
M A I N E **RUNNING** **& FITNESS**

\$3.00 August 1995

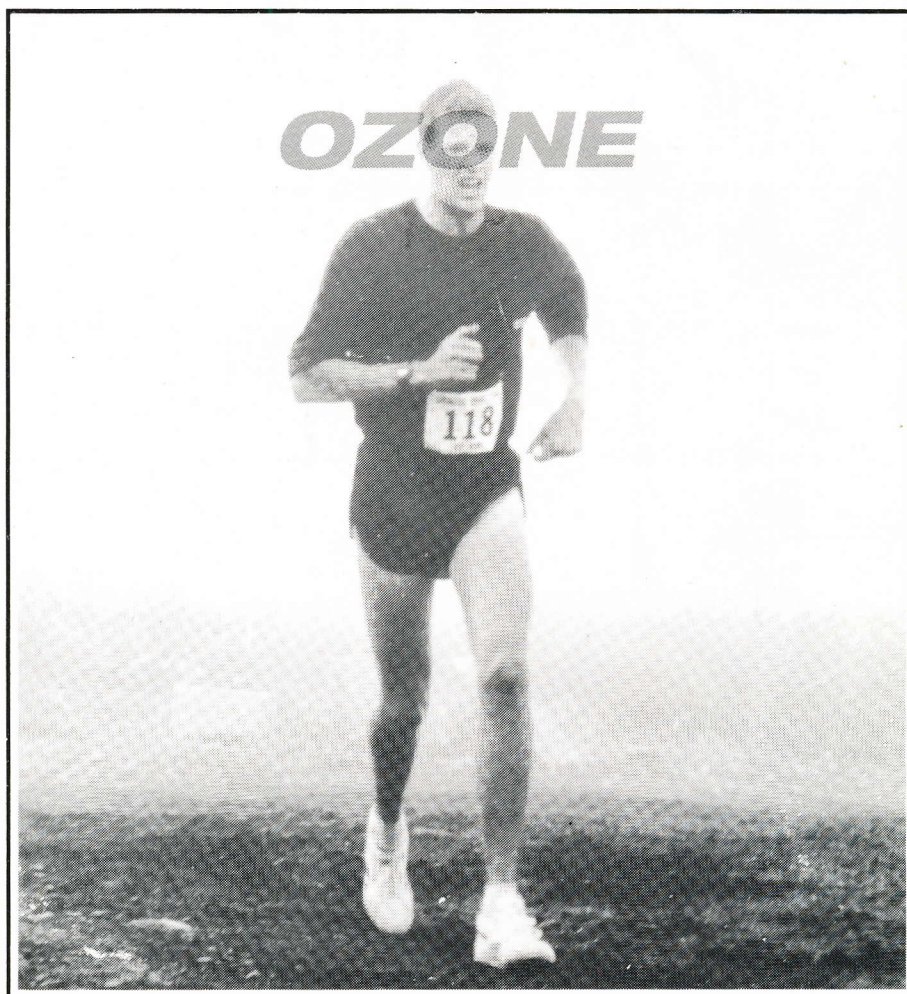
Ozone Report

How to Avoid Burning Your Lungs

The Ultimate Runner's Vacation

A Veteran at the Veterans

MAINE RUNNING & FITNESS
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MAINE RUNNING & FITNESS

August • 1995

MAINE'S SPORTS & FITNESS MAGAZINE

NO. 45

Also Coverage of: Cycling • Triathlons • Duathlons • Track & Field • Hiking • Climbing • Race Walking • Canoeing • Kayaking • X-C & Telemark Skiing • Alpine Skiing • In-Line Skating • Orienteering

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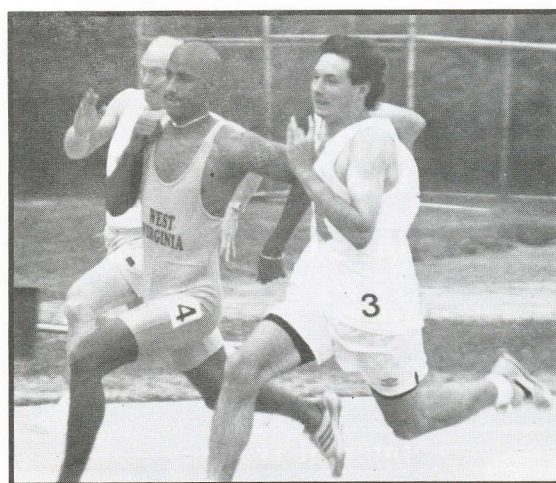
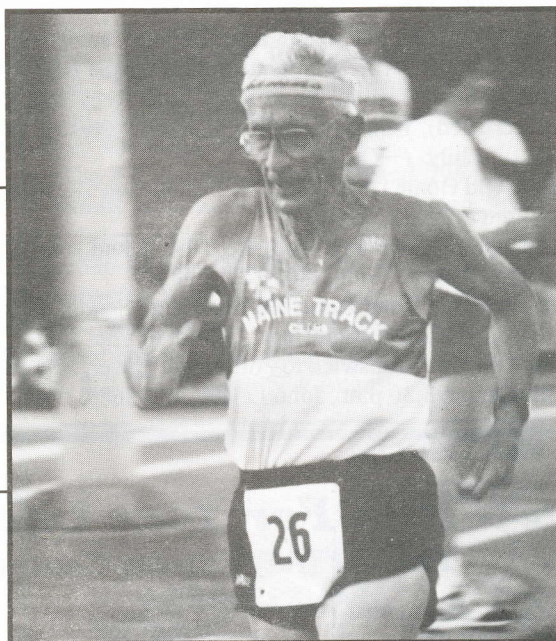
Running

- | | |
|------------------------------------|--|
| 20 Woodland 5K | 28 Bar Harbor Spring 5K |
| 20 Back Bay 5K | 29 Woody Allen 5K |
| 21 Live Your Dreams 5-Miler | 30 Camp Fire 5K |
| 23 Apple Blossom 15K & 4.5 | 30 Joseph's 5K |
| 24 Seaside Holiday 5K | 30 Mount Washington Road Race |
| 25 Eagles Flatfoot 5K | 31 Hampden 8 1/2- Miler |
| 26 Maine Sport Camden 10K | 31 Habitat for Humanity 4-Miler |
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Biathlons, Cycling, Canoeing

- 27** Hilltop Biathlon
- 34** Mid-Coast Time Trials
- 34** Great Falls Canoe Race

Cover photo by John LeRoy



Maine Running and Fitness is published monthly (except January) by Lance Tapley & Sons. Editorial and business offices: 7 Elm Street, Augusta, Maine 04330. Fax/Phone 207-626-3298. Copyright 1995 by Lance Tapley. Permission is granted for reproduction of race fliers and Chuck Hillier's bicycle-tour column. SSN 1064-6779. USPS No. 008-736. Subscriptions are \$23.65 per year (11 issues), \$42.80 for two-year subscriptions. Canadian and international addresses pay in U.S. funds. Add \$5 for 1 year, \$10 for 2-year subscriptions.

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Calendar

Boldface type shows races with fliers in magazine.

Most races welcome young people. Events that have special provisions for young people are shown with (+Y).

Running

August

- 2 Dyer Memorial Road Race, 5K, Winslow High School track, 6:30 p.m. (certified), open mile run 6:10 p.m. masters mile run 6:00 p.m., Gene Roy, 465-7296.
- 3 3rd Thunder Chicken 5K Road Race, Portsmouth, N.H., 5:30 p.m., Portsmouth Rotary Club, P.O. Box 905, Portsmouth, N.H., 03802.
- 4 St. Mary's Festival 3-Mile Road Race, Biddeford, 7 p.m., Joel Croteau, 282-2375.
- 5 Palermo Days 5K, Palermo, 8 a.m., Debbie Langis, 993-2664.
- 5 Already August?! 10K, Riverside Park, Presque Isle, 9:00 a.m.
- 6 **Maine Lobster Festival Road Race**, 10K, Rockland, 8:30 a.m. (certified), 1-mile run 7:30 a.m., Ken Sylvester, 594-7035, flier July. (+Y)
- 6 Mercer Old Home Days Beech Hill Challenge 5K, Mercer, 9 a.m., Tom Mannett, 587-4871.
- 6 15th Annual Run Around the Lake, 10K, Island Pond, Vt., 8:30 a.m., Alan A. Wing, (802) 723-5983.
- 6 **14th York Day Road Race**, 5K, York High School, 9 a.m., certified, York Recreation Dept., 363-1040, flier July.
- 9 Peace Run '95: Brunswick to Portland & Dover, N.H., to Hollis Center, 3:30 p.m., John LeRoy, 725-8680.
- 10 Peace Run '95: Hollis Center through Portland to Kittery, 7 a.m., John LeRoy, 725-8680.
- 10 3rd Healthsource Corporate Road Race, 5K, Manchester, N.H., Veteran's Park, 6:30 p.m., Timothy Dean, 1-800-531-4581, ext. 2611.
- 11 **St. Peter's Road Race**, 4 miles, Portland, 7 p.m., certified, children's 1/2-mile fun run 6:30 p.m., St. Peter's Church, 773-0748, flier June. (+Y)
- 12 **Johnson True Value International Road Race**, 5-miler, Calais, 9 a.m., certified, 4 towns, 2 countries, John Rogers, 454-7595, flier July.
- 12 **10th Blueberry Festival 10K**, Wilton, 9 a.m., certified, kid's 1-mile fun run 8:30, Kelley Cullenberg, 778-4971, flier July. (+Y)
- 12 USATF 14 & Under State Championship Track & Field Meet, Augusta, Capitol Area Technical Center, Ron Kelly, 883-2747 or 883-8427. (+Y)
- 12 **Schoodic Point 15K**, Winter Harbor, 8:30 a.m., certified, Tom Severance, 963-7043, or Tom Mapleton, 963-2658, flier July.
- 13 **Samoset 10K**, Bristol, 9:15 a.m., walkers start 8:45 a.m., fun run 8:30 a.m., Al & Carlene Sproul, 677-2586, flier July. (+Y)
- 13 7th Up & Running Road Race, 4 miles, North Conway, N.H., 603-356-7031.
- 19 **Warren Bishop Memorial Run**, 2.9-mile cross-country, Hampden Academy, Hampden, 8:30 a.m., 1 1/2-mile fun run, Dick Balentine, 862-4562, flier July. (+Y)
- 19 **4th Racewalk Carnival**, Orono, 8 a.m., Tom Eastler, 778-6703, flier July.
- 19 MAC-X-Country, 10K, 5K, and 4-mile walk cross country, Cross



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- Lake/ Guerrette, 10 a.m., 500-m and 1,000-m races for kids 13 & under, Mike Mendonca, weekdays 492-4224. (+Y)
- 19 3rd Jefferson Community Run for the Arts, 5K 9:30 a.m., 1 mile fun run 9:40 a.m., Elizabeth Paradis, 549-3226. (+Y)
- 19 **20th Machias Blueberry Run**, 5-miler, 9 a.m., certified, 1-mile fun run 8:30 a.m., Tom McKinney, 255-6555, flier June, July & August. (+Y)
- 20 **Bowdoin & Back 10-Mile Run to the Coast**, Bowdoin College Track, Brunswick, 8 a.m., certified, Sports East, 729-1800 (fax 729-6397), flier June.
- 20 Washburn Fun Run, 2.9 miles, Washburn High School, 9:30 a.m. (+Y)
- 20 **Festival by the Sea Marathon**, St. John, N.B., 8 a.m., also half marathon and relay, certified, Mike Doyle, Canada Games Aquatic Centre, 50 Union St., St. John, N.B., Canada E2L 1A1, flier April.
- 20 Falmouth Road Race, 7.1 miles, Falmouth, Mass., 508-540-7000.
- 20 **Angie Abraham Scholarship Run**, 4-mile loop, Portland, 9 a.m., Brenda Brodeur, 774-1774, flier July.
- 25 **Cardiac Run/Walk**, 5K, Bangor, walk 6 p.m., run 6:30 p.m., Paul Hammond, Bangor YMCA, 941-2966, flier August.
- 26 **3rd Firefighter 5K**, Robbinston, bus leaves for start at 8:45 a.m., race 9 a.m., 1-mile fun run 8:30 a.m., Tom Brennan, 454-8822, flier August. (+Y)
- 26 **Northeast Harbor Road Race**, 5 miler, 9:30 a.m., Albert Hamor, 276-3646, flier July & August.
- 26 **Skowhegan Log Days New Balance 5K** 8:30 a.m., certified, Walter Crockett, 474-7179, flier August
- 26 Gorham Trails/ Gorham Recreation Dept. Road Race, 5K &

- 2K, 8:30 & 8 a.m., Gorham High School, 5K certified, Bob Frazier, 839-4644. (+Y)
- 26 Houlton Regional Hospital 5K, Houlton, Monument Park, 10 a.m.
- 26 Bolduc Park 18th Gilford Old Home Day 5K Couples Road Race, Gilford, N. H., 5 p.m., (603) 524-2068.
- 27 S.W. Collins 5K, Collins Lumberyard, Caribou, 9 a.m., also 1K kids run. (+Y)
- 27 **Grant's Dairy Milk Run**, 5 miles, Bangor, 9 a.m., certified, 1-mile fun run 8 a.m., Paul Hammond, Bangor YMCA, 941-2815 or 941-2966, flier July & August. (+Y)

September

- 2 **Forecaster Foot Race**, 10K, Falmouth, 9 a.m., certified, Nancy Lund, 781-3661 (w) or 781-5607 (h), flier July & August.
- 2 Joe Lane 5-Miler, Sherman, 10 a.m., 1-miler 9:30 a.m. (+Y)
- 2 **The James Gang 10K Classic**, Gorham, N.H., 9 a.m., certified, Paul Letarte, 603-752-3718, flier July.
- 4 **33rd Bangor Labor Day Road Race**, 5 miles, 9 a.m., certified, Craig Orff, 947-1018, flier August.
- 4 Caribou Labor Day/Viking Run, 8K, Caribou, 9 a.m., certified, Neil Genz, 496-3026.
- 4 Labor Day 5K, Woodland, Grace Hiland, 796-5230.
- 9 **12th Family Health Run/Walk**, 5K, Camden, 9:30 a.m. 1-mile & 1/4-mile fun runs, 10 a.m. 5K, Pen-Bay Medical Center, 596-8474 or 596-8472, flier August. (+Y)
- 10 **Septemberfest 5K**, Kittery, 8:30 a.m., certified, Gary Beers, 439-6313, flier August.
- 10 **The Terry Fox Run**, 5K, Bangor, 10 a.m., certified, Peter Daigle, 862-3737, flier July & August.

The Maine Track Club

Race Dates

August 11

St. Peter's 4-Mile Road Race, Portland

August 20

Bowdoin & Back Sports East 10-Miler

Brunswick

September 17

Women's Distance Festival 5K, Portland

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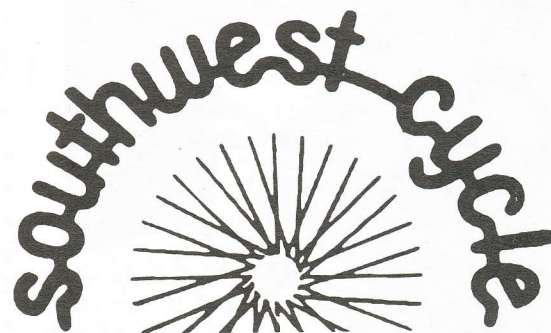
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- 16 **18th Bar Harbor Half Marathon**, 13.1 miles, 10 a.m., certified, Sharon Kingma, 288-3511, flier July & August.
- 17 **Saucony/RRCA Women's Distance Festival 5K Race & Walk**, Portland, 8:30 a.m., certified, Susan Davenny, 772-1787 (6-9 p.m.), or Ruth Hefflefinger, 797-4625 (6-9 p.m.), flier August.
- 17 **Marathon de l'Île de Montreal**, Montreal, 9:15 a.m., certified, also marathon relay and 3K kids' race, Le Club des Coureurs sur Route de Montreal, 514-284-5272, flier March & April. (+Y)
- 23 **Homecoming 5K**, Presque Isle, University of Maine at Presque Isle, 10 a.m.
- 23 **Kingfield Bank 10K**, Kingfield, 11:15 a.m., kid's K 10:15 a.m., certified, Chip Carey, 237-2000, flier August. (+Y)
- 24 **Sugarloaf Uphill Climb**, approx. 3 miles, Sugarloaf USA, Carrabassett Valley, 10 a.m., Chip Carey, 237-2000, flier August
- 23 **Help Can't Wait 10K**, Brunswick Naval Air Station, 9 a.m., certified, Julie Groom-Thompson, American Red Cross, 729-6779, flier August & September.
- 23 **Maine National Guard Minuteman 5K**, Augusta (Togus), 10 a.m., 1-mile fun run 9:15 a.m., Charles Burnie, 626-4261. (+Y)
- 25 **Common Ground Fair 5-Miler**, Windsor, 8 a.m., certified, Chris Bovie, 622-1267, flier September.
- 30 **Eliot Festival Day 5K Road Race**, Eliot, 8:30 a.m., certified, free child care, Dick McKenney, 439-2866, or Randy Bartlett, 439-3707, flier August.
- 30 **Lifeline 5K Walk/Run**, Portland, 10 a.m., certified, 9:30 a.m. 1K fun run, Patti Medina, 780-4642, see Maine Marathon flier August & September. (+Y)

Triathlons, Biathlons

August

- 12 **4th Hilltop Biathlon Series**, Lewiston, 9:15 a.m., 5K run/15K bike/5K run (2nd of two races), Hilltop Community Center, 786-4820, flier April.
- 13 **Kennebunk Fire Dept. Triathlon**, 508-485-5855.
- 19 **Androscoggin Biathlon**, Lewiston, 4-mile run/12-mile bike, 8:30 a.m., Laurie Winsor, 783-2249, flier June.
- 20 **7th Oceanside Triathlon**, .25-mile ocean swim/ 14-mile bike/ 5K run, Rye, N.H., 7:30 a.m., Image Concepts, (603) 929-7047.
- 20 **Star City Triathlon**, 5-mile run/ 20-mile bike/ 5-mile canoe, Riverside Park, Presque Isle, 10 a.m.
- 27 **Androscoggin Challenge Triathlon**, Lewiston/Auburn, 10K run/6.3 miles racing canoe (3.1 miles recreational canoe)/25-mile bike, 8:30 a.m., Laurie Winsor, 783-2249, flier June.

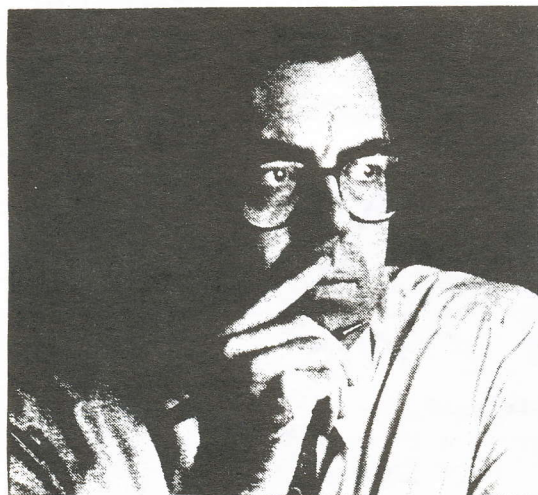
September

- 3 **Maine Sport Triathlon**, Camden, .5-mile swim/26.5-mile bike/6.6-mile run, 9 a.m., Sarah Andrus, 236-7120, flier July & August.
- 16 **Summit Challenge Biathlon**, Sunday River, Bethel, on-road (2-mile run/4-mile bike/2-mile run) & off-road (2-mile run/5-mile bike/2-mile run), Image Concepts, 603-929-7047.

Hiking

September

- 2 **Mt. Washington** (6,288 feet) via the Huntington Ravine Trail, the most difficult in the White Mountains. Requires use of hand and foot holds on smooth, steep rock. 8.5 miles at



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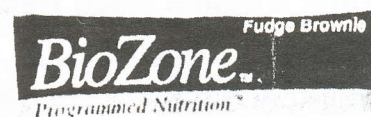
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moderate pace. Experience on steep trails required. Jay Spenciner, 647-3347, or Bill McKenna, 647-251.

Rowing

August

- 5 Maine Rowing Championships, Bridgton, 4+ miles & 1,000-meter courses, 9:30 a.m., Steve Collins, 647-3327 (eves., 647-2196).
- 12 Rangeley Rowing Regatta, 4-mile course, 9 a.m., Jeff Foltz, 864-2122 (eves., 864-5087).

September

- 9 Megunticook Mini-Marathon, Camden, 10 miles flat water, Bob Perkins, 236-7172 or 236-6344.
- 23 Head of the Androscoggin, Lewiston, 3 miles, Ted Walworth, 783-1449 or 782-1011.

Canoeing/Kayaking

August

- 12 19th Megunticook Lake Race, Camden, flatwater, open canoe, kayaking & rowing, Chip Taylor, 236-3438.

September

- 4 The Frog Race, Norridgewock, 10 a.m., Kennebec River, 10 miles, flatwater, open canoes & kayaks, John Alsop, 474-8048 (h) or 634-2800 (w).
- 16 Ebb Tide Marathon, Brewer, 12 noon, Penobscot River, 11 miles, flatwater, Earl Baldwin, 825-4439.
- 24 Penobscot 50, Mattawamkeag to Old Town, flatwater, open canoes & kayaks, preregistration required, Jim & Lisa Lisius, 866-4321.

In-Line Skating

September

- 23 Black Bear 5K & 10K In-Line Skate Race, Orono, 10 a.m., Thad Dwyer, University of Maine Recreational Sports Office, 581-1081, flier August.

Cycling Calendar Races & Tours

August

- 6 Grillsy Memorial, mountain biking race, Bath Cycle, Bath, 442-7002.

- 4-7 Atlantic Canada Bicycle Rally, Nova Scotia, international cycling & social weekend, camp or B&B, reservations required, 1-902-423-BIKE.
- 13 Waldo County Metric Century & Club Annivesary Picnic, 6.2-mile bike & social bike option, Shop & Save parking lot, intersection Rtes. 1,3,& 52, Belfast, 9 a.m., Beth Tracy, 763-3205.
- 12-13 Widomaker Challenge, mountain biking (slalom, downhill, x-c, kids' race), Sugarloaf USA, Carrabassett Valley, Marcia MacDonald, 237-2000, ext. 6893. (+Y)
- 13 **Maine State Time Trial Series**, road bikes, Auburn, 20-mile loop, Larry Poulin, Rainbow Cycles, 1-800-244-7576, flier May & June.
- 19 Orono, Old Town, Hudson Road Ride, Orono High School, Westwood Ave., off Rte 2, 35-mile ride, 1 p.m. (pizza after ride), Grady Stevenson, 989-3602.
- 26 **Tour of Oxford Hills**, 9 a.m., 25- & 40-mile routes, begin & end at Oxford Hills Chamber of Commerce, Rte. 26, South Paris, Russ Florenz, 743-9019, flier August.
- 26 Blue Hill Rides, 26, 30, or 40-mile road ride, Susan & Parker Hudson, 374- 5695.
- 26 9th Dan R. Michaud Century, 50 or 100 miles, Brunswick Gazebo, 7:30 a.m., Maine Children's Cancer Fund, 871-6274.
- 27 River Rage, mountain biking race, Sunday River, Bethel, 824-3000.

September

- 2 Appleton Family Ride & Picnic, Appleton, 1 p.m., 10-15 miles, potluck picnic after, John & Tama Somo, 785-4024.
- 3 Tom Sayward Memorial, mountain biking race, Farmington, Troll Valley, 778-3656.
- 4 State Amateur Time Trial Championship, Alton (Bangor area), 9 a.m., 20 miles, Anne Mourkas, 862-5990.
- 10 Maine Freewheelers 12th National Century Rides, 100 miles or 100K, 8 a.m., Maine Square Mall, Hogan Rd., Bangor, Anne Mourkas, 862-5990.
- 16 Islesboro Island Ride, 9:30 a.m., 20 miles, Islesboro Ferry Landing, Lincolnville Beach, Toni Miele, 789-5139.
- 17 Frye Mountain Mountain Bike Ride, 1 p.m., tour wildlife area with naturalist, 10-12 miles off-road, potluck picnic after, Mike & Margie Shannon's house, FR 12, off Rte. 137, Knox, 722-3772.
- 23-24 East Branch Penobscot Fall Foliage Rides, 40 miles/day, camp out, reservations by Sept. 15, Bob Borok, 942-2514.
- 30 Acadia National Park Carriage Path Rides, gravel roads, picnic en route, 11 a.m., meet at park visitors' center, Anne Mourkas, 862-5990.

M A I N E RUNNING & FITNESS

"I feel that your magazine is a crucial link in getting many of the runners that we had participating in our race on Mother's Day."

Wanda Gamage

Coastal Child Care Center, Rockland (flier advertiser)

"Our number of participants nearly doubled thanks to the advertisement in Maine Running & Fitness."

Lori Hegerty

Race Director, Turkey Trot 10K (flier advertiser)

News & Letters

Marathon Registration Booms; Johnson Defended

Registration "Way Ahead"

Registration for the Oct. 1 Maine Marathon in Portland is pouring in "way ahead" of last year, reports race director Don Kent. He attributes the interest to the desire of many runners to qualify for the 100th running of the Boston Marathon next spring.

Kent said he expected between 1,200 and 1,500 runners total for both the marathon and accompanying half marathon. Last year the total finishing was 840. The 1994 marathon winners were Tim Clark of Norwich, Vt., in 2:35 and Cheryl Buckley of Durham, N.H. in 2:51. Jose Rocha of Peabody, Mass., won the half marathon in 1:06, and our own Joan Benoit Samuelson of Freeport won the women's division in 1:15.

This year's marathon weekend will have several new features including a new sponsor, Harvard Community Health Plan, and a street fair with food vendors.

News of the marathon is circulating around the globe. Kent said he had a racer from Mo-

rocco write asking for travel funds. "I had to write back and tell him 'I'm a little strapped.'"

Marathon organizers are discussing possible ESPN sports cable network coverage of the race.

In addition to the marathon and half-marathon on Sunday, on Saturday, Sept. 30, there is a kids' 1K fun run and a 5K run/walk, a sports and fitness expo, seminars on exercise and health, and the traditional pasta dinner.

The Maine Marathon is still looking for volunteers to fill a variety of functions. Contact Don Kent at 854-8464 (days) or his race codirector, Jim McCorkle at 781-3134 (days) at the 5K Sports running store, which is "Maine Marathon Headquarters," in Falmouth).

For information and registration forms call the marathon hotline at 774-5795.

Sister Marathon

Maine Marathon officials have been giving advice to the organizers of the Festival by the

Sea Marathon in St. John, N.B., which will run for the first time Aug. 20 as part of an annual festival which on race day and the day before will have many entertainments for children. The running events, besides the marathon, include a marathon relay and a half marathon. There is a sports expo and a prerace pasta dinner. Contact the Canada Games Aquatic Center, 50 Union St., Saint John, N.B., Canada E2L 1A1. Or pick up registration forms at 5K Sports.

Ray Johnson Defended

To the Editor:

This letter is in response to the article about Ray Johnson in your April issue.

I object to the tone of the article, and I question the conclusion that some runners have come to about Ray.

Food for thought:

1. If you have ever run with Ray you know that he has tremendous natural speed.
2. If you have ever trained seriously, and a

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other times not so seriously, you know that race times can vary drastically.

3. If you have ever run Boston you know that there are a lot more runners than at Maine races and that you are unlikely to see many people you know during the race. And with Ray running at a 2:36/2:37 pace, he's way ahead of you anyway.

4. If you have ever been accused of anything, would you like to be found guilty without any proof?

I know Ray and I believe him to be an honorable man. Considering the above, I think we owe him our support, not doubt and rejection.

Count me as standing firmly with Mr. Johnson.

R.J. Harper
Farmingdale

In-Depth Coverage Enjoyed

To the Editor:

I am very pleased your magazine is a success. I don't think you fully know how important your publication is. It is the "super-glue" that holds the outdoor people together.

Some papers carry a small racing and outdoor-activity schedule, but no "in-depth" coverage. The coverage and the pictures are first-rate.

Keep up the good work.

Harvey Mason
Chelsea

Incorrect Caption

To the Editor:

In your July, 1995, issue, you had photos on page 23 of runners in the Oakhurst Milk Run. The person in the upper left corner with bib no. 149 you incorrectly labeled as Brian McCrea of Freeport. I don't know who he was, but it was not me.

Brian McCrea
Freeport

Masters X-C This Fall

On Nov. 5 a Maine Masters Team X-C Championship will be held in conjunction with the USATF State X-C Championships at Maranacook Community School in Readfield.

The format will be three-person teams with champions crowned in the 40-49, 50-59, 60-69, and 70-plus age groups for both men and women. This race will also serve as a qualifying race for the 8K National Masters Championship at Boston's Franklin Park on Nov. 18 (see The Blistered Foot insert in this issue).

For more information, contact Kevin McDonald, 925-1864 or 871-8426 (after 7 p.m. on weekdays).

Win and Then Stay On

If you plan on winning the 5K Family Health Run/Walk at Camden on Saturday, Sept. 9 (see flier in this issue), plan to bring your significant other along because you will have also won an overnight for two at the Samoset Re-

sort in nearby Rockland, with dinner at Marcel's, the hotel restaurant. First male and female win the prizes.

The race, which also features mile and 1/4-mile runs for kids, is on a fairly flat, fast course. It is sponsored by the Penobscot Bay Medical Center.

Nordic News

Three-time cross-country skiing Olympic competitor Dorcas Wonsavage is leading a dryland x-c ski training camp at the Sugarloaf Touring Center in Carrabassett Valley. Sponsored by Carrabassett Valley Academy, it will take place Aug. 18-29 and cost \$160.

It is the second such camp being held this summer. Activities include ski walking and roller skiing, stretching and running, lectures, videos, and individual coaching. Call CVA at 237-2250.

Also at the Sugarloaf Touring Center store, V2 roller skis are now being sold. It is mid-summer now, but, this being Maine, soon the snow will fly!

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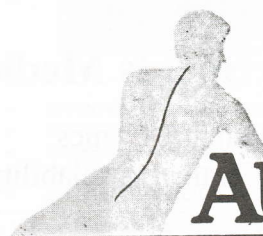
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Ozone and the Runner & the Bicyclist, the Triathlete, Etc.

How to Avoid Burning Your Lungs

by Lance Tapley

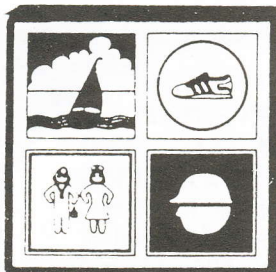
This has been a hot, muggy summer, and accompanying the heat and humidity pouring into Maine from the south has been a lot of air pollution. Think of all those cars and factories in the heavily populated, industrial Northeast from Ohio to Massachusetts pumping out all that filthy stuff which the no-longer-sweet summer breezes have a tendency to take straight to Maine.

As we head into the worst air-pollution weeks of the summer, think also of what is being put in the air right around us. Although the exact amount is debatable, as the news about Maine's automobile-emissions testing controversy has shown, a good percentage of the ozone, one of the most dangerous pollutants and one that is a special problem for

Maine, has been determined to come from and industries in the state.

Next think of all those committed (some might say compulsive) runners whom you see out there on the roads in the afternoon or evening in the midst of all this heat, humidity and air pollution. In fact, maybe you are one of those people. In fact, maybe even I have been known to do this.

Runners and other athletes have heard the radio, like everyone else, the high-ozone day warnings telling the old and sick to limit their exertions. We all can understand vulnerable populations, which also include small children, should be urged to reduce the amount of ozone they take in: Ozone has the ability to cause shortness of breath ("decreased lung function"), coughing, tightness in



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chest, and it can inflame the lungs.

Ozone, a special form of the oxygen molecule, literally burns—oxidizes—the lungs. "Ozone is an irritant whose effects on the lungs are similar to a sunburn on the skin," says a "Clean Air Fact Sheet" from the American Lung Association of Maine.

