lauren Harrigan	2:05	3	Michael Hartford	16:50	28	Linda McDermott	26:57	6	Leland Frost	54:10
7	Eamonn Harrigan	2:06	4	Robert Cleaves	17:20	29	Jules St Peter	29:44	7	Bryce Keenan	54:32
8	Eric Mockler	2:10	5	Dwayne Martin	17:21	30	Kathy Kirkland	30:27	8	Norris Frost	55:11
9	Zachery Bird	2:16	6	Peter Emerson	17:37				9	Ruth Keenan	55:11
10	Thomas Smith	2:29	7	Roy Alden	18:14	1	Gary Feeney	36:42	10	Rebecca Keenan	59:05
11	Kelsie Bouchard	3:27	8	Steven Dubois	18:33	2	Paul Libby	36:56	11	Bill Tasker	60:31
12	Tim McDermott	3:45	9	Jason Morneault	18:58	3	Hal Stewart	38:07	12	Mariah Keenan	61:06
13	Alex Bird	3:53	10	Peter Johnson	19:09	4	Dan Bouchard	39:35	13	Danyal Frost	61:07
1000 meters 8-10 & 11-13			11	CJ Cole	19:10	5	Mark McDermott	40:08	14	Lem Kirkland	61:25
1	Derrick Donovan	3:33	12	Danielle Donovan	19:11	6	Phil Sirois	41:32	15	Fritzie Thompson	61:26
2	Jeff Alden	4:04	13	Alex Workman	19:12	7	Connie Mendonca	43:00	16	Candance Bouchard	64:41
3	Bryce Keenan	4:11	14	Nathan Grindle	19:20	8	Gordon Farrar	43:22	17	Sophonria Bouchard	64:44
4	Caillin Harrigan	4:30	15	Ryan Genz	19:23	9	Brian Sjoberg	46:22	18	Virginia Mucci	64:43
5	Jill McDermott	4:39	16	Neal Genz	19:26	10	Carol Tasker	47:10	19	Loretta Bouchard	64:44
6	Mat Dorman	4:56	17	Dean Bird	20:13	11	Art Thompson	48:21	20	Ben Bouchard	64:45
7	Rebecca Kennan	5:02	18	Ben Paradis	21:32	12	Sam Jordan	48:25	21	Martha Cleaves	68:55
8	Jennifer Mendonca	5:27	19	John Albert	22:02	13	Eileen Jordan	48:56	22	Carol Olson	68:56
9	Lisa Cyr	6:18	20	Richard Hartford	22:05	14	Ted Pierson	52:33	23	Louise Beaupre	68:57
10	Jay Kirshman	6:19	21	Chris Mendonca	22:52	15	Bob Vickers	55:58	24	Richard Huie	90:27
			22	Daniel Donovan	22:53	16	Jeff Frost	59:06			

Goldsmith's Mile Classic * Presque Isle * Oct 24th

results courtesy Milt Bailey				5	Chris Smith	34	5:21	10	Leland Frost	44	8:16
1	Charlie Violette	21	4:35	6	Scott Segal	22	5:45	11	Rebecca Keenan	10	8:16
2	Milvin Taylor	19	4:36	7	Peter Cuff	36	5:49	12	Mary Ferland	46	9:06
3	Stacy Knight	23	4:53	8	Carrie Edwards	10	7:10*				
4	Duane Higgins	27	4:59	9	Boyce Keenan	8	7:24				



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THE BLISTERED FOOT

Maine TAC's Newsletter

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Vice-President: Ron Kelly - 883-2747

Membership & Sec: David Thornton - 623-3682

Treasurer: Paul Boulanger - 783-0206

Adult T & F: Jon Sinclair - 780-3623

Male Athlete Rep: Roland Ranson 581-1079

Female Athlete Rep: Martha Thornton 623-3682

Women's Team Maine - Marj Podgajny 725-8767

Men's Team Maine - Steve Podgajny 725-8767

Racewalking chair: Tom Eastler - 778-6703

Officials Registration: Pat Droney - 353-5927

The President's Corner

Happy New Year! In looking back over the activities of Maine TAC this past year, we have to be pleased with our continued progress as an organization. It was another great year for our Junior Olympic programs. We have developed a working structure for Team Maine, and we have completed a year of cooperation with *Mainely Running* magazine.

As I look to the coming year, I see some attainable goals worth mentioning. Our J.O. program under Ron Kelly's guidance is always successful so that it is difficult to find ways to improve it. One change that is in the cards is the location of our J.O. T&F State Championships in August will be on the new track at UMO. This is a great opportunity for our young people to experience one of the East's top track facilities.

Team Maine, our athlete development program is off and running in 1993 with a series of races scheduled at 5 indoor meets. We are beginning to achieve some of our goals in terms of structure and hopefully will have a primary sponsor in place

by the start of the outdoor racing season. Marjorie and Steve Podgajny, LDR coordinators, are doing a great job on behalf of the athletes.

The *Blistered Foot* under the editorship of John LeRoy has been one of the high points for Maine TAC this year. Timely communication is so important for organizations such as ours, but it is the toughest challenge for an all volunteer group. John has gone out of his way so many times that I can't begin to list all he has done. My goal for this year is to see that John has at least one issue when he doesn't have to chase to assemble all the articles. To those of you who aren't receiving *Mainely Running*, I would encourage you to consider a subscription. Maine TAC members receive a discount and the magazine is a must for those involved in athletics in Maine.

Our next issue will carry more details on what is to come in 1993. Should we change our name to keep with our parent organization? TAC/USA just voted to become USA Track & Field Association. That solves an identity problem for some, but causes one for cross country and road racing athletes. I would appreciate your thoughts on this. Call me at 224-8296 between 6:00 and 8:00 p.m. if you wish to discuss this or any other issue connected with Maine TAC. I hope to see you at our Indoor Championships on February 27.

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TAC changes name to:

USA Track & Field

By Marty Thornton

The '92 TAC National Convention was held in Louisville, KY on December 1-5. Delegates from Maine were Tom Eastler (Racewalking), Roland Ranson (U of Maine), and Marty Thornton (Women's Athlete Rep).

The most significant news from this convention is the changing of the National Association's name from The Athletic Congress of the USA to USA Track & Field. Along with the name change comes a bold new logo design.

Other important news items: The Maine Association has been awarded two National Racewalk Championships which will be held at the University of Maine in Orono during the summer; a new national coaching association has been formed and initially named USA Youth Track & Field Coaches Association; and last, but not least, the 1994 Junior Olympic Cross-Country Championships will be held in Reno, Nevada and the 1994 Junior Olympic Track and Field Championships will be held in Gainesville, Florida.

Maine TAC State Cross-country Championships November 8th

Almost ideal cross-country weather. A bright sun was countered with a wind that became increasingly cold. I ran Maranacook's 5K course training run. It is brutally difficult, but through the woods and over hill and dale, just like a cross-country course should be. A lot of character was really fun to run. The best thing about this course is it's benefits for the spectators: the course makes various loops that provides all sorts of vantage points very near the school. I have never enjoyed watching any race as much as these. Of course the enthusiasm of the young runners their adult supporters is prevalent. What a program!!! Regional & National results will be in February's issue.

Bantam - 10 & Under Girls - 3K		
1	Renee Tripp	15:21
2	Carrie Edwards	16:02
3	Emily Capehart	16:09
4	Maryl Gensheimer	16:33
5	Kristy Harris	16:37
6	Amy Alward	16:41
7	Charissa Kennard	16:47
8	Noel Beagle	16:48
9	Mandy Bracy	17:13
10	Lilly Meehan	17:15
11	Erin Garland	17:57
12	Megan Lielow	18:10
13	Jackie Curtis	18:37
14	Alice Alden	19:53
15	Megan Bickford	19:55
16	Rachel Coffin	20:03

Bantam - 10 & Under Boys - 3K		
1	Evan Hall	13:37
2	Joshua Tozier	13:48
3	Tyler Finck	14:11
4	Jerry Johnson	14:16
5	Ricky Cote	14:18
6	Michael Downing	14:18
7	Chad McLean	14:23
8	Josh Gray	14:25
9	Conor Beliveau	14:27
10	Eamon Gallagher	14:31
11	Shannon Perkins	14:38
12	Ian Malloy	14:39
13	James Bunker	14:39
14	Sean Dougherty	14:45
15	Andy Jenkins	14:49
16	Owen Black	14:53
17	Patrick Allen	14:54
18	Seth Mitchell	15:01
19	Scott Wespi	15:03
20	Scott Vannah	15:12
21	Peter Caldwell	15:18
22	Andrew Krauss	15:20
23	Keadrick Ballantyne	15:23
24	Andy Brosius	15:27
25	Daniel Morin	16:16
26	Casey Mangum	16:45
27	Eric Wespi	17:11
28	Ryan Peterson	17:22
29	Brendon Westphal	19:07
30	Aaron Chadbourne	19:19

Midget - 11 - 12 Girls - 3K		
1	Sarah Pianpiano	13:06
2	Meghan Collins	13:42
3	Danielle MacDougall	14:00
4	Meghan Caldwell	14:03
5	Jessica Riendeau	14:17
6	Kathleen McDonough	14:23
7	Kelly Reilly	14:33
8	Caitlin Malloy	14:55
9	Jessie McLain	15:00
10	Danielle Blaney	15:13
11	Andrea Haines	15:25
12	Britt Franecki	15:59
13	Alicia Bourque	16:12
14	Jenny Howe	16:19
15	Naomi McIsaac	16:24
16	Lindsey Coombs	16:50
17	Megan Gaudin	16:51
18	Molly Gray	17:26
19	Christina Bracy	17:27
20	Kana Blaney	18:07
21	Carolyn Curtis	18:31
22	Amanda Cole	19:22

Midget - 11-12 Boys - 3K		
1	Michael Lansing	12:02
2	Ben Fletcher	12:06
3	Dana Herrick	12:22
Harbor		
4	Derrick Donovan	12:29
5	Eben Abert-Knopp	12:40
6	Adam Williams	12:43
7	Bill Gensheimer	12:48
8	Scott Bragg	12:51
9	Justin Easter	12:55
10	Zachary Capehart	12:55
11	Peter Downing	13:00
12	Roy Morejon	13:05
13	Andre Sirois	13:13
14	Adam Bowden	13:17
15	David Renner	13:32
16	Alex Halliday	13:35
17	Colin Pile	13:41
18	Riley Tippet	13:43
19	Brian Tarpey	13:54
20	C Ross Pike	13:57
21	Darren Smith	14:17
22	Abe Furth	14:20
23	Josh Twitchell	14:31
24	Denneth Whitney	14:37
25	Nathaniel Mason	14:42
26	Scott Bracy	15:05
27	Nate Dorr	15:11
28	C Joel Twitchell	15:13
29	Charles Jordan	15:34
30	Daniel Mills	15:35
31	Jared Dube	15:38

32	Justin Hibbard	15:52
33	Ryan Garland	16:22
34	Mike Bennis	17:30
35	Robert Keeler	17:30

Youth - 13-14 Girls - 4K		
1	Danielle Dunwan	16:53
2	Robin Bates	17:01
3	Ryan McDonald	17:06
4	Mattie Lord	17:08
5	Jennifer Patterson	17:44
6	Morgen Buehner	17:45
7	Debbie Randall	17:47
8	Michele Henningsen	18:06
9	Venice Bayrd	18:12
10	Juliana Login-Nasse	18:12
11	Kristen Brady	18:17
12	Ember Brosius	18:27
13	Emelia Chabot	18:30
14	Elerne Neurewther	18:52
15	Harvest Flicker	19:08
16	Taylor Nice	19:19
17	Sarah Donovan	19:24
18	Joanne Polito	19:45
19	Kate Scott	19:47
20	Dawn MacDougall	20:03
21	Rebecca Whidden	20:09
22	Hannah Wright	20:12
23	Amy Wadman	20:46
24	Erica Dorsey	21:04
25	Michele Belumgie	21:08
26	Sarah Fuller	21:22
27	Jodi Shapiro	22:02
28	Tessa Rennart	25:19
29	Jessica Eaton	25:51
30	Cassandr Rennard	26:35

Youth - 13-14 Boys - 4K		
1	Ethan Higbee	15:31
2	Douglas Carlisle	15:44
3	Jeff Poulin	15:50
4	Samuel Holt	16:00
5	Rob Belvvan	16:02
6	Chad Williams	16:32
7	Jamus Hanson	16:53
8	Brandon Hugopien	16:57
9	Kevin Downing	17:02
10	Ethan Mitchell	17:10
11	Fred Farrell	17:16
12	Dion Warren	17:21
13	Marc Collard	17:24
14	Kevin Chan	17:30
15	Peter Williams	17:33
16	Brandon Russell	17:38
17	Elliot Schiller	17:46
18	Brock Hugopien	17:51
19	Ben Perkins	18:12
20	Sam Heckman	18:27
21	Tom Lyman	18:49
22	Norman Elliott	19:08
23	Steven Reed	19:18
24	Zach Ellis	19:51
25	Russell Queen	20:05
26	Matthew Bickfort	20:12
27	Jason Lockin	20:55

Intermediate - 15-16 Girls - 5K		
1	Jodie Lake	20:29
2	Elanore Anderson	21:08
3	Mes Randall	21:13
4	Emily Holdtman	21:29
5	Jessie Plourde	21:36
6	Marnie Randall	21:44
7	Beth Fendexter	21:51
8	Jean Dumonaco	21:57
9	Kristen Berube	22:01
10	Beth Sciller	22:11
11	Jessica Wadsworth	22:17
12	Brigitte Laffin	22:20
13	Shannon Swain	22:32
14	Norah Smith	22:35
15	Christina Damon	22:36
16	Carey Coogan	22:37
17	Stephanie Huppe	22:39
18	Mandy Levine	22:43
19	Melanie McCoy	22:45
20	Sarah Howard	22:52
21	Erin Thompson	23:08
22	Jessica Nickels	24:02
23	Lilia Koss	24:05
24	Sarah Damon	25:08
25	Allison Driscall	25:16
26	Darve Huntress	25:27
27	Heather Given	25:41
28	Sarah Callahan	26:03
29	Sarah Mason	26:13
30	Bella Sewall	26:54

Intermediate - 15-16 Boys - 5K		
1	Jeremy Howard	17:14
2	Rodney Hemingway	17:24
3	Brian Christinow	17:42
4	Matt Lane	17:49
5	Jason Lechre	17:54
6	Mike Caigro	17:54
7	Rudy Albert	17:55
8	Jesse Randall	18:00
9	Brian Graham	18:06

10	Shane Heathers	18:25
11	Richard Hemingway	18:33
12	Matt Payson	18:36
13	Shawn Harper	18:45
14	Jason York	18:48
15	Joshua Libby	19:02
16	James Berry	19:05
17	Chuan Napolitano	19:07
18	Jason Beaudoin	19:12
19	Jeremy Colson	19:14
20	Andrew Worth	19:21
21	Tim Wildes	19:26
22	Chris Varney	19:35
23	Dan Engler	19:38
24	Jason Libby	19:45
25	Jayson Paylor	19:58
26	Thomas Webb	20:11
27	Steve Farnham	20:14
28	Aaron Stupakswitz	20:40

17 - 18 Women - 5K		
1	Molly Dinan	20:10
2	Sara Fieweger	20:41
3	Catherine Gaiveau	21:24
4	Heather Russo	21:42
5	Moira Armen	21:57
6	Allyson Hanslom	22:54
7	Amada Golden	23:06
8	Karsten Wdtra	23:48
9	Rachelle Leger	23:52
10	Sarah Giffen	24:03
11	Jessica Girvin	24:19
12	Heather Benoit	26:14

17 - 18 Men 5K		
1	Scott Laliberte	17:34
2	Eric Goodwin	17:35
3	James Emrich	17:36
4	Preston Nean	17:40
5	Jamie Good	17:51
6	Tim Miller	17:52
7	Job Nice	18:03
8	Edgar Sanborn	18:20
9	Ward Boudreau	18:28
10	Matthew Hopcroft	18:30
11	Travis Hamner	18:44
12	Peter Dauphinee	19:07
13	Eric Mofron	19:11
14	Joey Chretien	19:18
15	Mark Campbell	19:23
16	Wade Boudreau	19:26
17	Joseph Locke	19:26
18	Andrew Robinson	19:28
19	Gabe Stampone	19:38
20	Christian Reed	19:38
21	Shawn Lamoureux	20:03
22	Brett Hagopean	20:44

Open Men		
1	Bob Winn	16:38
2	Charles Violette	17:17
3	Scott Brown	17:39
4	Tom Thibeau	18:19
5	Stacy Knight	18:13
6	Jeff Bickart	18:17
7	Thomas Bennett	18:22
8	Kevin McDonald	18:23
9	Gary Allen	18:24
10	Michael Mageles	18:33
11	Dennis Smith	19:09
12	Robert Jacobs	19:10
13	Bill Reilly	19:50
14	Chris Smith	20:24
15	Tom Menendez	20:32
16	Joe Meehan	20:35
17	Ric Lamoureux	20:44
18	Michael Downing	21:04
19	Bob Brosius	21:17
20	Bill Pinkham	21:20
21	Bob Hagopian	21:26
22	Richard Scribner	21:36
23	Alan Beagle	22:12
24	Douglas Malloy	23:10
25	David Giguin	23:23
26	James Mahoeffer	23:45
27	James Buehner	23:47
28	Mark Kibler	24:08
29	Don MacDonald	24:23
30	James Weber	24:31
31	David McKechnie	24:56
32	Charles Clapper	31:32

Open Women		
1	Tina Meserve	19:13
2	Caroly Court	23:52
3	Debra Nowak	29:07
4	Leona Clapper	31:31
5	Jeanne Foerster	46:38

results courtesy of Marty Thornton

TEST YOUR NUTRITION KNOWLEDGE

By Catherine Hoffmann

Do you think you've heard it all on nutrition? Or, have you made a New Year's resolution to take a positive step toward healthy eating? Take this quiz to test your nutrition savvy and start the year off on a healthful note!