Okay, there are those vulnerable populations, but what are the effects of ozone on conditioned runners and other endurance athletes? The kind of people who, in their general health, are about as far from vulnerable as possible. And who, with more than a little pride in their bodies, sometimes think of themselves as close to invulnerable in being able to endure a lot of physical insult.

It turns out that, ironically, runners are among those vulnerable populations.

"They may be at special risk," said Norman Anderson, a toxicologist who works for the American Lung Association of Maine in Augusta, "because they are getting such a large dose. They have such a large lung capacity. They can take in as much as five times the air as someone at rest."

Indeed, the most vulnerable person, "the person at the greatest risk is the individual who exercises outdoors, the athlete who thinks he's invulnerable," said David McKee, an Environmental Protection Agency scientist headquartered in North Carolina who is in charge of

reviewing the national ozone-pollution standards.

The sick person with breathing problems is likely to know that exercising outdoors on a high-ozone day is bad for him or her and avoid such activity, but athletes often do not change their habits because of the weather. Perhaps some will change their routine when they feel particularly short of breath or have tightness in the chest, but, as Norman Anderson put it, "only if you're lucky will you have symptoms."

Older athletes, for example, may not have lungs as immediately responsive to pollution as younger people because their lungs have already been damaged, said McKee. So, while they may not feel the pollution on a given day as much as a young person with sensitive, fresh lungs, they may be in the process of being pushed closer to the edge of chronic lung damage.

Increasingly it is becoming clear that, whether you have a short-term reaction to ozone or not, ozone exposure has long-term effects leading to lung diseases such as bronchitis and emphysema and decreased lung function. When he was telephoned to be interviewed for this article, McKee coincidentally was reviewing two major epidemiological (population-based) studies of the long-term effects of ozone. They show, he said, that there is a "reasonable association" over the long

term between high ozone levels and populations with depleted lung capacity. Animal experiments are more conclusive. In one study, rats subjected to repeated peaks of ozone exposure (an "urban pattern") over 78 weeks developed chronic lung disease.

So is the answer to stop running on high-ozone days? Most runners would agree that this is no answer or a very painful answer.

"The most important recommendation is to exercise indoors" on such days, McKee said, particularly in an air-conditioned environment, which "substantially"—by up to 90 percent—reduces the ozone. But any indoor environment, air-conditioned or not, significantly reduces ozone exposure. Treadmills, running in place, or alternate aerobic activities such as rowing, stairclimbing, and bike machines at the fitness center may be very healthy alternatives.

The other major recommendation, all experts seem to agree, is to run early in the morning. "Generally, any residual ozone has dropped off by then," said McKee. The hours of the day when ozone levels are high vary with geography and weather pattern, but places downwind (such as Maine) from ozone-generating regions may have high ozone from early afternoon well into the evening, and the ozone levels could be climbing all morning long.

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On high-ozone days, the Lung Association also suggests limiting the duration of exercise.

Even on "moderate" ozone days—which means that they are elevated but not beyond the federal "standard" of 120 parts per billion of a given volume of air—"it would be a good idea still to use precautions," said Dr. Lee Ann Baggott, respiratory care director at Kennebec Valley Medical Center in Augusta.

Although only the southern and coastal counties exceed the federal level on some summer days, "there isn't a county in the state that hasn't exceeded the [more conservative] state standard" for high ozone of 80 parts per billion at the 16 monitoring sites around the state, according to Andy Johnson, the state Department of Environmental Protection's air monitoring coordinator. And bad effects to health have been observed at very low levels. "There hasn't been a level that has consistently shown a lack of effect," Norman Anderson said.

Plus, some people are hypersensitive to air pollution. Asthmatics are, of course, but otherwise healthy people, too—perhaps as much as 20 percent of the population, according to an American Lung Association of Maine study.

This study, "Clean Air Report 1995," estimated that as many as 250 hospitalizations and 2,500 emergency-room visits occur each summer in Maine because of ozone exposure. Some—it is unknown how many—probably result in death. "Maine has had for several decades one of the highest death rates in the country for chronic lung disease," this report notes, and "the prevalence of lung disease in this country is rising faster than any other major illness."

Ozone, of course, is only one of many ingredients in polluted air that damage our health. Andy Johnson of the state DEP says we in Maine "don't have a problem with other

pollutants" such as particulates (fine dust or dirt in the air), carbon monoxide, sulfates, nitrogen dioxide, and lead.

But Dr. Baggott expresses concerns about particulate matter because it can be cancer-causing as well as an irritant. And David McKee of the federal EPA feels there is "very good evidence" associating early deaths with "very low concentrations" of particulates. The many deaths in Chicago and elsewhere during this summer's heat wave may have been associated with particulates which literally can carry chemical poisons into people's lungs.

Although it may be possible to partially escape particulates and some other pollutants such as carbon monoxide (from car tailpipes) by running in rural areas rather than along heavily trafficked streets and highways, it is not possible to escape ozone by running in the country.

"This is a common misconception," McKee said. Although much of the chemical substances that contribute to ozone come from urban areas, ozone is "cooked" into being by the sun's ultraviolet radiation. This takes time. The highest concentrations of ozone are not found in the big cities like New York but in their suburbs where the wind has blown chemicals from car exhausts.

Ironically, the nitrous oxides coming from automobiles bind with any ozone near cars in such a way that heavily trafficked areas actually tend to have lower ozone concentrations—although they have high concentrations of other pollutants.

Bill Rodgers Feels the Irony Along with the Air Pollution

"It's ironic," Boston Marathon champion Bill Rodgers said of runners' air pollution. "We're trying to be very fit, but running possibly is having negative effects" on fit when runners are sucking in quantities of ozone and other pollutants.

He has been out on runs that, because of the pollution, "afterwards made me feel seasick, dizzy, fatigued." This summer "noticed a wheeze in my chest" that he says may be caused by pollution.

Now that he is a master he only runs twice a day two times a week, and he tries to get out for his morning run earlier.

He lives outside Boston and avoids running in urban areas—"one of my main goals in life is to avoid cars"—but, although he will protect him from some pollutants, it's not from ozone [see accompanying article].

"It's disturbing that the federal government and the states might lessen" the pollution laws, he observed. "It's mind-boggling."

His concerns about air pollution led him to speak at an EPA Clean Air and Public Health symposium in Boston in July.

He feels runners should get involved in this issue, but regrets that our sport does not have "a Michael Jordan" with whom he can reach large segments of the general population.

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The Maine Running Camp

The contemporary definition of courage, Andy Palmer tells us sarcastically, "is the ability to dictate scintillating memos while drowsing." Reading from a magazine article as we lounge around a seaside sitting room at the College of the Atlantic in Bar Harbor, Andy suggests another, harder definition: blood in your urine after a hard workout—"the blood of real courage," he quotes.

It is evening. We have full bellies from the hearty meal at the college cafeteria. It has been in the 90s and muggy. Ironically, in spite of his provocative words, I notice that some of the athletes at the Maine Running Camp—who have perhaps had two runs today—are drowsing.

*Faculty and students at the first week of the
Maine Running Camp --
happy even after a hard workout.*



Lance Tapley photos

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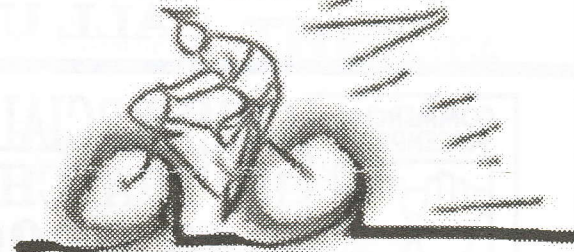
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A tall, balding, mustachioed son of Aroostook County, with wire-rimmed glasses, a red singlet, and a modest manner, Andy Palmer, 41, former top New England runner (a 2:16 marathoner) and recent sports-psychology Ph.D. from Florida State, is giving his small group of running campers an inspirational talk on How to Set Up Your Own Training.

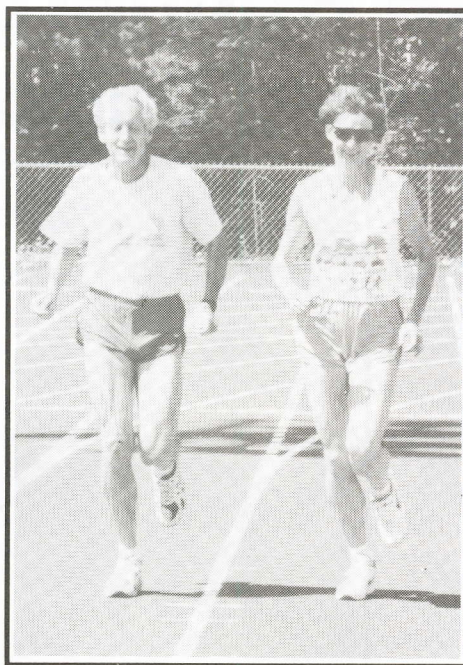
Other evening and afternoon talks and demonstrations are scheduled for the week: nutrition, massage, strength training, stretching, cross-training, video analysis of your running form.

"If you want to run fast, train fast," Andy says. He discusses when to rest, to taper. "With the American road race system, a race every week, you never realize your full potential." He talks of planning out the whole year—and, again and again, to these running enthusiasts, he talks of the importance of rest. "For most of us, we'd be better off to take a rest even if we don't think we need it." He is full of useful advice.

But my immediate impression of this camp, which I am merely visiting overnight, is that what really counts for the participants is not the talks and the Deep Thoughts about running, but the running itself, the socializing, and the location. For them, this is a vacation.

This is what the campers tell me as, break-

ing out the beer and fruit juice after a thunderstorm clears the air, we sit around socializing later on. As we chat, a chipmunk runs around in the hallway.



*Fred Buffet and Kate Fulkerson
on the track.*

"It's casual, relaxed, the food is good. It just comes to be with runners," says Fred Buffet, 57, from Illinois. A lanky man with a puff of curly gray hair, he is a six-time veteran of the New York Marathon and in his second year at the camp. He likes the Maine lobster dinner and the bike rides. He does not sound like a running fanatic. "I'm not as hungry as I used to be," he says gently. "I just love the idea of being a runner. I love being fit."

"The carriage trails are perfect for running," adds Dave Barker, 56, from Connecticut. "The scenery is great." Barker, who plays the part of the Old Hand (occasionally making wise cracks at Andy's expense), has been coming here every year since 1983 when it was transformed from a kids' to an adult camp. He, too, no longer is looking for racing personal bests. He now enjoys competing in 50-mile ultramarathons because the running is slow. "You don't get any young ultra runners," he observes.

It is a professional group. Buffet is an investor, Barker a high-school teacher, and Kate Fulkerson, 47, of North Carolina, a thin, well-muscled woman with brown hair, is a clinical psychologist. At the camp for the first time, "it is rest from what I do," she says. For her it is something thankfully not intellectual.

A runner for only three years, she seems to take racing seriously, however, and puts in

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miles a week. Of the camp, she says: "It's a place where you have other people with whom you can talk endlessly about running and they don't think you're crazy."

Married with a grown son, she came to running after a mid-life crisis—breast cancer. "I decided I wanted to do what I wanted to do." The running camp afforded her the chance to "re-examine stereotypes about what women can do." Surrounded by "the Southern sense

of women" in North Carolina, she says, "a lot of my friends thought I had gone completely bonkers" when she aggressively took up running.

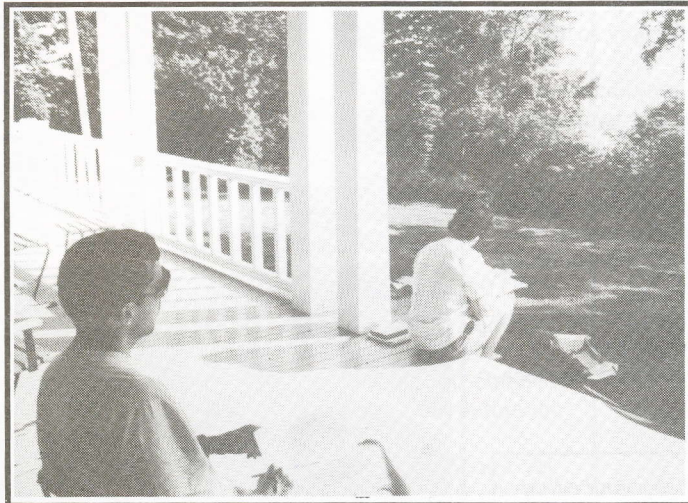
Turning her psychologist's eye on the other campers, she observes that runners want a "sense of control" over their lives which this discipline seems to offer. The camp provides "a sense of belonging" for a "pretty individualistic" kind of person.

That evening I slept on a sun porch of a graceful college residence hall that had been the main house of one of Bar Harbor's old estates. I literally lay my head down just yards from the ocean, which through the screened windows was a cooling presence after the hottest day so far of

the Maine summer. I could hear the breathing of the water—and also of the ferry to Nova Scotia docked not far down the motel-cluttered shore.

The campus, with its gravel lanes and courtyards bowered by oaks—it still retains some of the look of the Catholic seminary much of it once was—is a beautiful oasis in the midst of Mount Desert Island's most commercialized strip, Eden Street. The commerce, however, which long ago turned my sedate, summer-colony hometown into an overcrowded tourist trap, is fortunately limited by surrounding Acadia National Park. The park's famous, tree-shaded carriage roads are only a five-minute jog from the college.

In the morning, after being wakened by bird song and a couple of campers talking on the outside porch overlooking the bay and the magnificent dawn, I walked through landscaped terraces, trees flowering, to the cafeteria.



Campers have a post-breakfast rest by the sea.

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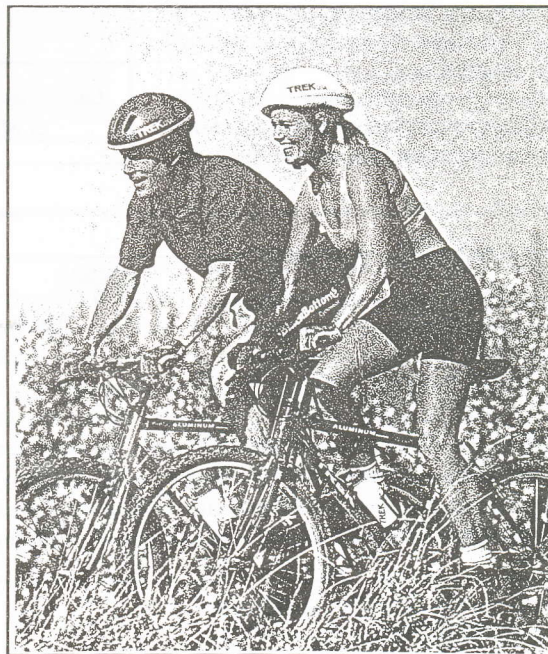
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I had breakfast with Lewis Santoni, 37, a criminal investigator from Brooklyn, N.Y. A first-timer, he was at the camp with the goal of picking up pointers to help him qualify for the 100th Boston Marathon next year, a goal he shares with about five million other runners. He was enjoying himself. This was his first time in this part of the world. "It's fabulous."

After a digestive break, the group, instead of going out on some of the scores of miles of carriage roads, which is the normal procedure, headed to the high-school track in Ellsworth for speed work. When we arrived, we met Andy and one of his faculty, Breeda Dennehy, 25, of Cork, Ireland, once the Irish 800-meter high-school champion. She is now vying for a slot on her country's Olympic Team at the 5,000-meter distance. She lives in Tallahassee, Florida, where Andy is her coach. She has a 16:06 personal best for the 5,000, but she needs 15:45 to qualify for the Olympics.

After a two-mile warm-up on the roads, Andy put the campers through their paces doing repeat 400s and 800s, with a patter of gentle criticism. "Relax your shoulders," he tells me, "your back is too tense," something I had never realized.

For me and I suspect some of the others, however, the most instructive part of this workout was simply watching Breeda Dennehy run.

With a thin upper body, long, powerful legs, and a wonderful, pumping form, she has developed herself into a super-efficient running creature. "She has just about the best form I've seen," Andy says, frequently showering praise on his student.

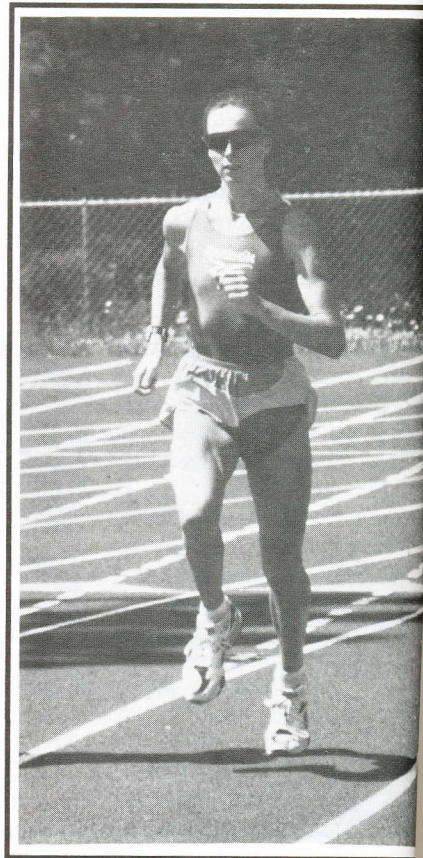
This is all I tasted of the camp, but there is a lot more. Tom Mulvey, a fortyish former California surfer, presides over the many cross-training activities (hiking, mountain biking, swimming, kayaking, canoeing, climbing, wind-surfing) which he admits he has difficulty getting many runners to enjoy, so devoted they are to their sport.

The enrollment is small—only about a dozen campers when I was there, but two to three times that many were enrolled for each of the next two weeks. There is a lot of free time. On Thursday nights the group usually goes dancing. Bar Harbor, of course, has an enormous summertime variety of entertainment and shopping opportunities.

The sessions are held in June and early July. The cost this year was \$495 a week.

For Maine, it is the ultimate running vacation.

Lance Tapley is the publisher and editor of Maine Running & Fitness.



Breeda Dennehy

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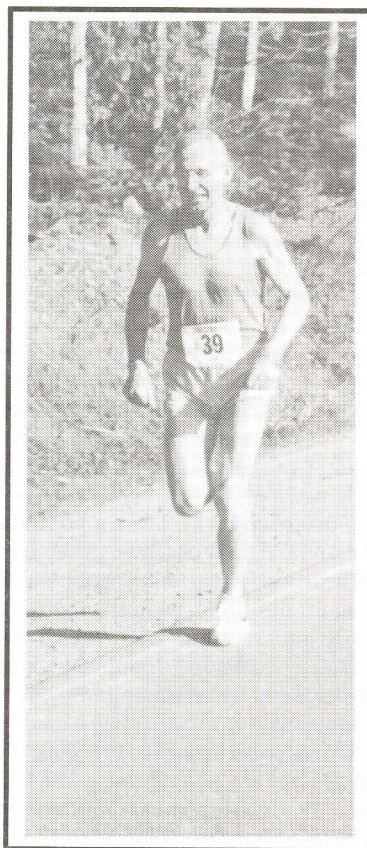
No Shuffling Along Was Allowed in Buffalo

World Veteran Championships

by Bob Payne

I drove to Buffalo on July 9th. When I arrived I was glad that I came early; the eleven hours of driving did not leave me in good running condition. But with some light running I was able to work it out before the 10K cross-country on the 13th.

I had been planning on competing in the World Veteran Championships since I learned two years ago that they were going to be in Buffalo. I registered for the 10K cross-country, 5K on the track, and the 3K steeple



Bob Payne

chase.

On Thursday the 13th the 10K cross-country was at Akron Falls Park. It was an excellent course with a hilly first half (one hill like the goat trail on the Old Bailey 5-mile cross-country run in Gorham), with a flat second half through open fields and some wooded areas. The last half mile was downhill. The weather was a real problem with a temperature of 88 degrees at noon when the women's 35-49 race started. The times were slow due to the intense heat. The winning lady was 39:46. Many of the women had to be taken to the hospital, and it delayed our race because we had to wait for the ambulances to return from the hospital. That was a real warning to run carefully!

At 3 p.m. the race started. I ran carefully for the first half with the idea to pick it up in the flat last half. It was now in the mid-90's, and even though I tried to pick up the pace it wasn't there. I remembered thinking that I did training runs faster than this. In the open fields the heat and humidity was stifling. However, I did pass several runners and finished 39th of 86 in my age group with a time of 44:54. With the conditions I felt that this was a good run, and would not be drained for the 5K. I was the fourth American to finish. Several runners were transported to the hospital and all the remaining races were canceled.

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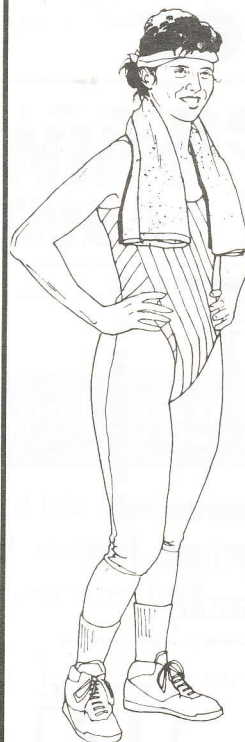
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Group Runs

Bangor: YMCA Running Club, Sun., 9 a.m., Paul Hammond, 945-9790

Brewer: Sub-5 Track Club, Mon. & Thurs., 6 p.m., Dave Jeffrey, 825-3403

Brunswick: John LeRoy, any day, slow runs & track workouts, 725-8680

Guilford: Myles Lemieux, Sun., 7:30 a.m., 10-15 miles, leisure pace, 876-4424

Kennebunk: Steve Jacobsen, Thurs., 6 p.m., varying pace, 5-7 miles, 985-4107

Lewiston: Hilltop Community Sports Center, Mon., 5:30 p.m., 74 Westminster St., 786-4820

Portland: Bill Devenny, early mornings, USM gym lobby, Falmouth St., 10-min./mile pace, 772-1787

Portsmouth: Joe Hayes, Tues., 4 p.m., 6 miles, 363-6035

Thomaston: Pen Bay Pacers, Sun. morning, Vern Demmons, 273-2594

Waterville: Gene Roy, Colby College, 6 p.m., 465-7296

Publicize your group run. Or start one.
Call Maine Running & Fitness at 626-3298.

On Saturday the 15th I went to watch the women's 5K and was disappointed not to see Edie Dubord of Waterville run. She was entered but did not go. The winning time for the 35-39 was 18:00:06, and I know that she would have done real well and might have won the race.

The opening ceremonies on Friday night were great—with a sky-diving "Elvis," Chubby Checker, and local cheerleaders and dancers. All of the athletes marched into the stadium by country and then entered the stands to watch the show.

Wednesday saw the 5K on the track. It was a nice day with temperatures in the low seventies. Watching the 60-64 race before my race, I knew that the competition was going to be outstanding. I was in the first heat of three. It was a nice fast race, and I feel that I did well running 19:33 and placing second in my heat.

It was a thrill running second and each time around the track being announced "in second place Robert Payne of the United States" at the finish. I watched the second heat and slipped from second to eighth place and after the third heat back to 26th place. I feel I did well to place 26th of 71 in the race. It was good enough to be the third American.

On Wednesday afternoon I watched the finals in the 200M and hurdles. I was so amazed at the level of competition that I stayed to the

end. Men 90-plus doing 200M in 52:69 and women 80-plus in 48:86. It just got faster and more competitive from there down to 25:65 for women 35:39 and 22:74 for men 40-plus. Men 80-plus doing the 80M hurdles in 18:42. All of these events were against a strong head wind. The women 65-plus 80M hurdles in 17:35! Dwight Stones and James Barrineau matched each other in the high jump all the way to 6'11 without a miss, with Jim winning and setting a new masters world record at the height.

It was a thrill running second and each time around the track being announced "in second place Robert Payne of the United States"

On Friday I watched the preliminaries for the 1,500M with each age group having from three to five heats. Allen Muir was in the last heat for the 40-44, but pulled out with about a lap to go. I saw him before the run and he said he had been having trouble with a hamstring. Welcome to the masters group. He will learn to cope with it.

On Saturday I watched the finals of the 1,500 M and saw some great races. The men's 50-54 was an exciting race. Winning time was 4:12:60. That was followed by the men 45-49 with Rod Dixon winning at the tape in 4:01:21.

On Sunday the 23rd I ran the steeplechase. It was a real experience and I would love more in the future. I know I will have some for my next one. I went to the track on Tuesday to practice and learned a lot from experienced steeplers.

I got a quick lesson on how dangerous it could be when I missed a foot plant on a hurdle and did a header landing on my face. I ran the track and pulled something in my knee during the process.

I wasn't sure I would be able to run the 3K Steeple on Sunday morning when I got up. I did a mile test run and decided to go for it. When I arrived at the track it was raining and the race started at nine and it had stopped raining. I started slow so that I would hit the hurdle last. I didn't want to get spiked. I saw one runner get it in the water barrier. The 3K Steeple there are 35 hurdles with some of them water barriers.

I slowly moved up in the field finishing 16th of 16 runners. I was pleased that I was able to beat some experienced steeplers. The winner finished in 10:26 and I finished over two minutes back in 13:08. I had become very friendly with Mike Roberts from Australia. He finished just in front of me. He was a help and gave me some pointers on how to run the steeple.

I ran without spikes and that is a real dis-

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vantage. I went to several stores to find a pair, but it is almost impossible to find size 14 without ordering them ahead. Mike Roberts now has my new Maine Track Club singlet, and I have his Australia singlet. We plan to compete in the Steeple again in 1999 in England at the Veterans Games.

I saw Ron Paquette of Albion, president of the Central Maine Striders, in the registration area on Saturday the 22nd. He was in line to get customs clearance for the marathon. I hope he didn't have to wait too long, but the lines were long and moving slowly. The weather for the marathon was rain which I am sure was an improvement over the heat we had had for the past several days.

Ron told me that he finished in 3:50 something. He does not have the results yet. He said that it rained most of the way, and just after he finished it poured. Some of the older runners were out in the rain for over six hours, the 85-plus winners finishing in 6:23:18. Again, the times for the age group winners were fast! 40's group and race winner, 2:30:29; 45 in 2:31:00, age 50 in 2:34:37; 55 in 2:39:52; 60 in 2:46:57; 65 in 3:09:52; 70 in 3:32:21; 75 in 4:10:38.

The closing ceremonies were on Sunday night and had to be moved inside because of the weather. It was a great show with Maureen McGovern and the Buffalo Philharmonic Orchestra followed by fireworks in the stadium.

I would do it all again and hope that I can participate in the championships in England in 1999. The championships for 1997 will be in Durban, South Africa. I would recommend that anyone participate, no matter what level you are at, because you will get the same support as the winners and you will make new friends.

Bob Payne of Raymond, at 57, is Maine's top 15K and marathon (3:07 in the 1994 Maine Marathon) competitor in the 50-59 age group.



Nutrition

Healthful Hiking and Camping

by Anne-Marie Davee

A hiking we will go... a camping we will go... climbing, swimming, biking or water-skiing. Like running, these physical activities require fluids and energy for maximum performance and enjoyment. Here are some hints to keep you from being a hungry hiker:

1. **PLAY IT SAFE** - When camping or hiking, you may be away from refrigeration. Remember to keep foods that may spoil cold and to wash your hands and utensils thoroughly. Be sure to have a safe source of water that is clean or has been purified.

2. **FILL UP ON FLUIDS** - Water is critical for physical activity particularly during the warm months. Plan on bringing a minimum of 64 ounces to get you through the day. There's also a variety of powdered, fruit-flavored drinks which are easy to mix and thirst-quenching.

3. **COUNT ON CARBS** - Bring plenty of cereals, pasta, rice, fruits, and veggies to replace glycogen stores that are being used for energy. A steady upward climb will burn about 500-800 calories per hour, similar to running. Dried fruits are a lightweight alternative when carrying your supplies.

4. **GO GRAZING** - The body works best when provided with even bits of fuel throughout the day. Take frequent breaks for fluids and food in small amounts for optimal performance.

5. **MEALS TO MIX AND MATCH** - Here are some suggestions for foods which are lightweight and safe without refrigeration:

Breakfast - flavored instant oatmeal, whole-grain cereals, granola, cereal bars, banana chips, raisins, dried milk powder, bagels.

Snacks - make your own with a variety of dried fruits and nuts. Try raisins, apricots, dates, pineapple, bananas, and almonds or peanuts.

Lunch - Whole-grain breads, peanut-butter spread (peanut-butter mixed with honey, raisins and sunflower seeds), pretzels, assorted dried fruits, sports bars, granola bars.

Dinner - Canned baked beans (mash them and put them into flour tortillas with salsa), instant brown rice mixed with sun-dried tomatoes and mushrooms, pasta tossed with prepared pasta sauce mix and parmesan cheese.

Whatever your choice for food or fluids, plan to bring plenty and have a great time!

Anne-Marie Davee is a runner, triathlete, and dietitian.

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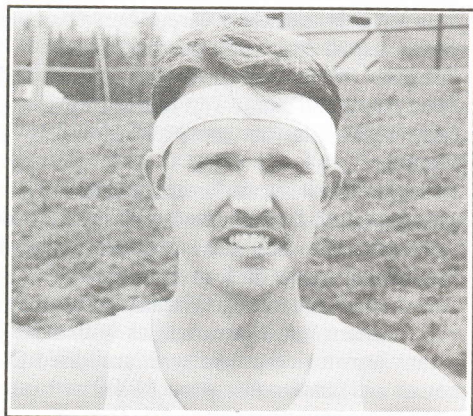
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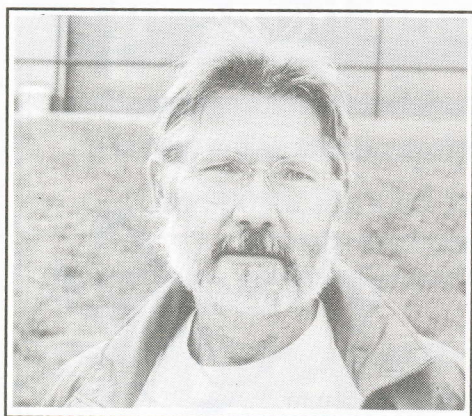
Rene (rhymes with beany) Collins



Jeff Preble



Katrina Bisheimer



Bob Gillespie

RUNNER'S LOG

By Thomas C. Benne

Rene (rhymes with beany) **Collins**, 53, of Brewer; R.N., L.C.P.C.; 14-15 years running, averages 65-70 miles weekly; 5K: 20:51 ('87); 5M: 34:00 ('87); 10K: 43:29 ('87); 26.2M: 3:21:03 ('87).

Collins, a registered nurse and licensed clinical personal counselor, obviously likes having numerous initials trailing her name, as she is currently working on an Ed.D at UMO. She started running to maintain her weight after quitting smoking and continues for a variety of reasons. She's been in school since 1984, and running has helped in her educational pursuits by relieving stress and giving her the ability to focus on her studies. Rene employs a wholistic viewpoint when counseling her clients, and believes that mental health without physical health is impossible. When asked for a quote about her running, she nearly mangled Thoreau, who said something to the effect that there is no mental inspiration without physical inspiration.

Jeff Preble, 41, of Manchester; janitor; 25 years running; 10K: 38:33 ('85); 15K: 1:01 ('91); 13.1M: 1:25 ('90); 26.2M: 3:11 ('87).

Preble began running in high school, and currently runs to stay in shape. A member of the Central Maine Striders, he enjoys racing because of the opportunities it provides to meet other runners.

Katrina Bisheimer, 29, of Bangor; registered nurse; five years running, averages

50 miles weekly; 16K: 1:12 ('95); 26.2M: ('95)

Bisheimer used to work nights and began running at noon with a group because it got out in the daytime. She runs for social spiritual reasons and said it allows her to go to the limits and feel like anything is possible. She made a distinction between a personal record and a personal best, and was quite adamant about applying the latter term to times. Her 16K time was recorded at this year's Cape Breton relay, and in addition to being able to run sometime between 2 a.m. and 4 a.m., she has the fastest time for a woman on that leg of the course. She said that running shows you "your mind is your own limitation." Katrina will be doing Boston next April.

Bob Gillespie, 56, of Benton; writer and editor at Colby College; 27 years running, averages 40 miles weekly; 1M: 4:38 ('56); 18:34 ('92); 4M: 25:35 ('92); 5M: 31:34 ('92); 10K: 37:54 ('79); 10M: 62:42 ('79); 13.1M: 1:25:59 ('80); 26.2M: 2:51:06 ('79).

Gillespie ran in high school, and his personal best for the mile is easily the longest-standing personal record of anyone profiled to date in this column. He resumed running immediately after finishing his Shorter's marathon win at Munich in 1972. He runs because of the feeling of well-being and satisfaction it affords. Bob does speed work on a weekly basis, usually eight 85-second quarter-miles, simply because he can. His discipline as a runner carries over into his writing, and he does both on a daily basis.

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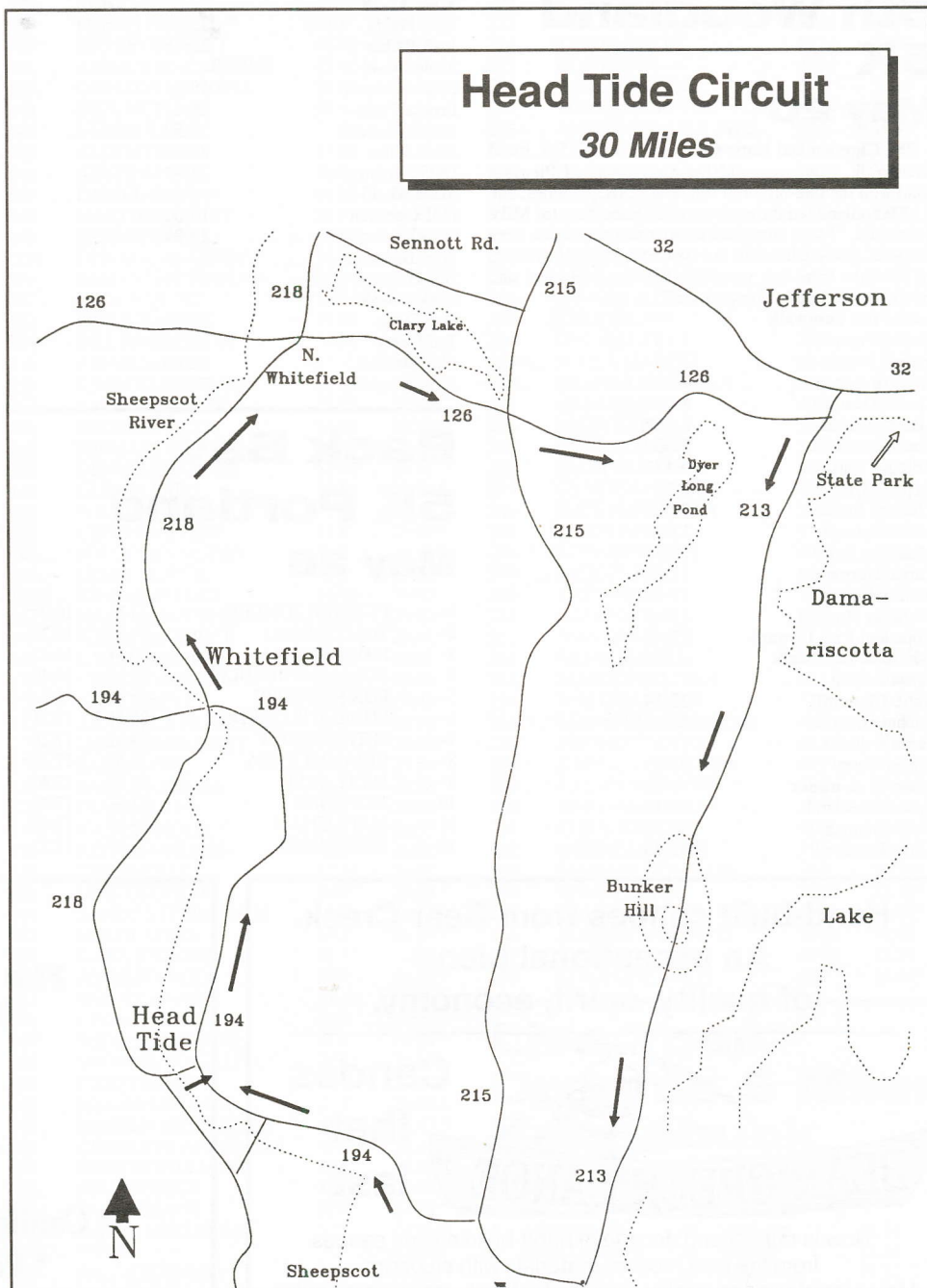
Chuck Hillier's Bicycle Tours in Maine

Head Tide Circuit 30 Miles

This is a favorite training route of Junior National mountain bike racer Jamie Brooks, who lives in Alna near Head Tide. While the hills make this circuit well suited to Jamie, they also provide views of beautiful farmland. Rock walls and ancient oaks, riverside roadways and panoramic views, federal period buildings, and low-traffic country roads all make this tour a special treat.

Begin in Head Tide Village at the small gravel parking lot which lies adjacent to the old mill dam in the middle of town. Other cars parked there are likely to be from bathers at the local swimming hole just below the dam or from hikers on the nature trail which heads up river. The village of Head Tide is listed on the National Register of Historic Places. This means all of the property owners live under a covenant prohibiting any changes which would detract from the historic character of the community. As a result, we are permitted to see what this place looked like when Maine became a state and when the down-river port of Wiscasset harbored sailing ships from all over the world.

Exiting the parking lot, turn left and cross the Sheepscot River. In the middle of the village turn left onto Route 194 and immediately become vertical on the steepest climb of the day. Bracketed by fern-covered stone walls, you'll pass several old farmsteads which have been kept picture-perfect over the decades. After about four and a half miles, take a right at the intersection of Routes 194 and 218 in



Whitefield. Four miles further on, where the river cascades over ledges, turn right onto Route 126. Traveling east through the Route 126/215 intersection the ride here is less interesting because the road has been rebuilt to modern interstate-like engineering standards.

More intimate county-road travel begins again as you turn right onto route 213 and head south. (A short detour to Jefferson Village and Damariscotta Lake State Park can be made by turning left and then right onto Route 32.) You will have passed the half-way point as you climb Bunker Hill. At the top are the Bunker Hill Baptist Church, the Ladies Aid & Grange Hall, and a beautiful eastern view of Damariscotta Lake. A concrete picnic table has been provided for those wanting lunch while

taking in the view. If it is a hot, sunny day, though, the lack of shade will quickly send you coasting down the cool, tree-lined southern slope of the hill.

Pick up Route 215 with another right-hand turn. After a mile or so bear left to pick up Route 194 for the tour's final leg. Soon you will cycle through the famous "Cow Shit Corner" (a big sign marks the location). Fortunately, the huge piles of cow manure which gave this neighborhood its distinct name (and aroma) were removed a few years ago. A pleasant cruise along the river bank and additional vintage houses mark your re-entry to Head Tide.

Chuck Hillier is chairman of the Maine Bicycle Council.

5th Woodland 5K May 20

Phil Chretien and Katie Churchill won the 5-K Road Race/Walk. Eight-year-old Eunice Francis of Pleasant Point won the one-mile fun run, while Joseph Jones, age 9, of Woodland led the male entries. Race director Mike Boies said, "I was surprised at how fast the times were this year. Katie Churchill cut two and one-half minutes off her time from last year. The weather was ideal and the field was highly competitive."

1-mile fun run/walk

Eunice Francis	7:14*
Joseph Jones	7:23
Emily Brennan	7:23*
Cassie Treadwell	8:06*
Lisa Kneeland	8:06*
Chad Kneeland	8:06
Brittany Carle	9:12*
Stephen Carle	9:12
Chastity Smith	10:55*
Jenna Howard	12:10*
Meaghan Eales	12:23*
Carrie Norman	12:48*
Jessica Tupper	12:49*
Nicholas Howard	12:45
Hope and Lisa Howard	13:46

5-K road race/walk

Female open

Katie Churchill	22:54
Rachel Brennan	28:02

Female 46-50

Eileen Carey	27:25
--------------	-------

Male 12 & under

Tyson Kneeland	26:14
Noel Brennan	26:33
Chris Treadwell	43:40

Male 13-19

Kirk Peters	22:40
Josh Parker	23:18

Male 36-40

Brian Altvater	19:35
Ernest Carle	20:41
Derek Howard	20:52
Dick Miles	23:12
David Tolstrup	23:43

Male 41-45

Phil Chretien	19:02
Chuck Murphy	20:33
Tom Brennan	22:45
Bill Altvater	25:34

Male 46-50

Bob Dow	20:07
Ted Carey	21:34
Phil Stewart	22:09
John Churchill	23:29

Back Bay 5K Portland May 26

1	PETE BOTTOMLEY	33 M	16:09
2	TOM THIBEAU	37 M	16:26
3	DAVID DREW	30 M	16:42
4	ROLAND THIBAUT	27 M	16:49
5	RON NEWBURY	45 M	16:51
6	RONALD PLOURDE	25 M	17:11
7	SETH HARROW	24 M	17:26
8	BRIAN MCCREA	35 M	17:35
9	JAY FLAKER	31 M	17:40
10	SKIP FORD	21 M	17:48
11	MATT ISHAM	24 M	17:48
12	KURT PORTA	28 M	17:53

13	AUSTIN ARDY	16 M	18:00
14	BARRY WIGHT	36 M	18:00
15	TJ HESLER	06 M	18:00
16	DAN KELLEHER	25 M	18:00
17	ROSS CAMERON	28 M	18:00
18	KEVIN TACKA	28 M	18:00
19	ERIC UHL	35 M	18:00
20	PAUL GADBOIS	41 M	18:00
21	DENNIS SMITH	45 M	18:00
22	LAWSON NOYES	53 M	18:00
23	DAN HUTCHINS	35 M	18:00
24	FRANK DIEGO	34 M	18:00
25	K. SCOTT HINCKLEY	37 M	18:00
26	MICHAEL OUELLET	24 M	19:00
27	KEITH HOLLAND	40 M	19:00
28	JACOB TOMAN	14 M	19:00
29	TOM MENENDEZ	41 M	19:00
30	ROD JORDAN	39 M	19:00
31	YUN CHONG	34 M	19:00
32	PAUL LEBLANC	30 M	19:00
33	MICHAEL BOSSEE	24 M	19:00
34	JOHN CAIN	33 M	19:00
35	JASON WILSON	28 M	19:00
36	WILL LUND	39 M	19:00
37	SCOTT BENNETT	16 M	19:00
38	KEN PRESTON	40 M	19:00
39	RHONDA BENNER	22 F	19:00
40	JAMES GUNSON	28 M	19:00
41	SCOTT CUSHING	41 M	19:00
42	KAREN SUBIK	27 F	19:00
43	JAMIE CHAMBERLAIN	30 M	19:00
44	JAMES HARMON	35 M	20:00
45	GARY GRADY	46 M	20:00
46	MARK BRUNS	36 M	20:00
47	BECKY WALLACE	22 F	20:00
48	MICHAEL BEAUDOIN	52 M	20:00
49	CLIF SMITH	44 M	20:00
50	JAMES BOUCHARD	37 M	20:00
51	BRIAN FLYNN	34 M	20:00
52	DAVID BENN	49 M	20:00
53	THOMAS KIRNER	46 M	20:00

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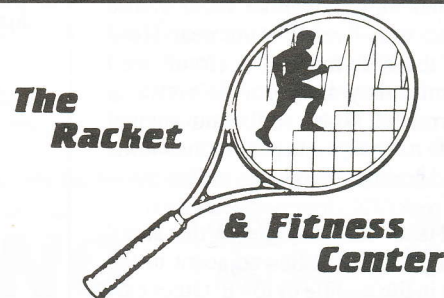
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54	LARRY ADRIAN	45 M	20:30	138	BOB CUSHMAN	57 M	24:12	222	CHARLENE JENNESS	25 F	29:56*
55	THOMAS CARLL	50 M	20:34	139	ROBYN PINETTE	33 F	24:15 *	223	JOEL BRUNS	13 M	30:09
56	JULES FERTIG	47 M	20:39	140	RICHIE GARRETT	46 M	24:15	224	TYSON BUTTS	11 M	30:20
57	RALPH BUTTS	34 M	20:43	141	ARTHUR MACARTHUR	47 M	24:15	225	DON PENTA	48 M	31:00
58	CARRIE CROFT	35 F	20:48 *	142	CARLTON MENDELL	73 M	24:16	226	JULIE HASKELL	22 F	31:16
59	LARRY FRANK	39 M	20:51	143	DICK MCPHAIL	50 M	24:24	227	TOM EVANS	52 M	31:33
60	KATHRYN RING	35 F	20:52 *	144	DEBBIE LARY	21 F	24:25 *	228	AMBER COLLINS IVES	02 F	31:40*
61	LARRY SUTTON	37 M	20:52	145	ALDEN FERTIG	13 M	24:25	229	STEVE IVES	31 M	31:41
62	JIM ESTES	45 M	20:56	146	ANGIE WHITE	30 F	24:27 *	230	BARBARA LEONARD	32 F	31:56*
63	PHILIP VANDETTE	36 M	20:57	147	DANIEL BROWN	49 M	24:29	231	SHERRY GRANT	38 F	31:56*
64	GEORGE PALMER	15 M	20:59	148	MARTHA KELLEY	33 F	24:32*	232	JOAN WENZEL	41 F	32:02*
65	CHRISTY PETERS	24 F	21:02	149	SHERRY CARLL	48 F	24:34*	233	DEBBIE JOHNSON	36 F	32:02*
66	STEVE SCHUIT	43 M	21:02	150	DEBORAH CASSIDY	38 F	24:35*	234	MARSHA WOOD	40 F	32:03*
67	PETER SMALL JR	25 M	21:07	151	SAMANTHA BOWDEN	09 F	24:39	235	ANNE MCPHILLIPS	24 F	33:05*
68	DONNA JUST	38 F	21:12 *	152	NANCY QUINT	34 F	24:52*	236	JEN GRESLEY	34 F	33:05*
69	ERIC OLAFSEN	11 M	21:13	153	PATRICK SMITH	13 M	24:52	237	EVAN BRUNS	12 M	33:12
70	DON ZILLMAN	50 M	21:14	154	BILL ROBERTSON	56 M	25:01	238	DEE NICELY	55 F	33:13 *
71	JON PETERS	M	21:16	155	BRIAN DUBOIS	25 M	25:05	239	JULIUS MARZUL	68 M	33:20
72	PHIL HOOSE	47 M	21:17	156	KIMBERLY SPENCER	22 F	25:08*	240	BRENDA CUSHMAN	54 F	33:37*
73	REGGIE SARGENT	49 M	21:24	157	RANDY SPENCER	33 M	25:09	241	DAN GIRARD	40 M	33:57
74	BRENDA BAILEY	32 F	21:25*	158	GEORGE ALLEN	34 M	25:12	242	MARY KELLY	38 F	34:01*
75	HADLEY AUSTIN	36 M	21:27	159	MICHAEL BROWN	19 M	25:16	243	CYNDE GAGNE	36 F	34:25*
76	JIM SULLIVAN	48 M	21:29	160	DENNIS CORBURN	52 M	25:18	244	MARY DUNHAM	59 F	36:43*
77	PETER LACKO	24 M	21:29	161	GLORIA MIRO	30 F	25:18 *	245	CYNTHIA NELSON	38 F	37:20*
78	BRIAN KINNEY	47 M	21:32	162	WILLIAM CLINE	35 M	25:24	246	KATE HARTMANN	26 F	38:55*
79	MICHAEL COHEN	26 M	21:33	163	CYNTHIA BERRY	11 F	25:29 *	247	LINDA BENN	47 F	39:13*
80	ERIC BOWDEN	12 M	21:36	164	POLLY KENNISTON	58 F	25:31 *	248	LYNN SIMMONS	40 F	39:46*
81	RICHARD JOHNSON	42 M	21:37	165	LYNNE GOBEL	42 F	25:34 *	249	JACK BLAKE	64 M	41:54
82	FRANK KNIGHT	49 M	21:40	166	STEPHEN FLUET	36 M	25:40	250	KATIE SMITH	11 F	42:04*
83	JASON CORBURN	24 M	21:41	167	NANCY LOVETERE	51 F	25:40 *	251	ROSE SMITH	43 F	42:06*
84	ROCCO CORSETTI	47 M	21:44	168	JENNIFER DERICE	22 F	25:41 *	252	AMY BOUCHER	31 F	43:45*
85	ANDREWS JESSICA	19 F	21:49 *	169	LARRY PERKINS	50 M	25:45	253	SANDI JEWELL	28 F	45:35*
86	PHIL COUSINEAU	43 M	21:50	170	JOHN KENNETT	54 M	25:46	254	JANICE SULLIVAN	43 F	45:45*
87	BOB LETOURNEAU	36 M	21:50	171	KIM LINNELL	34 F	25:49 *	255	WALERIA SWIFT	51 F	48:17*
88	TERRY BLAIS	32 F	21:51	172	ARABELLA ELDREDGE	41 F	25:50 *	256	LESLIE CHADBOURNE	42 F	48:28*
89	J BRAUN	50 M	21:52	173	SHANNON DUNFEY	11 F	25:53 *	257	FRED KENNISTON	62 M	48:29
90	DIANE LAVANGIE	36 F	21:53 *	174	SALLY GORE	32 F	25:58 *	258	KARLA KENNISTON	45 F	48:30*
91	RICHARD DOWNS	49 M	21:53	175	SARAH TOPHAM	14 F	25:58 *	259	LAURIE MORROW	33 F	48:31*
92	MICHAEL MCCORMICK	36 M	22:01	176	DIANE ALLEN	35 F	25:59 *	260	DARLENE HILTON	39 F	48:32
93	ROBERT HOEFER	28 M	22:01	177	KAITLIN KELLEY	10 F	26:00 *	261	CHRIS HILTON	41 M	48:33
94	STEVEN PLACE	40 M	22:03	178	PATRICIA BRUNS	40 F	26:01 *	262	DEBBIE HUNTER	51 F	50:49*
95	ROBERT PEASE	49 M	22:04	179	ERIC OICKLE	12 M	26:07	263	MARGARET AUSTIN	53 F	50:50*
96	GENE ROSS	59 M	22:05	180	LOISTIEDEKEN	40 F	26:13 *	264	HELEN HATCH	58 F	51:15*
97	CURT SMYTH	25 M	22:07	181	SANDY UTTERSTROM	51 F	26:15 *	265	DIANE LITTLE	52 F	52:20*
98	BONNIE TOPHAM	27 F	22:08 *	182	SUE OLAFSEN	35 F	26:17 *	266	EUGENE BAMFORD	79 M	53:48
99	NANCY KRUM	32 F	22:09 *	183	DANA JOHNSON	38 M	26:23	267	LEONARD LIBBY	69 M	53:54
100	JOHN LARY	31 M	22:09	184	ANNE STURGES	38 F	26:25 *	268	LORRAINE LIBBY	66 F	53:55*
101	KELLERYN WOOD	31 F	22:10 *	185	BOB STURGES	47 M	26:26				
102	BOB OICKLE	43 M	22:11	186	LINDA LHEUREUX	42 F	26:28 *				
103	ROSALYN RANDALL	45 F	22:15	187	SHOSHANA HOOSE	41 F	26:29 *				
104	GENE WATERS	59 M	22:22	188	MICHAEL O'SULLIVAN	29 M	26:30				
105	MERTON CARLSON	47 M	22:26	189	CHERI SHAW	39 F	26:39 *				
106	BILL WOOD	42 M	22:27	190	MELISSA MURCH	09 F	26:45 8				
107	PAMELA BITHER	24 F	22:32 *	191	MARSHA GREENBERG	45 F	26:47 *				
108	PHILLIP GENDRON	39 M	22:33	192	CHARLENE ANDERSON	45 F	26:48 *				
109	MEGAN GREENLEAF	13 F	22:33 *	193	EDETTE WILLIAMS	28 F	27:01 *				
110	TED MCHUGH	35 M	22:39	194	JULIE MURCH	32 F	27:08 *				
111	KEN SYLVESTER	50 M	22:44	195	PATTY BEACH	37 F	27:14 *				
112	JOSEPH TACKA	47 M	22:50	196	KATHY GREENLEAF	52 F	27:16 *				
113	DANIEL BAIRD	35 M	22:56	197	?????		27:18				
114	JOHN GILBRIDE	63 M	22:59	198	AMY STEVENSON	24 F	27:22 *				
115	CHELSEY RICHERT	23 F	23:00 *	199	NICHOLE GIRARD	17 F	27:30 8				
116	TERRY SPIKER	31 M	23:02	200	HENRY BONSER	53 M	27:33				
117	NICK SABATINE	26 M	23:05	201	CINDY PERRY	33 F	27:35				
118	DANA VERRILL	29 M	23:13	202	TONI MILLER	40 F	27:57				
119	GARY JOHNSON	48 M	23:16	203	CHRISTOPHER PARADIS	34 M	28:02				
120	GARY STEVENS	33 M	23:30	204	GAIL BROWNING	58 F	28:04 *				
121	MIKE BROOKS	49 M	23:36	205	PHILIP THOMPSON	47 M	28:09				
122	BRUCE PULKKINEN	38 M	23:38	206	ASHLEY HILTON	10 F	28:13 *				
123	BILL BENNETT	43 M	23:39	207	LINDA OMALLEY	44 F	28:17 *				
124	ALICE GOODWIN	37 F	23:40 *	208	KASEY HUGHES	08 F	28:27 *				
125	DAVID CORCORAN	30 M	23:44	209	RUSSELL HUGHES	36 M	28:27				
126	DAVID HILLMAN	43 M	23:46	210	KEITH HANSEN	42 M	28:30				
127	LORI DIEGO	31 F	23:51	211	DAVID DODSON	36 M	28:38				
128	TOM HYLAND	41 M	23:51	212	LOIS MARTIN	44 F	28:42*				
129	CHRIS ALLAIN	27 M	23:54	213	CLAUDIA EMERSON	36 F	28:43*				
130	ERIKA SWIFT	23 F	24:00	214	SHANNON COILEY	25 F	28:44*				
131	ERIC MCLEOD	41 M	24:02	215	NANCY BERRANG	40 F	28:48*				
132	TOM COLLINS	41 M	24:02	216	WAYNE NEWLAND	57 M	29:05				
133	JOHNYATES	42 M	24:05	217	GREGORY MCINNIS	28 M	29:11				
134	RON CARVALHO	31 M	24:06	218	MICHELLE HILTON	16 F	29:14*				
135	CANDACE GRIFFIN	31 F	24:06	219	DEIRRI JOHNSON	40 F	29:37*				
136	ANDREW COFFIN	27 M	24:07	220	PATRICIA KENNEDY	46 F	29:44*				
137	JEANNE MCMORROW	39 F	24:09 *	221	ANTHONY SMALL	40 M	29:45				

Live Your Dreams 5 Miler Kennebunk May 28

1	Andy Spaulding	24	Searsport	25:34
2	Jamie Lachance	24	Sanford	25:35
3	Tom Roldan	33	PlaistownNH	27:11
4	Jeff Tidd	30	Portland	27:17
5	Jim Marchese	34	Eliot	27:23
6	Bill Desrosier	32	Scarborough	27:40
7	Daniel Plante	22	Pembroke	27:42
8	Michael Grigware	30	E. Waterboro	27:46
9	Michael Simensky	33	Portland	28:06
10	Jonathan Grinder	36	TucsonAZ	28:24
11	Bill McKinstry	47	PlantsvilleCT	28:35
12	Bob Manning	39	NewburyportMA	28:36
13	Randy Bartlett	39	Eliot	29:02
14	Jay Flaker	31	Portland	29:09
15	Joel Croteau	51	Biddeford	29:19
16	Tom Wojcik	43	FairhavenMA	29:25
17	Mitch Radella	29	Cranberry	29:50
18	Lawson Noyes	53	Kennebunk	29:56
19	Tom Miller	44	Durham	30:08
20	Willie Dumont	25	Sanford	30:39
21	Manny Arruda	44	SomervilleMA	30:44
22	Luis Rios	27	LowellMA	30:54
23	Preston Non	20	Springvale	30:57
24	Dan Hoffman	25	Falmouth	31:07
25	Russ Pickering	55	Drewsville	31:08
26	Michael Dinehart	38	Kennebunk	31:11

27 Rick Bancroft	17 Kennebunk	31:11	68 Kathryn Ring	35 Kennebunkport	33:58	109 Geoffrey Smith	36 MelroseMA	351
28 Katie Tiedemann	25 Bucksport	31:15*	69 Timothy Quintly	33 Shirley	33:59	110 Nancy Rium	32 Freeport	361
29 Peter Orni	52 FitchburgMA	31:20	70 Michael Smith	36 StrathamNH	34:00	111 Andy Schachat	40 DoverNH	361
30 Keith Holland	40 W. Rockport	31:24	71 Merrily Clayton	29 Caribou	34:00*	112 Richard Downs	49 Portland	361
31 David Vasta	47 Haverhill	31:32	72 John Sweeney	36 Wells	34:01	113 Sean Dumont	25 Sanford	361
32 Bob Coughlin	56 Scarboro	31:34	73 Robert Norton	44 NatickMA	34:06	114 Pierre Desrochers	31 Kennebunk	362
33 Gretchen Read	52 Portland	31:40*	74 Leigh Minor	25 O. O. Beach	34:08	115 Beau Johnson	35 NashuaNH	362
34 Buzby R. Cook	32 Kennebunk	31:51	75 Stephen Dipalma	39 Portland	34:10	116 Thomas Errilo	33 Kennebunk	363
35 Eric Lariviere	30 Portsmouth	32:02	76 George Polychromopo	30 PortsmouthNH	34:13	117 Joan Lavin	47 Portland	363
36 Stefan Karytko	15 W. Kennebunk	32:09	77 Jim Bunce	46 Phippsburg	34:17	118 Matthew Sturgis	26 New Gloucester	363
37 Marjorie Graff	27 S. Portland	32:10*	78 Judith Argazzi	49 BurlingtonVT	34:20*	119 Kara Main	20 ChelmsfordMA	363
38 Jim Gunson	28 Portland	32:11	79 Brian Chamberlain	39 DoverNH	34:27	120 Liz Errilo	35 Kennebunk	363
39 Michael Myrick	49 Saco	32:13	80 Paula Foley	40 Saco	34:31*	121 Kristen Berube	18 Kennebunk	364
40 Patrick Fay	35 WinchesterMA	32:21	81 Tim Levebure	37 PortsmouthNH	34:35	122 John Morse	50 Bath	364
41 Winthrop Hayes	40 Kennebunkport	32:28	82 Rick Bellemare	37 Lewiston	34:36	123 Tricia Comley	38 Saco	364
42 James Mello	37 N. AndoverMA	32:29	83 Dave McGuigan	42 W. NewburyMA	34:37	124 Tom Manning	41 HamptonNH	364
43 Rich McCauley	35 Georgetown	32:30	84 Nancy Clark	36 Sanford	34:38*	125 Stephen Lombardo	46 MaynardMA	364
44 Chadd Roper	16 Kennebunk	32:34	85 Kitty Kelley	48 Portland	34:39*	126 Thomas B. Hite	33 Cape Porpoise36:57	
45 Robert Randall	58 MerrimacMA	32:36	86 Martha Crawford	32 Portland	34:40*	127 Steve Moskey	44 Cape Elizabeth	364
46 Gary Levine	46 BostonMA	32:37	87 Marjorie Tennyson	42 Brunswick	34:43*	128 Holly Schrepfer	36 TownsendMA	371
47 Rex Johnson	36 Wiscasset	32:41	88 Richard Caron	41 Saco	34:53	129 Dennis Keefe	48 HaverhillMA	371
48 Nancy Lund	43 Falmouth	32:47*	89 Eric Schlasak	30 DoverNH	34:56	130 Jon Hansen	36 Kennebunk	371
49 David Legg	36 York	32:49	90 Stephen Trubacz	38 NashuaNH	35:03	131 Tim Grinder	35 NatickMA	371
50 Ronald Paquette	43 Biddeford	32:53	91 John LeRoy	58 Brunswick	35:04	132 Lisa McDonald	34 Moody	371
51 Katie Reid	19 Kennebunkport	32:55*	92 Deb Merrill	39 Brunswick	35:07*	133 Timothy Narnois	12 Kennebunk	372
52 John Burne	33 Bath	32:57	93 John Duane	41 BostonMA	35:19	134 John Cough	31 Wiscasset	372
53 Gordon Smith	36 Portland	32:59	94 David Norfleet	46 Kennebunk	35:21	135 Martin Boormeester	51 Pittsfield	374
54 James Boisvert	38 O. O. Beach	33:00	95 Steven Gorman	40 Berwick	35:22	136 David McCullough	43 Kennebunk	375
55 Kevin Rock	14 Kennebunk	33:07	96 Ashli Minor	24 BarringtonRI	35:25*	137 Joseph Maynard	44 Kennebunkport	375
56 Deb Greenslit	39 WorcesterMA	33:08*	97 Rosalyn Randall	45 Portland	35:31*	138 Julie Pohutsky	33 Kennebunk	381
57 Daniel J. Rooney	50 Alfred	33:15	98 David Beam	42 Portland	35:32	139 Diane Gagnon	38 BradfordMA	381
58 Janine Franco	40 Manchester	33:17*	99 Vicki Miller	42 DurhamNH	35:36*	140 David Eaton	37 HuntingtonMA	381
59 John Wiseman III	31 Kennebunk Beach	33:18	100 Eric Cote	48 Saco	35:38	141 Steven Graves	43 Northeast Harbor	381
60 Hap Hazzard	63 Freeport	33:19	101 Gabrielle Banglard	26 Saco	35:45*	142 Susan Kolakowski	38 Auburn	381
61 Eric Elsinger	28 LongmeadowMA	33:22	102 Cindy Dipalma	37 Portland	35:47*	143 Joseph Boyle	55 E. RochesterNH	381
62 Bob McCormack	43 Cape Elizabeth	33:34	103 Tom Alarie	45 Saco	35:55	144 Paul Johnson	38 Eliot	381
63 Mike Cashman	36 NatickMA	33:48	104 Christopher Ariena	23 New YorkNY	35:57	145 Nancy Bartlett	38 Eliot	381
64 Kevin McConville	36 WakefieldMA	33:53	105 David Smalley	39 BurlingtonVT	36:01	146 Bill Wood	42 Harrison	382
65 Christopher Riedel	25 Kennebunk	33:54	106 Brian T. Harrington	29 BedfordMA	36:01	147 Russ Bradley	71 Cape Elizabeth	382
66 Andre St. Laurant	20 Springvale	33:55	107 Thomas Shore	56 Kennebunk Beach	36:04	148 Paul Michaud	37 Kennebunk	382
67 Brian Greene	48 PortsmouthNH	33:57	108 Alan Milliken	40 Portland	36:04	149 Melissa Libby	32 NashuaNH	382