True or False

1. A calorie is a unit of measure for expressing and comparing energy values of different foods.
2. In order to follow current medical advice to limit calories from fat to 30 percent of the diet, high fat foods should be eliminated from your diet.
3. For an energy boost, you should consume a sweet or candy.
4. Athletes need more protein in their diet than non-athletes.
5. Taking mega doses of vitamins is the best way to ensure getting all the necessary nutrients.
6. To gain weight, you should increase your food intake by 2,500 calories for each pound you want to add.
7. Honey and brown sugar are more nutritious than table sugar.
8. Drinking milk causes cotton mouth.
9. In order to lose one pound of body fat you have to burn an additional 3,500 calories or delete 3,500 calories from the diet.
10. The average 12-ounce soft drink contains the equivalent of about ten teaspoons of sugar.

Answers to Quiz

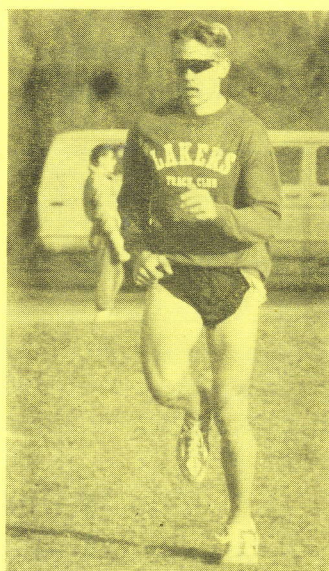
- 1 **True.** Foods supply our bodies with energy to function. Sources of calories are carbohydrate (4), protein (4), and fat (9).
- 2 **False.** Even high fat foods can have a place in a diet where less than 30 percent of calories come from fat. By balancing higher fat choices with lower fat foods, you can keep fat calories below 30 percent of your total intake.
- 3 **False.** While sugar is a quick energy source for muscles, it is not necessary for performance. Glycogen is the muscles' preferred energy source and regular food can supply it best.
- 4 **False.** There is no evidence that excess protein will lead to more or stronger muscles. In fact, excess protein is stored by the body as fat. Increasing your exercise and eating more food is the best way to support muscle growth.
- 5 **False.** Mega doses of vitamins can actually be harmful. The best way to get all the nutrients you need is simply by eating foods from the five food groups.
- 6 **True.** To gain weight, you have to take in more calories than your body burns. To gain a pound of muscle, you need to eat 2,500 calories more than your body uses. You can realistically gain about one to two pounds in a week. That amounts to eating an extra 350 to 700 calories a day.
- 7 **False.** Honey and brown sugar are nutritionally no different than table sugar. All three provide simple carbohydrates and very few vitamins and minerals.
- 8 **alse.** Cotton mouth is dry mouth due to lack of saliva. It seems to be the result of emotional stress and a loss of body fluids, not drinking milk.
- 9 **True.** One pound of body fat is equal to 3,500 calories. To lose one pound over a week, you would need to have an energy deficit of 500 calories a day for seven days.
- 10 **True.** Ten teaspoons of sugar! ! Extra sugar provides extra calories and very few nutrients. It also contributes to tooth decay.



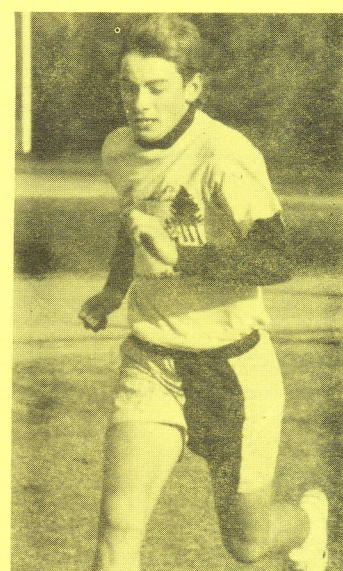
Joshua Tozier of Waterville



Houlton's Elanore Anderson



Manchester's Brian Christinson



Douglas Carlisle of Easton

MAINLY RUNNING SUBSCRIPTION FORM

Name _____
Address _____

Telephone _____ Sex _____ US Citizen _____

Check Applicable Sport(s) T&F _____ LDR _____ RW _____
(Track & Field-Long Distance Running-Racewalking)

Signature _____

Today's date _____ check the applicable box

One year subscription (10 issues) \$17.50 _____

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

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

Date of Birth _____ Club _____

TAC memberships are from January 1 through December 31

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

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

Maine TAC Indoor T&F Championships

February 27th 2pm

Farley Field House, Bowdoin College, Brunswick, ME



- \$5 meet fee
- TAC membership waived for Canadians, high school & college team members
- Registration & TAC memberships available at meet
- Special invitation to Canadian athletes
- No spikes, flats only
- 200 meter 6 lane track
- Shower & locker rooms
- Maine's premier indoor track facility
- Meet director Dave Watson 443-6171

Open Events

55 Meter _____
600 Meter _____
3000 Meter (W) _____
Triple Jump _____
High Jump _____
20 lb Weight (W) _____

55 Meter Hurdles _____
1000 Meter _____
5000 Meter (M) _____
Long Jump _____
Shot Put _____

300 Meter _____
1500 Meter _____
1500 Racewalk _____
Pole Vault _____
35 lb Weight (M) _____

Age Group Events

12 & Under Events

55 Meter _____
Long Jump _____
300 Meter _____

13 & 14 Events

55 Meter _____
600 Meter _____
High Jump _____

Master (40+) Events

55 Meter _____
300 Meter _____
1500 Meter _____
Shot Put _____

Special Events

The Demers Classic Invitational - 4pm

3000 Meter for women - 5000 Meter for men

These will be the final events in the Team Maine Invitational Series. The series features team Maine members and other runners competing for meet and series prizes. Athletes who desire more information should contact Steve or Marjorie Podgajny at 725-8767. Awards for a special team challenge will be made for this race.

The Maine Mile - 3pm

These events are open to all male and female high school runners with coach's signature.

In consideration of my accepting this entry, I, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive any and all rights, claims, or damages I may have against Bowdoin College, the Maine TAC, their representatives, successors, and assigns for any and all injuries suffered by me at meet. (If applicant is under 18, this waiver must be signed by a guardian. High School and college team members must have coach's signature)

Print Name _____ AGE: _____ Sex: _____ TAC # _____

Street: _____ Town: _____

State: _____ Zip: _____ Club: _____

Signature: _____ Parent Signature: _____

Mail entry to: David Watson, Box 488 Old Bath Road, Brunswick, ME 04011 - Make \$5 check payable to Maine TAC

Sunrise Run for Cystic Fibrosis 5K * September 26 * Machias

"We had a great day with 51 more finishers then ever before. Cliff Rogers of Ellsworth won for the 3rd time in 4 years. The big news of the day was high school sensation Gladys Ganiel of Harrington who broke Robin Emery Rappa's course record of 18:20 set in 1986 by 35 seconds." Phil Stewart. According to the 1991 TACSTATS Road Race rankings, Gladys' time ranks as the 6th fastest ever run by a 15 year old in the US. the 6th fastest run in 1991 by any 19 or under!!! TAC certified ME 88008GN

1	Cliff Rogers	34	16:13	75	Debbie Colby	15	25:27*	149	Gail Asbury	43	41:23*
2	Jon Aretakis	33	16:37	76	Stacey Lyford	16	25:36*	150	Sharon Cole	44	41:30*
3	T.J. Sprague	16	16:46	77	Bob Myers	36	25:37	151	Barbara Morrison	57	42:00*
4	Jasen Wood	20	17:29	78	Wanda Seeley	17	25:38*	152	Roberta Martin	64	42:24*
5	Bronson Kneeland	16	17:33	79	Charles Ingalls	15	26:19	153	Catherine St.Pierre	35	42:52*
6	Newell Lewey	34	17:39	80	Chris Smith	12	26:24	154	Marilyn Leighton	20	43:17*
7	Cory Henderson	15	17:46	81	Don Emery	30	26:24	155	Connie Wood	56	43:27*
8	George Bourque	16	17:50	82	Adam Goodspeed	16	26:39	156	Patty Woodman	43	43:32*
9	Gladys Ganiel	15	17:53*	83	Ann Bacon	44	27:20*	157	Denice Emery	33	43:54*
10	Alfred Hanscom	15	17:57	84	Frank Donaldson	42	27:26	158	Meghan Hayward	6	43:55*
11	Ryan Richardson	15	18:00	85	Steve Patterson	38	27:35	159	Debbie Longfellow	35	43:56*
12	Bobby Jordan	32	18:12	86	Sonja Roberts	35	27:50*	160	Christen JWatts	9	43:57*
13	Jorn Vad	33	18:17	87	Kristin Polk	14	29:08*	161	Whitney Hayward	4	44:00*
14	Paris Calor	17	18:22	88	Neal Young	30	29:16	162	Ann Hayward	35	44:01*
15	Adam Grang	15	18:25	89	Ralph Moore	58	29:34	163	Kevin Kelley	38	44:04
16	Steve Moginley	35	18:29	90	Ase Vad	26	29:39*	164	Michael Kelley	11	44:09
17	Rick Honer	37	18:38	91	Chloe Dowley	15	29:41*	165	Tammy O'Neal	32	44:10*
18	John Leighton	18	18:47	92	Meghan Roberts	12	29:56*	166	Jean Cherry	34	44:14*
19	Chuck Murphy	43	18:50	93	Claire Priest	15	30:19*	167	Christine Murphy	14	44:32*
20	Phil St.Pierre	40	18:52	94	Sandy Denbow	46	30:25*	168	Pete Irving	45	45:03
21	Bion McFadden	52	18:59	95	Nate Roberts	11	30:56	169	John Irving	6	44:10
22	Timmie Berry	16	19:04	96	Lindsey Smith	14	31:09*	170	Heather Foss	13	44:14*
23	Mike Worcester	43	19:05	97	Meredith Hineman	12	31:14*	171	Ozias Bridgham	64	44:32
24	Bill Pinkham	50	19:09	98	Nancy Talbot	40	31:30*	172	Vince Emery	9	45:03
25	Bob Abrams	35	19:48	99	Allison Talbot	1	31:31*	173	Brianna Frye	12	45:13*
26	Wayne Ayers	37	19:53	100	Deke Talbot	43	31:32	174	Troy Alley	11	45:34
27	Steve Cates	42	20:01	101	Sara Lingley	7	32:10*	175	Rebecca Irving	41	45:38*
28	Dean Crosman	35	20:06	102	Darren Gardner	11	32:49	176	Eric Frye	9	45:39
29	Jon Pray	15	20:13	103	Les Gardner	39	32:50	177	Elizabeth Murphy	10	45:41*
30	Jennifer MacGillavary	20	20:17*	104	Heather Sawick	16	33:41*	178	Amanda Watts	11	45:54*
31	Bill Case	34	20:22	105	Ruby Smith	40	34:13*	179	Jane Carter	32	45:58*
32	Darren Chipman	17	20:23	106	Lissa Robinson	46	34:27*	180	Carol Cook	25	46:01*
33	Brian Palermo	14	20:27	107	Stevie Cates	13	34:46	181	Sue Murphy	41	46:12*
34	Sean Bayrd	16	20:29	108	Sissy Leonard	46	34:52*	182	Rhoda Bragg	42	46:13*
35	Scott Baldwin	16	20:32	109	Linda Hurley	45	34:53*	183	Jeanette Stuart	68	46:28*
36	Chris Holt	30	20:35	110	Kelley Rudd	15	35:18*	184	Laurie Hayward	34	46:43*
37	Dave Alley	43	20:43	111	Kim Drury	37	35:20*	185	Debbie Guptill	38	46:43*
38	Mark Chellis	29	20:54	112	Lori Lee Look	29	35:31*	186	Pat Newson	43	46:46*
39	Jon Stewart	14	21:09	113	Nick Smith	8	35:43	187	Eleanor Goodridge	63	46:47*
40	Dave Baldwin	49	21:11	114	Lorraine Proctor	30	35:53*	188	Linda Albee	46	47:22*
41	Bobby Moreau	21	21:13	115	Amanda Emery	12	35:57*	189	Barbara Heyl	68	47:25*
42	Bill Hamilton	45	21:16	116	Erik Smith	8	35:59	190	Ann Simmons	39	47:49*
43	Dick Miles	37	21:25	117	Sonja Gardner	39	36:03*	191	Pat Floyd	47	48:10*
44	Tammy Dowling	18	21:27	118	Sara Irving	9	36:08*	192	Mary Lamoureux	42	49:30*
45	Scottie Fernald	19	21:31	119	Bobby Carter	9	37:28	193	Sharon Prout	24	49:32*
46	Shawn Lamoureux	17	21:32	120	David Simmons	40	37:31	194	Barbara Frye	34	49:39*
47	Kris Larson	39	21:46	121	Erika Simmons	9	37:33*	195	Nyla Patterson	7	49:40*
48	Colin Ackley	15	21:47	122	Cathy Carter	39	37:35*	196	Katie Gardner	8	50:05*
49	Tom Sprague	46	21:48	123	Sue Hamilton	44	37:36*	197	Phyllis Campbell	56	50:10*
50	Sara Cashman	17	21:49*	124	Dawn Cobb	34	37:51*	198	Melinda Smith	34	50:11*
51	Venice Bayrd	14	21:50*	125	Jamie Carter	8	37:55*	199	Linda Libby	44	50:12*
52	Ann Cannizzaro	27	22:09*	126	Angela Calder	29	38:00*	200	Jennie Kelley	60	50:13*
53	Tom Brennan	40	22:25	127	Janessa Smith	10	38:04*	201	Margot Mholland	44	50:35*
54	Sam Auerbach	58	22:31	128	Jordan Wood	10	38:17	202	Danielle Emery	6	50:37*
55	Keith Albee	14	22:33	129	Rebecca Lingley	9	38:19*	203	Kellie Geel	29	50:42*
56	Brannin Buehner	10	22:35	130	Danette Smith	29	38:55*	204	Joan McDonald	55	51:42*
57	Guy Ortega	18	22:48	131	Betsey Balcher	40	39:34*	205	Diane O'Neal	36	51:42*
58	Morgan Buehner	13	22:52*	132	Melanie Maker	47	39:39*	206	Patti Whitman	32	51:43*
59	Tommy Michaud	15	22:54	133	Paula Maker	46	39:41*	207	Cindy Leighton	23	51:44*
60	Matt Micalizzo	14	22:58	134	Mary Baldwin	43	39:42*	208	Ardellie Crommette	74	52:34*
61	Josh Sprague	13	23:04	135	Sandra Richards	52	39:43*	209	Kelley Pleury	8	52:35*
62	Melissa Smith	12	23:16*	136	Judy Lingley	35	39:44*	210	Dave Irving	13	52:53
63	Richard Hartford, Sr.	47	23:17	137	Joan Moore	50	39:49*	211	Linda Kelley	37	53:04*
64	Willie Jordan	15	23:50	138	Paula Richardson	36	40:08*	212	Matt Kelley	10	53:04
65	Willie Tuel	14	24:03	139	Chris Gillespie	34	40:14*	213	Matt Longfellow	12	53:04
66	Rick Lamoureux	44	24:04	140	Arthur Goodridge	62	40:39	214	Julie Case	36	53:20*
67	Jamie Wood	18	24:12*	141	Evelyn Conlin	65	40:40*	215	Paige Case	2	53:20*
68	Freddie Brown	18	24:18	142	Tammy Frauenfelder	32	40:50*	216	Chris Goodridge	37	56:14
69	Jennie Look	15	24:19*	143	Tara weeler	14	40:50*	217	Judy Hopkins	53	57:44*
70	Tim Heavrin	32	24:49	144	Jill Nicholas	17	40:51*	218	Diane Boughner	57	57:45*
71	Robert Hanlon	38	24:56	145	Marie Smith	26	40:53*	219	Stacey Markey	22	58:36*
72	Jon Baldwin	12	25:01	146	Tina Severance	15	40:54*	220	Linda McLaughlin	45	58:36*
73	Eirek Vad	13	25:06	147	Davina Wheeler	16	40:55*	221	Sandra Chipman	45	61:09*
74	Joey Tuell	11	25:15	148	Beth Hanscom	30	40:58*				

Milford Cohen Cross Country * Orono * 5mi * Oct 17th

results courtesy Roland Ranson, U of ME			8	Dane Dwyer	30:08	17	Phil Pierce	33:29	26	George Jacobson	37:38
1	Robert Ashby	26:51	9	Willy Emerson	30:19	18	Art Warren	33:37	27	Susan Howard	41:06*
2	Dan Dearing	26:55	10	Newell Lewey	30:31	19	Russ Griffin	33:42	28	Joanie Rhoda	41:34*
3	Giles Norton	27:16	11	Alan Howard	30:44	20	Tom Tremblay	34:04	29	Andy Cohen	42:07
4	Bruce Freme	27:44	12	Roy Alden	32:18	21	Bob Knox	34:15	30	Terri Bourke	42:40
5	Dwight Blease	29:11	13	Mark Ranco	32:32	22	Thad Dwyer	34:51	31	Mary Alice Bruce	45:02*
6	Conrad Walton	29:48	14	Dan Rearick	33:33	23	Dick Miles	35:51	32	Nancy Rearick	45:31*
7	John Mills	29:59	15	Jeff Bengtsson	32:53	24	Steve Tuckerman	36:30	33	Dolores Billings	59:05*
			16	Peter Bastow	33:14	25	Paul Dall	36:48			

Maine Track Club 50 Miler * Brunswick * Oct 10th

There was a light rain at the start, then clearing, cloudy and humid. Temperature was in the 60s with an afternoon fog rolling in and out. Rosalyn Randall and Carol Pierce's time would have been the 2nd fastest in the US in 1991 in their age groups. Joe Hayes sent in the following account of the race: "Connecticut's Steve Schiller won his third consecutive MTC 50 with a PR. Winslow Bryant Bourgoin, who gallantly held on for sixth, provided the only early challenge. Bryant was eaten by the sharks who follow when he blew a piston at 30 miles. Rosalyn Randall took the women's crown a month after completing an Iron length triathlon. Bruce Bell and Cliff Rogers had impressive Ultra debuts. Craig Wilson, a rising star on the Ultra scene and Darren Mackenzie were the most improved runners taking an impressive 10 minutes off their prior best efforts. In perhaps the best effort of the day, Bruce Bell captured the coveted men's 50 - 59 award just six days after running a 3:08 at the Maine Marathon. Al and Sandy Utterstrom directed the road weary volunteers from the Maine Track Club. This was many of the volunteers 3rd race in a week after working the PT-8K and the Maine Marathon the prior weekend. "They'll have a higher place in heaven." Courtesy Joe Hayes