Michel G. Brunet, MOMT, PT, OCS
Mary F. Kroth-Brunet, MS, PT

**Sports & Orthopaedic Physical Therapy
Functional Rehabilitation Programs
Industrial Injuries
Manual Therapy**

The Old Richardson Place
510 Main Street, Suite M
Gorham, Maine 04038

(207) 839-5860 / FAX (207) 839-2499

150 Dennis	Kennebunkport	38:35	234 Joseph J. Wadlington	64	TopsfieldMA	43:51	6	Alan Burke	31	59:43
151 Kenneth Hooper	Belfast	38:35	235 Terri Better	31	Kennebunk	43:52*	7	Doc Thibeau	40	61:19
152 Lauren Shanard	39 BurlingtonVT	38:38*	236 Robert Crowley	48	Kennebunk	44:02	8	Doug Simonton	42	62:12
153 Carlton Mendell	73 Portland	38:43	237 Michael Mulhern	36	Kittery Point	44:08	9	Will Lund	39	62:46
154 Anthony Monaco	50 Brunswick	38:45	238 Mary Stringer	30	CambridgeMA	44:10*	10	Mike Moran	39	62:55
155 George Lee	49 Kennebunkport	38:47	239 Marti Mulhern	32	Kittery Point	44:11*	11	R.J. Harper	48	63:07
156 Don Burnham	54 Kennebunk	38:48	240 Christa Curtis	63	DurhamNH	44:28*	12	Scott Holt	30	63:22
157 David Hillman	43 Cape Elizabeth	38:50	241 Sally Hendershot	35	Kennebunk	44:30*	13	Willie Sproul	32	63:37
158 Susan Cummings	25 SharonMA	38:54*	242 Martha Camp	27	TucsonAZ	44:33*	14	Bill Sylvester	47	63:50
159 Jeanne Richmond	36 Kennebunkport	38:58*	243 David Rand	61	Columbia	44:34	15	Joe Meehan	48	64:38
160 Albert Troiano	32 Portsmouth	39:01	244 Catherine Lapointe	37	Gorham	44:36*	16	Tom McGuire	48	64:58
161 William Ferreira	45 Kennebunkport	39:08	245 Brian Wormwood	43	Cape Porpoise	44:37	17	Richard Schriber	43	65:12
162 Ronald Read	53 Portland	39:09	246 Vance Wormwood	46	Scarborough	44:38	18	Paul Cote	42	65:48
163 Marilyn Gelish	41 Kennebunk	39:17*	247 James Rymsha	55	W. NewburyMA	44:53	19	Gregg Wood	36	66:55
164 Mary Jane Grant	41 Kennebunkport	39:19*	248 Christopher Paradis	34	Lewiston	44:55	20	Tim Sichel	42	67:15
165 Dennis Hogan	48 Jamaica PlainMA	39:30	249 Carol Kelley	35	Kennebunk	45:00*	21	David Benn	49	67:18
166 Brenda Costello	42 S. Harpswell	39:30*	250 Gregory Jenkins	38	LaconiaNH	45:29	22	Douglas Ludewig	55	67:23
167 Tesa Lanier	25 Kennebunkport	39:30*	251 Ana Rodriguez	23	Biddeford Pool	45:30*	23	Maureen Sproul	39	68:26*
168 Bob Jenkins	42 SouthbridgeMA	39:31	252 Loki Bonjorno	42		45:34	24	Scott Fone	35	69:20
169 Mitchell Ross	38 Kennebunk	39:32	253 Lisa Gold	37	HennikerNH	45:46*	25	Karl Brantiner	40	70:03
170 William P. Bennett	43 Windham	39:33	254 Danna Nanci	42	EpsomNH	45:47*	26	Mark Bonderud	36	70:51
171 Brian Burne	28 Topsham	39:33	255 Steve Burris	46	Lee	45:51	27	Ken Vinson	59	70:54
172 Rick Burne	32 Southwest Harbor	39:34	256 Gail Marcus	38	Ashford	46:19*	28	Tony Hess	46	70:57
173 Joe Hepp	45 Kennebunk	39:39	257 Peter Marcus	39	Ashford	46:20	29	Rosalyn Randell	45	71:20*
174 Cheryl Marsh	42 Mirror Lake	39:40*	258 Diane McCullough	37	Kennebunk	46:31*	30	Gail Reinertsen	52	72:11*
175 Bill Robertson	56 Portland	39:54	259 Brian Hall	12	Bath	46:50	31	James Moore	51	72:53
176 Amy Dutton	28 Kittery	40:03*	260 Ray Jones	61	ActonMA	46:52	32	Bill Johnson	47	73:21
177 David Corcoran	30 Portland	40:18	261 Camille Power	51	MedfordMA	46:55*	33	Ron Paquette	54	74:28
178 Daniel Rush	43 Kennebunk	40:25	262 Mary Rhinehardt	26	Portland	47:00*	34	Larry Brown	42	74:44
179 Ron Perry	47 Kennebunkport	40:26	263 Louise Cote	47	RandolphVT	47:05*	35	John Schwerdel	49	74:49
180 Ruby MacDonald	40 S. Harpswell	40:28*	264 Kim Fuller	32	GlastonburyCT	47:08*	36	Ed Atlee	55	75:05
181 Joan Hopkins	41 BaltimoreMD	40:38*	265 Derek Fuller	34	GlastonburyCT	47:09	37	Faye Gagnon	50	75:12*
182 Paul Reynolds	61 DedhamMA	40:40	266 Hank Elsinger	62	LongmeadowMA	47:10	38	David Suh	53	75:43
183 Daniel Dolor	25 Kennebunkport	40:46	267 Marie Horan	35	Kennebunk	47:31*	39	Mike Brooks	49	75:54
184 Timothy Dempsey	38 AndoverMA	40:48	268 Edward St. John	55	Brunswick	47:32	40	Cathy Burnie	46	80:32*
185 Stephen Heinz	46 S. Harpswell	40:50	269 Brian McGrath	56	Kennebunkport	47:42	41	John Cullinane	51	82:07
186 John Cullinane	51 Auburn	41:00	270 Gregory Eaton	38	Sandown	48:27	42	Edmund Zuis	29	85:10
187 Rich Barkhuff	40 Saco	41:05	271 Martha Martin	36	WinchesterMA	48:31*	43	Jerry St. Amand	51	85:59
188 Alex Dobrowolski	55 Highland Park	41:08	272 Kathleen Blake	54	BostonMA	49:05*	44	Donna Pohlman	44	86:28*
189 Danielle D'Entremont	16 Kennebunk	41:09*	273 Paul Ross	59	RochesterNH	49:06	45	Chuck Burnie	41	86:53
190 Kevin Plunkett	36 Kennebunk	41:09	274 Carol Perry	48	Kennebunkport	49:12*	46	Linda L'Heureux	40	91:51*
191 Dan D'Entremont	44 Kennebunk	41:10	275 Nancy Sosa	40	New YorkNY	49:15*	47	Maureen Carr	30	92:26*
192 Harold Feinberg	36 CambridgeMA	41:13	276 Jonathan Shill	52	Kennebunkport	49:29	48	Rich Cavanaugh	62	105:12
193 Mary Kimball	41 Kennebunkport	41:14*	277 Dennis Thayer	49	Kennebunkport	49:29	49	Mark Clinch	39	115:00W
194 Keith Kennelly	36 Windham	41:17	278 T.S. Wright	34	BostonMA	49:36	50	Paul Paulson	68	138:51W
195 Joe Benoit	42 MiddletownCT	41:25	279 Cliff Kenney	46	WestminsterMA	49:53				
196 Penny Staytor	19 MiddletownCT	41:26*	280 Marie Rodgers	40	IpswichMA	50:03*				
197 John Fischer	42 Brunswick	41:34	281 Suzanne Bibeau	29	SomervilleMA	50:04*				
198 Jon Hickole	40 Lincoln	41:37	282 Jane Wiseman	30	WashingtonDC	50:22*				
199 Gilman Eaton	34 Bridgewater	41:37	283 Debby Mountford	40	Kennebunk	50:23*				
200 Lynne Gobell	42 Kennebunk	41:39*	284 Henry Bourgeois	51	Kennebunk	50:27				
201 William Cline	35 Biddeford	41:40	285 Dolores Billings	65	Cape Porpoise	50:49*				
202 Greg Jenkins	12 LaconiaNH	41:41	286 John Mills	47	Kennebunk	51:03	1	Kevin Way	26	24:17
203 Brenda Piecuch	37 Wells	41:44*	287 Lisa Zappala	35	NeedhamMA	51:25*	2	Dan Dearing	33	25:58
204 Lane Mielsen	48 Kennebunk Beach	41:45	288 Thomas Zappala	37	NeedhamMA	51:25	3	Rob Craig	39	27:25
205 Tric Hoffman	30 Falmouth	41:47*	289 Ken Macauley	52	Kennebunk	52:26	4	Jay Nutting	18	27:31
206 Mark Chrusz	43 RochesterNH	41:52	290 Aaron Burne	12	Bath	53:31	5	Jay Lindsey	35	27:47
207 Desiree D. Davis	13 Cape Porpoise	41:52*	291 Nancy Hill	38	Kennebunk	53:38*	6	Tom Wells	40	27:58
208 Stephen Doane	49 Kennebunk	41:54	292 John Tucker	51	MaynardMA	53:39	7	David Robinson	17	29:30
209 John LaFlamme	67 Kennebunk Beach	42:10	293 Julius Marzul	68	Gorham	54:30	8	Mark Johnson	41	29:51
210 Patrice Kellogg	33 W. NewburyMA	42:11*	294 Vic Nunan	52	Kennebunk	54:31	9	Ricky Cotta	16	29:54
211 Louis Peters	70 MethuenMA	42:11	295 Dee Coughlin	48	Ogunquit	54:34*	10	Tom Menendez	41	30:10
212 Brian Martell	39 Portland	42:14	296 Bill Vaughan	53	Lewiston	54:55	11	Shawn Burchell	17	31:19
213 Dan Sizemore	42 Kennebunk	42:28	297 Theresa Ashe	62	Kennebunk	55:30*	12	Dick Cummings	52	31:34
214 Barbara Minor	51 BarringtonMA	42:30*	298 Ellen Nixon	34	Kennebunkport	57:24*	13	Stacy White	29	34:17*
215 Ron Michaud	Saco	42:40	299 Tim Nixon	27	Newington	57:24	14	Jessica Wadsworth	19	35:32*
216 Mary Lou Kadlik	37 Kennebunk	42:40*	300 Everett Ashe	62	Kennebunk	58:57	15	Diana Burke	30	36:28*
217 Ronald J. Brennan	62 HamptonNH	42:46	301 Pat Chick	69	Kennebunkport	1:07:17	16	David Mead	51	36:57
218 Elizabeth Crowley	19 Kennebunk	42:55*					17	Bob McArthur	55	37:04
219 Anne Craigs	41 Auburn	42:58*					18	Ormond Irish	62	37:14
220 Cindi Jenkins	37 LaconiaNH	43:00					19	Lamont Cranston	55	37:55
221 Rebecca Samson	30 DublinNH	43:02*					20	Andrea Pelletier	33	38:16*
222 Sarah Plummer	28 Wiscasset	43:02*					21	Barbara Tilton	23	39:25*
223 Richard Becker	14 Union	43:08					22	Moe Fortin		39:28
224 John Wiseman, Jr.	57 Kennebunk	43:09					23	Judi Richard	34	43:28*
225 Gretchen Overton	41 Kennebunkport	43:10					24	Michelle Gravel	27	45:29*
226 Dennis Becker	47 Union	43:11					25	Julius Marzul		50:30
227 Deborah Davis	42 Cape Porpoise	43:20*								
228 Kym Aylward	28 ManchesterNH	43:22*								
229 Barb Grillo	38 Kennebunk	43:23*								
230 John Bourgeois	29 Northboro	43:28								
231 Christine Bourgeois	25 AcutneyVT	43:28*								
232 Stoddard Chaplin	55 Biddeford	43:34								
233 Lois Tiedeken	40 Peaks Island	43:39*								

Apple Blossom 4.5 Mile Race

1	Kevin Way	26	24:17
2	Dan Dearing	33	25:58
3	Rob Craig	39	27:25
4	Jay Nutting	18	27:31
5	Jay Lindsey	35	27:47
6	Tom Wells	40	27:58
7	David Robinson	17	29:30
8	Mark Johnson	41	29:51
9	Ricky Cotta	16	29:54
10	Tom Menendez	41	30:10
11	Shawn Burchell	17	31:19
12	Dick Cummings	52	31:34
13	Stacy White	29	34:17*
14	Jessica Wadsworth	19	35:32*
15	Diana Burke	30	36:28*
16	David Mead	51	36:57
17	Bob McArthur	55	37:04
18	Ormond Irish	62	37:14
19	Lamont Cranston	55	37:55
20	Andrea Pelletier	33	38:16*
21	Barbara Tilton	23	39:25*
22	Moe Fortin		39:28
23	Judi Richard	34	43:28*
24	Michelle Gravel	27	45:29*
25	Julius Marzul		50:30

* = females
w - walkers

Apple Blossom 15K Monmouth May 29

1	David Drew	30	52:45
2	Tom Thibeau	37	52:54
3	David Roberts	40	55:41
4	Scott Ellis	32	57:45
5	Marlin Conhan	43	59:15

Seaside Holiday 5K Kittery May 29

1	DONALVEY	M	40	GROTON,MA	16:20
2	JUSTIN CURTIS	M	33	NASHUA,NH	16:23
3	MARK DUDLEY	M	35	DOVER,NH	16:29
4	JOE NOEL	M	38	S.BERWICK,ME	16:30
5	GEORGE LUKERT	M	27	MOSCOW,ID	16:39
6	JAMES CLARK	M	38	GOFFSTOWN,NH	16:51
7	THOMAS WATKINS	M	37		16:54
8	JIM MACKENZIE	M	29	DEERFIELD,NH	17:04
9	GUY SEGARS	M	35	BRUNSWICK,ME	17:05
10	DON WELSH	M	39	PORTSMOUTH,NH	17:27
11	JAMIE BOESE	M	35	DURHAM,NH	17:31
12	PAUL GORANSSON	M	41	ELIOT,ME	17:50
13	BOB WANAMAKER	M	36	ELIOT,ME	17:54
14	DENNIS MARCOTTE	M	41	ROLLINSFORD,NH	18:09
15	H.F. BELAIDI	M	37	NEW CASTLE,NH	18:15
16	VINCENT KASABIAN	M	30	DOVER,NH	18:28
17	JOHN HEALY	M	36	MADBURY,NH	18:31
18	ANN SIPKA	F	46	NASHUA,NH	18:41
20	JASON KINDSTEDT	M	16	RYE,NH	18:53
21	JACK CASEY	M	41	TOPSFIELD,MA	18:59
22	LAURA WEBBER	F	30	S.BERWICK,ME	18:59
23	JOHN BYRNE	M	27	KITTERY,ME	19:08
24	DAN KEENAN	M	35	PORTSMOUTH,NH	19:21
25	ROBERT NAJAR	M	38	NEW CASTLE,NH	19:29
26	SCOTT MANGIAFICO	M	34	KITTERY,ME	19:31
27	JAMES MACVANE	M	35	HAMPTON FALLS,NH	19:33
28	DARRYL CAUCHON	M	37	SOMERSWORTH,NH	19:37
29	ANDY SALTMARSH	M	38	WOLFEBORO,NH	19:40
30	SCOTT WURDINGER	M	37	DURHAM,NH	19:52
31	LAURIE GAUDREAU	F	26	BARRINGTON,NH	19:53
32	MARK BLACKWOOD	M	36	LEE,NH	19:53
33	GERARD BOUCHER	M	42	EPPING,NH	19:57
34	PAUL MARQUIS	M	48	N.HAMPTON,NH	20:04
35	MIKE O'BRIEN	M	28	KITTERY,ME	20:18
36	SOOZE ROBERGE	F	45	ELIOT,ME	20:20
37	THOMAS SCONTRAS	M	28	STRATHAM,NH	20:25
38	DENNIS STRAUSSFOGEL	M	38	DURHAM,NH	20:32
39	KIRK JOHNSON	M	40	ROCHESTER,NH	20:34
40	DUNCAN MCEACHERN	M	54	KITTERY,ME	20:35
41	BARRY KEIM	M	31	DOVER,NH	20:39
42	ERIC ESTY	M	17	ELIOT,ME	20:55
43	RAYMOND VAN DER RIET	M	35	DOVER,NH	21:07
44	MICHAEL SMITH	M	36	STRATHAM,NH	21:07
45	HAROLD VATH	M	44	NO READING,MA	21:14
46	ROBIN EVANS	F	32	EPPING,NH	21:14
47	BARRY FOLEY	M	38	PORTSMOUTH,NH	21:27
48	BRIAN MCCAFFREY	M	44	EXETER,NH	21:42
49	MEGHAN COLLINS	F	13	N. ANSON,ME	21:45
50	JOHN COLLINS	M	47	N. ANSON,ME	21:45
51	DONALDY EATON	M	43	ROCHESTER,NH	21:48
52	MICHAEL BEAGEN	M	36	MADBURY,NH	21:52
53	D.G. HAMPSON	M	43	EXETER,NH	21:53
54	TOM CHASE	M	60	MADBURY,NH	21:58
55	JANET PARKINSON	F	43	PORTSMOUTH,NH	22:02
56	SHANNON SEGARS	F	16	BRUNSWICK,ME	22:04
57	CHARLES OUILLETTE	M	49	SCARBOROUGH,ME	22:04
58	JIM BISOGNANI	M	38	PORTSMOUTH,NH	22:14
59	CHARLEY RAIZES	M	12	GREENLAND,NH	22:20
60	JASON RAFFERTY	M	12	GREENLAND,NH	22:21
61	WENCIL SUTTON	M	26	ROCHESTER,NH	22:25
62	JIM DAVIS	M	32	HAMPSTEAD,NH	22:30
63	SCOTT DAIGLE	M	44	KEARSARGE,NH	22:38
64	KRISTI MATHIESON	F	31	PORTSMOUTH,NH	22:41
65	JAMIE ESLINGER	M	14	KITTERY,ME	22:45
66	ANN BURKE	F	32	DOVER,NH	22:47
67	BOB WHITTET	M	38	RYE,NH	22:49
68	CARL KINDSTEDT	M	41	RYE,NH	22:53
69	JOHN DAY	M	40	PORTSMOUTH,NH	22:55
70	ERIC VERKADE	M	30	PORTSMOUTH,NH	22:56
71	CAROLYN DAVIS	F	32	HAMPSTEAD,NH	23:04
72	JOHN ERIKSSON	M	44	FITCHBURG,MA	23:07
73	LARRY MCAULAY	M	41	EAST LEBANON,ME	23:08
74	JERRI BUSHEY	F	51	YORK,ME	23:09
75	CHICK JABRE	M	42	PORTSMOUTH,NH	23:12
76	PETER SCONTRAS	M	66	KITTERY,ME	23:14
77	KRISTY WECHTER	F	12	S.BERWICK,ME	23:15
78	LIZ HENSON	F	16	PORTSMOUTH,NH	23:17
79	CATHERINE REYNOLDS	F	34	RYE,NH	23:19
80	GARY CASINGHINO	M	42	MANCHESTER,NH	23:38
81	GLEN MOON	M	33	DERRY,NH	23:40
82	DAVID DUBE	M	22	AUBURN,ME	23:52
83	PETER MCDONALD	M	45	CANTERBURY,NH	24:00
84	EILEEN CURLEY	F	47	CHELMSFORD,MA	24:06
85	CARLTON MENDELL	M	73	PORTLAND,ME	24:08

86	MARCUS MANN	M	36	PORTSMOUTH,NH	24:12
87	DANA VERRILL	M	29	PORTLAND,ME	24:14
88	REBECCA RILLING	F	30	YORK,ME	24:34
89	KEVIN FINNIGAN	M	45		24:36
90	GEORGE RAWNSLEY	M	56	CHELMSFORD,MA	24:36
91	BRIDGET McKEONDOWN	F	38	KITTERY PT,ME	24:46
92	SCOTT LAMONT	M	41	KITTERY,ME	24:46
93	MIKE NIEMAN SR	M	35	YORK,ME	24:47
94	CRAIG ALMEIDA	M	26	DOVER,NH	24:48
95	ANN SARTORELLI	F	56	CHELMSFORD,MA	24:51
96	SALLY STRAZDINS	F	61	N. HAMPTON,NH	24:54
97	WAYNE HAPGOOD	M	37	KITTERY,ME	25:20
98	MICHAEL LANDGARTEN	M	36	ELIOT,ME	25:23
99	AMY DUTTON	F	28	KITTERY,ME	25:24
100	ALLISON WICHERT	F	32	MANCHESTER,NH	25:25
101	ED GODNIG	M	43	KITTERY,ME	25:38
102	MARK LEVINE	M	40	STRATHAM,NH	25:39
103	CAMMIE HUNT	F	30	S. BERWICK,ME	25:43
104	MARTIN LOSIER	M	72	YORK,ME	25:46
105	STEVEN HENSON	M	45	PORTSMOUTH,NH	25:50
106	MICHAEL HENSON	M	18	PORTSMOUTH,NH	26:03
107	PAULA WECHTER	F	41	S. BERWICK,ME	26:05
108	MELISSA VERKADE	F	30	PORTSMOUTH,NH	26:05
109	LESTER SENECHAL	M	60	YORK HARBOR,ME	26:12
110	ROBIN ROBINSON	F	53	CONCORD,NH	26:29
111	JIM COUSSOLE	M	36	ELIOT,ME	26:39
112	MARY JANE NOLAN	F	27	KITTERY,ME	26:52
113	DAREN DAIGLE	M	8	KEARSARGE,NH	26:54
114	ROBERT WYMAN	M	58	ROCHESTER,NH	26:54
115	JO ANN HAMPSON	F	42	EXETER,NH	26:57
116	ELEANOR WHITNEY	F	55	HAMPTON,NH	26:59
117	PAM GABLE	F	30	KITTERY,ME	27:12
118	PHIL SCANLAN	M	32	PORTSMOUTH,NH	27:16
119	SHARON CAVANAUGH	F	33		27:18
120	TIMOTHY CAVANAUGH	M	44		27:18
121	LISA SERETTO	F	39	BEDFORD,MA	27:26
122	JOHN OUILLETTE	M	47	YARMOUTH,ME	27:33
123	EMILY HAMPSON	F	11	EXETER,NH	27:44
124	CHRISTA CURTIS	F	63	DURHAM,NH	27:48
125	LOGAN JABRE	F	11	PORTSMOUTH,NH	27:51
126	SCOTT DUBE	M	31	DOVER,NH	27:53
127	PAUL LEAVITT	M	71	ROCHESTER,NH	28:09
128	JO MARIE MCAULAY	F	43	E LEBANON,ME	28:13
129	GREGORY GAUDREAU	M	32	BARRINGTON,NH	28:15
130	EMILY STRONG	F	46	NASHUA,NH	28:16
131	PETER GORANSSON	M	10	ELIOT,ME	28:22
132	SARA BIGELSON	F	50	NEWFIELDS,NH	28:31
133	RICHARD LECLERC	M	65	MANCHESTER,NH	28:33
134	TWILA GAGNON	F	47	KINGSTON,NH	28:47
135	DEBORAH CALLAHAN	F	38	N. HAMPTON,NH	28:53
136	ALAN BING	M	56	KITTERY,ME	28:55
137	RHONDA JABLONSKI	F	38	ROCHESTER,NH	28:57
138	CAROL PEARSON	F	50	PORTSMOUTH,NH	29:30
139	JOAN BESKENIS	F	48	KITTERY,ME	29:40
140	WENDY SKOLDS	F	22	DOVER,NH	29:46
141	SUSAN REED	F	48	N.HAMPTON,NH	29:46
142	DEANNA SHEA	F	19		29:51
143	SHAWN HOCKNEY	M	33	S. BERWICK,ME	30:05
144	ANNE ALLEN	F	25	S. BERWICK,ME	30:05
145	CHARLES VAUGHAN	M	43	KITTERY PT,ME	30:13
146	STEVEN PARKINSON	M	42	PORTSMOUTH,NH	30:17
147	AGATHE BELLEVUE	F	37	AUBURN,ME	30:20
148	MATT GAGNE	M	14	ALFRED,ME	30:37
149	DEBRA STRAUSSFOGEL	F	38	DURHAM,NH	30:51
150	PAUL ROSS	M	59	ROCHESTER,NH	31:23
151	KATHLEEN GOSSETT	F	25	SOMERVILLE,MA	31:31
152	SUSAN SCOTT	F	25	DOVER,NH	32:20
153	BOB BEZANSON	M	43	ROCHESTER,NH	32:21
154	JESSICA LUETZOW	F	32	KITTERY,ME	32:36
155	KELSEY VAUGHAN	F	12	KITTERY PT,ME	32:49
156	MARYELLEN KOELBEL	F	31	DOVER,NH	33:23
157	CHRISTIAN PARO	M	10	DOVER,NH	33:36
158	RON PARO	M	32	DOVER,NH	33:37
159	LISE TIERNEY	F	35	WOLFEBORO,NH	33:42
160	CYNDE GAGNE	F	36	ALFRED,ME	33:54
161	JOHN GAGNE	M	36	ALFRED,ME	33:54
162	JOHN HOLDING	M	59	GREENLAND,NH	35:09
163	PEGGY SHARP	F	30	KITTERY PT,ME	35:24
164	ABIGAIL BREWSTER	F	39	KITTERY PT,ME	35:44
165	KATE HANSON	F	43		35:44
166	KATHY COUSSOLE	F	34	ELIOT,ME	38:30
167	JENNIFER PAQUETTE	F	19	KENNEBUNKPORT,ME	41:48
168	HAN NIEMAN	F	35	YORK,ME	42:14
169	LOUIE JOHNSON	M	48	KITTERY,ME	48:26
170	ILLONA JOHNSON	F	51	KITTERY,ME	48:27
171	SEAN PETERS	M	20	KITTERY,ME	49:59
172	KERRI MARTIN	F	16	KITTERY PT,ME	49:59
173	KELLY MARTIN	F	19	KITTERY PT,ME	50:01
174	MARIA BARDLE	F	55	KITTERY PT,ME	50:02

Eagles Flatfoot 5K S. Portland June 3

1 Brent Leighton	25 M Kennebunk,ME	16:06	28 Scott Dunham	35 M Portland,ME	20:00	64 Martha Kelley	33 F Cp. Elizabeth,ME	23:55*
2 Stephen Sarkozy	27 M Cape Elizabeth,ME	16:14	29 Larry Barker	46 M So Portland,ME	20:00	65 Andy Haslam	36 M So Portland,ME	24:06
3 Kyle Rhoades	25 M Windham,ME	16:36	30 Stephen White	38 M South Portland,ME	20:13	66 Marg. Lawler-Rohner	39 F	
4 Roland Thibault	27 M Westbrook,ME	16:54	31 Thomas Kirner	46 M Cape Elizabeth,ME	20:21	Portland,ME	24:14*	
5 Don Legere	33 M So Portland,ME	17:16	32 Peter Bastow	58 M Cumberland Ctr,ME	20:23	67 Thom Hyland	41 M So Portland,ME	24:14
6 Matt Isham	24 M Waterville,ME	17:24	33 Paul Lavangie	37 M So Portland,ME	20:24	68 Louis Pirone	47 M Gorham,ME	24:18
7 Jim Toulouse	47 M Cape Elizabeth,ME	17:46	34 John Pallozzi	30 M So Portland,ME	20:48	69 Kenneth Loveitt	48 M Portland,ME	24:35
8 Derrick Martin	21 M Saco,ME	18:05	35 Martha Crawford	32 F So Portland,ME	20:56*	70 Cindy Leblanc	29 F Cape Elizabeth,ME	24:40*
9 Russell Wogan	40 M Portland,ME	18:14	36 Michael Nixon	24 M South Portland,ME	20:58	71 Rosemary Clark	46 F So Portland,ME	24:40*
10 Jim Bunnell	37 M Portland,ME	18:18	37 Ralph Butts	34 M Gray,ME	21:14	72 Stephen Fox	28 M So Portland,ME	24:52
11 Sean Keough	39 M Cumberland,ME	18:26	38 Brian Lathrop	15 M So Portland,ME	21:19	73 Theresa Patten	25 F Scarboro,ME	25:16*
12 Dan Hutchins	35 M So. Portland,ME	18:29	39 Joan Sarles Lee	41 F New Gloucester,ME	21:19*	74 Todd Masterman	36 M Portland,ME	25:21
13 Laurel Valley	32 F Hiram,ME	18:38*	40 Jennifer Martin	22 F So Portland,ME	21:37*	75 Daryl Lavway	45 M Portland,ME	25:59
14 Steve Ross	40 M No. Yarmouth,ME	18:40	41 Randy Wing	36 M Bath,ME	21:44	76 Ryan Wade	13 M So. Portland,ME	26:03
15 Bob Stuart	40 M Cumberland,ME	18:43	42 Kitty Kelley	46 F Portland,ME	21:47*	77 Kim Linnell	33 F Cape Elizabeth,ME	26:09*
16 Katie Tiedemann	25 F Bucksport,ME	18:47	43 Ed Leadbetter	41 M Portland,ME	21:50	78 Don Peters	55 M Portland,ME	26:10
17 K. Scott Hinckley	37 M Brunswick,ME	18:51	44 Jessica Andrews	19 F Alfred,ME	21:53*	79 Bill Scott	35 M Topsham,ME	26:15
18 Joseph Fagone	32 M Portland,ME	19:02	45 Richard Downs	49 M Portland,ME	21:56	80 Karen Willows	26 F So Portland,ME	26:21*
19 Ed Doughty	46 M Gray,ME	19:05	46 Karl Geib	36 M Raymond,ME	22:08	81 Ralph Baxter	63 M So. Portland,ME	26:29
20 Yun Chong	34 M Portland,ME	19:17	47 Robert Burke	25 M Portland,ME	22:18	82 Christopher Paradis	34 M	
21 Ryan Fenton	13 M Portland,ME	19:17	48 Andrew Dionne	23 M Portland,ME	22:27	Lewiston,ME	26:30	
22 Julie Skillings	19 F Westbrook, ME	19:28*	49 Robert Reynolds	37 M Gorham,ME	22:41	83 John Kazilionis	47 M Portland,ME	26:43
23 Loren Lathrop	46 M So Portland,ME	19:29	50 Thor Nilsen	47 M Cape Elizabeth,ME	22:42	84 John Kennett	54 M Scarborough,ME	26:51
24 Dirk Witham	50 M Cape Elizabeth,ME	19:31	51 Richard Jewell	52 M So Portland,ME	22:52	85 Kathy Reynolds	37 F Gorham,ME	26:51*
25 Jeanne Hackett	36 F Peaks Island,ME	19:39*	52 Dick Miles	40 M Bangor,ME	22:54	86 Carlene Anderson	45 F So Portland,ME	26:58*
26 Paul Lessard	38 M Biddeford,ME	19:43	53 Richard Belliveau	27 M Portland,ME	23:09	87 Beverly Doughty	44 F Gray,ME	27:06
27 Becky Patten	21 F Scarborough,ME	19:47*	54 Greg Pirone	23 M Portland,ME	23:11	88 Daniel Casale	34 M Portland,ME	27:59
			55 Peter Pallozzi	29 M So Portland,ME	23:18	89 Michael Daicy	43 M Portland,ME	28:16
			56 Dianne Kazilionis	35 F Bangor,ME	23:21*	90 Bert Andrews	42 M Cumberland Frsd,ME	28:35
			57 M. F. Harmon	45 M Scarboro,ME	23:21	91 Bruce Coffin	30 M Portland,ME	29:19
			58 Mark Marsters	31 M So. Portland,ME	23:33	92 Janine Goff	31 F Portland,ME	29:19*
			59 Rip Patten	24 M Scarboro,ME	23:38	93 Wayne Newland	57 M Falmouth,ME	29:39
			60 Wendy Williams	41 F Portland,ME	23:41*	94 Margaret Schnauk	31 F Portland,ME	30:15*
			61 Kristine Croce	25 F Portland,ME	23:44*	95 Ruth Hefflefinger	66 F Portland,ME	34:54*
			62 Russell Bradley	71 M Cape Elizabeth,ME	23:52			
			63 Anthony Keim	30 M Gray,ME	23:53			

Group Bicycle Rides

Auburn: 6 p.m., Mon., instructional riding clinic, meet at Rainbow Bicycles, 784-7476

Auburn: 5:30 p.m., Tues., recreational ride 15-18 miles, meet at Auburn Mall Parking Lot (Porteous), sponsored by Andy Valley Cycling Club, 1225 Center St., Auburn, Me. 04210

Auburn: 6 p.m., Wed., fast pace ride, 30-40 miles, meet at Rainbow Cycles, 784-7476

Auburn: 6 p.m., Thurs., recreational ride, 15-20 miles, meet at Rainbow Cycles 784-7476

Augusta: 5:30 p.m., Wed., mtn. bike rides, Auclair Cycle, 623-4351

Augusta: 5:30 p.m., Mon., starting mid-April, road bike rides, Scott Morse, 623-4351

Augusta: Penobscot Wheelmen road rides, contact Deb Picher for list of Augusta area rides, R.R.3, Box 1197, Augusta, ME 04330, 623-8235

Bangor: 6 p.m., Mon., starting in May, all ability levels, meet at Bangor Bike Shop, 1-800-698-6474

Bar Harbor: Mt. Desert Island Bike Association, call Jeff Miller for information, 288-3028

Bath: 6 p.m., Tues., off-road rides for experienced bikers, Bath Cycle parking lot, 442-7002

Bath: 10 a.m., Sun., for riders at all levels, Bath Cycle parking lot, 442-7002

Brewer: 6 p.m., Mon., road rides, casual pace, meet at Pat's Bike Shop, 989-2900

Brewer: 6 p.m., Tues. and Thurs., mtn. bike rides, medium to fast pace (will try to set up slower-paced group), meet at Pat's Bike Shop, 989-2900

Brewer: Wed., road rides, race pace, meet at Pat's Bike Shop, 989-2900

Brunswick: Merrymeeting Wheelers, 6:30-8 p.m., last Monday of every month, club meeting, usually at Brunswick Recreation Center (if not there will be notice posted on door of center or in newspaper), Tom, 725-7314

Brunswick: Merrymeeting Wheelers, new riding schedule being prepared, call Tom, 725-7314

Camden: 5:30 p.m., Wed., social ride & dining, Oggibike, 236-3631

Kennebunkport: 8 a.m., Sat., April-May, off-road rides, 8 miles, open to all, Cape Able Bike Shop, 967-4382

Lewiston: 5:30 p.m., Tues., on-road bike rides, different levels, 21-25 miles, Hilltop Community Sports Center, 786-4820

Lewiston: 5:30 p.m., Tues., on-road bike rides, fast pace, 25-30 miles, Hilltop Community Sports Center, 786-4820

Lewiston: 5:30 p.m., Tues., weekly meeting of bike club, Hilltop Community Sports Center, 786-4820

Orono: 5 p.m., Mon., off-road, Rose Bike Shop, 866-3525

Orono: 5 p.m., Fri., brisk train/social, Rose Bike Shop, 866-3525

Portland: 6 p.m., Tues., mtn. biking, off-road, all levels, Allspeed Bike Shop, 878-8741

Portland: 6 p.m., Thurs., fast-paced rides, Allspeed Bike Shop, 878-8741

Portland: 8 a.m., Sat., rides, novice-intermediate, all ages, Allspeed Bike Shop, 878-8741

Portland: 3 p.m., Sun., long-distance rides for the experienced, Allspeed Bike Shop, 878-8741

Portland: 8 a.m., Sat., fast-paced rides, 28 miles, Cyclemania, 774-2933

Portland: 5:45 p.m., Tues., fast-paced rides, 48 miles, hilly, Cyclemania, 774-2933

Sanford: 5:30 p.m., Thurs., starts mid-April, road ride, Spokesperson, 1-800-328-8857

Sanford: 5:30 p.m., Tues., starts mid-April, fast mtn. bike ride, Spokesperson, 1-800-328-8857

Sanford: 8 or 9 a.m., Sun., starts mid-April, fun mtn. bike ride, Spokesperson, 1-800-328-8857

Sanford: family and beginner rides will be scheduled, Spokesperson, 1-800-328-8857

Searsport: 6 p.m., Wed., Waldo County Cycling and Dining Club group rides, on-road, group chooses place to eat after, meet at Birgfeld's Bike Shop, 548-2916

Searsport: 6 p.m., Tues., off-road mtn. bike rides, eat at Rollie's Restaurant in Belfast after, start at Birgfeld's Bike Shop, 548-2916

Skowhegan: 5:30 p.m., Tues. and Thurs., road rides, all levels, 20-40 miles, meet at Holden Cyclery, 1-800-573-3732

Skowhegan: 5:30 p.m., Wed. and Fri., mtn. bike rides, all levels, 10-20 miles, meet at Holden Cycle, 1-800-573-3732

Southwest Harbor: 6 p.m., Mon., mtn. bike rides, starts June, South West Cycle, 244-5856

Waterville: 6 p.m., Wed., group rides, two groups, novice and advanced, meet at Mathieu's Cycle, 465-7564

Maine Sport's Camden 10K Road Race June 4

1	Ethan Nadeau	33:01	22
2	Andy Latinsics	33:25	29
3	Jeffrey Banger	33:31	33
4	Mike Gaige	33:35	42
5	Derek Fisher	33:39	41
6	Shaun Keenan	33:48	33
7	Tom Thibeau	34:27	37
8	Bruce Nicholson	34:41	33
9	Phil Johnson	35:04	27
10	Chris Lincoln	35:18	25
11	David Drew	35:20	30
12	Marty Shue	35:37*	26
13	Scott Broerman	36:03	34
14	Ludovic Bruyere	36:16	26
15	Matt Archambeau	36:18	22
16	Scott Ellis	36:42	32
17	Robert Jordan	37:35	35
18	Dan Buck	37:44	36
19	Thomas Aucoin	37:55	34
20	Sandy Perrins	38:00	20
21	Alan Burke	38:03	31
22	Lawson Noyes	38:12	53
23	Patrick Gugerty	38:25	29
24	Alan Reilly	38:31	42
25	Steven Peterson	38:37	45
26	Ken Norton	38:41	42
27	David Simard	38:41	37
28	Kelley Wilder	38:49*	23
29	Paul Connor	38:58	22
30	Rick Davee	39:05	39
31	Mark McClellan	39:33	37
32	Mike Simoneau	39:46	47
33	Stanley Low	39:48	42
34	Don Fries	39:54	47
35	Thomas Amory	39:58	45
36	Bert Jordan	39:58	38
37	Michael Moran	40:03	39
38	Keith Holland	40:03	40
39	Tom McGuire	40:08	48
40	Frank Fogg	40:22	34
41	Mark Johnston	40:25	41
42	Vern Demmons	40:30	49
43	Donna Hurley	40:36*	35

44	Tim Zollo	40:39	29
45	Sumner Weeks	40:40	46
46	David Polito	41:00	46
47	Kerry Corcoran	41:11*	30
48	Brian O'Neil	41:17	32
49	Hans Bucher	41:24	46
50	Andrew Ayers	41:25	26
51	Bob Gillespie	41:41	56
52	Al Sproul	41:50	57
53	Philip Conkling	42:15	46
54	Andrew Sims	42:18	31
55	Dale Dickie	42:18	52
56	Peter Davidson	42:22	32
57	Jeff Preble	42:25	41
58	Curtis Cote	42:31	35
59	David Benn	42:37	49
60	Don Andrus	42:44	47
61	Larry Taylor	42:55	49
62	Dick Cummings	43:02	57
63	Juliet Shagoury	43:02*	30
64	Bob Brosius	43:11	42
65	Tom Hess	43:14	46
66	Donald Sanborn	43:24	50
67	Scott Fraser	43:25	40
68	Ken Cotton	43:26	45
69	Carol Weeks	43:29*	46
70	Sarah Andrus	43:32*	40
71	Kathryn Brown	43:47*	30
72	Chip Bauer	43:47	39
73	Michael Galletta	43:51	34
74	Carol Manley	43:55*	40
75	Bill Pinkham	44:02	52
76	Gary Lloyd	44:11	35
77	Dwayne Keller	44:22	46
78	Ken Vinson	44:25	59
79	Mike LeCopte	44:55	34
80	Igor Kuznetsov	44:56	39
81	Peter Lacko	45:01	25
82	Jared Nelson	45:04	20
83	Paul Yates	45:05	44
84	Andy Welzel	45:09	38
85	Richard Wiemer	45:10	47
86	Mark Alex	45:21	35
87	Mark Lincoln	45:28	45
88	Bob Dean	45:47	58
89	Micheal Case	45:48	36
90	Karen Pagnano	45:50*	29
91	Cindy Cheney	45:56*	33
92	Ted Panayotoff	46:21	55
93	Victor Tedford	46:27	39
94	Joan Reynolds	47:02*	39
95	Fred Merriam	47:51	47
96	Ken Sylvester	48:10	50
97	Eliza Haselton	48:21*	34
98	Dianna Burke	48:29*	30
99	Charles Brown	48:32	40

100	Warren Newton	48:35	27
101	John Schwerdel	48:39	49
102	Mike Callahan	48:42	40
103	Ross Povenmire	48:50	38
104	Gary Johnson	48:51	48
105	Joan Merriam*	48:54*	46
106	Kim Lynch*	48:54*	35
107	Lonnie Lynch	48:55	35
108	Diane Ross*	49:01*	39
109	Mike Campagnoli	49:02	47
110	Maryanne Strand	49:04*	40
111	Steven Graves	49:08	43
112	Russ Smith	49:11	16
113	Meredith Spear	49:12*	16
114	Stephen Strand	49:15	40
115	Carlton Mendell	49:19	73
116	Steve Hanson	49:25	48
117	Eivind Boe	49:28	39
118	Ed Atlee	49:35	45
119	Michelle Dodge	49:42	55
120	Deerfoot	49:45	26
121	Robert Harris	49:49	60
122	Tim Conkling	49:51	13
123	Dan Johnstone	50:01	16
124	Amy Rosporski	50:01*	30
125	Joe Sirois	50:32	53
126	Tom Nangle	50:36	47
127	Barry Butterfield	50:40	27
128	Louisa Dunlap	50:43*	54
129	Jerry St. Amand	50:43	51
130	Samantha Hibbard	51:05*	15
131	Debra Nowak	51:15*	38
132	Mark Nowak	51:15	46
133	Candace Griffin	51:37*	31
134	Ron Carbalho	51:37	31
135	Greg Trundy	51:50	42
136	Ormond Irish	51:55	62
137	Jennifer Patterson	52:05*	17
138	Kevin Bedford	52:16	41
139	Linda Case	52:33*	36
140	Shine Richards	52:46	53
141	Sarah Plummer	53:08*	28
142	Tim Prince	53:10	26
143	Catie Thatcher	53:20*	15
144	Polly Kenniston	53:32*	58
145	Lorrie Wilson	53:42*	43
146	Rachel Landry	53:58*	27
147	Richard Martin	53:58*	41
148	Lisa Thomas	54:08*	27
149	Iris Poland	54:14*	39
150	Ann Clark	54:29*	35
151	Paul Jones	54:53	61
152	Barbara McPeake	54:56*	30
153	Bob Rheault	55:08	69
154	Katie-Jill Wadsworth	55:14*	16

154	Gary Fessler	55:14*	16
155	Sarah Stein	55:14*	16
156	Lorry Schwellenbach	55:14*	16
157	Rachel Odell	55:14*	16
158	Dan Day	55:14*	16
159	Kathy Deupree	55:14*	16
160	Taylor Pohlman	55:14*	16
161	Leanne Bard	55:14*	16
162	Paul McFarland	55:14*	16
163	Marina Sideris	55:14*	16
164	Nadya Pearson	55:14*	16
165	Rob Landry	55:14*	16
166	Maureen Cain	55:14*	16
167	Fraun Martin	55:14*	16
168	Nancy Zurbach	55:14*	16
169	Sarah Thomas	55:14*	16
170	Margot Buescher	55:14*	16
171	Perry Goodspeed	55:14*	16
172	Lee Goss	55:14*	16
173	Sharyn Pohlman	55:14*	16
174	Judy Dickie	55:14*	16
175	Julius Marzul	55:14*	16
176	Vaughn Scavetta	55:14*	16
177	Ruby Ann Sprague	55:14*	16
178	Suzanne Brown	55:14*	16
179	Paul Paulson	55:14*	16

ONE MILE KID'S RACE

1	Amy Potvin	5:4	5:4
2	Aaron Norton	6:0	6:0
3	Kyle Metcalf	6:1	6:1
4	Sam Conkling	6:2	6:2
5	Sam Sutherland	6:2	6:2
6	Isaac Wade	6:3	6:3
7	Andrew Kirby	6:3	6:3
8	Chris Beggs	7:0	7:0
9	Laura Stein	7:1	7:1
10	Heather Fogg	7:1	7:1
11	Mariah Hurley	7:1	7:1
12	Robin Chace	7:2	7:2
13	Matt Kirby	7:3	7:3
14	Patrick Beggs	7:3	7:3
15	Kate McGuire	7:3	7:3
16	Ann Hurley	7:4	7:4
17	Jamie Conkling	8:1	8:1
18	Iain McCray	8:1	8:1
19	Erica Norton	8:1	8:1
20	Micah Conkling	8:1	8:1
21	Julia Vandersloot	8:3	8:3
22	Maggie Avener	8:3	8:3
23	Krista Tripp	8:5	8:5
24	Raffaella Campagnoli	9:1	9:1
25	Tasha Gaige	9:5	9:5
26	Harry Ohland	11:1	11:1
27	Kassandra Lincoln	12:1	12:1
28	Megan Bauer	13:1	13:1
29	Mary Fagan	13:1	13:1

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Hilltop Biathlon Lewiston

June 3

1st of 2 races (2nd race Aug. 12)

	1st Run(5K)	Bike (15K)	2nd Run (5K)	Total
1 Thomas Bennett/Mark Rodrigue	16:27	25:50	17:05	59:22
2 Kelly Rodrigue/Tim Clough	18:15	23:55	18:44	1:00:54
3. Joshua Brown	17:19	27:36	19:11	1:04:06
4. John Powell/Roger Park	19:17	25:30	19:42	1:04:39
5. Deven Hamlen	17:37	27:24	19:48	1:04:49
6. Kirk Jurgelovich	18:15	26:30	20:36	1:05:21
7. John Gagnon/Larry Abbott	16:51	32:13	17:37	1:06:41
8. R.J. Harper	19:15	27:44	20:37	1:07:36
9. Matt Sturgis/Russ Andrews	21:19	26:15	21:49	1:09:23
10. Michael Ouellette	18:25	29:50	21:10	1:09:25
11. Hank Laidlaw	19:48	29:31	22:26	1:11:45
12. Bob Bussiere	19:43	32:16	21:46	1:13:45
13. Gaeton Fontaine/Lenny Poulin	21:00	31:35	21:24	1:13:59
14. Peter Mason	21:06	28:02	25:07	1:14:15
15. Les Berry	19:47	31:18	23:19	1:14:24
16. Marjorie Tennyson	20:38	31:49	22:45	1:15:12
17. John LeRoy	21:10	32:34	24:11	1:17:55
18. Mike Booth	22:44	28:06	27:43	1:18:33
19. Stephen Jacobs	22:00	32:18	26:31	1:18:49
20. Jim Irish	21:31	30:58	26:31	1:19:00
21. Bob Green	21:25	34:20	24:22	1:20:07
22. Susan Marquette	22:30	35:10	24:19	1:21:59
23. Michelle Gravel/David Drew	27:43	25:40	29:02	1:22:25
24. Michael Brooks	23:17	36:54	25:08	1:24:16
25. Chris Rugulies	23:39	33:51	27:27	1:24:57

26. Veronica Wills	23:40	33:58	27:19	1:24:57
27. Allan & Cheryl Huntington	24:32	46:03	27:35	1:38:10

Results by Category

Individual Male - Point Standings

1 Joshua Brown	1:04:06	25
2 Devens Hamlen	1:04:49	24
3 Kirk Jurgelovich	1:05:21	23
4 R.J. Harper	1:07:36	22
5 Michael Ouellette	1:09:25	21
6 Hank Laidlaw	1:11:45	20
7 Bob Bussiere	1:13:45	19
8 Peter Mason	1:14:13	18
9 Les Berry	1:14:24	17
10 John LeRoy	1:17:55	16
11 Mike Booth	1:18:33	15
12 Stephen Jacobs	1:18:49	14
13 Jim Irish	1:19:00	13
14 Bob Green	1:20:07	12
15 Chris Rugulies	1:24:57	11
16 Michael Brooks	1:24:16	10

Individual Female

1 Marjorie Fennyson	1:15:12	25
2 Susan Marquette	1:21:59	24
3 Veronica Wills	1:24:57	23

Male Team

1 Thomas Bennett/Mark Rodrigue	59:22	25
2 John Powell/Roger Park	1:04:39	24
3 John Gagnon/Larry Abbott	1:06:41	23
4 Matt Sturgis/Russ Andrews	1:09:23	22
5 Gaeton Fontaine/Lenny Poulin	1:13:59	21

Mixed Teams

1 Kelly Rodrigue/Tim Clough	1:00:54	25
2 Michelle Gravel/Dave Drew	1:22:25	24
3 Allan & Cheryl Huntington	1:38:10	23

This is a run-bike-run event -- first of a two race series; the second will be on August 12th. A delay in the start made conditions more difficult as the temperature climbed on a humid morning. A change in the bike course because of bridge construction may have contributed to a couple of flats. One should not that the results show the transition times in the bike and the second run times. - John LeRoy



Special Olympics 5K Portland

June 4

This was a small race on the commonly used "race track" of the Back Cove running and walking path. A pleasant morning in early June. The only problem was the horde of other people using the path. Rob Pierce, Maine's number-one runner, arrived late and was still putting on his bib when the race started. (As he approached, the rest of the field actually applauded!) It was just a training run for him. (LT)

1. Rob Pierce	34	15:34
2. David Weatherbie	27	16:54
3. Bill Desrosier	32	17:21
4. Gil Newton	39	17:39
5. Brian McCray	35	17:45
6. Sean Keough	39	18:17
7. Stephen Sargent	24	18:55
8. James Gunson	28	19:24
9. Scott Strout	32	19:30
10. James McCorkle	40	19:35
11. Scott Deschesne	38	19:48
12. Patrick Tarp	12	19:54
13. James Kavanagh	31	19:56
14. Richard Schribner	43	19:59
15. Dennis Smith	45	20:01
16. James Chamberlin	30	20:06
17. Paul Lessard	31	20:15
18. Dan Rooney	50	20:20
19. Gary Webber	49	20:23

20. Mike Beaudoin	52	20:28
21. Pete DePres	34	20:40
22. Jim Ester	46	21:18
23. Cristy Peter	24	21:33*
24. Bill Johnson	47	21:52
25. Frank Knight	49	22:02
26. Nancy Krum	49	22:09*
27. Michael Cousell	57	22:20
28. Mary Ann Dunfey	34	22:30*
29. Terry Sarker	31	22:56
30. Pamela McCarthy	26	23:04*
31. Debora Hatton	33	23:19*
32. Seeking Briggs	24	23:34
33. Michael Brook	49	23:35
34. Ken Rosen	54	23:45
35. Dianne Kazilloan	35	23:54*
36. Anthony Cush	55	24:59
37. Paul Ladenden	53	25:14
38. Judy Hairsihe	47	25:24*
39. Kevin Smith	22	25:37
40. Lora Pratt	25	25:49*
41. Dan McKewn	28	25:50
42. Lino L'Hereaux	40	26:17*
43. Patty Beach	37	27:14*
44. Shannon Dunfey	11	27:15*
45. Mary Rhinehardt	26	27:37*
46. Judy Richard	34	28:00*
47. George Vokey	39	28:26
48. Linda O'Malley	44	28:34*
49. Susan Newton	40	28:56*
50. Lynda Rebinstein	37	29:01*
51. Kim McCann	38	30:01*
52. Caurie Nicholas	27	30:13*
53. Frank Long	77	35:06

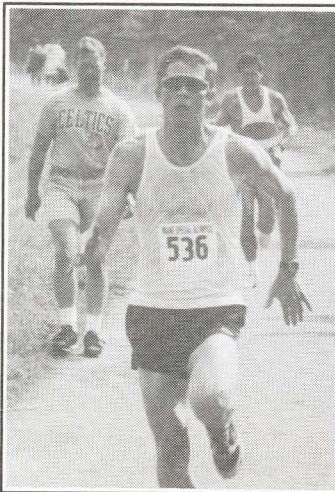
Special Olympics 5K Walk

1. Brian		20:22
2. Mark Clinch	39	32:22
3. Eileen Rooney	14	35:45*
4. Gloria Rooney	47	40:20*
5. Steven Stetson	29	54:47

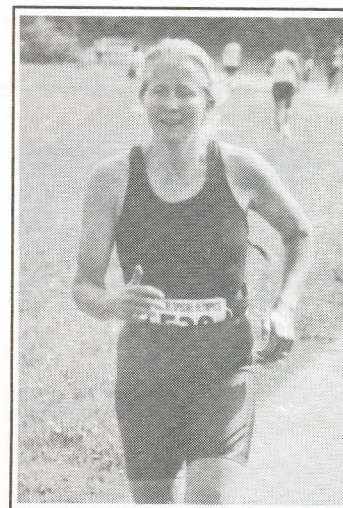


No, the runner at left is not neck-and-neck with Rob Pierce, the winner. She is not in the race. Portland's Back Cove running path tends to get crowded on a Saturday morning.

Lance Tapley Photos



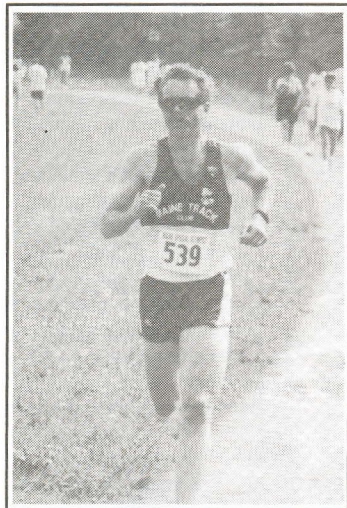
Gil Newton was 4th



Mary Ann Dunfey

Special Olympics 5K Portland

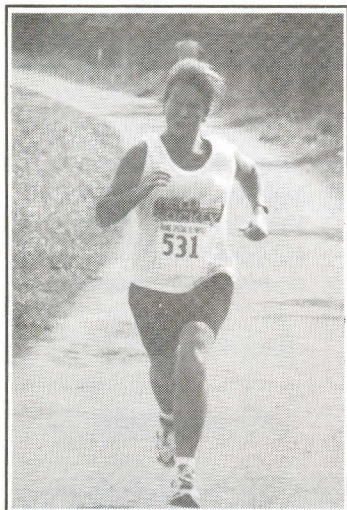
June 4



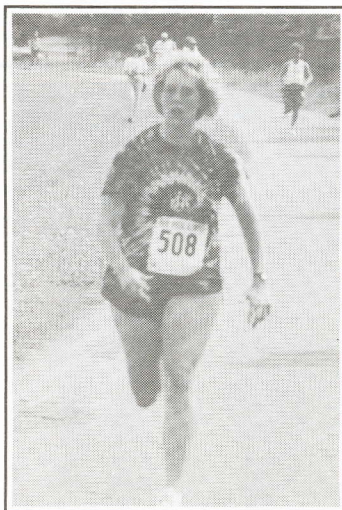
Sean Keough came in 6th



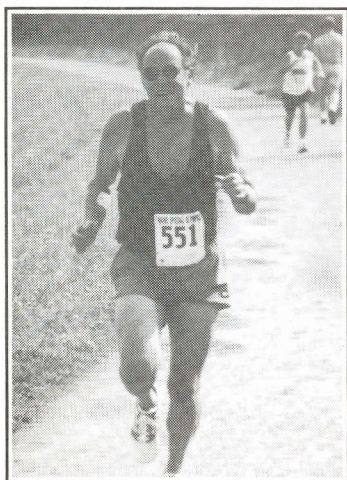
Nancy Krum, 49, was 2nd woman



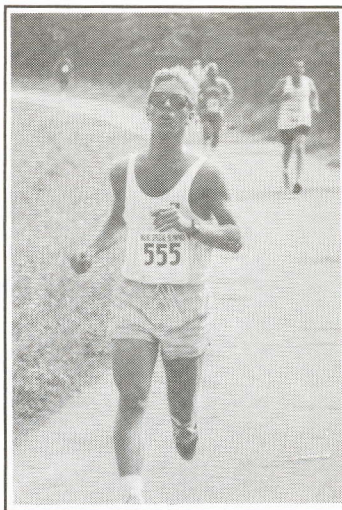
Dianne Kazilioan (well, this is what we could decipher of her last name!)



Mary Rhinehardt



Ken Rosen, the Running Poet



James Chamberlin

Bar Harbor Spring 5K

June 10

1	Brent Leighton	15.50
2	Tim Wakeland	16.06
3	Patrick Sullivan	16.17
4	Peter Swanson	16.49
5	Jim Newett	16.53
6	Matt Isham	17.23
7	Ralph Sawyer	17.44
8	Ronald Maatman	17.46
9	Paul Turner	17.55
10	Robert Jordan	18.17
11	Steve Connor	18.30
12	Anders Stot	18.31.08
13	P. Chretien	18.31.56
14	Karl Johnson	18.33
15	Doc Thibeau	18.38
16	Bob Snow	18.45
17	Dana Lavertu	18.52
18	Kevin Tacka	18.59
19	Will Lund	18.59
20	Jim Getchell	19.05
21	Judson Cake	19.08
22	Larry Tonzi	19.17
23	K. Johnson	19.24.14
24	Sue Foster	19.24.81*
25	Jake Myers	19.25
26	P. Malinowski	19.40
27	Greg Tosi	19.47
28	Dale Dickie	19.49
29	T. Sheppard	19.56
30	Nancy Lund	19.57
31	Kim Fitzpatrick	20.24
32	Robert Dow, Jr.	20.25
33	Bill Pinkham	20.28
34	Wayne Jacobs	20.32
35	Bruce King	20.52
36	David Turner	20.58
37	Jim Bright	21.01
38	Chris Field	21.04
39	Donna Just	21.10*
40	David Whitney	21.17
41	Cliff Olson	21.18
42	Steve Hudson	21.22
43	Tim Dematto	21.25
44	Rick Cegelis	21.26
45	Bill Entwistle	21.38
46	Peter Golbitz	21.52
47	John Dargis	21.59
48	E. Pellerano	22.05
49	L. Wardwell	22.08
50	Steven Graves	22.38
51	K. Whitney	22.46
52	S. Marcoux	22.47
53	John Trefethen	23.10
54	Tom Mapleton	23.11
55	James Fernald	23.22
56	Kathy Roupe	23.31*
57	B. Robbins	23.35
58	Bud Harbidge	23.37
59	P. Butterfield	23.44
60	Kate Muir	23.49*
61	M. Butterfield	23.55.12
62	R. Hazelton	23.55.61
63	R. Nelson	23.56
64	Tove Alecksen	23.57
65	Lisa Tweedie	24.01*
66	Chuck Lawrence	24.02
67	M. Timothy	24.18.06
68	J. Lichatz	24.18.30
69	Beth Lawson	24.29*
70	Karen Dunn	24.30*
71	Brenda Brown	24.38*
72	Tim Nelson	24.56
73	Sarah Haggerty	25.00*
74	Karen Hubbard	25.27*
75	Bob Laforge	25.50
76	Tom Severance	25.51
77	Kim Pepper	25.57.03
78	BJ Tongue	25.57.29
79	Laurie Crisafi	25.59*
80	Carol Malinowski	26.03*
81	Chris Paradis	26.10

82	J.D. Youden	26.35
83	Norm Fitzgerald	26.40
84	J. Woodworth	26.47
85	Bob Dodge	26.48
86	Linda Connolly	26.49*
87	H. Danielson	27.16
88	Eric Higgins	28.05
89	Steve Fador	28.06
90	Tom Miller	28.13
91	Ann Bacon	28.32*
92	Beth Fackow	28.38*
93	Bob Myers	29.01
94	Laura Beal	29.54
95	Pat Kennedy	30.00*
96	Mina Vescera	30.06*
97	Ginger Sluyski	31.00*
98	E. Simpson	31.40
99	Jenny Firisin	31.43*
100	Sherry Pierce	31.54*
101	Judy Dickie	31.59*
102	Robbie Bullot	33.17*
103	Roberta Bullot	33.18*
104	Suzanne White	35.10*
105	M. D'emico	35.11
106	Lisa Shimberg	37.31*
107	E. Greene	39.06
108	Pat Zagata	41.45
109	Tom Zagata	41.46
110	Brent Cross	46.18

Fun Run

1	Meredith Maller	6.54*
2	Craig Bowen	6.44
3	Brian O'Connell	7.00
4	Jesse Cameron	7.02
5	Ben Hewlett	7.07
6	Zachary Robinson	7.07
7	Berkeley Wanner	7.08
8	Christopher Maller	7.24
9	Daniel Bartlett	7.26
10	Nisse Greenberg	7.33
11	Sarah Newett	7.35*
12	Jordan Robinson	7.36
13	Booth Dargis	7.43
14	Eric Johnson	7.53
15	Kiki King	7.53*
16	Matthew Kirby	7.55
17	Ben Bouchard	7.56
18	L. Vander Zanden	7.58
19	John Snow	8.01
20	Chris Newett	8.03
21	Heidi Walls	8.21*
22	Annie Hewlett	8.22*
23	S. Wilcomb	8.24
24	Abby Stivers	8.26*
25	Alison Hudson	8.32*
26	Jacob Megquier	8.38
27	Raife Rochon	8.49
28	Stephen Drake	8.57
29	T. Birkenmeier	8.59
30	Jason Golbitz	9.00
31	Melinda Bartlett	9.05*
32	Jacob Whitney	9.09
33	Brian Seavey	9.23
34	Amy Cameron	9.25*
35	Ryan Connolly	9.25
36	C. Woodworth	9.25
37	M. Kelley	9.33
38	Rachael Robinson	9.35*
39	Iris Meehan	9.36*
40	Ellen Seigny	9.36*
41	Colby Meehan	9.36
42	Heather Walls	9.44*
43	Daniel Hides	9.46
44	April Connolly	9.55*
45	Brian Cross	9.55
46	Woody Cross	10.00
47	K. Sullivan	10.09
48	Shelly Friedman	10.29*
49	Nia Megquier	10.37*
50	Mercedes Bullot	10.43
51	Brittany Zabala	10.47*
52	Greta Drake	11.39*
53	Jesse Whitney	11.41
54	Nick Severance	13.18
55	A. Severance	13.20
56	Peter Hudson	13.29
57	Jake L. Smolley	15.00
58	Calvin Tweedie	16.25

THE BLISTERED FOOT

August, 1995

Maine USA Track & Field Newsletter

President: Adrian Wadsworth - 224-8240

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Treasurer: Paul Boulanger - 783-0206

Adult T & F: Jon Sinclair - 780-3623

Male Athlete Rep: Rolland Ranson - 581-1079

Female Athlete Rep: Martha Thornton - 623-3682

Masters Chair: Kevin McDonald - 925-1864

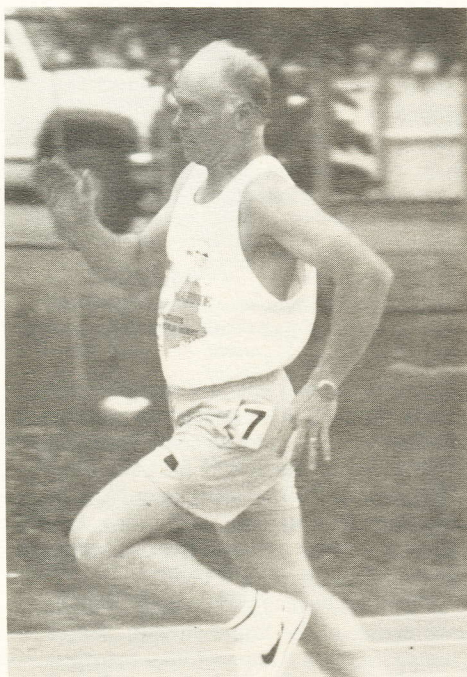
Team Maine: Marj & Steve Podgajny - 725-8767

Racewalking Chair: Tom Eastler - 778-6703

Officials Registration: Martha Thornton - 623-3682

All-Star Meet

Quebec Beats Maine, But Boys Are Close



Joel Fishman, 48, of Rockland, was first master in the 100-meter dash exactly 30 years since running his last race. In 1965 he set a record -- 10.2 for 100 yards -- that still stands at his high school on Long Island.