1	Steven Schiller	35	6:02:51	New Britain Ct	11	William Davenney	47	8:19:44	Portland
2	Joe Hayes	44	6:34:48@	York Harbor	12	Michael Olivera	34	8:21:49	Lowell MA
3	Craig Wilson	43	6:42:12@	Kittery	13	Carol Pierce	46	8:36:13@	Hollis Ctr
4	Cliff Rogers	34	6:46:29	Ellsworth	14	James Leary	31	8:45:08	So Royalton VT
5	Bruce Bell	53	6:54:05@	Farmingdale	15	Darrin Mackenzie	32	8:51:54	W Fairlee VT
6	Bryant Bourgoin	42	6:09:38	Winslow	16	Richard Busa	62	9:14:43@	Marlborough MA
7	Lee Dickey	38	7:20:38	Dracut MA	17	Loren Lathrop	43	9:50:52	South Portland
8	Hans Van Willigen	54	7:28:28@	Wellesley MA	18	Egor Egan	37	10:02:18	Halifax NS
9	Rosalyn Randall	42	7:30:50@	Portland	19	Charles Vadakin	50	10:10:49	Monkton MD
10	Richard Lulin	45	8:17:06	Montreal Que	@ indicates meeting TACSTATS qualifying times				

Belfast Lions Run 92 * 5K * Oct 3rd

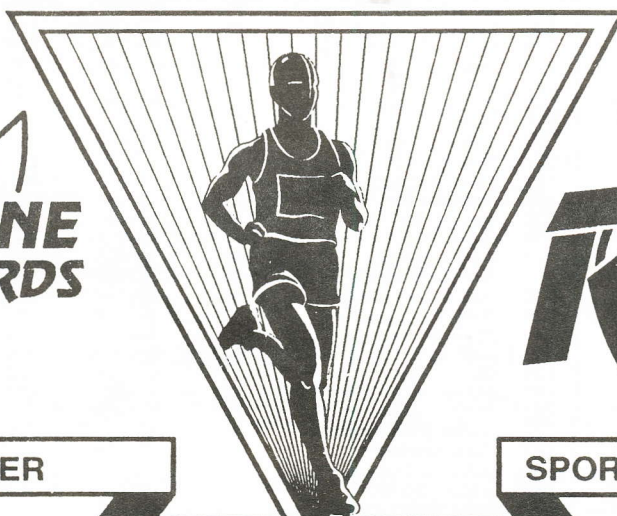
results courtesy Brian Howe					10	David Wilson	49	20:40	20	Joan Merriam	44	23:30*	30	Jim Miller	44	27:4
1	Henri Bouchard	31	15:44	11	Charles Allen	42	21:03	21	Art Fraser	55	23:38	31	Robin Hughes	31	29:1	
2	Hugh McLean	33	18:11	12	Ray Quimby	41	21:31	22	Nancy Quimby	37	23:55*	32	Lynn Allen	42	31:1	
3	Bill Emerson	28	18:12	13	Stan Drinkwater	51	21:39	23	Jason Bucklin	16	24:30	33	Graham Allen	9	31:3	
4	Mike Thompson	34	19:05	14	Lance Tapley	47	21:41	24	Katherine Wilson	47	24:31*	34	Virginia Leavell	9	31:5	
5	Bruce Williams	42	19:29	15	Pat Duperry	14	21:53	25	Adam Tapley	13	24:43	35	Maria Jones	9	32:4	
6	Bill Pinkham	50	19:38	16	Jill Helmkamp	33	22:37	26	Cathy Horne	34	25:02*	36	Larry Jones	41	32:4	
7	Tim Kirby	36	19:49	17	Jim Helmkamp	35	22:38*	27	Alicia Buck	29	26:01*	37	Paul Paulson	66	40:3	
8	Jon Cox	39	20:01	18	Jesse Beaudry	14	23:03	28	Henrieta Beaufait	39	26:11*					
9	Travis Macleod	15	20:26	19	John Goldfine	46	23:13	29	Mollie Noyes	41	27:39*					

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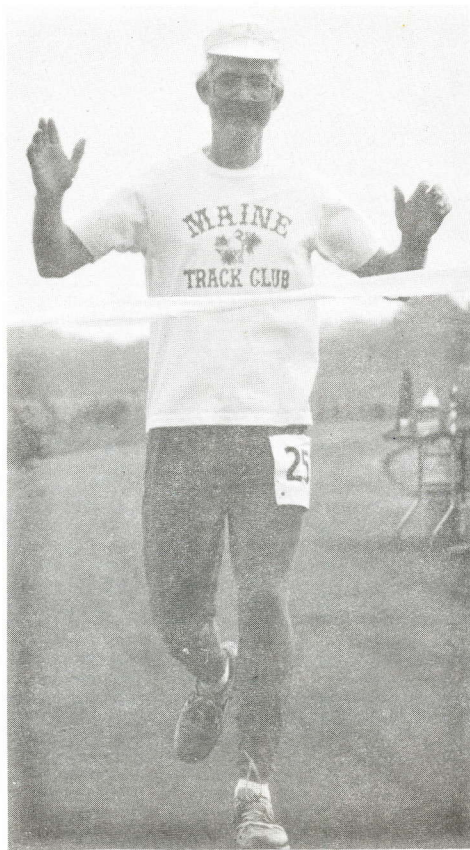
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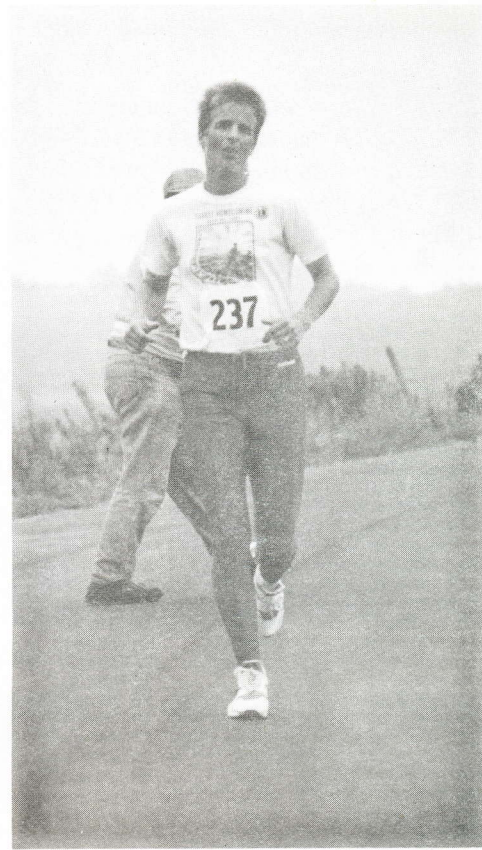
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Bryant Bourgoin of Winslow



South Portland's Loren Lathrop



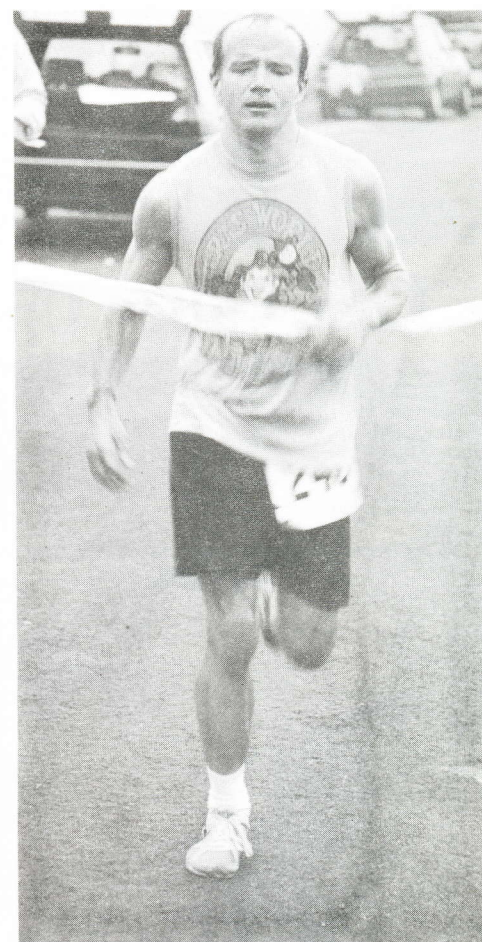
Carol Pierce of Hollis Center



York Harbor's Joe Hayes



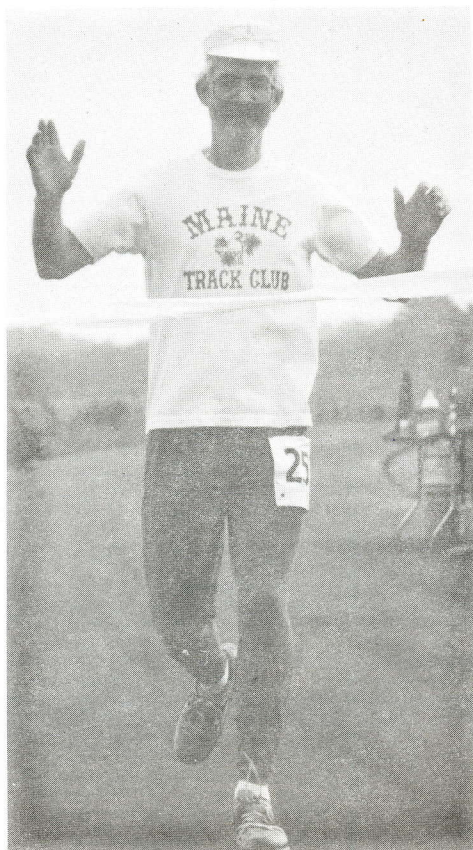
Bruce Bell of Farmingdale



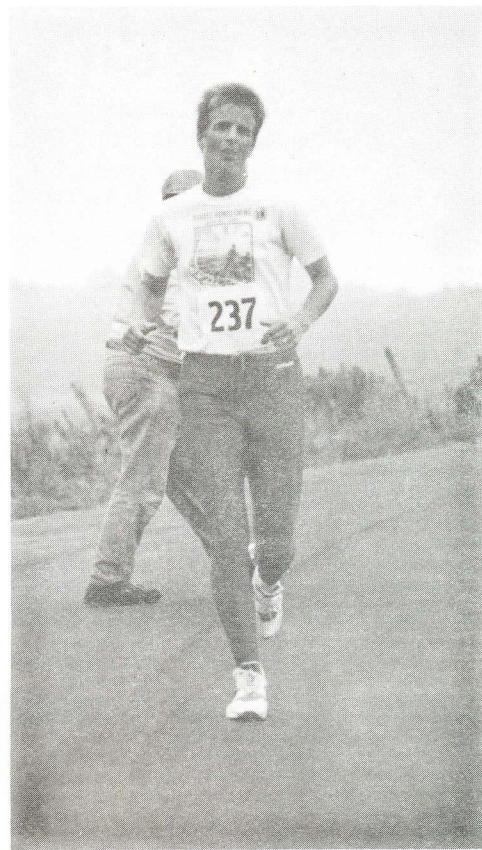
Ellsworth's Cliff Rogers



Bryant Bourgoïn of Winslow



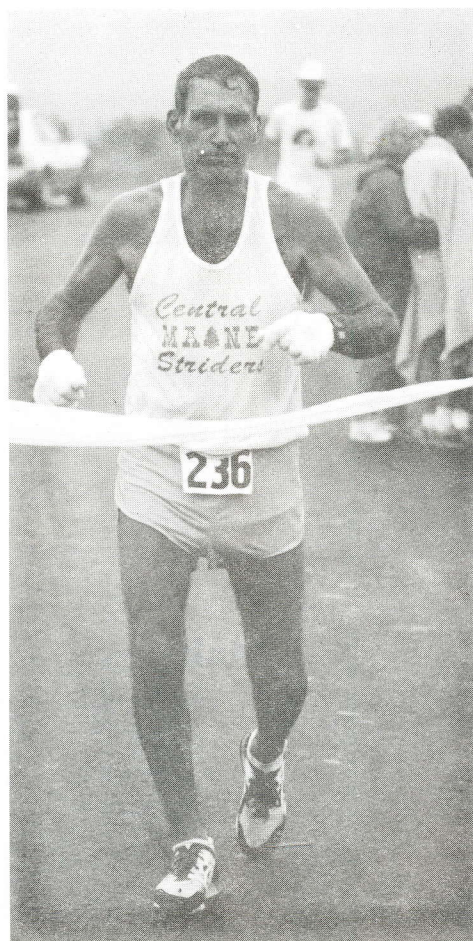
South Portland's Loren Lathrop



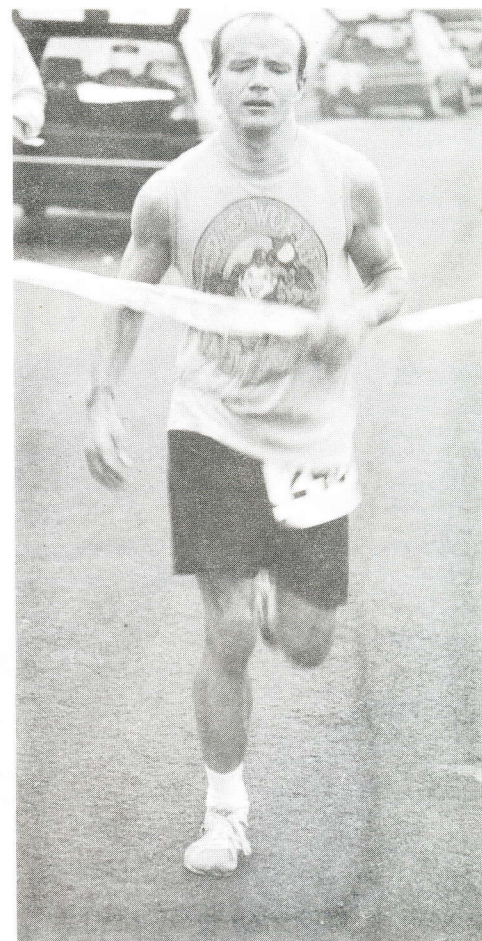
Carol Pierce of Hollis Center



York Harbor's Joe Hayes



Bruce Bell of Farmingdale



Ellsworth's Cliff Rogers

Citibank United Way 10K * Falmouth * Oct 11th

Cloudy, 67 degrees and 73% humidity created "heavy air" and slowed times. The men's lead pack consisted of 6 runners who made a race of it & hit the mile split in 5:14. Mike Grigware ran shoulder to shoulder with Roly McSorley from Fredericton, New Brunswick going around Macworth Island but slowed for water at the causeway after the 5k mark. At 5.3 miles Dan Deering and David Weatherbee closed on McSorley creating a 3 man lead pack. At 6 miles Weatherbee surged into the headwind for the win. Cash prizes of \$100 for the overall winner and \$50 for masters, seniors and veteran winners probably provided some incentive. The women's winner, Wanda Binette used this as a warm-up for the Tuffs 10K in Boston on the very next day. TAC certified course.