A team of some of Quebec's best girl high-school-age track and field athletes easily beat their counterparts from Maine, 101 to 63, but the Maine boy "All Stars" only lost by 83 to 80 in the Maine Outdoor Championship in Orono July 8 sponsored by the Maine Association of USA Track & Field.

"Our girls didn't have the depth," said Rolland Ranson, meet director and track and field coach at the University of Maine, which hosted the event at Beckett Stadium. Some of Maine's best girl runners, such as Cuyler Goodwin of Topsham, did not attend.

Although some of our best boy high-school runners were not present, too, nevertheless the Maine boys, led by sprinter and javelin thrower Craig Sidell, finished well—for one reason because our boys outnumbered the Quebec team.

Maine fielded 31 boys and 23 girls, while Quebec brought 34 in total. Quebec also limited their age to 17, while any Maine high-school student or recent graduate was eligible. So despite the handicaps of age and numbers, Quebec's team performed extremely well.

Last year Montreal coach Francois Pap took his team to this meet, but this was the first year a Maine team was organized to confront the Quebecers. Next year the Maine boys

and girls may travel to Montreal for a rematch if money can be raised for the trip. The Maine team coach is Gary Capehart, Bangor High School track coach.

Among the standouts for the Quebec team was Dominique Bilodeau, who won both the shot put and javelin and came in fourth in the discus.

The event also was an open championship for all comers. Although because of the team competition the representation of high-school-age athletes was up this year, fewer older competitors showed up. Results of both the Quebec-Maine competition and the first three places in the open meet events are in this issue.



The boys' 800-meter run

Asa Tapley/Lance Tapley photos

A Great Fall of New England X-C

by Steve Vaitones

For an all-around cross-country calendar and program, few places in the country can match New England. This fall, we are lucky enough to have two national championship events being held in our own backyard.

On Saturday, Nov. 18, the USA Masters 8K XC championship will run at Boston's historic Franklin Park for the fifth consecutive year. Open to all athletes age 40 and over, there will be three separate races so top runners can be highlighted.

Last year's best (40+) were Keith Woodward of Vermont, a top-flight cross-country skier, and Cathy Dowling, a late-blooming runner who competes for Southwest Texas State University.

The team titles went to Club Northwest of Washington state and the Central Mass. Striders. The event is sponsored by Grand Circle

Continued on page 4

Franklin Park Fall Schedule

Sunday, October 22

Boston Mayor's Cup Cross-Country, 10 a.m., 8K men, 5K women, 3K youth. Franklin Park, Boston. Part of USA-Reebok GP Series. USATF-NE, P.O. Box 1905, Brookline, MA 02146. (617) 566-7600.

Sunday, November 12

Reebok/USATF-New England X-C Championships. 10 a.m., 10K men, 6K women, 8K masters men. Franklin Park, Boston. USATF-NE, P.O. Box 1905, Brookline, MA 02146. (617) 566-7600.

Saturday, November 18

Grand Circle Travel/USATF Masters 8K X-C. Separate races for masters - men 40-49, men 50-59, men 60+, and all women. Franklin Park, Boston. TRACS, (617) 964-7802.

Sunday, December 3

Reebok/USA National Cross-Country Championships. 10 a.m., 8K junior men, 5K junior women, 6K senior women, 10K senior men. No qualifying times. Run with the best in the U.S. Franklin Park, Boston. USATF-NE, P.O. Box 1905, Brookline, MA 02146. (617) 566-7600.

Team Maine Distance Festival Getting Better, Faster

by Steve Podgajny

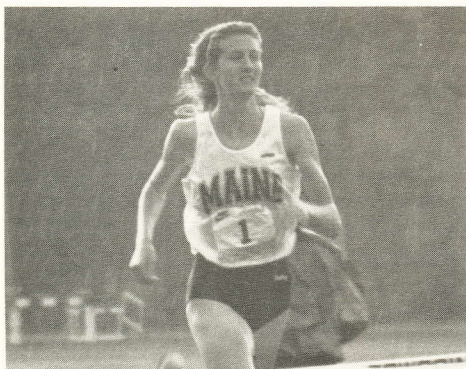
Some terrific runners showed up on a summer night on July 1 to contest eight races for high school and elite racers. Bowdoin College's Whittier Field in Brunswick, the site of the 1972 U.S. Olympic track team's pre-Munich camp, hosted the sec-



Chris Gamache leading in the boys' 800

ond annual Team Maine Distance Festival in a twilight setting. The intermittent showers did not dampen the enthusiasm of the crowd.

The high school events comprised the ini-



The indomitable Cuyler Goodwin winning in the rain

Steve Podgajny, meet director, is coordinator with his wife Margery of USATF's Team Maine. They live in Brunswick.

tial half of the program. One of the meet goals is to provide Maine high school runners with the opportunity to race against other top Mainers as well as Canadian and New England talent. The boys' 1,600 meters saw Canadian Hugh Simson finish strongly to hold off Ellsworth's Joe Luchini while the girls' mile was taken by Margie VanOrden of nearby Bath. VanOrden holds the meet 800 record at 2:16.

The 800-meter races produced top performances. Cuyler Goodwin, bound for Villanova University, took the girls' race in 2:18.31. Goodwin led from the wire in her final high school race in Maine. In the boys' 800, Chris Downe of Messalonskee made a strong move late in the first lap, but University of Maine recruit Thinh Ly of Biddeford exploded in the last 300 meters to win the race in a meet record of 1:56.41.

The second half of the meet featured 5,000 meters and mile races for men and women. Connecticut's Joe LeMay found himself on his own after Bob Henes of Raleigh, North Carolina, dropped out following a 4:22 opening mile. LeMay went on to record a 14:14.34, which broke his meet record. It is also the fastest 5,000 ever run in Maine.

The women's 5,000 was a joy to watch with Ireland's Breda Dennehy setting the early pace. Dennehy had hoped to run an Irish Olympic team qualifier at 15:45. She set an aggressive pace, hitting two miles in just over 10:00. Kristen Beaney of the Reebok Racing Team, Kerri Anne Betrand, and Marty Shue of the Reebok Enclave in Washington (formerly of Brunswick) were in hot pursuit. Beaney eventually broke free and ran the fastest women's 5,000 time, 16:12.17, in Maine history.

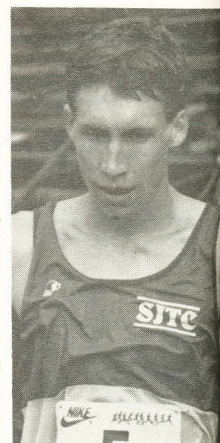
Despite the small field, the women's mile featured some fine talent including former Pan Am gold and silver medalist Alisa Hill and former Villanova star Kate Fonshell. Cuyler Goodwin took over the chore of rabbit for the first 400 with Hill, now representing Foot-

locker, and Fonshell on her heels.

Fonshell was coming off a terrific performance at the U.S. Nationals but was slowed by a leg problem. Hill accelerated noticeably over the last 400 meters. She passed 1,500 meters in 4:15.06 and hit the mile tape in 4:34.81. Both marks are by far the fastest ever run in Maine.

Scott Strand of the Brooks Racing Team and Birmingham, Alabama, took the final event of the evening as the first three runners produced the second, third, and fourth fastest times ever run in Maine behind Erik Nedeau's 4:01 record of last year. A steeplechaser by specialty, Strand put his strength to good use over the last 400 as he moved away from Canadian Willie Best to win in 4:03.39. (Since the meet, Best, with an 800 personal record of 1:46, won the Canadian National 800 title.) Best finished in 4:05.66 with Bill Bland of the Reebok Racing Team third in 4:06.95.

The miles were crowd favorites with the screaming at the home stretch. Men's mile winner Scott said later: "Other than the crowd at nationals, this is the best crowd that I have raced in front of. They were very noisy and generated a lot of energy!" Hill agreed: "The meet was an awful lot of fun. I'd love to come back next year and run an 800!" Next year's meet will in fact feature invitational men's women's 800's.



Hugh Simson, 17, of New Brunswick, won the boys' 1,600

Distance Festival Results

Brunswick - July 1

800 Meters for high school girls

1. Cuyler Goodwin, Mt. Ararat	2:18.31
2. Brianna Neault, Biddeford	2:24.21
3. Bethany Atkins, Hampden Acad.	2:25.70
4. Jen Cook, Maranacook	2:26.59
5. Meg Mullen, Poland	2:29.57
6. Angela Cole, Hampden Acad.	2:36.07

1600 Meters for high school boys

1. Hugh Simson, N.B.	4:22.45
2. Joe Luchini, Ellsworth	4:26.16
3. Bob LaCourse, Biddeford	4:27.21
4. Parker Pruett, Sumner	4:30.89
5. Tom Howard, Westbrook	4:32.98
6. Jason Payeur, Marshwood	4:33.27
7. Ben Lewis, Mt. Blue	4:34.00

8. Mike Mouradian, Gorham

Mile for high school girls

1. Margie VanOrden, Morse	5:18.58
2. Nicole Stevens, Old Town	5:36.38
3. Meredith Geary, Lincoln Acad.	5:48.11
4. Sarah Frost, Mt. Blue	5:55.55
5. Leslie Gaspar, Maranacook	5:59.48
6. Stephanie Gaige, Bangor	6:07.52

800 meters for high school boys

1. Thinh Ly, Biddeford	1:56.41
2. Chris Downe, Messalonskee	1:58.35
3. Dan Eagleson, Kennebunk	1:59.57
4. Adam Buggia, Brunswick	2:00.99
5. Brian Christiansen, Maranacook	2:01.56
6. Chris Gamache, Lisbon	2:01.86
7. John Rogerson, Bangor	2:02.28

8. Matthew Moore, Mt. Blue	2:02.6 HT
9. Shaun Ackerly, Traip Academy	2:05.5 HT

Mile for women

1. Alisa Hill, Footlocker	4:34.81*	1-mi. 1500-m
2. Kate Fonshell, ASICS	4:40.03	(4:15.06)
3. Vanessa Thompson, Brooks RT	4:57.25	(4:19.77)
4. Becky Richards, Can. Armed Forces	5:09.19	(4:37.60)

* new Maine record

5000 meters for men

1. Joe LeMay, Adidas	14:14.34*
2. Rusty Snow, Reebok Racing Team	14:41.01
3. Kent Thompson	14:49.13
4. Andy Spaulding	14:51.41
5. Nathaniel Halsey	14:53.97
6. Jamie LaChance	14:55.00
7. Phil Kinslow	15:38.14

* new Maine record

5000 meters for women

1. Kristen Beaney, Reebok RT	16:12.17 *
------------------------------	------------

2. Kari Anne Betrand, Reebok Enclave 16:25.76
 3. Breeda Dennehy, Reebok RT 16:31.98
 4. Marty Shue, Reebok Enclave 16:49.49
 5. Amy Cashio, Reebok RT 17:21.19
 6. Edie Dubord, TEAM MAINE 17:33.97

7. Kelley Wilder 17:34.23
 8. Gladys Ganiel 18:16.2 HT
 * new Maine record
Mile for men
 1. Scott Strand, Brooks RT 4:03.39

2. Willie Best, New Brunswick 4:05.66
 3. Bill Bland, Reebok RT 4:06.95
 4. Andy Cleary, Reebok RT 4:11.57
 5. Kevin Christiani, Villanova 4:13.18
 6. Mike Gallagher, Can. Armed Forces 4:24.93

1995 Maine High School All-Stars vs Quebec All-Stars University of Maine - Orono - July 8

TEAM SCORES - GIRLS

1 Quebec HS All Stars 101 Points
 2 Maine HS All Stars 63 Points

GIRLS 100 METER DASH

1 Plissian, Geraldine Quebec 12:58
 2 Stewart, Petra Quebec 13:38
 3 Cummings, Rachel Maine 13:54
 4 Lamontagne, Betty Maine 13:80
 5 Tjepkena, Caroline Maine 13:92
 6 Skiff, Sarah Maine 14:08
 7 Herbert, Melissa Maine 15:27
 8 Belanger, Anya Maine 15:57
 9 Blamey, Danielle Maine 15:61
 10 Vollmers, Ellen Maine 15:73
 11 Checker, Meredith Maine 15:92

GIRLS 400 METER DASH

1 Gordon, Swanne Quebec 1:00.47
 2 MacIntyre, Melissa Quebec 1:02.11
 3 VanLoenen, Delia Maine 1:04.43
 4 French, Heather Maine 1:07.16
 5 Hand, Jessye Maine 1:12.70

GIRLS 800 METER RUN

1 Maheu, Marie-Helene Quebec 2:19.70
 2 Corriveau, Dominique Quebec 2:21.17
 3 Caldwell, Jenny Maine 2:28.80
 4 Potvin, Amy Maine 2:40.11
 5 Caldwell, Meghan Maine 2:44.33
 6 Hand, Jessye Maine 2:52.94

GIRLS 1,500 YARD RUN

1 Caldwell, Meghan Maine 5:26.11
 2 Potvin, Amy Maine 5:36.03

GIRLS 3,000 METER RUN

1 Grenier, Helene Quebec 11:31.14
 2 Swindells, Vicki Maine 12:17.42

GIRLS 400 YARD LOW HURDLES

1 Gravel, Melissa Quebec 1:08.46
 2 Lagarde, Christine Quebec 1:10.74
 3 VanLoenen, Delia Maine 1:15.10
 4 Wilson, Jen Maine 1:17.65
 5 Skiff, Sarah Maine 1:21.64
 6 Vollmers, Ellen Maine 1:35.00

GIRLS 4x100 METER RELAY

1 Quebec Stars 51.53
 2 Maine HS Stars 53.89
 3 Maine HS Stars "B" 59.72

GIRLS HIGH JUMP

1 Gervais, Guyanne Quebec 5-02
 2 Shaffer, Sadie Maine 5-02
 3 Belanger, Annie Quebec 5-0
 4 Vollmers, Ellen Maine 4-06
 5 Skiff, Sarah Maine 4-02
 6 Belanger, Anya Maine 4-02

GIRLS LONG JUMP

1 MacIntyre, Melissa Quebec 17-05.75
 2 Shaffer, Sadie Maine 16-08.75
 3 French, Heather Maine 14-10
 4 Tjepkena, Carolin Maine 14-08
 5 VanLoenen, Delia Maine 14-07.50
 6 Capehart, Emily Maine 13-03
 7 Checker, Meredith Maine 11-06.50

GIRLS TRIPLE JUMP

1 Shaffer, Sadie Maine 10.72m
 2 MacIntyre, Melissa Quebec 10.59m
 3 Larson, Ingri Maine 10.56m
 4 Kinney Maine 8.85m
 5 Belanger, Anya Maine 8.19m

GIRLS SHOT PUT

1 Bilodeau, Dominique Quebec 11.41m
 2 Tostevin, Allison Maine 11.20m
 3 Lejour, Josee Quebec 10.83m
 4 Guy, Melanie Quebec 9.89m

GIRLS DISCUS THROW

1 Guy, Melanie Quebec 40.86m
 2 Tostevin, Allison Maine 39.88m
 3 Lejour, Marie-Josée Quebec 39.32m
 4 Bilodeau, Dominique Quebec 34.78m

GIRLS JAVELIN THROW

1 Bilodeau, Dominique Quebec 44.68m
 2 Cummings, Rachel Maine 39.86m
 3 Tostevin, Allison Maine 38.00m
 4 Guy, Melaine Quebec 35.62m
 5 Lejour, Marie-Josée Quebec 31.52m
 6 Michaud, Michelle Maine 27.52m
 7 Hovey, Amanda Maine 24.30m

GIRLS 100 M HURDLES

1 Gravel, Melissa Quebec 17.19
 2 Lagarde, Christine Quebec 18.40
 3 Sarah Kinney Maine 20.32
 4 Kelley, Casey Maine 21.04

GIRLS 200 M DASH

1 Stewart, Petra Quebec 26.34
 2 Plissian, Geraldine Quebec 27.32
 3 Tjepkena, Carolin Maine 29.27
 4 Hebert, Melissa Maine 31.98

TEAM SCORES - BOYS

1 Quebec HS All Stars 83
 2 Maine HS All Stars 80

BOYS 100 METER DASH

1 Labelle, Benito Quebec 11.50
 2 Sidell, Craig Maine 11.63
 3 Boileau, Alexander Quebec 11.75
 4 Glass, Chris Maine 11.91
 5 Gagnon, Oscar Maine 12.00
 6 LaGasse, Chad Maine 12.03

7 Connor, John Maine 12.40
 8 Lewis, Darren Maine 12.50
 9 Wright, Justin Maine 12.57
 10 Latham, Douglas Maine 12.76
 11 Arczewski, Artur Maine 12.81

BOYS 200 METER DASH

1 Sidell, Craig Maine 23.48
 2 Giamfrancesca, Omar Quebec 23.51
 3 Trudel, Richard Quebec 24.14
 4 Glass, Chris Maine 24.78
 5 Wright, Justin Maine 25.62
 6 Arczewski, Artur Maine 26.66
 7 Jordan, Aedan Maine 28.95

BOYS 400 METER DASH

1 Malo, Marc Quebec 51.65
 2 DeBardi, Stephen Quebec 52.03
 3 Latham, Douglas Maine 54.55
 4 Paleafeim, Matt Maine 56.89
 5 Flood, Ben Maine 58.12

BOYS 800 METER RUN

1 Malo, Marc Quebec 2:00.5
 2 Morency, Jean-Phillip Quebec 2:01.5
 3 Buggia, Adam Maine 2:05.0
 4 Rogerson, John Maine 2:06.1
 5 Moore, Matt Maine 2:08.8
 6 Tapley, Adam Maine 2:09.7
 7 Capehart, Zach Maine 2:12.9
 8 Pile, Colin Maine 2:20.1
 9 Lee, John Maine 2:36.3

BOYS 1,500 YARD RUN

1 Rogerson, John Maine 4:15.15
 2 Moore, Colin Maine 4:22.72
 3 Monty, Aaron Maine 4:24.27
 4 Tapley, Adam Maine 4:36.34
 5 Burchell, Shaun Maine 5:08.86
 6 Mannett, Will Maine 5:17.70
 7 Lee, John Maine 5:19.39
 8 Mannett, Andy Maine 5:31.52

BOYS 5,000 METER RUN

1 Ciampini, Mike Quebec 15:44.40
 2 DeBardi, Stephen Quebec 16:11.75
 3 Monty, Aaron Maine 17:04.89
 4 Moore, Matt Maine 17:45.43
 5 Mannett, Will Maine 19.47
 6 Morency, Jean-Phillip Quebec NT

BOYS 3,000 METER RACE WALK

1 Dagenois, Luc Quebec 29:56

BOYS 110 METER HIGH HURDLES

1 Chaffin, Mike Maine 16.57
 2 Campanella, Santino Quebec 16.68
 3 McPherson, Shawn Maine 17.34
 4 Goodness, Brian Maine 17.78

5 Wadell, Oliver Quebec 17.84
 6 Boyer, Andrew Maine 18.80
 7 Mateja, Jeff Maine 19.29
 8 Jordan, Aedan Maine 20.61
 9 Latham, Douglas Maine 22.04

BOYS 400 YARD INT HURDLES

1 Goodness, Brian Maine 1:01.74
 2 Mateja, Jeff Maine 1:02.03
 3 Pile, Colin Maine 1:06.96
 4 Capehart, Zach Maine 1:08.29

BOYS HIGH JUMP

1 Alexander, Peter Quebec 6'5"2
 2 Watson, Byron Maine 6-04
 3 Salanueva, David Quebec 6-0
 4 Kath, Mony Maine 5-10
 5 Crowell, John Maine 5-08
 6 LaGasse, Chad Maine 5-06
 7 Boyer, Andrew Maine 5-04
 8 Trowbridge, Andy Maine NH

BOYS LONG JUMP

1 Alexander, Peter Quebec 22-02
 2 Dewildt Maine 21-08
 3 Labell, Benito Quebec 20-11
 4 Crowell, John Maine 19-11
 5 Sibley Maine 19-07
 6 Arczewski, Artur Maine 17-02
 7 McPherson, Shawn Maine 17-01
 8 LaGasse, Chad Maine 16-00

BOYS TRIPLE JUMP

1 Dewildt Maine 13.54m
 2 Crowell, John Maine 11.98m
 3 Arczewski, Artur Maine 10.52m
 4 Trowbridge, Andy Maine 9.42m

BOYS SHOT PUT

1 Baert, Frank Quebec 14.26m
 2 Michaud, Derek Maine 13.20m
 3 Amos, Greg Maine 12.43m

BOYS JAVELIN THROW

1 Lolselle, Maxime Quebec 53.88m
 2 Sidell, Craig Maine 52.78m
 3 Perricone, Eric Quebec 49.14m
 4 Acheson, Dan Maine 45.12m
 5 McDaniel, Jeff Maine 34.60m
 6 Jordan, Aedan Maine 25.32m

BOYS DISCUS THROW

1 Amos, Greg Maine 40.88
 2 Baert, Frank Quebec 38.76
 3 Giles, Dan Maine 36.58

BOYS POLE VAULT

1 Gregoir, Jon Maine 10'6"
 2 Latham, Doug Maine 10-0
 3 Shulsky, Jeff Maine 9-6

Men and Women Open Division

WOMEN'S RESULTS

100 METERS

1. Geraldine Plissian 12:92
 2. Petra Stewart 13:25
 3. Rachel Cummings 13:62

100 METER HURDLES

1. Melissa Gavel 17.19
 2. Christine Lagarde 18.40
 3. Sarah Kinney 20.32

200 METER DASH

1. Petra Stewart 26.34
 2. Geraldine Plissian 27.32
 3. Caroline Tjepkena 29.27

400 METER DASH

1. Susanne Gordon 60.47
 2. Melissa McIntire 62.11
 3. Delia Van Loenen 64.43

800 METER RUN

1. Marie-Helene Maheu 2:19.70
 2. Dominique Corriveau 2:21.17
 3. Jenny Caldwell 2:28.80

1500 METER RUN

1. Megan Caldwell 5:26.11
 2. Amy Potvin 5:36.03

3000 METER RUN

1. Helene Grenier 11:31.14
 2. Vicki Swindell 12:17.42

5000 METER RACEWALK

1. Gretchen Eastler 25:17.0
 2. Melissa Gavel 68:46
 3. Cristine Lagarde 70:74
 3. Sarrah Skiff 81:64

400 METER HURDLES

1. Melissa Gavel 68:46
 2. Cristine Lagarde 70:74
 3. Sarrah Skiff 81:64

DISCUS

1. Jamie Gradie 33.44

LONG JUMP

1. Libby Moores 15'8.5"
 2. Cindy Pomerleau 15'5.5"
 3. Johanna Riley 15'2"

SHOT PUT

1. Cindy Pomerleau 11.56
 2. Jamie Gradie 10.59

HIGH JUMP

1. Guyanne Gervais 5'2"
 2. Sadie Shaffer 5'2"
 3. Johanna Riley 5'0"

TRIPLE JUMP

1. Libby Moores 10.18
 2. Rane Laber 8.77

MEN'S RESULTS

100 METERS

1. Kirk Carter 11.18
 2. Benito Labelle 11.20

3. Craig Sidell 11.40

110 METER HURDLES

1. Shawn McPherson 16.44
 2. Mike Chaffin 16.83
 3. Santino Campanella 18.09

200 METER DASH

1. Richard Trudel 28.84
 2. Omar Gianfrancesco 23.91
 3. Craig Sidell 24.03

400 METER DASH

1. Jim Robinson 50.75
 2. Marc Malo 51.65

800 METER RUN

1. Marc Malo 2:00.5
 2. Jean Philippe 2:01.5
 3. Adam Buggia 2:05.2

1500 METER RUN

1. Alan Muir 4:14.38
 2. John Rogerson 4:15.15
 3. Adam Buggia 4:20.46

Continued on page 4

300 METER STEEPLECHASE

1. Matt Moore 11:11.02
2. Chuck Radis 11:57.50
3. Tom Webb 13:19.20

5000 METER RUN

1. Mike Champini 15:44.40
2. Steve Debaridi 16:11.25
3. Aaron Monty 17:04.89

400 METER HURDLES

1. Brian Goodness 61.74
2. Jeff Mateja 62.03
3. Colin Pile 66.96

5000 METER RACEWALK

1. David Baldwin 28:07
2. S. Devore 28:37
3. L. Dagemaj 29:56

HIGH JUMP

1. Peter Alexander 6'5"
2. Byron Watson 6'4"
3. David Salanveja 6'0"

SHOT PUT

1. Andy Dickinson 12.43m
2. Jeff Amos 12.28m
3. Pat Jude 10.71m

LONG JUMP

1. Peter Alexander 22' 5.5"

2. Mony Keth 22' 3"
3. Kevin Dewildt 21' 8.5"

TRIPLE JUMP

1. Kevin Dwidt 13.70
2. John Crowell 12.20
3. C. Arczewaki 10.52

JAVELIN

1. Pat Jude 55.32
2. Wayne Munsey 35.08

POLE VAULT

1. Jon Gregoire 10'6"
2. Doug Latham 10'0"

3. Jeff Shulkofsky 9'6"

DISCUS

1. Jeff Amos 43.8
2. Andy Dickinson 37.8
3. Derek Michaud 34.7

How to Handle Snack Attacks

by Catherine Hoffmann

Do you always come home from school or a workout and make a bee-line for the fridge, hoping to find some munchable snack to get rid of those gnawing hunger pangs? Do you ever get bored by the same old snacks Mom or Dad have at home? Then it's time to learn how you can handle snack attacks to satisfy your hungriest moments.

Snacks high in complex carbohydrates will give you the most energy to get you through the day. Plus, they fill you up and help keep hunger away until your next meal. What snacks can you eat to give your body an energy boost? Try these quick, high-energy taste grabbers:

Bread

Toast and slice into quarters for dipping into

low-fat cheese dips or extra-chunky salsa. For a sweet treat, top with cinnamon sugar, jelly, or applesauce. Or use pita bread as a casing for vegetable and cheese sandwiches.

Crackers

With the wide variety of crackers available, this snack is never boring. Team low-fat crackers with cheese, peanut butter, yogurt, vegetable or fruit chunks.

Pasta

Try cold pasta salads loaded with chunks of fresh vegetables and seasoned with bottled Italian dressing and parmesan cheese.

Tortillas

Spread a wheat tortilla with low-fat peanut butter and raisins and roll up a new snack. Or,

make a quick quesadilla by placing sliced cheese on a tortilla, microwaving until cheese melts and folding the tortilla in half. Dip in salsa.

Cereal

The quickest breakfast in town is also one of the speediest snacks. Munch on dry cereal or use it to top yogurt and ice cream. Combine cereal with dried fruit, pretzels, marshmallows for a tasty trail-mix delight.

Catherine Hoffmann is a dietician who works for the Maine Dairy & Nutrition Council in Augusta.

Continued from page 1

Travel and hosted by TRACS and the Boston Running Club.

The big event, the Reebok/USA National Senior and Junior Championships, will return to Franklin park on Sunday, Dec. 3. Junior races—8K for men and 5K for women—are open to athletes at least 14 years old on race day but not turning 20 during the year. The senior races, men's 10K and women's 6K, are open to anyone 14 and older.

A bonus for both spectator and runner, the men's team for the world championships will be selected at the national races (women continue to have a separate trial race in February).

An opportunity to check the courses out is at the Boston Mayor's Cup on Sunday, Oct. 22. This festival of races—three youth events, men's 8K and women's 5K—is in its sixth year and draws novices and world-class athletes alike. It is part of the seven-race USA Reebok X-C Grand Prix, ensuring a quality field.

A special feature for the past two years is that the event serves as USA Track & Field's east regional championship. Five-runner teams representing their associations score in the inter-regional competition. All athletes from an association are eligible. There is no advance team declaration necessary here. Unfortunately, there has not been a scoring team from Maine either year, men or women. It's time to change that in 1995!

The *Blistered Foot* is produced by *Maine Running & Fitness Magazine*, Lance Tapley, Editor, for Maine USA Track & Field.

The Reebok/USATF New England championship on Nov. 12 is another opportunity to challenge the course.

The Franklin Park courses are multiple loops—three loops for 5K and 6K, four loops for 8K and five loops for 10K. All of these events require USA Track & Field membership; the meets are co-hosted by the USATF-New England Association.

So plan to head "south of the border" to see—and compete in—some of the best cross-country in the U.S.A.

For entry forms for any or all of these meets, send a self-addressed, stamped envelope to USA Track & Field, PO Box 1905, Brookline, MA 02146.

Steve Vaitones is executive director of the New England Association of USA Track & Field.

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16th Woody Allen 5K Norway

June 11

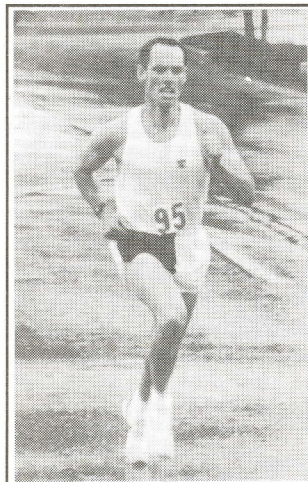
It was a drizzly day, but providentially the race organizers had put the start and finish under the drive-through canopy at the Norway Savings Bank. So you literally ran to get out of the rain. "One hill up, one hill down," said John Gagnon of the course. The compilation of results seemed to take forever, but nobody seemed to mind much. The race director, "K.C." of the Oxford Hills YMCA, provided a vigorous commentary during the awards ceremonies. There also was an in-line skate race, which Kevin Gott of New Gloucester won. Woody Allen was a South Paris civic leader. (LT)

1	Peter Bottomley	33	15:41
2	Ralph Fletcher	44	16:28
3	Kevin McDonald	45	16:39
4	Todd Allen	31	16:43
5	Richard Hartford	26	16:46
6	John Gagnon	28	17:09
7	Bob Poirer	40	17:12
8	Scott Jerome	25	17:19
9	Mark Florence	17	17:22
10	Ben Fletcher	14	17:27
11	Ben McIntire	21	17:58
12	Noah Duarte	20	18:07
13	Steven Fortier	26	18:36
14	Willie Sproul	37	18:45
15	Chris Varney	18	18:53
16	Ray Millo	15	19:05
17	Richard Scribner	43	19:09
18	Debra Hanley	34	19:29*
19	Scott Allen	33	19:37
20	Russell Florenz	44	19:46
21	Michael Beaudoin	52	19:52
22	Brian Kelley	37	20:10
23	Chuck St. Hilaire	34	20:16
24	Erik Lamontagne	18	22:34
25	John Hower	60	20:41
26	Kristen Dart	14	20:53*
27	Terry Blais	32	21:01
28	Brent Gammon	24	21:09
29	Curtis Cole	41	21:14
30	Steven Place	40	21:35
31	Geoffrey Lowe	24	21:48
32	Bill Ward	42	22:12
33	Megan Greenleaf	13	22:15*
34	Karen Frost	14	22:16*
35	Randy Barry	34	22:19
36	Constantine Rufinesque	58	22:23*
37	Greg Simoneau	25	22:25
38	Donna Hanley	33	22:57*
39	Roland Kearly	60	23:46
40	Thomas Howe	12	23:54
41	Lloyd Watt	53	23:57
42	Andrew Dean	13	25:35
43	Suzie Pinto	45	25:48*
44	Liana Poirier		25:50*
45	Kathy Greenleaf	52	25:53*
46	Joan Churchill	35	25:54*
47	Judi Richard	34	26:09*
48	Lisa Fogg	31	27:47*
49	Lisa Watt	20	28:12*
50	Jan Barry	27	29:18*
51	Mark Clinch	39	30:35
52	Roxanne Kearly	25	32:31*

53	Vicki St. Hilaire	32	33:47*
1-Mile Fun Run			
1	Ben Schott	13	5:46
2	Sam Fletcher	9	6:10
3	John Reuter	10	6:11
4	Emily Fletcher	12	6:28*
5	Colin Reuter	12	6:45
6	Mathias Florenz	11	6:48
7	Bonnie Trundy	34	7:06*
8	Evan Allen	9	7:46
9	Andy Poirer	7	7:47
10	Timothy Cole	9	8:02
11	Jonathan Allen	6	8:05
12	Ben Allen	9	9:16
13	Shawn Mason	7	9:27
14	Elise Churchill	7	9:28*
15	Anyia Trundy	11	9:32*
16	Elizabeth Allen	7	9:41*



Karen Frost, 14, and Megan Greenleaf, 13



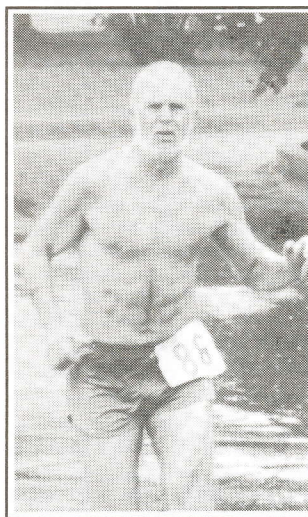
Ralph Fletcher, 44



Liana Poirer, 41



Judi Richard, 34



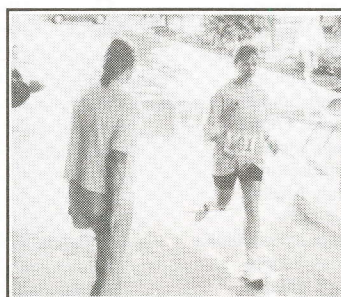
Roland Learly, 60



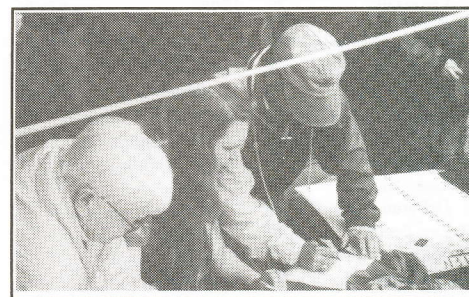
Bill Wood, 42



Greg Simoneau, 25



Roxanne Kearly, 25



Compiling the results

Lance Tapley Photos

Camp Fire 5K Scarborough

June 11

1	Bob Winn	36	Ogunquit	14:59
2	Steve Sarkozy	27		16:01
3	Robert Ashby	26	Brunswick	16:24
4	Bill Desrosier	32	Scarborough	16:39
5	David Roberts	40	Cape Elizabeth	16:49
6	Peter Hall	33	Gorham	17:01
7	Scott Broermun	34		17:15
8	Sean Keough	39		17:19
9	Michael Payson	32	Falmouth	17:32
10	Austin Hardy	16	Wells	18:27
11	Phil Haigis	19	Scarborough	18:36
12	Lonnie Reny	19	Scarborough	18:37
13	Lawson Noyes	53	Kennebunk	18:45
14	Paul Casey	41	Saco	18:58
15	Jim McCorkle	40	Falmouth	19:08
16	B. MacLaughlin	14	Cape Elizabeth	19:14
17	David Peterson	46	Westbrook	19:27
18	Carol Hogan	44	Portland	19:39*
19	Cheryl Bascomb	35	New Gloucester	19:47*
20	David Eldridge	30	Sanford	19:59
21	Ruth Hall	37	Gorham	20:11*
22	Chip Kelley	33		20:12
23	Christina Morin	23		20:23*
24	John Edwards	42	Scarborough	20:27
25	Peter Merrill	36	South Portland	20:30
26	Bridget MacLaughlin		Cape Elizabeth	20:41*
27	Katie Reid	19		20:51*
28	Happy Sprague	26	Boston, MA	20:59*
29	Joan Lee	41	New Gloucester	21:01*
30	Betsy Barrett	44	Scarborough	21:10*
31	Nancy Krum	32	Freeport	21:24*
32	Charles Ouillette	49	Scarborough	21:45
33	Frank Knight	49	New Gloucester	21:49
34	Mike Brooks	49	Kennebunk	22:22
35	Sam Boothby	54	Gorham	22:29
36	Donna Eldridge	31	Sanford	22:33*
37	Terry Spiker	31	Brunswick	22:34
38	Richard Jewell	52	South Portland	22:37
39	Larry McAuley	41		22:48
40	Erica Graffam	16	Scarborough	23:16*
41	John Wolanski	36	Scarborough	23:21
42	Wendy Williams	41		23:23*
43	Daniel McKeown	28		23:29
44	Deborah Cassidy	38	Scarborough	23:34*
45	Debbie Lary	21	Falmouth	24:07*
46	William Swett	15	North Berwick	24:14
47	Carlton Mendell	73	Portland	24:16
48	David Dobbs	47	Scarborough	24:51
49	Patricia Burns	40	Portland	24:55*
50	Josh Broder	16		24:56
51	Polly Kenniston	58	Scarborough	25:10*
52	Lori Pratt	25		25:13*
53	Lynne Gobeil	42	Kennebunk	25:15*
54	Kyle Metcalf	13		25:16*
55	Linda L'Heureux	40	Auburn	25:16*
56	Cindy Perry	12	Gray	25:29*
57	Yvette Knight	49	New Gloucester	25:51*
58	John Ouillette	47		26:02
59	Linda Hunt	48	Hollis	26:32*
60	Peter Buckley	30	Scarborough	27:04
61	Jo Marie McAuley	43		28:00*
62	Dianne McCorkle	35	Falmouth	28:28*
63	Susan Newton	40	Falmouth	28:33*
64	Brenda Tanguay	32	Westbrook	29:35*
65	Sally Fitzgerald	38	Gorham	30:07*
66	Melyssa Belletti	17	Scarborough	30:11*
67	Larry Nichold	65	Lebanon	30:37
68	Deborah Poore	46	Scarborough	30:37*
69	Don Penta	49	Windham	31:14
70	Margaret Ayooob	32	Portland	31:53*
71	Julius Marzul	69	Gorham	31:55

72	Carol Parker	33	Portland	32:48*
73	Jamie Broder	48		33:52
74	Debbie Teffit	40		34:19*
75	Jamie McAuley	12		37:49*
76	Christy Underwood	35	West Buxton	38:08*
77	Barbara Riley	41		46:34*
78	Marie Nicholas	61		47:24*

Joseph's 5K Fairfield

June 11

This is a fast 5K and a nice cool, cloudy morning provided the opportunity for PRs, if you were fit. Last year Edie Dubord was fit and ran a 16:59 to set a course record. This year, lack of time for training prevented her from staying with winner Christine Reaser. Wendy Ouellette ran an impressive sub-20 for her first race. She has been receiving some tutoring from Edie so expect to see her at the award ceremonies as the summer progresses. Of interest, Jim Moore finished seventh in the 50 to 59 age group but would have won a trophy in the 20 to 29 group. Lack of younger runners and improving performances of our older runners are resulting in an increasing number of inequities at the awards table. *John LeRoy*

Bruce Ellis Open Mile

1	Jon Chapin	36	5:36
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Bruce Ellis Masters Mile

1	Gary Larson	50	5:24
2	Tom McGuire	48	5:26
3	Joe Johnson	40	5:27
4	Dale Dickie	52	5:49
5	Tom Coy	51	6:17

Joseph's 5K

1	Morgan Laidlaw	23	16:09
2	Tom Thibau	37	16:21
3	Ludovic Bruyere	26	17:08
4	Christine Reaser	29	17:27*
5	Derek Veilleux	16	17:29
6	Paul Fagan	42	17:29
7	Edie Dubord	37	17:46*
8	Alan Burke	31	17:53
9	Michael Thompson	31	18:09
10	Walter Crockett	36	18:23
11	Chris Prickett	44	18:32
12	Keith Holland	40	18:33
13	David Simard	37	18:37
14	Terry Clark	50	18:41
15	Denis Poulin	35	18:48
16	Will Mannett	14	18:56
17	Richard Scribner	43	18:59
18	Anson Smith	18	19:11
19	Gary Larson	50	19:38
20	Bob Crosswell	44	19:43
21	Dick Cummings	57	19:47
22	Dale Dickie	52	19:53
23	Wendy Ouellette	22	19:56*
24	Hank Laidlaw	52	20:01
25	Bruce Bernier	39	20:23
26	Darren French	14	20:25
27	Jon Chapin	36	20:33
28	John LeRoy	58	20:51
29	Andy Mannett	12	20:52
30	Erin York	14	21:00*
31	Manuel Conchinha	30	21:04
32	James Moore	51	21:29
33	Mark Thomas	22	21:46
34	Steve Tuckerman	41	21:52

35	Tom Coy	51	22:11
36	Dennis Morrell	55	22:41
37	Dianna Burke	30	22:51
38	Barbara Tilton	23	23:11
39	Jerry Saint Amand	51	23:11
40	Keith Curtis	66	23:21
41	Tom McGuire	48	23:31
42	Amy Bradstreet	21	23:41
43	Judy Harris	40	23:41
44	Goff French	44	23:51
45	John Fiedler	53	24:21
46	Randall Paquette	29	24:21
47	Betty Wilkins	40	26:01
48	Deborah Pepe	53	27:31
49	John Pratt	11	31:11
50	Skip Pratt	41	31:11
51	Judy Dickie	53	31:37
52	Mark Clinch	39	31:51
53	Patti Brann	30	35:31
54	Linda Benn	47	37:41

Mt. Washington Pinkham Notch Road Race

June 17

by John Stifler

Gideon Mutisya of Kenya and J'ne (pronounced "Janey") Day-Lucore of Denver, Colorado, battled the winds more than they battled other runners as they won the grueling Mt. Washington Road Race, a 7.6-mile ascent to the summit of the highest peak in the northeastern United States.

Running away from a field that included defending champion Dave Dunham of Londonderry, N.H., and 900 other runners, Mutisya went from the bottom to the top of the storied Mt. Washington Auto Road in one hour, one minute and 42 seconds (1:01:42). Day-Lucore, who has now won this race each of the three times she has entered it, was also hardly pressed as she reached the 6,288-foot summit in 1:17:29.

Mutisya, Dunham, Eddy Hellebuyck of Belgium, who lives and trains in Albuquerque, N.M., and Rob Pierce of Alfred, Maine, ran together in the first mile, but then Mutisya made a move none of the others even attempted to answer, and before the two-mile mark he had opened a lead of more than 200 yards. Although some newcomers to this race paid dearly for starting too fast, Mutisya looked confident, and with good reason, as he lengthened his lead steadily. On the upper slopes he encountered sudden gusts of 40-m.p.h. that slowed him from a seven-minutes-per-mile pace to a nine-minute pace, but since everyone behind him was slowing down as much or more, he continued to extend his lead.

A few steps after he crossed the finish line, Mutisya's first words were, "Oh, my gosh, this hill! It's too tough! I'm freezing!" Half an hour later, however, he looked relaxed and happy and said he may run the race again next year. "With no wind, I can break the course

record," he said. That record is 59:17, set by Derek Froude of New Zealand in 1990.

Dunham, who has run this race seven times before, and first-timer Craig Fram of Hampstead, N.H., who moved up through the pack, ran together with Hellebuyck until the fifth mile, when Hellebuyck faded and was eventually overtaken by Eric Morse of Moretown, Vt. Dunham and Fram finished side by side in 1:03:20, intending to tie, although the judges officially awarded second to Fram and third to Dunham. Morse arrived 17 seconds later (1:03:37), Hellebuyck placing fifth in 1:04:49.

"What makes this race exciting," said Day-Lucore as she ducked out of the wind at the summit, "is that you never know until you get here what the weather is going to be like. A little wind is okay, but it slows the times." Although she led the women's field from start to finish, Day-Lucore was not without competition. Sandra Natal of Brooklyn, N.Y. and the Dominican Republic, was a strong second in 1:18:31, with Anna Brook of Somerville, Mass. third in 1:18:51.

Temperatures at the base were in the mid-60s and reached 45 Fahrenheit at the summit. The race is sponsored by the Healthsource company, with assistance from Polar Beverages and Bridgton Academy in Maine. Their support helps provide trophies and cash prizes in many age divisions and to cover some travel expenses for elite athletes.

Top men

1	Gideon Mutisya	28 Kenya	1:01:42
2	Craig Fram	36 Hampstead, NH	1:03:20
3	Dave Dunham	31 Londonderry, NH	1:03:20
4	Eric Morse	30 Moretown, VT	1:03:37
5	Eddy Hellebuyck	34 Albuquerque, NM	1:04:49
6	Andy Ames	32 Boulder, CO	1:05:16
7	Bob Ratcliffe	37 Cambridge, MA	1:05:29
8	Robert Pierce	34 Alfred, ME	1:06:44
9	Matthew Cull	34 Manchester Center, VT	1:06:55
10	Scott Clark	29 Gilmanston, NH	1:07:00

Top women

1	J'ne Day-Lucore	34 Denver, CO	1:17:29
2	Sandra Natal	33 Brooklyn, NY	1:18:31
3	Anna Brook	29 Somerville, MA	1:18:51
4	Kathy Kanes	33 Columbia, SC	1:19:46
5	Renee Riedel	33 Newburyport, MA	1:23:02
6	Donna Smyers	37 Manchester, CT	1:23:06
7	Sue Lachance	35 Lunenburg, MA	1:24:31
8	Barbara Higgins-Nelson	31 Concord, NH	1:24:59
9	Kerry Arsenault	30 Guilford, CT	1:25:34
10	Pam Moore	31 Keene, NH	1:26:08

Maine racers

8	Robert Pierce	34 Alfred	New Balance	1:06:44
37	Peter Bottomley	33 Naples	Maine TC	1:14:33
39	William Emerson	31 Bangor	Maine TC	1:15:22
48	David Drew	30 Litchfield	C Maine	1:17:02
71	Ludovic Bruyere	26 Augusta	Snorada	1:19:44
86	Bob Poirier	40 Minot	C Maine	1:21:02
110	Michael Reali	41 Cape Eliz.	Maine TC	1:23:18
119	Joe Hayes	46 York	Maine TC	1:24:21
128	Thomas Clemence	38 Falmouth	Maine TC	1:24:51
159	Richard Mulhern	41 Falmouth	Maine TC	1:27:05
194	Gail Turner	35 Portland	Maine TC	1:29:33*
203	Chase Pray	51 Manchester		1:29:49
205	Jeffrey Hunt	37 Bangor		1:29:58
208	Gary Goss	49 York		1:30:05
221	Paul Corrigan	43 Hartland		1:31:05

280	James Haddon	35 Limington	Maine TC	1:34:04
303	Al Sproul	57 Chamberlain		1:35:09
304	Tom McGuire	48 Oakland	C Maine	1:35:14
312	Larry Barker	46 S. Portland	Maine TC	1:35:29
317	Bob Coughlin	56 Scarborough		1:35:46
328	Carroll Caron	38 Oakland	C Maine	1:36:46
339	David Butler	37 Windham		1:37:35
352	Dennis Smith	45 Gorham	Maine TC	1:38:24
361	Albun Butler	41 Portland	Maine TC	1:38:41
374	David Benn	49 Waterville	C Maine	1:39:11
380	Maureen Sproul	39 N. Gloucester	Maine TC	1:39:10*
402	Dick Church	63 Southwest Harbor		1:39:58
408	Duncan Ballantyne	43 Bath	Maine TC	1:40:19
416	Paul Lessard	38 Biddeford		1:40:35
418	Ronald Paquette	54 Albion	C Maine	1:40:38
461	Paul Gadbois	41 Saco	Maine TC	1:43:33
469	Gene Roy	48 Oakland	C Maine	1:43:55
474	James Bright	45 N.E. Harbor	C Maine	1:44:12
478	Karl Brantner	40 Kennebunk	C Maine	1:44:18
479	Norman Lachance	41 Alfred	Maine TC	1:44:20
484	John Howe	60 North Waterford		1:44:38
499	Steven Gorman	40 Berwick		1:45:25
509	Richard Cegelis	44 S.W. Harbor	C Maine	1:45:40
573	Richard Robinov	35 Cumberland	Maine TC	1:48:13
584	Bob Brosius	42 Wayne	C Maine	1:48:51
655	Stanley Sheldon Jr.	48 Berwick		1:52:55
667	Steven Jacobino	39 Brownfield	Primavera	1:53:29
669	Kate Mazuy	25 Bethel		1:53:35*
728	Craig Whiton	44 Portland		1:57:57
738	James Moore, Jr.	51 Waterville	C Maine	1:58:54
741	Russell Bradley	71 Cape Eliz.	Maine TC	1:59:03
747	Louisa Dunlap	54 Belfast	C Maine	1:59:22*
762	Claire Robbins	32 Yarmouth		2:00:40*
773	Hubert Strom	65 Cape Eliz.	Maine TC	2:02:08
806	Barb Anderson	40 Fryeburg	WMM	2:05:18*
846	Philip Call	46 Portland		2:08:27
852	Carlton Mendell	73 Portland	Maine TC	2:08:43
853	Ember Brosius	16 Wayne	C Maine	2:08:46*
869	Donnajeane Pohlman	44 Albion	C Maine	2:11:19*
899	Ronald Pelton	42 Yarmouth	Maine TC	2:17:26

Team Results - Maine Men

8 Maine Track Club 6:42:25

Peter Bottomley, William Emerson, Michael Reali, Joe Hayes, Thomas Clemence, Richard Mulhern, James Haddon

10 Central Maine 6:57:15

Rick Stuart, David Drew, Bob Poirier, Dean Rasmussen, Tom McGuire, Carroll Caron, David Benn

Team Results - Maine Women

13 Central Maine 6:19:27

Louisa Dunlap, Ember Brosius, Donnajeane Pohlman

Masters Team Results - Maine Men

6 Maine Track Club 4:14:44

Michael Reali, Joe Hayes, Richard Mulhern, Larry Barker, Dennis Smith, Albun Butler, Duncan Ballantyne

13 Central Maine 4:29:39

Bob Poirier, Dean Rasmussen, Tom McGuire, David Benn, Ronald Paquette, Gene Roy, James Bright

20th Hampden 8 1/2 Miler June 18

Cloudy, warm, and humid.

1	Giles Norton	48:27
2	Patrick Sullivan	49:33
3	Judson Esty-Kendall	51:57
4	Rick Chalmers	52:31
5	Randy McNeill	52:48
6	Steve Peterson	54:50
7	David Simard	55:45
8	Mike Thompson	56:06
9	Paul Baillargeon	56:35
10	Greg Dorr	57:10
11	Larry Deans	58:06

12	Tim Reid	58:14
13	Rick Lyons	58:19
14	Sheila Hodges	59:50*
15	Kevin Dow	60:02
16	Jeff Jones	60:38
17	Frank Bragg	61:00
18	Dan Avenier	62:25
19	Dale Dickie	62:38
20	Sue Tortello	63:00*
21	Beric Deane	64:17
22	Keith Holland	64:45
23	Patrice Lastufka	65:44*
24	Ryan Barnes	65:57
25	Joe Bennett	66:20
26	Katrina Bisheimer	66:21*
27	Dave Atwood	67:55
28	Dave Samuelian	68:22
29	Rene Collins	68:29*
30	Ike Morgan	70:00
31	Tom Houston	76:10
32	Laura Richards	79:00*
33	Steve Tuckerman	79:03
34	Judy Dickie	87:13*W
35	Paul Paulsen	129:16W



Habitat for Humanity 4 Miler Portland June 21

On the longest day of the year, this solstice celebration appropriately ran in the evening through Portland's Old Port district, a celebratory venue. It was clear, breezy, and a little cool. There was still sunlight as the apres-race festivities ended about 8:15 p.m. in back of the Regency Hotel, which trucked out trays of hors d'oeuvres. A radio station, WPOR, broadcast from the site, which added to the festive mood. We asked a couple of people if they liked the race. "I like these summer-evening city races," one responded. "Do you like the traffic is the question," answered another. (LT)

1	David Weatherbie	27	21:28
2	Andrew Black	33	21:52
3	Kyle Rhoads	25	21:59
4	Bill Derosier	32	22:01
5	David Roberts	40	22:05
6	Seth Harrow	24	22:14
7	Brian McCrea	35	22:29
8	Jeff Libby	33	22:34
9	Kevin McDonald	45	22:40

10	Teal Hallstrand	30	22:45	85	Rosalyn Randall	45	28:42*	160	Sally Gore	32	34:00
11	Roland Thibault	27	23:08	86	Kellern Wood	31	28:43*	161	Kim Linnell	34	34:00
12	Jay Flaker	31	23:11	87	Jeff Lyons	38	28:46	162	Don Peters	56	34:00
13	Kenneth Flanders	43	23:16	88	Kimberly Moody	40	28:49*	163	Julia Littlefield	44	34:00
14	Andy Hale	17	23:22	89	Tasha Moody	15	28:50*	164	Adam Growick	21	34:00
15	Kevin Gile	37	23:33	90	John G. Morse	50	28:53	165	Kathy Greenleaf	52	34:00
16	Jim Gunson	28	23:35	91	Patricia Burdo	29	28:54*	166	Annette Elowitch	52	34:00
17	Kristin Pierce	21	23:57*	92	Nancy Nickerson	40	28:57*	167	Bob Cushman	57	35:00
18	Lawson Noyes	53	23:59	93	Elizabeth Coleman	30	28:59*	168	Mary Rhinehardt	26	35:00
19	Thomas A. Buckoff	34	24:05	94	Chad Garland	24	29:01	169	Nori Gale	27	35:00
20	Sam Brown	21	24:09	95	Ted McHugh	36	29:02	170	Michael Darling	40	35:00
21	Scott Strout	32	24:17	96	Cindy Dipalma	37	29:05*	171	Laurie Curtis	48	35:00
22	Randy Spencer	33	24:19	97	Dick Downs	49	29:10	172	Anne Sturges	38	35:00
23	Bob Stuart	40	24:24	98	Alicia Pulsifer	24	29:18*	173	Bob Sturges	47	35:00
24	John Cooper	25	24:28	99	Kris Caterina	26	29:26*	174	Alice Goodwin	37	36:00
25	Jim Bunnell	37	24:31	100	Mark Marsters	31	29:27	175	Elizabeth Cannellan	30	36:00
26	Rich McCauley	35	24:38	101	Susan Clark	32	29:30*	176	Nancy Savage	31	37:00
27	Terry Sutton	33	24:41*	102	Nathan Nickerson	38	29:33	177	Brian Flanagan	39	37:00
28	Chuck Radis	42	24:42	103	Bill Wood	42	29:39	178	Lauren Emerson	37	37:00
29	David McNaughton	28	24:44	104	Angie White	30	29:46*	179	Sally Paterson	53	37:00
30	Kurt Nielsen	40	24:45	105	Chris Muller	19	29:47	180	Bonnie Hoag	43	38:00
31	Michael Bosse	24	24:46	106	Sarah Parrott	36	29:48*	181	Michael O'Sullivan	29	38:00
32	Laurel Valley	32	24:48*	107	Mike Cowell	57	29:53	182	Suzanne Webster	26	38:00
33	John Brennan	19	24:51	108	Pete Peters	30	29:54	183	Michelle Lemieux	33	38:00
34	Scott Holt	30	24:57	109	Dominic Reali	52	29:56	184	Wayne Newland	57	38:00
35	Manny Arruda	45	25:02	110	Daniel J. McKeown	28	30:00	185	Darcee Mahon	26	38:00
36	Joe Hayes	46	25:19	111	Nancy Brice	24	30:01*	186	Angie Blevins	34	38:00
37	Willie Sprowl	37	25:21	112	Tom Harlow	49	30:03	187	Linda Metzger	52	39:00
38	Mary Meehan	29	25:25*	113	Jeanne McMorro	39	30:05*	188	Michael Lemieux	33	39:00
39	John L. Carpenter	37	25:45	114	George Entwiste	41	30:07	189	Chris Hughes	14	39:00
40	Peter Schroeter	42	25:46	115	Emily Stuart	36	30:08*	190	Kasmiera Hughes	8	39:00
41	John Cain	33	25:55	116	John Watson	51	39:09	191	Russ Hughes	36	39:00
42	Michael Marino	51	25:57	117	Joseph J. Hahn	56	30:10	192	Penny Rich	48	41:00
43	Larry Wood	36	25:59	118	Lorraine Paradis	38	30:12*	193	Marsha Wood	40	41:00
44	Paul Orlando	27	26:06	119	Terry Spiker	31	30:12	194	Julius Marzul	69	41:00
45	Larry Barker	46	26:10	120	Lynne Crandell	33	30:23*	195	Debbie Flanagan	37	41:00
46	Eric Knutsen	31	26:13	121	Joe O'Donnell	44	30:30	196	Don Penta	49	41:00
47	David Chamberlain	33	26:15	122	Mike Libby	35	30:31	197	Linda Benn	47	50:00
48	Will Terrill	24	26:16	123	Nick Sabatine	26	30:33				
49	Cheryl Bascomb	35	26:18*	124	Dianne Kazilionis	35	30:33*				



*Cheryl Bascomb, 35, was 5th woman.
Behind her is Gerry Conley*

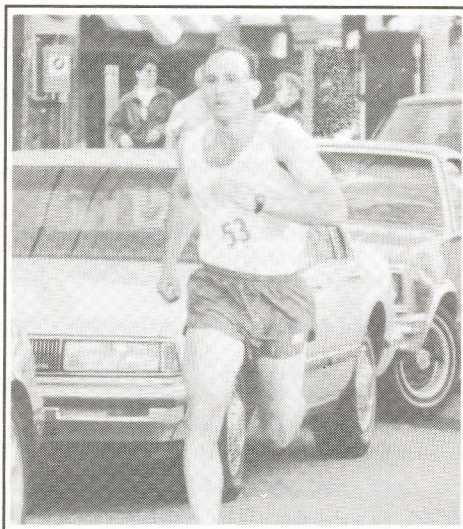
Habitat for Humanity 4 Miler Portland June 21



Stephanie Ives followed by Alex Pantaz



*David Roberts, no. 111, and Seth Harrow,
no. 117, lead this pack*



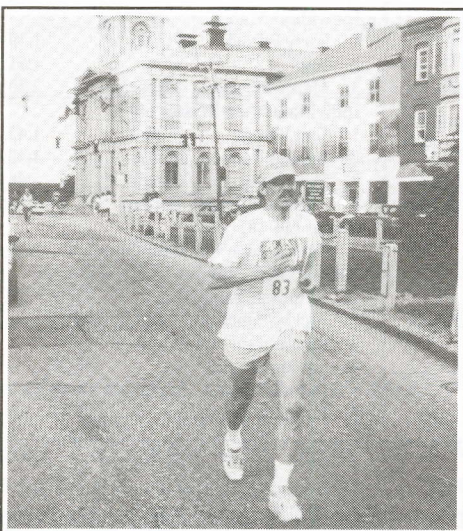
Andrew Black finished 2nd



Kasmiera Hughes and Russ Hughes



*Kim Moody, Running Hall of Famer, is
starting to get back in running shape*



Ken Brennan on Fore Street



*Annette Elowitch and Bob Sturges
(Elaine Rosenfield photo)*

Lance Tapley Photos

Bike Races

Mid-Coast Time Trials Rockport

Road Racing June 11

Third column is category (age and sex).

Hugh McLean	36	VM	37.20	Belfast
Ed Mendes	42	VM	37.25	Topsham
David Miller	41	VM	40.27	Wiscasset
Jim Witherell	41	VM	40.43	Lewiston
Gian A. Gallace	23	SM	40.45	Camden
Bob Bachorik	51	MM	43.33	Farmington
Aaron Churchill	41	VM	44.13	Orland
Ralph Hamil	48	MM	46.35	S. Thomaston
David Hatch	72	SGMM	47.39	Nobleboro
Jason Dieffenbacher	16	JM	47.49	Freedom
Deb Pluck	42	VW	47.50	Winslow
Amy Rosporski	30	SW	54.22	Camden

June 18

Third column is category (age and sex).

Ed Mendes	42	VM	36.54	Topsham
Hugh McLean	36	VM	37.09	Belfast
Geoff Scott	40	VM	40.25	Camden
Harrison Clark	39	VM	40.32	Bangor
Aaron Churchill	41	MM	42.35	Orland
Ralph Hamil	48	MM	42.52	So. Thomaston
George Walsh	72	GMM	45.13	Jay
Jason Dieffenbacher	16	JM	47.30	Freedom

July 2

Third column is category (age and sex).

Ed Mendes	42	VM	36.03	Topsham
Hugh McLean	36	VM	36.32	Belfast
Dean Read	48	MM	37.22	Winthrop
David Miller	41	VM	38.38	Wiscasset
Gian A. Gallace	23	SM	39.13	Camden
Jim Witherell	41	VM	40.19	Lewiston
Ralph Hamil	48	MM	41.34	So. Thomaston
Josh Bentthien	17	JM	41.41	Goffstown, NH
Aaron Churchill	41	VM	43.12	Orland
William Reinhardt	17	JM	43.3	Goffstown, NH
George Walsh	72	SGMM	44.14	Jay
David Hatch	72	SGMM	45.15	Nobleboro
Jason Dieffenbacher	16	JM	45.37	Freedom
Ralph Cheney	42	VM	45.51	Richmond
Deb Pluck	42	VW	46.06	Winslow
Eliza Kinney	17	JW	50.04	Cape Elizabeth

Great Falls Canoe Race Lewiston

June 10

Androscoggin River

Pro - 14 miles

1	Casale/Robideau	2:16:34
2	Mathieu/Macdonnell	2:17:11
3	Lyesluk/Thorp	2:17:20
4	Ostrowski/Galib	2:21:46
5	Steidler/Heed	2:24:06
6	Aud-Bouy's	2:25:33
7	Danya/McAllister (first master)	2:30:59
8	Hickey/Hickey	2:31:29
9	Andrews/Morris (first mixed)	2:34:30
10	Johnson/Thayer	2:41:28
11	Drake/Reinertsen (first women)	2:50:32
12	Morris/Heed	2:53:10

Amateur - 8.5 miles with portage

2-person Male

1	Gary Hickey	Mark Burke	Hickey/Burke
		1:47:02	
2	Ben Lounsbury	Bart Lounsbury	The Lounsburies
		1:56:38	
3	Andy Frohlich	Mark Turner	Mind Over Matter
		2:04:25	

2-person Mixed

1	Marc Lessard	Christina Wilson	Hope We're Fast
		1:42:43	
2	Terry Tracy	Tim Tracy	Tacoma Terror
		1:51:28	

2-person Male Master (40+)

1	Richard Heldt	George Pfeiffer	Heldt/Pfeiffer
			1:55:52
2	Mert Hickey	Dan O'Laughlin	Hickey/O'Laughlin
			1:57:40
3	James Santerre	Denis Santerre	Santerre's
			2:08:33

Individual Male

1	Barry Fifield	Fifield	1:39:47
2	Page		1:51:29
3	Mark McPheters	Mcpheters	2:20:57

Individual Male Master (40+)

1	Tom Walton	Walton	1:42:10
2	Bradley Helfer	Helfer	1:48:47
3	Stan Kissell	Kissell	1:49:05
4	Normand Berthol	Berthol	1:55:32

Junior (14-18)

1	Martin Beale	Matt Chase	Buds 1:40:18
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Recreational - 4 miles

1	Farnham/Chamberlain	43:09
2	Hickey/Babcock	45:04
3	Disqualified	
4	Cardozo/Jordan	45:39
5	Ludwig/Corado	46:53
6	Lewiston Police	48:28

7	Lickus	48:
8	Hemminger	48:
9	Unofficial entry	
10	Leavers	48:
11	Otis I	49:
12	Gang Greene	49:
13	Environmental	50:
14	Norton/Norton	51:
15	Lost Boy's	51:
16	Norton/Norton	52:
17	Team Andro Boat	53:
18	Beale/Hartford	53:
19	Stuart/Stuart	53:
20	Brunette	54:
21	Jones	54:
22	River Rats	54:
23	Crowin/Meyer	54:
24	Young/Young	54:
25	Gerken/Gerken	54:
26	Buzzell	55:
27	Conant	55:
28	Gammon/Jepson	55:
29	Andro Avengers	56:
30	Disqualified	
31	Pelletier/Polley	56:
32	Dreher/Dreher	56:
33	River Rats Area 2	56:
34	Carey/Carey	57:
35	Balch/Balch	57:
36	Goodspeed/Buck	58:
37	Nadeau/Nadeau	58:
38	Landry/Rawstrom	59:
39	Car Pool Comrades	59:
40	Beaulieu/McLean	59:
41	Just For Fun	59:
42	Sousa/Bernier	59:
43	Dowler/Dowler	59:
44	Dyer/Kavanah	1:0:
45	Wing/Garcia	1:0:
46	Team DNF	1:0:
47	Island Dogs	1:0:
48	Fongimie/Fongimie	1:0:
49	Liebetreu/Liebetreu	1:0:
50	Hammer Head	1:0:
51	Orrsmen	1:0:
52	Flipper	1:0:
53	Parker/Parker	1:04:
54	Rioux/Levasseur	1:04:
55	Whitehouse/Ngamaneudomm	1:05:
56	Synchronicity	1:05:
57	Knite/Knite	1:06:
58	Fess/Myrick	1:06:
59	Johanson/Lundholm	1:06:
60	Breakfast Club	1:07:
61	The Sarah May	1:07:
62	Haynes/Leonas	1:08:
63	Hill/Hill	1:09:
64	Fenian Boys	1:10:
65	Reed/Reed	1:12:
66	Stanley/Parkee	1:12:
67	Coolness	1:16:
68	River Rats	1:26:
69	Allen Pond Campground I	1:26:
70	Allen Pond Campground II	1:27:

- **Write an article.** Query us about it first. We especially welcome pieces about unusual running, bicycling, cross-country skiing, triathlon, fitness, or track and field Maine personalities, and articles about sports medicine, training and fitness, nutrition, running humor, major race experiences by Mainers out of state, wonderful running routes, training for kids, and reviews of equipment, books, and videos.