results courtesy Charlie Scribner

1 WEATHERBIE DAVID 24 33:30	48 PREBLE JEFFREY 38 42:46	96 DOYLE MICHAEL 28 48:05
2 MCSORLEY ROLY 41 33:44	49 MCCALMON BILL 50 42:47	97 PELTON RON 39 48:08
3 DEARING DAN 31 33:53	50 CRAWFORD MAIRI 17 42:52*	98 DUNLAP LOUISA 52 48:08*
4 DANN TOM 35 34:16	51 CUMMINGS DICK 55 43:01	99 KENZIE WALT 33 48:14
5 THIBAUT ROLAND 24 35:15	52 BAXTER RALPH 30 43:10	100 BRECKINRIDGE LYNN 41 48:21*
6 HOGAN STU 30 35:41	53 MILES BILL 46 43:12	101 CHUTCHIAN KEN 34 48:23
7 MCKINSTRY BILL 44 35:56	54 MORSE JOHN 47 43:14	102 BROOKS PAUL 34 48:27
8 GAGNON JOHN 25 36:15	55 SCHENCK ROBERT 21 43:21	103 BETH MARY 33 48:28*
9 STEVENS GRAYDON 40 36:26	56 FITZPATRICK TIM 42 43:30	104 JONES PHIL 41 48:29
10 GRIGWARE MICHAEL 28 36:33	57 LILLY BOB 37 43:46	105 COLLINS TOM 49 48:55
11 CROTEAU JOEL 48 36:33	58 FORDHAM WAYNE 47 43:47	106 SMITH BRUCE 45 48:57
12 BENNETT THOMAS 35 37:00	59 HORSTMAN CHRISTINE 30 43:50*	107 GOLDSTEIN STEVEN 35 48:59
13 SEGARS GUY 32 37:08	60 RINES DALE 40 43:57	108 TARBELL REBECCA 30 49:00*
14 JORDAN STEWART 35 37:18	61 BURGESS JOHN 34 44:00	109 WATERMAN DANIEL 27 49:04
15 SPENCER RANDY 30 38:08	62 DECKER SCOTT 45 44:06	110 BELMAIN SHELDON 51 49:07
16 DEVOU BILL 44 38:21	63 ZORN RONALD 56 44:13	111 INCHE SUE 37 49:18*
17 MCCREA BRIAN 32 38:23	64 BENN DAVID 47 44:16	112 MITCHELL ROB 35 49:29
18 LUDEWIG DOUG 52 38:44	65 CURRY DICK 45 44:19	113 STONE RON 50 49:41
19 TEDFORD SAMUEL 29 39:01	66 CROFT CARRIE 32 44:24*	114 LUDEWIG NANCY 47 49:45*
20 ROBERGE GUY 41 39:32	67 BENEMAN DAVID 34 44:35	115 MENDELL CARLTON 70 49:47
21 BINETTE WANDA 26 39:37*	68 PRATICO MICHAEL 26 44:41	116 CRANDALL LYNNE 30 49:49*
22 RICHARDS JOE 49 39:46	69 HESS TONY 44 44:48	117 LEAR PAMELA 24 50:11*
23 NOWINSKI JOHN 28 40:03	70 KENISON PAUL 50 44:52	118 ANDERSON DAVID 50 50:28
24 SCHNAPP SCOTT 36 40:10	71 TOLFORD KATHRYN 38 45:21*	119 REDMOND COLLEEN 27 51:03*
25 KELLY BRIAN 34 40:14	72 STOVER MICHAEL 26 45:36	120 SIMPSON STANLEY 44 51:37
26 MEEHAN MARY 26 40:25*	73 BURKE KEVIN 27 45:40	122 RICHARDS LINDA 29 52:25*
27 MCKENNEY DICK 50 40:39	74 GREEN ROBERT 44 45:48	123 MCFARLAND PAUL 48 52:26
28 BRINK DAVID 29 40:50	75 EDQUID BRIGITTE 44 45:51*	124 BERCHICK JOSEPH 41 53:04
29 FLAKER JAMES 28 41:01	76 BRUTON KEITH 37 45:54	125 YATES KATHRYN 41 53:42*
30 STOWELL DON 37 41:04	77 GENDRON ELIZABETH 29 46:00*	126 CARR MAUREEN 28 53:56*
31 COYNE GARY 35 41:15	78 MAHONEY KEVIN 34 46:01	127 BLANCHARD ANN 35 53:57*
32 GILLESPIE ROBERT 54 41:18	79 AKERLEY LEE 56 46:19	128 POULIN THOMAS 32 54:28
33 SCRIBNER RICHARD 40 41:24	80 JACKSON JAMES 36 46:34	129 MOSLEY DAVID 46 54:34
34 LUND WILL 37 41:26	81 MCCARTHY TED 51 46:39	130 ASHERMAN PAMELA 31 54:49*
35 WAGER GILBERT 34 41:30	82 SWEENEY JOHN 33 46:41	131 ASHERMAN TED 45 54:49
36 CONRAD AUSTIN 36 41:38	83 DALL PAUL 50 46:44	132 LEVESQUE RICHARD 57 55:11
37 LEE HARLEY 39 41:47	84 BRADLEY RUSS 68 46:52	133 JAFFE CAROLINE 51 57:01*
38 HOFFMAN DANIEL 23 41:51	85 COOK JOSEPH 42 47:01	134 WYMAN ROBERT 55 57:17
39 MCCORKLE JIM 37 41:52	86 DYER NANETTE 30 47:20*	135 FARRIS ALBERT 45 57:18
40 BEAUDOIN MICHAEL 50 41:55	87 YOUNG GEORGE 50 47:30	136 SAPAN JERRY 52 60:02
41 DEMERS BOB 36 42:02	88 CHARBONNEAU EDWARD 31 47:42	137 BROWN ROANN 32 60:07*
42 HECKER ROBERT 34 42:16	89 ROPER HENRY 46 47:44	138 YORKNEY DONALD 55 61:16
43 CHAMBERLAIN DAVID 30 42:24	90 SMITH DENNIS 41 47:50	139 FLETCHER JESSICA 47 61:44*
44 SPENCER RON 32 42:26	91 ATCHISON TOM 43 47:53	140 PATERSON SALLY 51 63:01*
45 MCCREA RHONDA 27 42:36*	92 PAVUK KEVIN 25 47:57	141 BENNETT JOSEPH 72 63:19
46 GIFFARD GARY 33 42:37	93 GOOCH TIM 24 47:59	142 HOLMES LLOYD 65 63:55
47 CORSETTI ROCCO 45 42:40	94 CROWLEY MICHAEL 41 48:00	
	95 WEBSTER RUSSELL 38 48:01	

Lost Valley Up-Hill Run * Auburn * October 4th

<u>Adult Male</u>						<u>Adult Female</u>	
Pete Bottomley	17:47	Austin Conrad	23:04	Jude Cyr	24:37	Leslie Krichko	21:42
Bruce Nicholson	18:06	Mark Donyla	23:43	James More	25:18	Deb Merrill	24:12
Bob Poirier	18:33	Marc Glass	24:25	Steve Maloney	28:50	Alice Goodwin	25:03
Scott Jerome	19:41	Norman Sybert	27:52	<u>Jr Male</u>		<u>Master Female</u>	
David Drew	19:55	Dennis Smith	20:45	Chris Varney	21:39	Fay Gagnon	24:35
Douglas Gravel	20:32	Chase Pray	21:50	Sam Moore	25:47	Carol Estey	33:35
Don Petit	21:14	Peter Gagnon	22:59	Arnold Henrey	28:18	<u>Jr Female</u>	
Peter Merrill	22:40	Arthur Jacobson	23:35	Don Poirier	31:30	Sara Poirier	32:04

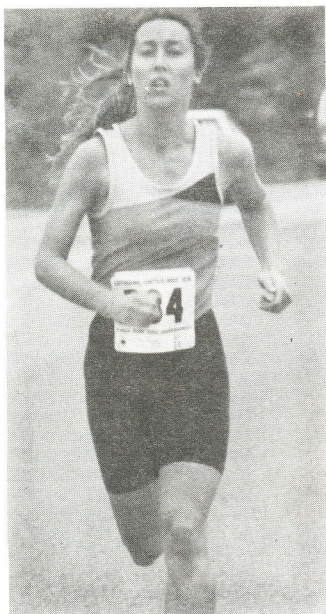


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Topsham's Mary Meehan - 2nd



Bill McKinstry from CT



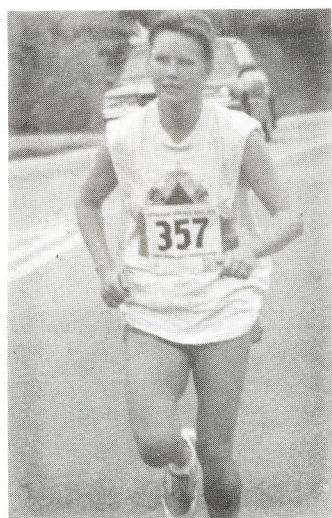
Kathryn Yates of Cape E



Tom Dann of Kennebunk



Maureen Carr of Topsham



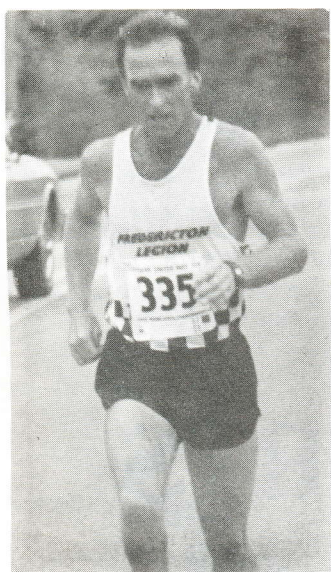
Rhonda McCrea of Freeport



Gorham's Kevin Mahoney



Winner David Weatherbie



Frederickton's Roly McSorley



Mairi Crawford of Kezar Falls



**Jessica Fletcher of Biddeford, Maureen Carr of Topsham
Lloyd Holmes of Scarboro & Freeport's Jerry Sapan**

Lifeline 5K * Portland * October 17th

results courtesy Ted Cunningham

1	KEHOE	PAUL	31 16:31
2	STRAND	JON	28 17:52
3	DEVOU	BILL	44 17:57
4	MCCREA	BRIAN	32 18:04
5	REALI	MICHAEL	38 18:12
6	HAGUE	FRANK	28 18:16
7	ROBERGE	GUY	41 18:28
8	JOHNSON	RAY	44 18:30
9	DEPREZ	RON	48 18:38
10	RICHARDS	JOE	49 18:45
11	COUGHLIN	BOB	53 18:51
12	HARMON	JIM	32 18:57
13	SCRIBNER	RICHARD	41 19:09
14	COYNE	GARY	35 19:23
15	MCCREA	RHONDA	27 19:31*
16	ORTMAN	ERIC	33 19:37
17	CHAMBERLAIN	JAMIE	28 19:37
18	MERRILL	PETER	33 19:38
19	RAMONAS	BILL	34 19:48
20	GIFFARD	GARY	33 19:49
21	MCCORKLE	JAMES	37 19:50
22	FOGG	CARL	44 19:51
23	BEAUDOIN	MICHAEL	50 19:54
24	BERRY	LES	44 19:55
25	WORKS	NORM	32 20:10
26	DAVID	TODD	48 20:12
27	SMITH	DAVE	51 20:14
28	BOOTH	JIM	47 20:17
29	CARLL	TOM	48 20:25
30	KAHILL	CHARLES	49 20:39
31	ZILMAN	DON	48 20:49
32	RAU	JANE	42 20:57*

33	NICHOLS	BOB	29 20:58
34	FISHER	RAIVDY	34 21:25
35	RENO	RICHARD	44 21:33
36	CHABOT	RAYMOND	45 21:49
37	GILBRIDE	JOHN	61 22:23
38	CRICHTON	SHEILA	28 22:27*
39	DOWNS	RICHARD	46 22:29
40	ADERMAN	DAN	12 22:37
41	TULLY	PAUL	45 22:40
42	NOBILE	MIKE	40 22:52
43	LAUSIER	JOAN	48 22:54*
44	TOWNSEND	KIRK	33 22:56
45	BLASTOW	JENNIFER	20 23:15*
46	GORDON	JOANN	30 23:19*
47	CRICHTON	SHARON	28 23:20*
48	SOLOWAY	MARSHALL	28 23:28
49	HARMON	GINA	32 23:45*
50	KEEFE	MARIA	39 23:50*
51	LAMARRE	JOHN	28 24:00
52	BAXTER, SR.	RALPH	60 24:11
53	SANDERS	JOHN	41 24:16
54	HOLLOWAY	PETER	50 24:27
55	LOCKE	CATHERINE	31 24:44*
56	CONLEY	GERARD	38 24:45
57	DOUGHERTY	TRACY	26 24:46*
58	GIERINGER	CAROLLEE	13 25:04*
59	RICHARDS	LINDA	29 25:14*
60	LAINEY	JENNIFER	27 25:30*
61	CHABOT	SHERY	45 25:34*
62	O'NEIL	MARCY	26 25:37*
63	SPILLER	JUNE	44 25:45*
64	ASCANIO	ANTON	15 25:48
65	CONLEY	CHRIS	11 26:07

66	MOSEY	ROBERT	44 27
67	CARLL	SHERY	45 27
68	RAMONAS	JOE	42 27
69	SMALL	LUKE	15 27
70	COBB	OLIA	31 27
71	JEROME	JEROME	53 27
72	SOUVINEY	JUDY	40 28
73	GIERINGER	LINDA	48 28
74	CAHILL	KRISTEN	17 28
75	FLETCHER	WALTER	45 28
76	PETTINGILL	DONAVEE	46 28
77	SCHNAUK	MARGARET	28 28
78	MCCORKLE	DIANNE	33 28
79	WHITNEY	SARAH	42 28
80	MARCELLA	DENISE	40 30
81	PENTA	DONALD	46 30
82	REMAR	IRVING	62 31
83	GIDDINGS	JOE	11 31
84	LONG	FRANK	75 32
85	CUSHMAN	BRENDA	51 32
86	LONG	CHRIS	40 34
87	HOWES	JUDY	38 37
88	PESCE	CATHY	38 37
89	CAHILL	MARY	27 39
90	RAMONCES	G.	39 39
91	LOTHROP	A. BENJAMIN	47 41
92	LONG	MARY	68 41
93	DILLARD	ROSE	49 41
94	DUFOUR	FERN	68 44
95	BROWN	SANDRA	44 47
96	ASHLEY	JOAN	52 47
97	CRICHTON	PHYLLIS	66 50
98	ROLFE	LAWRENCE	84 50

10 K Turkey Trot * Sanford * November 21st

results courtesy of Lori Hegarty

1	Steve Schneider	39:22	Sanford
2	Donald Wilson	40:58	Biddeford
3	Richard L'Heureux	40:59	Sanford
4	Clyde Coolidge	41:12	Somersworth
5	Jeffrey Preble	42:09	E Winthrop
6	Kevin Jones	42:24	Sanford
7	Clint Swett	42:36	Sanford
8	David Norfleet	43:55	Kennebunk

9	Claire Savoie	44:58	Sanford
10	George Alexion	45:46	Waterboro
11	David McKechnie	46:54	Acoon
12	Ton Collins	47:46	Sanford
13	Jenny Lavoie	48:33	Barrington
14	Bi Tran	49:05	Sanford
15	James Legere	51:00	Steeple Falls
16	Jessica Maheux	55:25	Springvale
17	Dan Maheux	55:25	Springvale

18	Jennifer Roy	56:29	Sanford
19	Elizabeth Moffre	56:53	Sanford
20	Danny Moffre	58:19	Sanford
21	Ronald Roy	58:55	Sanford
22	Dick Faulkner	58:56	Sanford
23	Stranley Harmon	62:19	Lyman
24	Ann Alexion	63:23	Waterboro

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Highland Gold 10K * Bridgton * Oct 18th

Runners were treated to picture-book fall weather in the Maine foothills with the peaking foliage framing vistas of the White Mountains and Highland Lake. Andy Fecteau of Pownal likes to cut things close. He arrived so close to the start time that friends had to register him as he jumped into the pack just as the starter's whistle blew. Speeding to the start apparently set the tone for his day, however, as he ran to finish first and lower the course record to 35 minutes flat. Results courtesy of Steve Collins

1 Fecteau	Andrew	35:00	15 Floyd	Steve	44:04	29 Albrecht	Norma	49:50*
2 McIver	Dennis	35:35	16 Howe	John	44:42	30 Brown	Kathryn	49:59*
3 Snow	Mark	35:35	17 Miers	Gary	45:30	31 Ricci	Paul	51:54
4 Spencer	Randall	37:04	18 Ireton-Hewitt	Jak	45:31	32 Brown	Charles	52:20
5 Plunkett	Seth	37:33	19 Chandler	John	45:37	33 Petrone	Tom	52:38
6 Reilly	Bill	37:49	20 Sybert	Norm	45:48	34 Hayes, Jr.	Al	53:59
7 Wiser	Jeremy	38:25	21 Green	Robert	45:55	35 Dam	Richard	57:13
8 Mason	Nathaniel	40:10	22 Dam	Daniel	46:03	36 DeVito	Lee	57:37
9 Doane	Joseph	40:14	23 MacLean	Andy	46:08	37 Dam	Shirley	59:43*
10 Mawhinney	Tommy	41:24	24 MacLean	Erin	46:25*	38 Mason	Deborah	60:21*
11 Douglas	Steve	42:00	25 McGee	Mike	47:45	39 Bennett	Joe	62:57
12 Yannelli	Keith	42:28	26 Keefe	Marla	48:02*	40 Floyd	Jeremy	67:00
13 Miers	Justin	42:36	27 Dalrymple	Kate	48:36*	41 MacLean	Bobbie	67:30*
14 Fitzpatrick	Tim	42:38	28 Chandler	Ellen	48:57*			

Murray Keatinge Invitational * U of ME * Oct 10

Maine & UNH finishers Men - 5 Mile

Purdue	39	
Maine	46	
Iowa	53	
UNH	100	
Holy Cross	130	
1 Kevin Herd	Iowa	24:19
2 Jamie LaChance	Maine	24:53
3 Jeff Young	Maine	25:01
4 Sean Tynan	Maine	25:02
13 Andy Spaulding	Maine	25:52
16 Ryan MacDonald	UNH	26:03
17 Randy Horne	UNH	26:04
19 Casey Carroll	UNH	26:42
23 Robert O'Brian	UNH	26:43
25 Patrick O'Connor	UNH	26:50
29 Timothy Livingston	UNH	26:58
30 William Poteet	UNH	26:58
Matthew Lonergan	UNH	26:59

James Gibhardt	UNH	27:21
Jonathan Wells	UNH	27:28
32 Chris Walker	Maine	27:41
33 Paul O'Neill	Maine	27:41
Sheldon Young	Maine	27:49
Eric Toole	Maine	27:51
Ken Lamson	Maine	27:59
Ryan Gauthier	Maine	28:27
Geoff Glew	Maine	28:35
Steve Connor	Maine	28:43
Bill Dye	Maine	28:57
Robin Schulz	Maine	29:13
Bill Freeman	Maine	29:17

Women 3.1 miles

Purdue	16
New Hampshire	46
Maine	68
Holy Cross	NS
1 Amy Graham	Purdue 18:20

2 Cosette Taylor	Purdue 18:21
3 Tracy Stevens	Purdue 19:01
4 Mary Velotta	Purdue 19:07
5 Sara Coulter	Maine 19:30
7 Catharina Armstrong	UNH 19:34
8 Judi Robichaud	UNH 19:36
9 Tracy Sheehan	UNH 19:37
10 Karma Tousignant	UNH 19:40
12 Emily Cartwright	UNH 19:47
13 Allyson Lowell	Maine 19:51
14 Rebecca Cox	UNH 20:08
15 Jill Hindley	Maine 20:11
16 Katie Foss	UNH 20:11
17 Kimberley Pierce	Maine 20:28
18 Kate Ringo	Maine 20:48
Colleen Burke	UNH 20:59
19 Robin Guptill	Maine 21:18
20 Tiffany Pope	Maine 21:23
21 Jennifer Jacobs	Maine 22:32

results courtesy of Rolland Ranson

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Run Of The Irish *5 Mile * Carmel * Oct 17th

Lots of volunteers from the Bangor Y Running Club ensured a smoothly run race. A stiff wind (it blew the starting line over) and challenging hills didn't encourage fast times, but Paula Emery set a course record anyway. Mike Gaige seemed to be gaining on winner Greg Hale near the end as Greg tied the course record. Of course, Mike's time was a master's record as he continues setting a new record every time he runs. This was the 3rd edition of this race, as it continues to grow due mostly to the hard work of director, Kevin Vickers. Many, many, many fine awards and door prizes (including running shoes). TAC certified ME 91004 GN

results courtesy Kevin Vickers

1	Hale	Gregory	29	26:34
2	Gaige	Michael	40	26:43
3	Way	Kevin	23	27:13
4	Chase	John	37	27:57
5	Erskine	Robert	22	28:04
6	Smith	Barrett	21	28:28
7	Snow	Mark	25	29:10
8	Brosnan	Michael	38	29:21
9	Peterson	Steve	43	29:28
10	Saloranta	Risto	43	30:30
11	Reid	Tim	38	30:45
12	Wilson	Randy	39	30:50
13	Emery	Paula	36	30:58*
14	Higgins	Gary	43	31:00
15	Lemieux	Myles	51	31:05
16	Rosenhein	Brian	25	31:09
17	McKinney	Tom	39	31:32
18	McDonough	John	30	31:41
19	Leighton	John	18	31:47
20	Roy	Gene	46	31:56
21	Dow Jr.	Robert	47	32:06
22	Bourque	Michael	20	32:12
23	Thibeau	Doc	38	32:20
24	Hildreth	Greg	50	32:28
25	Roy	Tony	22	32:51
26	Gillespie	Bob	54	32:54
27	Kirby	Tom	36	32:55
28	Pinkham	Bill	50	32:56
29	Hwalek	John	37	33:02
30	Abrams	Bob	35	33:08
31	Bailey	Brent	30	33:13
32	Bright	Jim	43	33:17
33	Boucher	Peter	45	33:24
34	Stuart	Phil	45	33:29
35	Snow	Bob	32	33:34
36	Gervais	Peter	39	33:37
37	Ellis	James	42	33:38
38	Deredin	Terry	35	33:44
39	White	Jeff	37	33:48
40	Hodges	Sheila	37	33:49*
41	White	Rod	38	33:51
42	Benn	David	47	34:14
43	Bennett	Joe	35	34:24
44	Smith	Gordon	34	34:26
45	Walsh	Jim	33	34:40
46	Gagnon	Peter	0	34:46
47	Johnson	David	32	34:47
48	Stockley	Alan	43	34:48
49	Bragg	Frank	51	35:00
50	Lavin	Joan	44	35:00*
51	Benzoni	Elisa	27	35:11*
52	Merriam	Fred	45	35:15
53	Samuelian	David	47	35:41
54	Price	Kent	53	35:49
55	Fenton	Ron	39	35:53
56	Moore	Jim	49	36:05
57	Atwood	David	41	36:06
58	Guyer	Rick	41	36:09
59	Rich	Larry	44	36:10
60	Gagon	Faye	47	36:17*
61	Alex	Mark	32	36:33
62	Keefe	Corky	49	36:54
63	Scott	Ed	39	37:00

64	Stockley	Bernice	29	37:09*
65	Crichlow	Beth	34	37:17*
66	O'Halloran	Don	44	37:20
67	Dunlap	Louisa	52	37:27*
68	Auerbach	Sam	58	38:05
69	Sargent	Cole	43	38:23
70	Quimby	Ray	41	38:39
71	Quimby	Nancy	37	38:39*
72	Bubar	Joshua	21	38:40
73	Dufour	Joel	20	38:57
74	Perry	Justin	14	39:10
75	Nevers	Kenneth	33	39:11
76	Dubois	Reynold	35	39:27
77	Cole	Jeremy	13	39:50
78	Aubin	Joe	67	39:54
79	Nelson	Scott	43	40:11
80	Beal	Barbie	33	40:19*
81	Palmer	Eric	20	40:33
82	Knapick	Veronica	46	41:48*
83	Koehler	Ted	40	41:51
84	Bailey	Brenda	30	42:14*
85	Lawlor	Bill	68	42:18
86	Lawlor	Dave	50	42:38

87	Jordan	Janet	33	43:41
88	Farley	Kim	35	44:24
89	Keefe	Richard	60	44:34
90	Beaufait	Henrietta	39	44:36
91	Clark	Dave	43	44:46
92	Pelletier	Andrea	30	44:58
93	Bubar	John	45	45:34
94	Merriam	Jason	20	45:56
95	Cole	Mike	43	45:58
96	Bacon	Ann	44	46:53
97	Myers	Robert	36	46:55
98	Hughes	Robin	31	47:06
99	Thompson	Kim	44	47:24
100	Trefethen	Bill	49	49:20
101	Gran	Janice	52	49:42
102	Hussey	Dianne	40	53:01
103	Jordan	Robert	38	53:58
104	Mailman	Paul	55	54:34
105	Gillis	John	11	70:21
106	Robertson	Kirby	40	70:22
107	Higgins	Nikki	42	70:23
108	Witham	Carroll	48	70:24
109	Gillis	Judy	42	70:30



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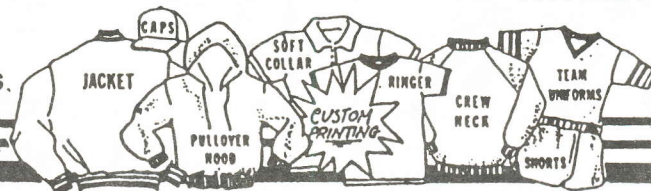


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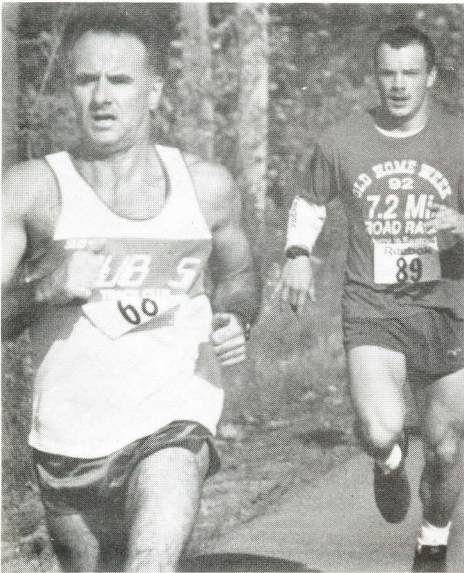
Hats, Jackels, Custom Embroidery, etc.



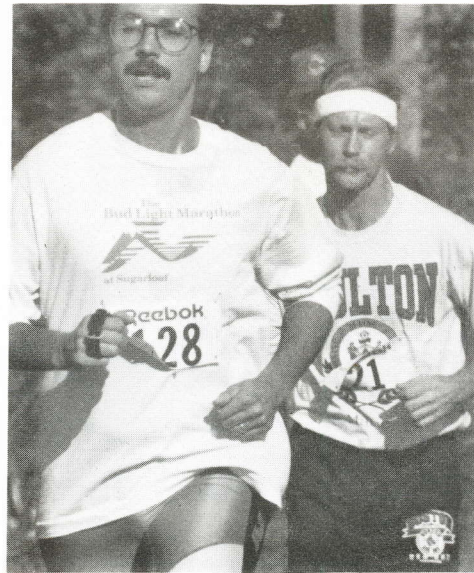
Peter Gagnon & #62 Bob Snow. In back is Mark Alex & David Benn



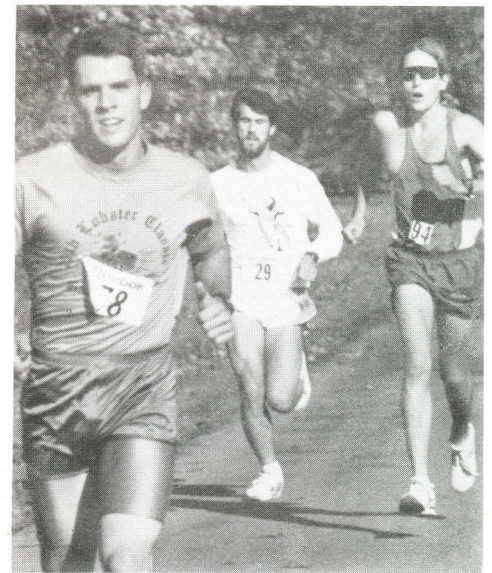
Janet Jordan & Andrea Pelletier



Gary Higgins leads John Leighton



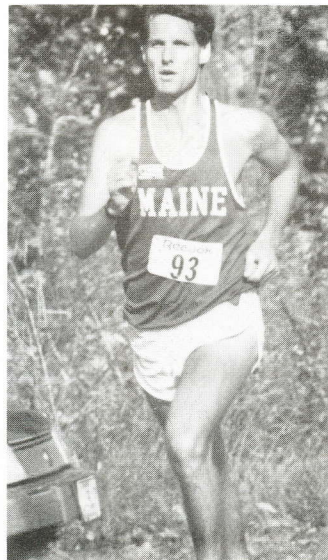
John Hwalek leads Brent Bailey



l to r: Robert Erskine, Mark Snow & Barrett Smith



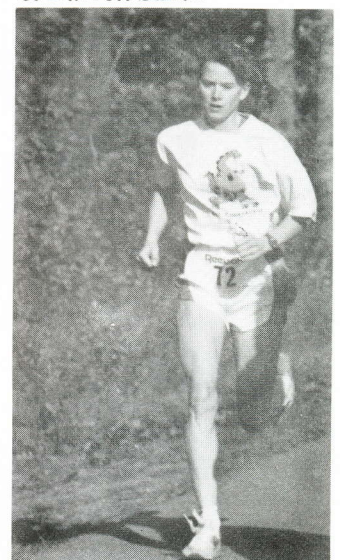
Brenda Bailey



Winner: Greg Hale



Steve Peterson



Elisa Benzoni

Downeast 4 Mile Classic * Sanford * Oct 18th

Great day for a race. Cool, sunny and a fairly fast course. Climbing the small hill going out was rewarded with a fast finish. Ken Houle, 45 & Joel Croteau, age 48 won 1st and 2nd master. Ellen Bowden seems to be getting faster. She not only beat out Carol Weeks for masters win, but they took 2nd and 3rd overall in the process. Despite many races this weekend, cash prizes helped attract a strong f

results - Granite State Race Services

1 WINN BOB 33 19:34	85 BESSEY DON 47 28:39	136 CHEVALIER RICHARD 36 32:20
2 LEGERE DON 30 20:22	86 CONLEY THOMAS 41 28:42	137 BABSON DAVID 53 32:30
3 GRIGWARE MICHAEL 28 20:30	87 MENDELL CARLTON 70 28:43	138 DOWE DYLAN 9 32:38
4 NOEL JOE 35 21:16	88 FOSTER ADAM 13 28:56	139 GAGNE JOHN 34 32:43
5 DUDLEY MARK 32 21:30	89 ZOTTI TOM 28 29:14	140 DANNA Nanci 39 32:44
6 WETTLAUER KIM 35 21:50	90 McDONALD PETER 43 29:23	141 HOLDSWORTH LINDA 27 32:45
7 WATKINS THOMAS 34 21:50	91 WHITE ANDREW 35 29:27	142 WORSTER PHILIP 45 32:51
8 HOULE KEN 45 21:51	92 VIGUE MICHAEL 28 29:28	143 FRIBURG RICHARD 43 32:57
9 WANAMAKER BOB 33 22:01	93 GUILMETTE TOM 33 29:30	144 MAHEUX DANNY 14 32:58
10 CROTEAU JOEL 48 22:08	94 MAGUIRE BRIAN 20 29:31	145 ABBOTT MIKE 41 32:58
11 TRANCHEMONTAGN DENIS 22 22:28	95 PECK MARYANNE 34 29:34*	146 LACHANCE VALARIE 37 33:11
12 FLANDERS KEN 40 22:48	96 ELLINGWOOD CINDY 33 29:37*	147 LEGERE JAMES 59 33:25
13 ROTHMUND DAVE 44 22:53	97 LANDRY JIM 27 29:38	148 ROY JENNIFER 9 33:30
14 STRICKLAND JAMES 44 22:54	98 TRAN BI 40 29:42	149 SAVARD LEO 37 33:35
15 SANDERS ART 21 22:58	99 HUERTAS AUBIN 55 29:44	150 WYMAN ROBERT 55 33:36
16 BARTLETT RANDY 37 23:32	100 SHEEHAN BOB 55 29:46	151 LACHANCE BONNIE 31 33:55
17 GALLAGHER BRIAN 42 23:43	101 DOIRON BLAIR 39 29:55	152 BOUCHER BRENDA 27 34:05
18 BINETTE WANDA 26 23:49*	102 LAVOIE LEON 42 30:04	153 KNIGHT KAREN 31 34:18
19 RICHARDS JOE 49 23:52	103 ELDRIDGE DONNA 28 30:09*	154 MOOERS CARL 39 34:23
20 FAULKNER ANDY 15 24:08	104 ELDRIDGE DAVID 28 30:52	155 MOFFRE DANNY 48 34:36
21 SWETT CLINTON 16 24:31	105 FOSTER JERRY 39 30:10	156 MAHEUX JESSICA 15 34:40*
22 MCKENNEY DICK 50 24:40	106 AVERY MITCH 0 30:14	157 FIGUEROA CYNTHIA 34 34:46*
23 LEBLANC PAUL 28 24:50	107 LAVOIE DAWN 15 30:19*	158 MOFFRE ELIZABETH 44 34:55
24 BOWDEN ELLEN 40 24:53*	108 BURNHAM DON 51 30:21	159 DERUSHA BILL 67 35:07
25 LEONARD PETER 37 24:59	109 GLOVER CHARLES 54 30:26	160 DICKSON SHIRLEY 27 35:10*
26 COOLIDGE CLYDE 53 25:08	110 DOWE NOLAN 12 30:32	161 GAGNE MARIANNE 51 35:18*
27 McDONALD LEWIS 36 25:09	111 NAPPI JIM 45 30:37	162 LESLIE DEAN 26 35:23
28 PECK EDWARD 49 25:11	112 MANNING JUDY 29 30:37*	163 HERTFORD JOANN 33 35:26*
29 MACLEAN JEFFREY 13 25:12	113 RUSSELL DON 55 30:39	164 SAVARD KAREN 34 35:33*
30 ST. HILAIRE DENNIS 47 25:17	114 RINES BETTY 35 30:45*	165 ABBOTT LYNN 40 35:49*
31 WEEKS CAROL 43 25:21*	115 HARRIMAN DEBORAH 40 30:49*	166 CAPLETTE HEATHER 16 35:50*
32 BEAUDOIN MICHAEL 50 25:32	116 BERNARD ANDREA 14 30:51*	167 DECKER THOMAS 48 35:52
33 LEGASSIE DARRYL 43 25:35	117 ANDERSEN RICH 43 31:04	168 WONG LING 52 35:58*
34 BLIER TINA 27 25:35*	118 AGAN DAVID 45 31:09	169 FLETCHER JESSICA 47 36:01*
35 MARTIN MARY 35 25:38*	119 OUILLETTE JOHN 44 31:10	170 EDSON CHRISTOPHER 9 36:11
36 SHEVENELL RAY 51 25:39	120 LOSTER MARTIN 70 31:12	171 EDSON RICK 38 36:11
37 WEEKS SUMNER 44 25:47	121 NORTON MARTIN 41 31:13	172 SOULE MAGGIE 51 36:13*
38 DUTCH JEREMIAH 18 25:48	122 LEWICK PATTI 35 31:17*	173 SAVARD MICHELLE 9 36:26*
39 HANEY MARJORIE 25 25:51*	123 VERRILL DANA 27 31:20	174 MAGUIRE MARIE 42 36:34*
40 SIROIS GREG 14 25:53	124 COLLIDGE MARYBETH 24 31:24*	175 HENDERSON JOEL 9 36:49
41 MORSE JOHN 47 25:57	125 EHNSTROM SUSAN 36 31:31*	176 LAVOIE KATHRYN 16 37:14*
42 ROONEY DANIEL 48 25:59	126 CRANDALL DENNIS 0 31:33	177 WOOD BEVERLY 37 37:24*
43 CARD KRISTEN 18 26:02*	127 CHRUSZ MARK 40 31:34	178 GAGNE CYNDE 33 37:37*
44 FIELDSTONE GARY 42 26:02	128 RHODES SHARON 27 31:37*	179 ROBERGE ROBERT 44 37:47
45 THOMAS KATE 21 26:03*	129 JOHNSON KAREN 40 31:41*	180 AGNEW JAQUELINE 31 37:50*
46 MOODY DOUG 44 26:07	130 FOX CATHERINE 39 31:46*	181 ROBERT'S SHEILA 37 38:30*
47 HALVORSON SCOTT 42 26:10	131 RICHARDS LINDA 29 31:48*	182 HOWE ANDREW 9 39:27
48 RINES DALE 40 26:14	132 MICHAUD PAUL 34 31:52	183 HOWE PAUL 40 39:28
49 GASPAR JOHN 14 26:18	133 HOWE NATHAN 11 32:01	184 ROY JONATHAN 5 48:30
50 MOYER ROBERT 48 26:29	134 REIL TIM 30 32:09	186 PROVENCHER KANDYLEIGH 35 50:16*
51 McDONOUGH PAUL 41 26:30	135 BAKER KATHY 39 32:12*	187 WILLIAMS PAUL 32 60:48



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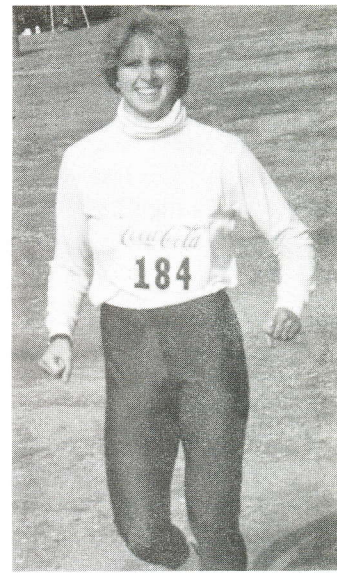
Dylan Dowe of Rochester



Betty Rines of Gorham



East Lebanon's Richard Chevalier



Brenda Lee of Rochester



Deborah Harriman of East Waterboro



Ellen Bowden 2nd place



Mike Grigware of Saco, Joel Croteau of Biddeford & winner Bob Winn of Ogunquit



Bob Wyman & Barianne Gagne of Rochester NH



Maggie Soule of Yarmouth



Ray Shevenell of Cape Elizabeth & Nancy Lund of Falmouth

Aspirations 10K * Orono * October 24th

A light rain and a strong field provided good conditions for setting new records; and there were many. Paula Emery knocked over 1.5 minutes off her last years winning time, and almost every age group winner established a new mark. The 50-59 age group leader by Bion McFadden had 3 under 40 minutes. The Sub-5 Track club had a narrow victory in the male team competition over the Fredericton Legion Track Club, 11 & 15. The Sub-5 women also had a close win, beating out the Bangor YMCA Running club with a 180 to 191 margin. The runners say that the route through the University's Forest and on a bike path is great! I can attest to the quality of the brunch after the race. Race director, Jerry Ellis, is planning to have the course TAC certified for next years race.

results courtesy Jerry Ellis

1	Roy Morris	29	32:11	56	Mary Poulin	32	44:25	79	Dan LeLong	46	48:47
2	Michael Gaige	40	32:20	57	Stanley Drinkwater	51	44:30	80	Eileen Carey	45	49:10*
3	Tim Wakeland	27	32:27	58	Peggy Smith	44	44:48*	81	Danielle DeLong	22	49:56*
4	Wayne Stewart	45	32:37	59	Robert Marquis	52	44:51	82	John Rubino	46	49:59
5	Jack Gallagher	24	32:40	60	Fred Merriam	45	45:07	83	Ken Nevers	33	50:19
6	Patrick Lee	37	32:53	61	John Jemison	33	45:19	84	Karen Lacasse	37	51:25*
7	Roly McSorley	41	32:59	62	David Atwood	41	45:27	85	Regina Agrusa	26	51:29*
8	Jim Newett	34	33:53	63	Thomas Roux	21	45:27	86	Terry Kix	29	51:30*
9	Shawn Keenan	30	34:25	64	Regina Erskine	28	45:36*	87	David Lawler	50	52:49
10	Cliff Rogers	34	34:31	65	Dean Bird	36	45:40	88	Charles Clapper	63	53:12
11	Gordon Hartwell	34	34:38	66	Robert Welch	36	46:14	89	Robert Myers	36	53:20
12	Awani Love	18	35:40	67	Ed Scott	39	46:17	90	Jessica Smith	12	53:32*
13	Rob Erskine	22	35:48	68	John McCallie	42	46:27	91	Gary Fessler	47	53:44
14	Rick Chalmers	31	36:13	69	Erin B. Ray	26	46:27*	92	Leona Clapper	62	53:50*
15	Ron Pelletier	32	36:19	70	Tom Brennan	40	46:33	94	Jean Goldfine	47	57:44*
16	Guy Segars	32	36:28	71	Donna Just	35	46:36*	95	M.G. "Ted" Bair	47	57:44
17	Walter Crockett	33	36:36	72	Art Fraser	55	46:43	96	Ann Bacon	44	57:59*
18	Steve Peterson	43	36:37	73	Arthur Joaquin	39	46:47	97	Paul Taylor	39	58:38
19	Todd Knight	23	36:39	74	Donald O'Halloran	45	47:02	99	David Kull	50	59:01
20	Newell Lewey	34	36:42	75	Elizabeth Scott	30	47:25*	100	Oscar Feichtinger	59	63:48
21	Michael Brosnan	38	36:45	76	Sam Auerbach	58	47:30	101	Paul Mailman	55	67:59
22	Larry Tonzi	45	37:26	77	Rene Collins	51	47:39*	102	Sherrie Thomas	21	80:15*
23	Paula Emery	36	37:47*	78	Joan Merriam	44	48:39	103	Norman Pelkey	77	81:40
24	John Leighton	18	37:53								
25	David Wheaton Sr.	39	38:37								
26	Tim Reid	38	38:46								
27	Bion McFadden	52	39:10								
28	Myles Lemeiux	51	39:20								
29	Christopher Guest	20	39:28								
30	Mark Ranco	30	39:28								
31	Denis Poulin	32	39:29								
32	Bill Pinkham	50	39:46								
33	Scott Bair	22	39:50								
34	Julie T. Millard	29	39:52*								
35	Jim Bright	43	40:01								
36	Stephen Colson	33	40:03								
37	Chuck Murphy	43	40:18								
38	Chuck Barnard	29	40:23								
39	Greg Hildreth	50	40:36								
40	Ernest Carle	36	40:51								
41	Stephen Norton	52	40:54								
42	Theodore Carey	47	41:20								
43	Bob Abrams	35	41:46								
44	Bill Case	34	41:51								
45	Sheila Hodges	37	41:55*								
46	Sharyn Kingma	42	41:57*								
47	Ken Hooper	42	42:07								
48	Art Warren	51	42:23								
49	Lendal Johnson	60	42:25								
50	Frank Bragg	51	42:34								
51	Gordon Smith	34	43:02								
52	Jane Rau	42	43:06*								
53	David Green	34	44:06								
54	Ron Fenton	39	44:10								
55	David Samuelian	46	44:18								

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Stump's Revenge * Topsham * November 1st

results courtesy of Pam LeDuc

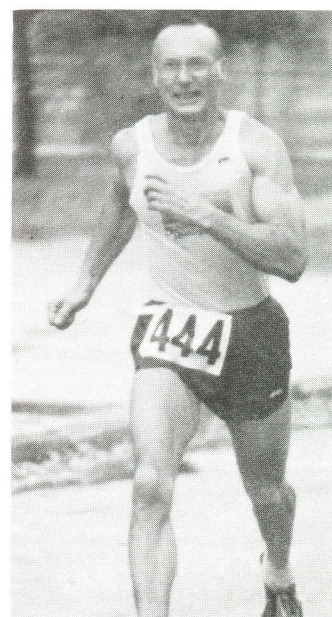
	Predicted	Actual									
1	Tom Thibeau	34:36	33:43	19	Leo Turcotte	44:00	44:26	39	Heather Higbee	52:52	51:00
2	Mitchell Lovering	36:30	34:20	20	Mark Doucette	44:20	45:08	40	Warren Wilson	52:00	52:20
3	Dane Dwyer	37:45	35:47	21	Evelyn King	47:00	45:30	41	Michael Feldman	53:09	53:10
4	Paul Fagan	36:30	36:40	22	Louisa Dunlap	47:00	45:39	42	Jim Michaud	54:00	53:20
5	Jesse Randall	45:00	36:41	23	Larry Dreher	46:46	46:13	43	Barry Lohnes	53:59	53:20
6	Shane Heathers	45:00	36:43	24	Lori Lapointe	51:00	47:33	44	Charlie Gordon	54:00	53:20
7	Dwight Blease	38:12	37:02	25	Walter Higgins	49:22	47:35	45	Bill Higbee	55:32	53:30
8	Dan Engler	45:00	37:57	26	Rick O'Brien	46:30	48:06	46	Stasia Lowe	57:00	54:00
9	Walter York	44:00	38:44	27	Bruce Kingdon	52:11	48:16	47	Wayne Merrill	59:25	54:10
10	George Liming Jr	41:45	42:02	28	Rich Wells	48:00	48:17	48	Terry Lincoln	55:00	55:10
11	Ira Cohen	43:45	42:09	29	Tom Delois	48:32	49:12	49	Stephanie Byras	58:37	56:00
12	Scott Hinds	43:00	42:11	30	Sharon Strachen	53:10	49:24	50	Brian Perkins	54:00	56:00
13	David Benn	43:05	42:28	31	Carla Culver	54:50	49:47	51	Peter Ladner	55:17	56:10
14	Robert Green	44:45	42:40	32	Carol Picchini	54:30	49:47	52	Carol Wells	59:00	59:20
15	Laura Ross	51:00	43:07	33	Donnajean Pohlman	51:47	49:50	53	Linda Hornbeck	54:00	59:20
16	Ron Paquette	44:17	43:26	34	David Delois	49:59	50:23	54	Bill Greene	61:01	59:20
17	Lew Frazier	49:20	43:38	35	John Moncure	50:00	50:24	55	Barry Dano	56:00	60:30
18	Craig Heathers	42:00	44:13	36	Pam Lear	51:00	50:35	56	George Liming Sr	78:18	70:40
				37	Richard Libby	56:00	50:36	57	Kelli Enrico	80:00	73:40
				38	John Loyd	52:20	50:56	58	Barbara Pianka	95:00	74:40



Ted Carey 463, Tim Wakeland 509 & Todd Knight 517



Newell Lewey of Veazie



Bion McFadden of Lubec



Roly McSorley 489 leads the pack out



Ann Bacon, Bob Myers & Gary Fessler



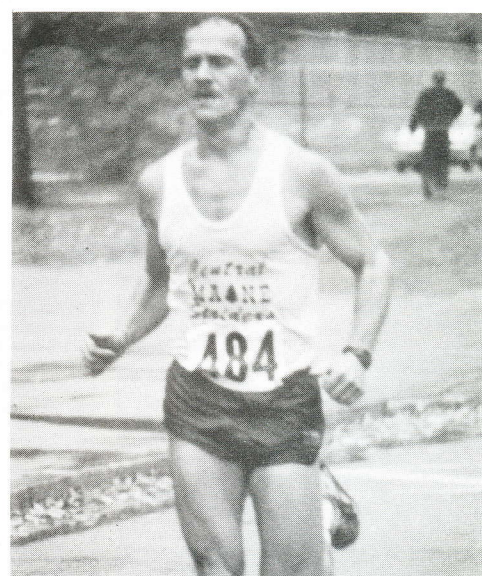
Winner: Chuck Morris



Elizabeth Scott & Dan O'Halloran



Patrick Lee of Fredericton



Bingham's Gordan Hartwell

Great Osprey 10K * Freeport * November 21st

Except for some lingering snow on the entry road to the park, conditions for a race were good. The Beaver (Tom Thibeau) is back in good form with the win. Not a fast course because of the hills and the dirt road but everyone who runs it likes it. The high quality long sleeve shirts are proving to be a collectors item. Joan frequently runs this race in support of Freeport's races and because of the convenience as she lives and trains on these roads. Some missed the award ceremonies when they ran back to run in with 75 year young Mardie Brown from Palermo. TAC certified ME 88010 GN

results Freeport Community Education														
1	Thibeau	Tom	34	34:18	47	Silk	David	34	41:25	94	Meirs	Gary	38	48:00
2	Grigware	Michael	28	34:36	48	Gilespie	Robert	54	41:28	95	Yates	Paul	41	48:30
3	Hartwell	Gordon	35	34:54	49	Buzzel	Ken	35	41:44	96	Richardson	Corinne	0	48:40
4	Bickart	Jeff	32	35:13	50	Leeman	Scott	26	41:47	97	Cavanough	Richard	59	48:40
5	Frame	Bruce	36	35:25	51	McCormack	Bob	41	42:32	98	Pailthorp	Mary	42	49:00
6	Garland	Phil	35	35:46	52	Donahue	Paul	42	42:35	99	Della Femina	Peter	38	49:10
7	Olsen	Michael	30	36:03	53	Russell	William	34	42:42	100	Francis	Ed	50	49:20
8	Scannell	Gordon	40	36:19	54	Austin	Hadley	34	42:49	101	Spear	Howard	42	49:20
9	Segars	Guy	32	36:28	55	Bachorik	Bob	48	42:52	102	O'Brien	Rick	46	49:40
10	Lovering	Mitchell	32	36:41	56	Houston	Amanda	26	43:00*	103	Stuart	Emily	33	49:40
11	Dwyer	Dane	35	36:54	57	Fuller	Robert	0	43:02	104	Anderson	David	50	49:50
12	Brosnan	Michael	38	36:59	58	Mosley	Rich	50	43:06	105	Hill	Geoffrey	46	50:20
13	Samuelson	Joan	35	37:04*	59	Raszmann	Deb	39	43:12*	106	Stelmack	Mark	40	50:30
14	Peterson	Steve	43	37:10	60	Thorp	Chuck	37	43:14	107	Shorty	Tom	30	50:30
15	Doherty	Daniel	30	37:19	61	McGlaughlin	Diana	33	43:26*	108	Gordon	Charlie	45	50:40
16	Soule	Stafford	40	37:40	62	Garland	Cindy	32	43:31*	109	Horey	Marc	42	50:48
17	Mackie	Ken	38	38:03	63	Martin	Pamela	34	43:41*	110	Sousa	Al	39	50:50
18	Cameron	Ross	25	38:04	64	Brantner	Karl	37	43:48	111	Mattson	Rick	42	51:08
19	Mangone	Joseph	36	38:16	65	Kenney	Matthew	32	43:58	112	Lear	Pamela	24	51:14
20	Boucher	Mark	34	38:25	66	Rodick	David	37	44:02	113	Wilson	Katerine	48	51:40
21	Johnson	Ray	44	38:30	67	Rolff	John	38	44:03	114	Washburn	Malcolm	39	51:42
22	King	Jeremy	28	38:33	68	Fisco	Thad	27	44:26	115	Atchison	Tom	43	51:42
23	Greene	Brian	28	38:33	69	Hess	Tony	41	44:27	116	Hatch	Theron	52	51:48
24	Kane	Tim	35	38:48	70	Randall	Rosalyn	42	44:44*	117	Collins	Steve	55	51:48
25	Meehan	Joe	46	38:59	71	Bowie	Eric	32	44:50	118	Laskay	Diana	32	51:48
26	Keeling	Shelley	28	39:17*	72	Benn	David	47	44:56	119	Young	Lyn	38	51:49
27	Gleason	John	35	39:17	73	Phillips	Jennifer	19	45:00*	120	Brennan	Ken	48	52:08
28	Clark	Terry	48	39:18	74	Davis	Scott	42	45:02	121	Kent	Don	39	52:17
29	Poulin	Denis	32	39:32	75	Maurice	Pierre	29	45:26	122	Pohlman	Donna Jean	42	52:28
30	McGee	Julie	32	39:41*	76	Foley	Ron	42	45:47	123	Paquette	Ron	51	52:30
31	Pardu	Kris-Anne	28	39:50*	77	Giglia	Michael	33	46:22	124	Thorne-Lyman	Caroline	40	52:38
32	James	Jghn	40	39:54	78	Merrill	Clint	44	46:44	125	Fessler	Gary	48	52:51
33	Krohn	Hans-Peter	35	40:17	79	Sullivan	Jim	46	46:47	126	Ladner	Jeff	0	52:58
34	McKenney	Dick	50	40:20	80	Doucette	Mark	31	46:49	127	Forster	Kevin	30	53:43
35	Scribner	Richard	41	40:21	81	Greavette	Hazel	33	46:55*	128	McLean	George	49	53:49
36	Thibeau	Doc	38	40:30	82	Sirois	Ken	45	46:56	129	Whitney	Eleanor	53	54:58
37	Eriksson	John	42	40:32	83	Pryor	Travis	16	47:00	130	Wiltmot	Warren	43	55:34
38	Phillips	Eunice	42	40:33*	84	Ranger	Andrea	23	47:02*	131	Hyde	Nicole	41	55:38
39	Pavlisco	Bill	42	40:41	85	Blastow	Jennifer	20	47:03*	132	Jones Lowe	Stasia	38	55:40
40	McDonough	John	30	40:50	86	Larkins	Nelson	31	47:05	133	Milan	Kathy	42	57:39
41	Fertig	Jules	44	40:58	87	King	Evelyn	34	47:19*	134	Milan	Brian	44	57:39
42	Hazelton	Sid	31	41:04	88	Merrill	Deb	36	47:19*	135	St. John	Edward	53	58:46
43	Crovo	Chris	34	41:05	89	Roy	Michael	39	47:41	136	Robson	Connie	43	70:08
44	Fecowicz	Rick	37	41:08	90	Young	Art	62	47:44	137	Kettle	Nancy	57	71:07
45	Lyman	Robert	48	41:09	91	Ray	Erin	26	47:49*	138	Brown	Mardie	75	84:20
46	St. Hilaire	Dennis	47	41:20	92	Goodenow	Clinton	54	47:51					
					93	Brewer	Don	37	47:58					

YMCA Fall 3 Miler * Waterville * Sept 23

results Jerry St Amand															
1	Peter Lessard	30	15:32	14	Tom McGuire	46	18:11	28	Erica Qualey	15	19:58*	42	Richard Hartford	47	22:11
2	Todd Knight	23	16:12	15	Tom Churchill	17	18:20	29	Rob Crosby	44	20:08	43	Carlton Mendell	70	22:11
3	Ron Pelletier	32	16:36	16	Susan Whittier	35	18:24*	30	Jim Moore	49	20:15	44	Larry Dyer	48	22:11
4	Duane Higgins	27	16:45	17	David Lane	17	18:30	31	Bruce Bernier	36	20:29	45	Jill Greenwood	28	22:11
5	Michael Hartford	16	16:58	18	Richard Scribner	41	18:31	32	Meghan Collins	11	20:31*	46	Chris Poulin	16	23:01
6	Doug Warner	37	17:30	19	Brian Murray	26	18:34	33	John Collins	45	20:31	47	Alton Ryer	44	23:01
7	Risto Saloranta	43	17:07	20	Paul Baillargeon	43	18:37	34	Todd Hansen	25	20:53	48	Lisa Pelletier	29	23:01
8	Bryant Bourgoin	42	17:19	21	Robert Gillespie	54	18:56	35	Tinia Dyer	15	20:58*	49	Mark Clinch	36	23:01
9	Randy Spencer	30	17:24	22	Tim Goding	35	18:57	36	Maureen Lee	31	20:59*	50	Josh Cartmill	14	23:01
10	Mike Simoneau	45	17:39	23	Robin Bates	14	19:04*	37	James Gilbert II	20	21:30	51	Ed Worcester	30	23:01
11	Derek Veilleux	14	17:44	24	Marc Glass	26	19:27	38	Paul Dall	50	21:32	52	Peter Gorman	64	25:01
12	Jon Chapin	34	17:53	25	Tim Hall	23	19:31	39	Roland Gay III	21	21:53	53	Judy Harris	38	26:01
13	Jamie Baird	17	17:57	26	Tony Hess	41	19:53	40	Tom Freeling	54	21:58				
				27	Julie Millard	29	19:55*	41	Amy Partridge	21	22:11*				

Sunday River Uphill Run * Oct 10th

Junior Men			Master Male			Junior Women			Adult Women		
1	Arnold Henry	32:00	10	William Sproul	32:04	11	Leonard Amburguey	36:54	4	Sandra Wyman	37:00
2	Jeff Ippolito	33:27	11	Chip Seamans	36:02	12	Steve Maloney	39:24	5	Terri Brady	37:00
3	Amos Rogers	42:13	12	Norman Sybert	37:27	13	Ken Waite	40:19	6	Daisy Schultz	40:00
4	Don Poirier	45:30	13	Burt Mills	37:55	14	Ed Francis	41:07	7	Denise Kwasnih	42:00
5	Gregory Kwasnik	45:44	14	Tom Kissinger	40:51	15	Michael Frishman	41:18	8	Susan McBride	43:00
6	Brian Zinchuk	62:52	15	David Ayles	40:59	16	Michael Cohen	44:24	9	Honorita Davao	53:00
7	Kevin Zinchuk	63:46	16	Johnathan Schultz	42:23	17	Joe Kwasnih	45:45	10	Anita Cohee	54:00
8	Danny Zinchuk	68:56	17	Paul Graham	45:32	18	Lee Estey	47:52	11	Eileen Opie	58:00
9	Benjamin Davis	68:57	18	Keith Burkowski	50:12	19	Garret Bonneau	58:26	12	Robin Zinchuk	63:00
						20	John Belleveau	60:15	Master Women		
						21	Dwight Davis	73:06	1	Faye Gagnon	32:00
Adult Men			1	Dennis Smith	27:44	Adult Women			2	Bardara Ambiguey	38:00
1	Bruce Nicholson	24:53	2	Paul Corrigan	28:34	1	Janel Ippolito	39:11	3	Linda Koski	44:00
2	Bob Poirier	25:08	3	John Eldridge	28:42	2	Kelley Burke	43:15	4	Carol Estey	44:00
3	Andy Facteau	25:12	4	Bill Ervin	28:52	3	Sarah Poirier	47:22	5	Lucy Rogers	46:00
4	Kirk Seigel	25:42	5	Arthur Jacobsen	31:00	4	Elizabeth Davis	73:05	6	Debbie Forbes	46:00
5	Scott Jerome	26:18	6	Jim Warner	31:01	Adult Women			7	Milinda Remington	47:00
6	John James	27:45	7	Dillon Gillies	32:38	1	Leslie Krichko	28:18	8	Marg Greer	50:00
7	Rich Davee	28:00	8	Peter Gagnon	32:51	2	Deb Merrill	32:25	9	Donna Belliveau	60:00
8	Peter Hall	28:40	9	John Howe	33:48	3	Kristian Morley	32:50	results - Ski Maine		
9	Peter Merrill	30:29	10	James Moore	34:47						



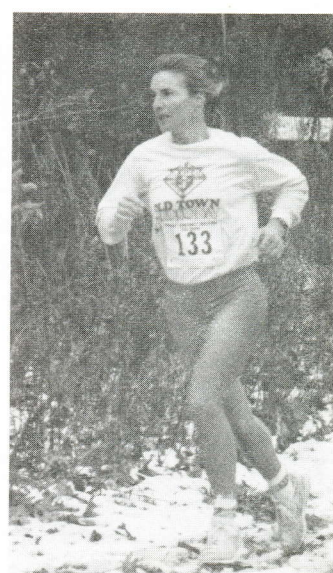
South Portland's Rick O'Brien



**Musterd Phil Garland of
Lefyard CT**



**New Brunswick's Shelley
Keeling**



**Eunice Phillips of
Fredericton, NB**



**Bob Bachorik(#3) of Farmington &
Wicsasset's Hadley Austin**



**Jennifer Phillips of New Brunswick
& Scott Davis of Buckfield**



**Sid Hazelton of East Livermore &
Lewiston's Chris Crovo**



Brunswick's Andrea Ranger



**Larry Meirs of Poland Springs &
Bridgton's Theron Hatch & Steve Collins**



Diana McGlaughlin of Wayne

Turkey Races * Cape Elizabeth * Nov 22 * 5 & 10K

Who would have believed, only a couple of days earlier we had record cold temperatures, the day of the races was mostly sunny with a record temperature of 64 recorded in Portland. I thought it was even warmer. Great races, a very challenging 10K with a 5K that is fairly fast until the last half mile. Todd Coffin was never challenged. Cape Elizabeth police were busy taking photos of runners who were not —Results courtesy Ruth Hefflefinger. Both courses are TAC certified.

5K											
1	Gagnon	John R	25 16:56	82	Sinclair	Steve	38 26:07	45	McDonough	Paul	41 44:24
2	Black	Andrew	30 16:56	83	Brown	Sandy	46 26:08*	46	Pelton	Ron	39 44:25
3	Reed	Steve	45 17:03	84	Hertford	JoAnn	33 26:21*	47	Holtan	Rex	40 44:33
4	Bunnell	Jim	35 18:02	85	Jerome	Jerome	53 26:31	48	Linscott	Brian	31 44:41
5	Hague	Frank	29 18:04	86	D'Amboise	Paul	62 26:43	49	Tolford	Kathryn	38 44:41
6	Devou	Bill	44 18:10	87	Eldredge	Arabella	38 26:47*	50	Volin	David	48 44:51
7	Shue	Marty	24 18:37*	88	Conley	Chris	11 27:00	51	Lavin	Joan	44 44:51
8	Pray	Chase	48 18:45	89	Crowley	Michael	8 27:00	52	Cote	Eric	45 45:00
9	Bean	John	35 18:47	90	Bryand	Janise	42 27:01*	53	Kneeland	Nancy	38 45:01
10	Hendry	Scott	23 18:55	91	Figueroa	Cynthia	34 27:07*	54	Holmes	Darrel	39 45:03
11	Allen	Tom	36 19:01	92	Moffre	Elizabeth	44 27:11*	55	Pratico	Mike	26 45:03
12	Clapper	Margaret	29 19:04*	93	Moffre	Danny	48 27:24	56	Woodsum	Steve	37 45:20
13	Lund	Will	37 19:08	94	Tarling	Iwona	39 27:26*	57	Ireton-Hewitt	Jack	55 45:40
14	Ortman	Eric	33 19:13	95	Ruman	Linda	37 27:30*	58	Salvo	Gerard	37 45:50
15	Gallupe	Glen	33 19:21	96	Michelson	Brenda	29 27:37*	59	Washburn	Malcolm	39 45:52
16	Doane	Joe	32 19:25	97	Fiedling	Patti	36 27:43*	60	Brown	Elizabeth	17 46:08
17	Connors	Russ	60 19:35	98	MacDonald	Gaylene	25 27:53*	61	Nale	John	43 46:18
18	Beaudoin	Michael	50 19:39	99	Sheldon	Clare	26 27:53*	62	Ortolani	Phil	44 46:21
19	Barker	Larry	43 19:43	100	Knisley	Benji	34 27:59*	63	Milan	Richard	38 46:32
20	Bastow	Peter	56 19:46	101	Singer	Susan	39 28:13*	64	Cowell	Mike	55 46:48
21	Ouellette	Bob	37 20:07	102	McCorkle	Dianne	33 28:34*	65	Littlefield	David	50 47:02
22	Hinckley	Scott	34 20:21	103	Scott	Pauline	42 28:36*	66	Welch	Stuart	47 47:08
23	Chamberlain	Jamie	28 20:24	104	Cusack	Jim	56 28:56	67	Sawyer	Mark	27 47:13
24	Hodsdon	Robert	14 20:25	105	Soule	Maggie	51 28:57*	68	Allard	Laurie	31 47:21
25	McCorkle	James	37 20:27	106	Moynahan	Pat	52 29:26*	69	Webster	Russell	38 47:21
26	Arsenault	John	27 20:35	107	Parker	Jesica	10 29:39*	70	Vigue	Michael	28 47:21
27	Young	David	40 20:36	108	Giddings	Joe	11 30:06	71	Welsh	Dennis	27 47:50
28	Curry	Dick	45 20:37	109	Turner	Betsy	49 30:44*	72	Jewell	Richard	49 47:51
29	Ballett	Connie	33 20:39*	110	Chidester	Barbara	43 30:50*	73	Jones	Phil	41 48:11
30	Liming	George	41 20:40	111	Elman	John	37 30:50	74	Spear	Howard	42 48:11
31	Horstman	Christine	30 20:42*	112	Dusini	Diane	30 30:56*	75	Mayberry	Warren	34 48:11
32	Nappi	Gayle	40 20:47*	113	Thomas	Widge	68 31:18	76	Carroll	Lanny	47 48:11
33	Boisvert	James	35 20:48	114	Penta	Donald	46 31:34	77	Ehrenfeld	Elizabeth	33 48:21
34	Peters	Christy	21 20:57*	115	MacDonald	Mary	56 32:22*	78	DeLogue	Orlando	55 48:28
35	Burke	Kevin	27 20:58	116	Hennessey	Tom	42 32:46	79	Nobile	Mike	40 48:31
36	Nelson	Harry	38 20:59	117	Long	Frank	75 33:00	80	Akerley	Lee	57 48:40
37	Croft	Carrie	32 21:00*	118	Volin	Ross	13 33:13	81	Coughlin	Dan	32 48:48
38	LeRoy	John	55 21:00			Todd	31 32:14	82	Dietz	Jonathan	45 48:51
39	Manley	Bruce	29 21:01	1	Coffin	Todd	31 32:14	83	Weschler	Mindy	39 48:59
40	Loeser, Jr.	David	29 21:01	2	Weatherbie	David	24 33:38	84	Sargent	Reggie	46 49:07
41	Crowley	Michael	42 21:13	3	Keenan	Shaun	30 34:56	85	Goldstein	Steven	36 49:31
42	Reiner	Ted	42 21:14	4	Hall	Peter	31 35:05	86	Nale	Carol	41 49:40
43	Key	Kim	27 21:37*	5	Thibault	Roland	24 35:15	87	Holran	Jill	29 49:41
44	Webster	Russ	38 21:43	6	Wagnis	Joseph	19 36:29	88	Wood	Bill	40 49:57
45	Mitchell	Jeff	13 21:50	7	Barker	Dan	39 36:56	89	LaRochelle	Jeanine	30 50:01
46	Hennessey	Evan	13 22:03	8	Hertford	Steven	32 37:24	90	Lockwood	Carolyn	25 50:31
47	Kenison	Paul	50 22:14	9	Gile	Kevin	34 37:28	91	Stetson	Matt	27 50:43
48	Parker	Greg	34 22:29	10	Eldredge	John	38 37:28	92	Altholz	Eric	32 50:53
49	Nemi	Ann	37 22:32*	11	Payne	Bob	54 37:57	93	Nicholson	Todd	26 51:11
50	Bradley	Russ	69 22:36	12	Tarling	John	41 38:26	94	Simpson	Stanley	45 51:38
51	Ouillelette	Charles	47 22:41	13	Fagan	Paul	39 38:34	95	Irish	Sue	37 51:41
52	Reno	Richard	44 22:48	14	Uhl	Eric	32 39:14	96	Schwber	Larry	32 51:41
53	Deroche	Peter	36 22:49	15	Coughlin	Bob	53 39:34	97	Carroll	Nancy	45 51:41
54	Gelish	Marilyn	38 22:51*	16	Reitenbach	Erich	42 39:54	98	Dube	Philip	49 51:41
55	Goodwin	Ken	17 23:14	17	Brady	John	33 40:12	99	Brown	Brian	35 51:51
56	Merritt	Tim	13 23:25	18	Philbrick	Carlos	40 40:26	100	Blanchard	Ann	35 51:51
57	Hunt	Dawn	31 23:43*	19	Altenburg	Garth	19 40:28	101	Edelblut	Frank	31 51:51
58	Strohm	Ann	28 23:49*	20	Poole	Charles	38 40:33	102	Baxter, Sr.	Ralph	60 52:01
59	Moran	Richard	30 23:56	21	Cedrone	Ron	43 40:53	103	Paquet	Betty	35 52:21
60	Little	Sandra	34 24:11*	22	Titcomb	Joel	33 41:04	104	Bourke	Terri-Ann	34 52:41
61	Malone	Keith	35 24:14	23	Nadeau	Daniel	31 41:18	105	Irish	Ormond	59 52:51
62	Dumais	Laurie	30 24:16*	24	Lambert, Jr.	John	38 41:19	106	Thomas	Jean	56 53:01
63	Lathrop	Renee	14 24:20*	25	Bracco	John	38 41:30	107	Flynn	Gore	45 53:01
64	Lathrop	Loren	43 24:23	26	McCormack	Bob	41 41:30	108	Tinkham	Phil	45 53:21
65	Drew	Charles	49 24:43	27	Weeks	Carol	43 41:37*	109	Hillman	David	40 53:41
66	Ouillelette	John	44 24:46	28	Berry	Les	44 41:39	110	Nadeau	Gisele	38 53:41
67	Springer	Gretchen	34 24:50*	29	Giffard	Gary	33 41:46	111	Foye	Warren	44 53:51
68	Wilson	Warren	59 25:05	30	Davee	Anne-Marie	36 42:02*	112	Landry	James	29 54:11
69	Medina	Patty	34 25:08*	31	Corcoran	Tim	28 42:12	113	Richmond	Jeanne	33 54:21
70	Ciraldi	Julie	33 25:10*	32	Keenan	Kerry	28 42:12*	114	Dolley	Jane	44 54:31
71	Coffin	Lorena	30 25:15*	33	Barton	Muzzy	40 42:17	115	Folger	Linda	40 54:31
72	Jucha	Bill	46 25:18	34	Assante	Stephen	40 42:42	116	Levesque	Richard	57 54:51
73	Nacelewicz	Tess	39 25:34*	35	Tatgenhorst	Jim	36 42:58	117	Littlefield	Julia	41 55:31
74	Michaud	Paul	35 25:39	36	Baxter, Jr.	Ralph	30 43:09	118	Senger	Nancy	46 56:31
75	Norton	Martin	41 25:39	37	Bies	Stephen	39 43:13	119	Conroy	Michael	35 56:31
76	Folger	Cleve	43 25:48	38	Webber	Walter	62 43:43	120	Johnson	Donald	62 57:01
77	Coyne	Joe	43 25:52	39	Beneman	David	34 43:53	121	Kenniston	Polly	55 57:01
78	Collar	Ken	39 25:54	40	Merritt	John	42 44:01	122	Chamberlain	Paul	63 57:01
79	Titcomb	Patty	35 26:01*	41	Maddaleni	Erika	26 44:06*	123	Chaplin	Stoddard	53 58:01
80	Simoneau	Lewis	23 26:04	42	Burgess	Jack	34 44:15	124	Wilson	Julie	41 59:01
81	Leslie	Doan	26 26:05	43	Hepler	Bruce	24 44:20				
				44	Zillman	Don	48 44:21				



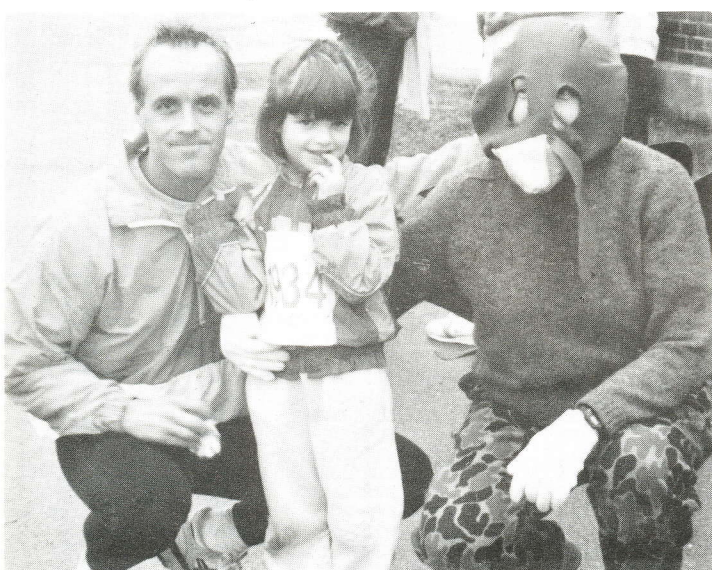
Portland's Laurie Allard leads Russell Webster of Cape Elizabeth



Chris Conley & Joe Giddings of S Portland



l to r: Gaylene MacDonald of Cape Elizabeth & Portland's Clare Sheldon



Jim Bunnell & daughter with "The Great Turkey" (Sandy Utterstrom)



5K winner: John Richard Gagnon of Lewiston



10K winner: Bath's Todd Coffin



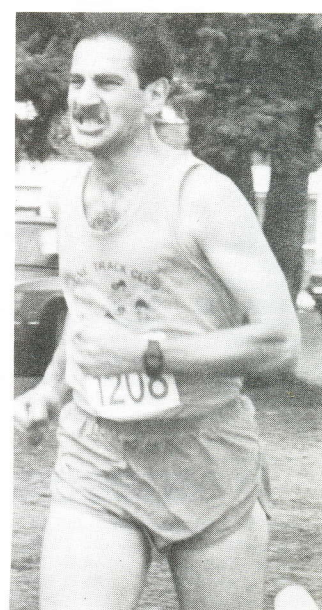
Phil Jones of Cape Elizabeth



Elizabeth Brown of Portland



Steve Assante of Sebago Lake



Falmouth's Ron Cedrone

North Conway * October 25th

[illegible]

Homecoming Hustle * 5K * Fryeburg * Oct 24th

results courtesy Don Penta			8 Sean Keough 37 17:45			16 Wayne Hadlock 48 21:10			24 Richard Scribner		
1	Tom Dann	35 16:26	9	Kevin McDonald	42 17:57	17	Matt Yelle	20 21:55	25	Mike Jones	
2	Brodie Hinckley	19 17:00	10	Bill Reilly	45 18:38	18	Doug Swain	38 22:05	26	Donna Millard	
3	Axel Shekolin	22 17:09	11	Cathy Allen	26 18:44*	19	Lois Todd	35 22:15*	27	Mark Clinch	
4	Michael Mageles	25 17:15	12	Jeffrey Pong	17 19:15	20	Alex Dann	12 22:34	28	Todd Heath	
5	Dennis McIver	41 17:15	13	JJ Kelleher	17 19:59	21	Mara Kendrick	14 22:54*	29	John Allen	
6	Mark Snow	25 17:23	14	Nathan Korvexl	15 20:15	22	Colleen Monahan	17 22:54*	30	Deborah Mason	
7	Robert Kearns	21 17:38	15	Kristin Lindholm	19 20:31*	23	Barbara Anderson	38 22:35*			

Gasping Gobbler 10K & 2 Mi. * November 26 * Augusta

The 10K is always challenging and this year they changed the 2 mile to 1 mile uphill and 1 mile downhill. An overcast day with a heavy mist in the air - a great day for running but it keeps the casual runner in bed. The race management went well with the usual speedy Strider results. Many improved their times over last year; Winner Paul Kehoe 1:54, Scot LaLiberte :59, Tom Thibeau 2:34!!! Cliff Rogers took 2nd in the 2 mile last year and won 2nd in the 10K this year. A \$5 race which gives pies for prizes. TAC certified ME85012GN

10K

1	Paul Kehoe	31	34:00	61	Kris Ryding	29	45:44*	123	Maroulla Gleaton	35	57:25*
2	Cliff Rogers	34	34:40	62	Jamie York	18	45:52	124	John Edmundson	52	57:25
3	Tom Thibeau	34	34:45	63	Jennifer Shultz	18	45:53*	125	Scott Burrill	42	57:36
4	Andrew Kinley	21	35:18	64	Art Robinson	42	45:53	126	Mike Levey	48	58:07
5	Jeff Bickart	32	35:33	65	Peter Golding	37	46:02	127	John Rote	40	58:14
6	John R. Gagnon	25	35:43	66	Andy MacGillivray	43	46:14	128	Warren Newton	24	58:17
7	Scott LaLiberte	18	35:53	67	Harry Masse	58	46:18	129	Meredith Thompson	18	59:08*
8	Brian Christianson	15	35:54	68	Rob Crosby	44	46:24	130	Kathleen C. Bessey	36	59:08*
9	Jesse Randall	16	36:29	69	Russ Bradley	69	46:25	131	Alton Hyer	44	59:43
10	Shane Heathers	16	36:40	70	Jim Moore	49	46:27	132	Donna Donald	43	60:04*
11	Mitch Lovering	32	37:24	71	Michael Boucher	38	46:33	133	Burt Richardson	58	60:25
12	Paul Thompson	46	38:05	72	Paul Dall	51	46:34	134	Fran Brennan	56	62:35
13	Colin Tory	21	38:17	73	Tim Weingarten	17	46:51	135	Shelley Lane	36	64:55*
14	Barry Wight	33	38:41	74	Mark Doucette	31	46:56	136	Sarah Morrill	15	66:39*
15	Scott Burnett	26	38:52	75	Sam Mitchell	38	47:28	137	Jamie Morrill	44	96:40*
16	Joe Meehan	46	38:55	76	Carol Lund	29	47:36*	138	Mary Faye Lafaver	39	66:55*
17	Randy Easter	37	39:30	77	Ed Atlee	52	47:38	139	Shirley Fenslon	57	72:35*
18	Matt Kline	18	39:32	78	Mark Alex	33	48:07	140	Ed Francis Jr.	28	72:15
19	Doug Ludewig	53	39:46	79	Mike Callahan	37	48:09	results courtesy of John Schwerdel			
20	Andy Roginson	17	39:47	80	Clint Goodenow	53	48:09				
21	Adam Turner	18	39:56	81	Ellen Spring	40	48:13*				
22	Jason Deschaine	19	40:23	82	Peter Francis	23	48:32				
23	Doc Thibeau	38	40:24	83	Michael Szela	39	48:52				
24	David Barker	39	40:26	84	Scott Mairs	16	49:04				
25	Jason Turner	21	40:29	85	Mick McLehan	45	49:12				
26	Bob Gillespie	54	41:02	86	James Cook	14	49:23				
27	David Drew	28	41:03	87	Nancy Stetson	41	49:31*				
28	Mert Dearnley	44	41:19	88	Molly Comerford	26	49:38*				
29	Scott Fone	32	41:28	89	John Seegars	31	49:39				
30	Michael Loughlin	34	41:58	90	Ed Francis	50	49:40				
31	David Bronder	42	42:02	91	Leon Hadliaris	40	49:47				
32	Jennifer MacGillivray	20	42:04*	92	Shawn Savage	26	50:09				
33	Ed Miller	42	42:12	93	Arnie Yasinski	44	50:16				
34	Sydney Sewall	43	42:18	94	Robert Farrall	32	50:49				
35	John McDonough	30	42:20	95	Don MacDougall	37	51:15				
36	Josh Weingarten	17	42:21	96	Tom Crowley	37	51:19				
37	Nolan Kane	15	42:30	97	Allen Ryan	50	51:26				
38	Bruce Bell	53	42:32	98	Sarah Jones	18	51:38*				
39	Craig Haggett	37	42:33	99	William Shuttleworth	45	51:49				
40	Hank Laidlaw	49	42:34	100	Donna Jean Pohlman	42	51:50				
41	Vern Demmons	46	42:35	101	Paula Lepore	44	52:00*				
42	Stephen Turner	45	42:38	102	Bob Whitten	59	52:33				
43	Chris Albee	26	42:51	103	Jodi Durocher	16	52:35*				
44	Brian Pickard	37	42:55	104	Rebecca Roy	16	52:35*				
45	Tony Hess	41	43:16	105	Bill Portela	37	52:40				
46	Bob Brosius	40	43:17	106	John Coughlin	41	52:43				
47	Jeff Preble	39	43:18	107	Conrad Lewis	48	42:44				
48	David Benn	47	43:20	108	Richard Scribner	41	43:05				
49	Jane Rau	42	43:40*	109	Tm Smith	46	53:53				
50	Glen Widmer	26	44:06	110	Dan Wathen	53	54:08				
51	Nancy Lagin	42	44:12*	111	Clough Toppan	45	54:11				
52	Christine Thompson	18	44:30*	112	Allen Hersom	34	54:12				
53	Mark Johnston	39	44:51	113	Matthew Brennan	28	54:48				
54	Jason Beaudoin	15	44:57	114	Richard Thornton	59	55:05				
55	Bob Crosswell	41	45:06	115	Bruce Spang	47	55:38				
56	Larry Brown	39	45:23	116	Jeff Mortzez	23	55:46				
57	Sean Hammond	18	45:27	117	Bella Katy Sewall	16	55:50*				
58	David Williams	37	45:30	118	Roger Weber	52	55:57				
59	Ron Paquette	51	45:34	119	Noelle Williams	14	56:10*				
60	Leslie Doolittle	35	45:37*	120	Tammy Crosby	25	56:23*				
				121	Tom Daggett	45	56:33				
				122	Frank Setter	48	57:07				

2 Miler

1	Ray Johnson	44	11:57
2	Cody Rau	14	12:41
3	Justin Easter	11	12:54
4	Ray MacFarland	28	13:14
5	Jeff Mansir	15	13:16
6	David Robinson	15	13:17
7	Ember Brosius	13	13:45*
8	Julie Lagin-Nasse	13	13:49
9	Danielle MacDougall	12	14:15*
10	Tristan Rushton	14	14:58
11	Josh Tozier	9	15:03
12	Seth Brennan	22	15:15
13	Andy Brosius	9	15:42
14	Karen Lipman	21	15:54*
15	Steve Taylor	36	15:56
16	Adrian Rushton	12	15:57
17	Sean LaFauer	12	16:13
18	Zach Heingarten	12	16:23
19	Jennifer Lipman	17	16:25*
20	Barbara Brosius	40	16:40*
21	Walter Taylor	58	16:42
22	Lilly Meehan	14	16:45*
23	Roger Katz	43	16:49
24	Ronald Cook	42	17:32
25	Richard Tozier	44	17:52
26	Janet Alter	18	18:12*
27	Rachel Roy	18	18:12*
28	William Tozier	65	18:47
29	Sumner Lipman	51	18:54
30	Mel Cook	11	18:59*
31	Cole Rushton	8	19:37
32	Chris Rushton	36	19:37
33	Matt McManus	8	20:32
34	Dave McManus	34	20:34
35	Mary Robinson	38	21:40*
36	Donald Brown	7	26:37
37	Mardie Brown	75	26:40*
38	Duane Higgins	27	26:50
39	Jeremy Golding	5	27:00
40	Amy King	16	27:00*

Tri-Town Wellness 5K * East Millinocket * Oct 18th

results - race director Tom Tetu							
1	David Wheaton	39	18:55	11	Walt Maslen	34	20:47
2	Myles Lebieux	51	19:03	12	Ben Barr Jr	37	21:17
3	Chuck Murphy	43	19:11	13	Ron Gelinis	44	21:22
4	Robert Dow Sr	47	19:15	14	Paul MacDonnell	43	21:57
5	Maurice Daigle	40	19:18	15	Bernice Stockley	29	22:07*
6	Josh Damon	15	19:30	16	Jim Jameson	40	22:13
7	Brent Bailey	31	19:44	17	Dean Shea	52	22:29
8	Ted Carey	47	20:11	18	Howard Clements	52	23:05
9	James Perz	38	20:25	19	Michelle Nash	14	23:08*
10	Schuyler Morrison	44	20:47	20	Duane Tucker	14	23:22
				21	Denise Drazy-Shedd	41	23:46*
				22	Eileen Carey	45	24:12*
				23	Brenda Bailey	30	25:06*
				24	John Doe	41	25:46
				25	Rick Fournier	34	25:58
				26	Corrie Pietras	11	26:17*
				27	Cayle Pietras	8	27:07
				28	Henry Pietras	38	27:08
				29	Alicia Jameson	11	29:01*
				30	Sandra Lacombe	33	35:55*

1993.....Have a Mainely Running New Year.....1993



THIRD ANNUAL ACADIA CROSSING RACE

SPONSORED BY:

Cadillac ▲ Mountain ▲ Sports

Performance Gear for Active Endeavors

WHEN:

SATURDAY, JAN. 16, 1993. 11:00 A.M.

Snow Date: Saturday, Feb. 6, 1993, 11:00 A.M.

WHERE:

Beautiful Acadia National Park, located on Mount Desert Island, Maine.
Registration at the Jordan Pond House, where parking, warming and waxing facilities are also available.

COURSE:

15K point-to-point course traversing some of the most scenic points in Acadia National Park and the Rockefeller estate. Course starts at Little Long Pond and ends at The Jordan Pond House.

DIRECTIONS:

In Seal Harbor look for well-marked turn to Jordan Pond House and follow signs. Competitors and spectators will be bused from the Jordan Pond House to the start. Spectators will then be bused back to Jordan Pond House for the finish.

PRESENTED BY:

THE MOUNT DESERT ISLAND YMCA.

Special thanks to The Acadia Corporation, Acadia National Park, Mr. and Mrs. David Rockefeller, and Bob Massucco.

SERVICES TO SKIERS:

Groomed for classic and freestyle, 5K markers, refreshments during and after race, and National Ski Patrol representation.

RACERS MEETING:

10:15 at the Jordan Pond House.

PRIZES:

Prizes in different age categories for male and female participants. In addition, shirts to all participants.

ENTRY FORM

In consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees, do hereby release and discharge the MDI YMCA and the other sponsors for all claims of damage, demands and actions whatsoever in any manner arising or growing out of my participating in this event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

Signature _____

If Under 18, Parent or Guardian Must Also Sign.

Print Name _____

Address _____

Age _____ Sex _____ T-Shirt Size _____

Where did you hear about the race? _____

Pre-registration \$12

MDI YMCA

P.O. Box 51, 23 Mt. Desert St.

Bar Harbor, ME 04609

(207) 288-3511

Race Day Registration \$15

At Jordan Pond House

If race conditions are questionable, please call
YMCA by Jan 14 to verify.

PLEASE PRINT CAREFULLY

Great Caribou Bog



Wicked Winter Ski Tour and Race Saturday, January 30, 1993

The 11th running of **The Great Caribou Bog Wicked Winter Ski Tour and Race** will be held on Saturday, January 30, 1993. Cross-country skiers will start in Bangor, beginning at 11:00 a.m., and ski 18 kilometres to Old Town, over old woods roads, railroad bed and scenic trails. Entry forms will be available at area ski shops and by mail. Late registration and bib-pickup will begin at 9:00 a.m. on the day of the tour at Bangor Mall, main entrance. If there's no snow on the scheduled date, the event will be cancelled for this year and pre-registrants' fees will be refunded. The event will benefit the Penobscot Valley Health Association, and is sponsored by the Penobscot Valley Ski Club, with the support of many contributing businesses, fraternal groups and individuals.

- **Free style for both race and tour.**

Skiers may skate or use classical style while skiing the course this year.

- **Separate starting times for racers and tourers.**

Racing skiers will start at 11:00 a.m. Touring skiers will start five minutes later, at 11:05 a.m.

- **Separate awards for racers and tourers.**

In the **Racing Division**, ribbons will be awarded for 1st, 2d, and 3d place in all USSA age group categories, as in past races. Trophies will be awarded for:

- Best men's time and best women's time
- Best junior men's time and best junior women's time (Sam Ouellette trophies)
- Master's handicap for men and women (Winn Pike trophies. Touring skiers are also eligible.)

In the **Touring Division**, no class, age group, or place awards will be made. Ribbons will be awarded as follows:

- Blue ribbon: elapsed time among first 25% of tour finishers
- Red ribbon: elapsed time among second 25% of tour finishers
- Yellow "Finisher" ribbon: other tour participants under 3-1/2 hours elapsed time.

Master tourers, age 50 plus, will be eligible for the Winn Pike master's handicap trophies.

- **Sam Ouellette trophies.**

Trophies will be awarded to the fastest junior skiers (male and female) of high school age and under (USSA group 17-18 and below).

- **Sports Massage.**

Members of the Maine Chapter of the American Massage Therapy Association will be on-hand for post-event massage.

- **Grand prize drawing to be held at 2:45 p.m.**

You must be present to win! The organizers hope that the prize drawing and refreshments at the finish will encourage participants to stay and mingle after the event. The time chosen for the drawing should permit most tourers to be present, while not unreasonably detaining racers who finished earlier in the afternoon.

Free Children's Tour!

A special event for children under 12 years of age will be held on a supervised loop course at the finish line, beginning at 1:00 p.m. Once around for younger kids, more loops for the older ones. Awards for all starters. No entry fee. Moms or Dads must be available for support.

Entry fees:	Before Jan 24th	After Jan 24th
Adults, individuals	\$8.00	\$12.00
Children, 12-13	6.00	10.00
Non-family teams, per son	8.00	12.00
Family teams, per person	6.00	10.00
Maximum per family	22.00	30.00

Additional donations are encouraged, to support Penobscot Valley Health Association and its projects, including the Shaw House, a shelter for homeless children.

For additional information write:

Caribou Bog Tour, P.O. Box 873, Bangor, ME 04402
or call: 866-3406, or 942-3825.



MAINE TRACK CLUB'S 12th ANNUAL MID-WINTER 10 MILE CLASSIC

AWARDS: 1-3 Open Men
1-3 Open Women
Men and Women
30 to 34
35 to 39
40 to 44
45 to 49
50 to 54
55 to 59
60 & over
Under 19



**SUNDAY
FEBRUARY 7, 1993
12 NOON**

**CAPE ELIZABETH
HIGH SCHOOL**
New Course Record
Todd Coffin 52:11
Joan Samuelson 60:53

To benefit the Bruce Ellis Fund to send a child to running camp.

Race Day Registration: Cape Elizabeth Gym 10:45 a.m.-11:45 a.m. Entry fee \$7.00. Proceeds to Maine Track Club and Bruce Ellis Fund. (Showers available.)

Race Directors: Robert Payne, 402 Rte. 85, Raymond, Maine 04071, Tele: (207) 655-2165 and Marla Keefe, RR2, Box 1441, Casco, Maine 04015, Tele: (207) 655-7350. Return applications to either address.

Maps available race day. Timed splits 1 and 5 mile—water available 5 mile mark. Results to be published in "Mainely Running." Runners not following safety instructions risk disqualification.

Do not write in this space

NO REFUNDS, EXCHANGES OR TRANSFERS

Last Name		First Name		Age	Birth Date			Sex	
				on day of race	Mo.	Day	Yr.	Male	Female
Mailing Address Street Include Apt. No. and/or C/O (Check here if this is a change of Address [])								Area Code Phone	
City				State (or Country if not USA)			Zip Code		
Exact Name of Team (if any)				Check T-Shirt Size:			M	L	XL

FOR SAFETY'S SAKE, NO BABY STROLLERS OR RADIO HEADSETS

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Athletes who participate in this race may be subject to formal drug testing in accordance with TAC and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. For more information regarding drug testing, call the USOC Hot Line at 800-233-0393. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE _____

DATE _____

PARENT'S SIGNATURE
IF UNDER 18 YEARS _____

Race Directors Race Flyer Fees

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

Advertising Rates

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

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

For More Information Call: 725-8680

Mainely Running is available at the following Advertisers

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

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

- Rainbow Cycle
- Sports East
- Wights
- Yankee Sports

Woolwich
Bar Harbor
Portland
Augusta
Bangor
Presque Isle
Scarborough
Ellsworth
Rockport
Farmington
Bangor
South Portland
Newington NH
Auburn
Topsham
Brewer
Auburn
Brunswick
South Portland
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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

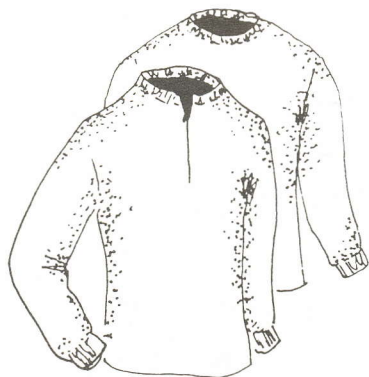
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medweight and expedition
weight.

zip t-neck and crew neck tops



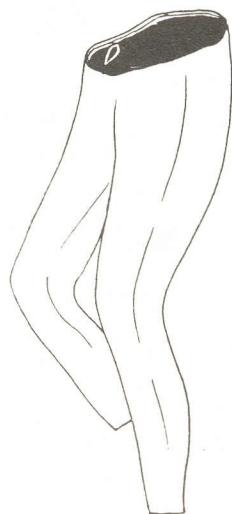
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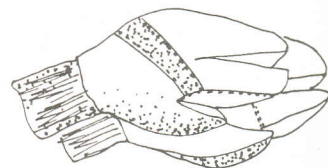
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A sensational glove/mitten
providing dexterity and warmth.
Great for skiing or bicycling.

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