20TH MACHIAS BLUEBERRY RUN

Sponsored by:

"MACHIAS SAVINGS BANK"

5 Mile Road Race & 1 Mile Fun Run

Walkers Welcome

"In Conjunction With the 20th Annual Machias Blueberry Festival"

WHEN: Sat. August 19, 1995 1 Mile 8:00 am; 5 Mile 9:00 am

WHERE: Registration begins at 7:00 am at the Washington County Court House, 7 Court St., Machias, ME

COURSE: 5 Mile TAC Certified (#ME8801GN) Scenic, hilly loop course!

ENTRY: \$8.00 for 5 Mile. FIRST 150 TO PREREGISTER/REGISTER

GUARANTEED LONG SLEEVE "T" SHIRT (ADULT SIZES). \$5.00 FOR 1 Miler.

FIRST 100 TO PREREGISTER/REGISTER GUARANTEED SHORT SLEEVE "T" SHIRT

(ADULT SIZES) ***NOTE: ALL PARTICIPANTS IN BOTH RACES WILL BE

GUARANTEED SHIRT SIZE IF PREREGISTRATION IS RECEIVED BY JULY 31.

SHIRT SIZE FOR 1 MILE REGISTRATIONS RECEIVED AFTER JULY 31 WILL BE

ADULT MEDIUM. 5 MILE REGISTRATIONS RECEIVED AFTER JULY 31 WILL BE

EITHER LARGE OR X-LARGE, BASED ON AVAILABILITY.

****PROCEEDS TO BENEFIT THE "SCRR" SCHOLARSHIP FUND****

Mail Entry Forms to: Tom McKinney, 22 Cooper Street, Machias, ME 04654. Make checks payable to "Sunrise County Road Runners"

For Information: Call Tom McKinney at (207) 255-6555 evenings before 9:00 pm weekdays or weekends.

Race Features: Part of the 20th annual Machias Blueberry Festival, featuring craft vendors, exhibits, food, chronomix timing, accurate results. Mile splits at 1 & 3, water at 2, 4 and finish. Fast downhill finish with lots of cheering spectators.

AWARDS: For the 1 Mile, Top 3 Male & Female age 9 and younger, and ages 10 - 13. For the 5 Miler Male & Female ages 14 and under, 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

TEAM AWARDS: 1st and 2nd Male and Female teams. **ALL TEAMS MUST PREREGISTER. UNLIMITED MAY REGISTER, TOP 3 SCORE BY PLACE OF FINISH. TIES TO BE DETERMINED BY FASTEST CUMULATIVE TIMES.**

COMPLETE RESULTS IN MAINE RUNNING & FITNESS MAGAZINE

(Please Print clearly the following information)

Name: _____ Age _____ Sex: M _____ F _____

Address: _____

State: _____ Zip: _____ Tel: () _____

Adult size "T" Shirt: S M L XL

1 Miler: _____ 5 Miler: _____ Walker: _____ Team Name: _____

FOR INSURANCE AND SAFETY REQUIREMENTS, NO HEADPHONES, PETS OR BABY STROLLERS ALLOWED FOR EITHER RACE!!!!

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

SUNRISE COUNTY ROAD RUNNERS

Signature: _____
Signature of parent or guardian (if under 18) _____

MOBIL
Miller's General Store
E. Holden, Maine
843-5895

Bacon Printing Co.
1070 Hammond Street, Bangor
942-5591 • Fax 947-1567

put your **HEARD** into it!



California Paint
Penobscot Paint
Products Co.

BANGOR YMCA

CARDIAC RUN / WALK



DISTANCE: 5K

WHERE: YMCA Sports & Fitness Center
67 Taft Street
Bangor, ME 04401 off Maine Ave. near Bangor Int. Airport

WHEN: Friday, August 25, 1995

STARTING TIME: Walk 6:00 p.m. Run 6:30 p.m.

ENTRY FEE: \$8.00 preregistration \$8.00 race day registration 5:00 p.m.

T-SHIRTS: First 100 entrants

CATEGORIES: 10 and under, 10 - 14, 15 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 and over

AWARDS: Top 3 male and female finishers - run and walk
Top male and female in each age group - run and walk
Top 3 male and female cardiac class walkers
First cardiac runner
First YMCA member
Oldest finisher

CARDIAC RUN / WALK WAIVER AND REGISTRATION FORM

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

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

PLEASE PRINT

NAME _____ Walk _____ Run _____ Sex _____ Age _____

Address _____ Tel. No. _____

Y.M.C.A. Member? Yes _____ No _____

T-SHIRT Size Sm. _____ Med. _____ Large _____ X-Large _____ (Adult Sizes)

Signature _____

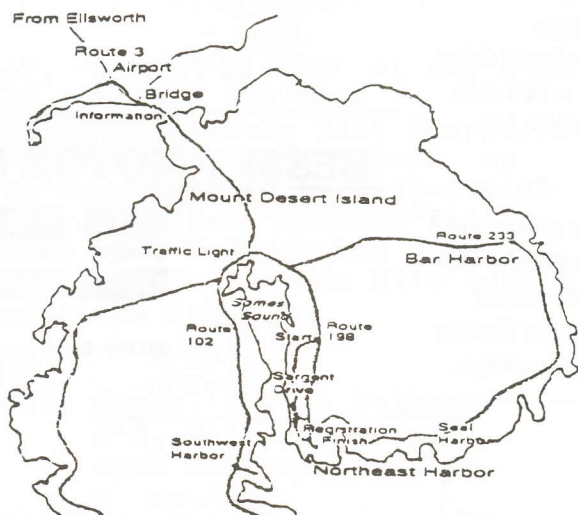
Signature of parent/guardian if under 18 _____

Mail form to: Paul Hammond, YMCA Cardiac Run, 67 Taft St., Bangor, ME 04401, (207) 941-2966

Please make all checks payable to Bangor YMCA

36 MAINE RUNNING & FITNESS

NORTHEAST HARBOR ROAD RACE 1995



DATE: Saturday, August 26, 1995

REGISTRATION: 8:00 to 9:10 AM at Great Harbor Museum, Main Street, Northeast Harbor

RACE STARTING TIME: 9:30 AM

FEE: \$8.00

DISTANCE: 5 miles

CATEGORIES:

Boys 13 and under	Girls 13 and under
High School boys	High School girls
Men 19 - 29	Women 19 - 29
Men 30 - 39	Women 30 - 39
Men 40 - 49	Women 40 - 49
Men 50 and over	Women 50 and over

For the fourth year the race will take advantage of the beauty that surrounds Northeast Harbor. Runners will register at the Great Harbor Museum on Main Street in Northeast Harbor from 8:00 to 9:10 AM and will then be transported to the starting line near the head of Sargeant Drive. The course follows the only natural fjord on the east coast, offering stunning views of mountains and quarries as it cuts through the statuesque trees, past towering walls of granite. It is not uncommon to spot sailboats floating on the waves of the Sound or to catch sight of a lobsterman hauling in his traps. The race will conclude back in town at the Great Harbor Museum, also known as the "Old Firehouse".

"It will be a good test for everybody, from the back of the pack to the top runners", says local running enthusiast Dave Renault. "It is probably the most picturesque course you're ever going to run to come right down Sargeant Drive past the summer cottages and the Northeast Harbor Fleet".

Cool ocean breezes should make for excellent running conditions on even the hottest August day. Mount Desert Spring Water, a local bottler, will again provide refreshment with water stations along the way.

Rest rooms at Great Harbor Museum
Finish computed by automatic timer

BENEFIT: Northeast Harbor Ambulance Fund.

SPONSORED BY: NORTHEAST HARBOR CAFE, Main St.

AWARDS:

- First place overall Men and Women
- Second place overall Men and Women
- 1st and 2nd place in category
- Oldest and Youngest Runner
- 1st 75 Entrants will receive T-shirts

ENTRY FORM

In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and officials for any and all injuries suffered by me in the 1995 Northeast Harbor Road Race.

Name _____

Age as of 8/26/95 _____

Address: _____

CATEGORY: _____

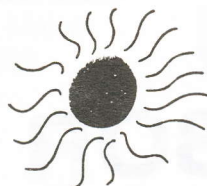
T-Shirt Size: _____ Small _____ Medium _____ Large _____ X-Large

SIGNATURE: _____

(parent must sign if under 18)

Mail Registration form with \$8.00 Fee to: **NORTHEAST HARBOR FIRE CO., INC.**, Northeast Harbor, ME 04662

Tour of Oxford Hills

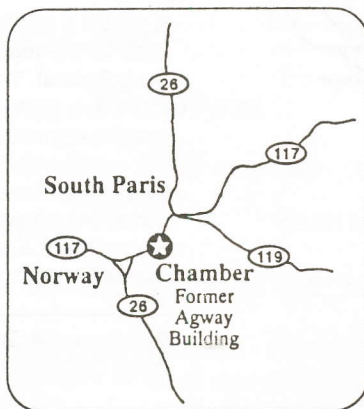


- Two mapped routes of 25 and 40 miles through moderately hilly and scenic Oxford Hills. All roads are tarred except for one mile of hard-packed gravel, which can be bypassed
- Fully supported with a van equipped for minor repairs traveling the route
- Drawing for prizes at beginning of tour
- Refreshments at end of tour
- Water stops and swimming beaches on the route
- Helmets required to be worn by all riders
- Bicycle with flow of traffic
- Call (207) 743-9019 for more information

The Norway-Paris Heritage Trust is a non-profit organization dedicated to promote, for the benefit of the general public, the conservation and protection of natural resources in the Oxford Hills area. These resources include land and water resources, the plant and animal life thereon, and significant scenic, agricultural, natural and historic sights.

The NPHT is offering the Tour of Oxford Hills as an opportunity to view some of this land in a non-competitive, fully-supported bicycle tour.

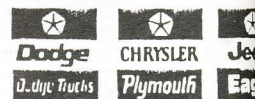
We will begin the ride at 9:00 AM on August 26, 1995. Registration will be held from 8:30 - 9:00. The ride will begin and end at the Oxford Hills Chamber of Commerce on Route 26 in South Paris.



Sponsored By:



BESSEY MOTOR SALE



201 Main Street, South Paris, Maine
Toll Free: 1-800-333-3333
Phone: 207-743-9019
Fax: 207-743-9019



Tour of Oxford Hills
Norway-Paris Heritage Trust
PO Box 107
Norway, Maine 04268

Registration Form

Please print clearly and return with check or money order payable to Norway-Paris Heritage Trust.

- ☐ \$8 pre-registration fee, before Aug. 1
☐ \$10 registration day of Tour

Name _____

Address _____

Town _____ State _____ Zip _____

I understand that bicycling is a potentially hazardous activity and that I should not participate unless I am medically able and physically prepared. I assume all risks associated with this ride including but not limited to falls, effects of weather, conditions of the roads and automobile traffic. By signing this form, I, for myself, my heirs, executors, and administrators, release the Norway-Paris Heritage Trust and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of participating in this event.

Signature _____ Parent/Guardian if under 18 years _____

ROBBINSON FIREFIGHTER 5K



SATURDAY, AUGUST 26, 1995 at the ROBBINSON VOLUNTEER FIRE DEPT. RT.#1

ONE MILE FUN RUN/WALK

A single, relatively flat loop around Robbinston Grade School, up Rt.#1 to woodlot then back to finish at the fire station. Winning time in 1993 was 6:45. Walkers are welcomed to participate in the One Mile event. Starting time: 8:30 am

FIVE K ROAD RACE

This 3.1 mile downhill, gentle rolling course has "breathtaking" views of the St. Croix River International Boundary with Canada, Mill Cove vista and water station. Winning time in '93-17:18

Starting time: 8:45 5K runners bussed to Start. Race begins at 9:00 am

DIVISIONS: Girls, Boys & Walkers
6-8, 9-11, 12-14 and
open walkers division

5K RUNNERS
15-19, 20-29, 30-39
40-49, 50-59, 60& over

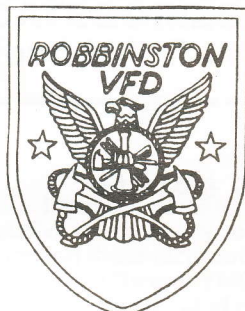
ACCOMODATIONS: Changing rooms, shower facility, toilets and water available at the Robbinston Volunteer Fire Dept.

REGISTRATION: Received by 8/20/95
\$4.00
Received after 8/20/95
\$5.00

Received by 8/20/95
\$6.00
Received after 8/20/95
\$7.00

AWARDS & PRIZES: *

- * Trophies to first 3 finishers in 1 Mile Fun Run
- * Ribbons to all other finishers, separate age divisions and separate walkers division
- * Special drawing for prizes from sponsors



- * Trophies to 1st, 2nd & 3rd place overall in 5K
- * Trophies to 1st place in six separate age divisions
- * Special Ribbons to 2nd and 3rd in age divisions
- * Quality Certificates of Completion to each participant
- * All finishers eligible for winnings in prizes lottery

RESULTS: MAINLY RUNNUNG MAGAZINE, BANGOR DAILY NEWS, CALAIS ADVERTIZER

In consideration of this entry, I hereby, for myself, my heirs, my executors and administration waive and release any and all claims for damages against the sponsors and directors of this race as well as their assigns and representatives for injuries and illnesses which directly or indirectly result from my participation in this race. I hereby certify that I am physically fit and have trained sufficiently for this event.

Name _____ Male _____ Female _____ Age _____
Address _____ 1Mile _____ Walker _____ 5K _____
Signature _____ T-Shirt Size: S M L XL

Parent's Signature required if under 18 _____

Return completed form to: TOM BRENNAN, Race Director, P.O. BOX 152, Calais, Me. 04619

**The
Forecaster
Newspaper
and the
Ladies Run
to Win Team
present...**

**Saturday
September
2nd
9 am
at Falmouth
High School**

**52 Woodville Rd.,
Falmouth,
Maine**

Registration Form

**PLEASE
PRINT
CLEARLY**



10K ROAD CERTIFIED RACE

Entry Fee : \$10.00 ~ Pre-registration by mail til August 28th.

Long Sleeve T-Shirts to the first 75 registrants.

Water & Splits ~ No Shower Facilities.

Prizes to First Male and Female

and to all Division Winners

Police & Fire Challenge = 3 Person Teams

= Lowest combined times win.

Fitness cup to be given and rotated yearly by winning teams.

1994 Winners....Bath Police Dept.

Refreshments afterwards

NAME _____ **AGE** _____ **SEX** _____

ADDRESS _____

TOWN _____ **STATE** _____

ZIP _____ **TELEPHONE** _____

WAIVER * Must be signed

In signing this entry, I for myself, my heirs, executors and administrators, release the manager of the race, all sponsors and promoters, and the Town of Falmouth, for any and all liability in case of death or injury received during participation in this race. In the case of a minor, this entry must be signed by parent or guardian of entrant.

Signature: _____

Parent/Guardian _____

Make checks payable to: The Forecaster

Mail to: The Forecaster, PO Box 66797, Falmouth, Maine 04105

For application and information call Nancy Lund at 781-3661, Mon.-Fri. 8-4:30.



MAINE SPORT TRIATHLON

.5 MILE SWIM 26.5 MILE BIKE 6.6 MILE RUN

Sunday, September 3rd, 1995, 9:00 A.M. start

Barrett's Cove Beach at Megunticook Lake, Route 52, Camden, Maine

ENTRY FEE:	Pre-register by August 27th	Race Day
	Individual \$15.00	\$20.00
	Team \$30.00	\$36.00

RACE FEATURES:

- ◆ T-Shirts to all participants who pre-register by August 27th
- ◆ Merchandise raffle with over 25 items to give away
- ◆ Post race refreshments
- ◆ Post race awards ceremony
- ◆ Follow-up vehicle on the bike course
- ◆ Water stops on the run course
- ◆ Computer timing
- ◆ Complete race results in Maine Running and Fitness

REGISTRATION:

Send signed entry form with check payable to: Maine Sport*c/o Triathlon*P.O. Box 956*
Rockport, ME. 04856

FOR MORE INFORMATION: contact Sarah Andrus at Maine Sport, phone #207-236-7120

----- ✂ ----- ✂ ----- ENTRY FORM ----- ✂ ----- ✂ -----

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

Signature of Participant (Guardian if under 18)

Date

NAME _____ AGE _____ SEX _____

(please print clearly)

ADDRESS _____

PHONE# _____

(Each member of a team must fill out a separate entry form, but mail together)

CIRCLE ONE: INDIVIDUAL TEAM: SWIM - BIKE - RUN



33RD ANNUAL BANGOR LABOR DAY ROAD RACE

Sponsored by the Bangor Parks and Recreation Department

Please enter me in the Labor Day Road Race (Wheel Measured 5 Miles)

DATE: Monday, September 4th, 1995

TIME: 9:00 a.m.

PLACE: Bass Park Grandstand - 100 Dutton Street - Bangor ME

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ AGE AS OF SEPT. 4, 1995 _____ SEX _____

DIVISIONS: (AGE)

16 & UNDER 17 - 29 30 - 39

40 - 49 50 - 59 60 AND OVER

ENTRY FEE: \$7.00

In consideration of this entry being accepted I, for myself, my heirs, executors, administrators waive and release any and all rights and claims for personal damages I may have against officials and race sponsors. I attest and verify that I have full knowledge of the risks in this event and I am physically fit to participate in this event. I hereby release the City of Bangor and all others assisting with the Labor Day Road Race from any liability for any injury or accident occurring as a result of my participation in this race.

SIGNATURE _____ DATE _____

Parent or Guardian Signature if under 18 _____

RACE INFORMATION

STARTING TIME : 9:00 A.M.

REGISTRATION: 7:45 - 8:45 A.M. at the Bass Park Grandstand

AWARDS: Awards to the top 3 finishers in each category.

The first 150 runners to register will receive a T-shirt.

MAIL ENTRY FORM AND FEE TO: Bangor Parks and Recreation
c/o Craig R. Orff
647 Main Street
Bangor ME 04401

FOR FURTHER INFORMATION TELEPHONE 947-1018



PENOBSCOT BAY MEDICAL CENTER/RESPIRATORY CARE DEPT.

Family Health Run/Walk

A Race for Everyone!

12th Annual 5K Race • One Mile Fun Race • Quarter-Mile Fun Race

Date: Saturday, Sept. 9, 1995. Fun Runs begin at 9:30 a.m., with 5K to follow at 10:00 a.m.

Course: One-mile and one-quarter-mile Fun Runs; 5K (wheel measured) fast course starting and finishing at the Camden Snow Bowl.

Prizes: 5K — Trophies will be awarded to the first male and female in each division, and to the first male & female overall. First male and female winners awarded dinner and overnight accommodations for two at the Samoset.

Fun Runs — Winners awarded ribbons.

Raffle: Cash raffles & prize raffles.

Race Categories:

5K	One Mile Fun Run	Quarter-Mile Fun Run
14 and under	6 and under	2 and under
15-19	7-10	3-4
20-29	11-14	4-6
30-39	15 and over	6-8
40-49		
50 and over		
Walking Division (Overall male and female)		

Services Provided: Mile markers and splits, refreshments, and rest rooms.

Registration: In Advance by mail or at 8:00 a.m. on the day of the race.

Free t-shirts to the first 25 Adults who register and every child under 16.

Send entry to Department of Respiratory Care,

Penobscot Bay Medical Center, Six Glen Cove Drive, Rockport, Maine. 04856.

Fees: 5K — \$10.00; One-Mile Fun Run — \$5.00; Quarter-Mile Fun Run — \$5.00.

Make checks payable to PBMC Family Health Run.

Sponsors: The Respiratory Care Department of Penobscot Bay Medical Center
Support and Prizes from the Samoset Resort, Maine Sports and Goldsmiths.

Information: 596-8474 ext or 596-8472

Entry Form and Release

In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against Penobscot Bay Medical Center or any of its employees for any injury or illness which may directly or indirectly result from my participation in the Family Health Run. I further state that I am in proper condition to participate in this event. I also give my permission for the free use of my picture and name in any written form.

Name _____ Age _____

Address _____ Sex _____

Signature _____ Date _____

Parents Signature if Under 18 years _____

Please circle appropriate information:

Shirt Size: Small Medium Large Extra Large

Race: 5K One-Mile Quarter-Mile **Race Type:** Walk Run



13th

Terry Fox 5-K Run

10 a.m. Sunday, September 10
Best Western White House Inn

(Exit 44 – off I-95)

Parking provided by Dysart's Restaurant

A fun course going through Bangor and Aroostook railroad yard.

From April 12 to Sept. 1, 1980 Terry Fox ran his Marathon of Hope, a transcontinental run of Canada, on one good leg and an artificial limb.

He ran to prove to people that being handicapped doesn't mean being disabled -- that cancer can be beaten. He ran to raise money for cancer research.

Struck down by cancer again, after running 3,339 miles, Terry Fox said his dream still mattered to him. On his death bed, he told reporters: "People die, dreams don't."

Sponsored by:

- Friends of Terry Fox Run
- Best Western White House Inn
- Goldsmith's Sporting Goods
Hogan Road, Bangor
- A Sub-5 Track Club event.

All proceeds donated to:

Breast Cancer Research Project, Eastern Maine Medical Center, Bangor.*

Terry Fox Run Application

Name _____

Address _____ Age _____

_____ Sex _____

T-Shirts (to first 300 to register)

(To maximize money available for donation, we will be using some t-shirts from last year.)

Age Group Awards: Open, 10 and Under, 11-14, 15-18, 19-29, 30-39, 40-49, and Master's Divisions. Plus a random drawing for prizes.

Circle one size:

S M L XL

First come, first served on sizes

Post-registration:

From 8:30 – 9:30 a.m.
at White House Inn

If you don't want a t-shirt, please check here.)

In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any rights and claims I may have against the sponsors at this run.

Signature

Parent's signature if under 18

Entry Fee: \$7.00 (Limit of \$20 for a family of three or more) Make checks payable to: **Terry Fox Run**

Mail Application and checks to: Danny Lafayette, Best Western White House Inn, 155 Littlefield Ave., Bangor, ME 04401

For more information call: 862-3737 – 9 a.m. to 3 p.m. Monday - Friday

1995 18th Annual

Bar Harbor Half-Marathon

SPONSORED BY:

**BAR HARBOR BANKING
AND TRUST COMPANY**

Cadillac ▲ Mountain ▲ Sports

Performance Gear for Active Endeavors

PRESENTED BY: Mount Desert Island YMCA

WHEN: Saturday, September 16, 1995 at 10:00 a.m.

WHERE: Bar Harbor, Maine, located on scenic Mount Desert Island, home of famous Acadia National Park, a runner's Mecca, with 52 miles of carriage paths winding through forests, mountains, ponds and surrounded by the Atlantic Ocean.

DISTANCE: USA T & F Certified - 1/2 marathon.

— AWARDS —		Divisions	Awards
		Men's & Women's Open	1-3
		Men's & Women's (29 & Under)	1-3
		Men's & Women's (30-39)	1-3
		Men's & Women's (40-49)	1-3
		Men's & Women's (50-59)	1-3
		Men's & Women's (60 & Over)	1-3
		1st MDI Man	Year Round Residents 1
		1st MDI Woman	

COURSE RECORD:

Men's: '91 Paul McGovern 1:07:06
Women's: '92 Joan Benoit Samuelson 1:19:18

COURSE: A challenging loop course, with start and finish at the Bar Harbor athletic field. Nine miles of the course is on vehicle prohibited carriage paths, offering an excellent running surface. Race monitoring done by the Bar Harbor Police Dept. and Acadia National Park Rangers. All participants and spectators are reminded to help keep Acadia National Park clean.

FEATURES: *Cash Prizes for the First Three Places in the Men's and Women's Open Division*
\$300.00, \$175.00 and \$100.00 respectively
\$50.00 RANDOM CASH DRAWING

- ***Friday Nite Pre-Race Pasta Buffet** (by Mama DiMatteo's)
- **& Packet Pick-up 5-8 P.M. @ MDI YMCA**
- **T-Shirts Guaranteed for Pre-Reg. Runners** (Screenprintery of Downeast Maine)
- **Splits 1,5,10 • Mile Markers • Finish Times • Refreshments**
- **Post-Race Massage Therapy**
- **Water Stations (5) every 2-2.5 miles** (Courtesy of Mt. Desert Spring Water)
- **Child Care Available** (request by September 8th - call MDI YMCA)

ACCOMMODATIONS: Motels, Camping, Etc. - Off Season Rates
Bar Harbor Chamber of Commerce 207/288-5103

ENTRY FEE: \$15.00 Pre-Reg. (received by Sept. 8th) \$17.00 (after)
Registration Time: 8:00 - 9:45 (Race Day)

Participant in the Bangor Daily News Charity Road Race Series
Race Results published in Maine Running & Fitness

Bar Harbor Half-Marathon

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 damages, demands and actions whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

Signature _____

If Under 18 Parent Or Guardian Must Also Sign

Print Name _____

Street _____

City/State _____

Zip Code _____

Age _____ Date of Birth _____ Sex _____ T-Shirt Size _____

Where did you hear about the race? _____

RETURN ENTRY FORM WITH REMITTANCE TO:

MDI YMCA • Bar Harbor Half-Marathon
Box 51, Bar Harbor, ME 04609 Tel: 207/288-3511 for more info.

ENTRY FEE	\$15.00 (Pre-Registration by 9/8)	
	\$17.00 (After)	\$
PRE-RACE PASTA BUFFET*	\$6.00 (Adults)	\$
	(\$7.00 At Door)	
		NO. IN PARTY
	\$3.00 (Children)	\$
	(Under 12)	
	(\$3.50 At Door)	NO. IN PARTY
	TOTAL ENCLOSED	\$

*Note new time.

Held at MDI YMCA,
Friday Nite 5p.m.-8p.m.

Pasta dinner includes: Salad, Bread, Beverage & Dessert

— Please Print Carefully —

1995
SAUCONY/RRCA



5K Race & Walk



Harvard Community
Health Plan

WE'RE WHAT HEALTH CARE SHOULD BE™

SUNDAY, SEPTEMBER 17, 1995
8:30 A.M.

RADISSON EASTLAND HOTEL
157 High Street
Portland, Maine

Radisson.
EASTLAND HOTEL PORTLAND

Race Description: The 3.1 mile downtown course includes the climb up Munjoy Hill, the scenic view from the Eastern Prom, the flavor of the Old Port on Middle Street, the Spring Street grade, and the finish near the Children's Museum. Excellent course support! Come celebrate running with women of all ages and abilities. **WALKERS WELCOME**

Managed by: THE MAINE TRACK CLUB
Directors: Susan Davenny 772-1787 (6-9 p.m.)
Ruth Hefflefinger 797-4625 (6-9 p.m.)

Pre-registration: \$7.00 entry fee. Packet pick up race day 7:00-8:00 a.m.
Awards Breakfast: \$6.00 per person, 9:30 a.m. in the Eastland Ballroom.
Friends and family welcome. Random prizes.

Pre-registration and Breakfast fees must be received by September 15th. Breakfast buffet includes pancakes, fresh fruit, hot and cold cereals, yogurt, juices, coffee, and tea. Must pre-register for special awards.

T-SHIRTS TO THE FIRST 300 PRE-REGISTRANTS

Post-registration: \$9.00 entry fee, 7:00-8:00 a.m.
Awards: Open - 1st, 2nd, 3rd will be excluded from age groups.
Age Groups: 1st and 2nd - 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+
Special: 1st place first time racer, 1st place mother/daughter
Teams: 1st, 2nd, 3rd (5 members score) **Walk:** Non-competitive



SAUCONY

RRCA 1995 Women's Distance Festival
5K Road Race & Non-competitive Walk

PLEASE PRINT CLEARLY

First Name _____		Last Name _____	
Age on Race Day _____		Date of Birth () _____	
Address _____			
City _____	State _____	Zip _____	
Team Name _____ (Members must pre-register individually: 5 score)			
Mother/Daughter Name _____ (Must pre-register individually)			

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

Signature: (Parent or guardian if under 18) _____ Date _____
NO REFUNDS - NO BABY JOGGERS - NO PETS - NO HEADSETS - NO ROLLER BLADES
48 MAINE RUNNING & FITNESS

NET PROCEEDS TO:



Course Record:
Julia Kirtland - 17:12 ((9/18/94)

USAT&F Certified Course #ME-94017WN
Mile splits - Water station 1/2 way.

Showers at YMCA - 70 Forest Avenue

Awards Breakfast at Eastland Plaza Hotel
Speaker will be Kim Moody, PhD., Professor of Nursing at USM, Member of Maine Running Hall of Fame, and mother of twins.

Complete results in Maine Running & Fitness

A TRANSITIONAL
HOUSING PROGRAM
FOR WOMEN IN
CRISIS WITH OR
WITHOUT CHILDREN

Additional tax deductible
contributions to McAuley
Residence are greatly
appreciated.

1995 Saucony/RRCA

Women's Distance

Festival

5K Race & Walk

September 17, 1995

8:30 a.m.

Benefit

McAuley Residence



WOMEN'S
SPORTS & FITNESS
MAGAZINE

DuPont

CoolMax
Performance Fabrics

DuPont

SUPPLEX

RUNNER'S
WORLD



WALKER ☐ WHEELCHAIR ☐

☐ Check if first road race of any kind

T-Shirt Size (100% Cotton - Long Sleeve)

M L X
☐ ☐ ☐

NUMBER ATTENDING
Breakfast: _____ x \$6.00 \$ _____
Pre-registration fee 7.00 \$ 7.00

Total due by Sept. 15 \$ _____

**Additional Donation to
McAuley Residence** \$ _____

Make check payable to:
Women's Distance Festival

and mail to:
Ruth Hefflefinger
Women's Distance Festival
20 Curtis Road
Portland, ME 04103



KINGFIELD BANK 10K

The Kingfield 10K Weekend is seventeen years old this year. Everyone involved in organizing and hosting this event appreciates the support runners have displayed over the years. We are looking forward to another great event as we continue to strive for a high level of excellence.

The Kingfield 10K Weekend has been made possible by the efforts of many volunteers. Without all these dedicated workers it would be impossible to even consider hosting an event of this stature. To all these people, "Thanks for making it possible." For special lodging rates call Sugarloaf/USA at 1-800-THE-LOAF or the Herbert at 1-800-THE-HERB.

Kingfield Bank 10K

Saturday, September 23, 1995

11:15 am Kingfield Bank

Maine's prestigious 10K, held each year on the fourth Saturday in September, has earned a reputation as one of the finest races in New England.

The Kingfield 10K features high caliber competition, a beautiful setting with no traffic, lots of spectators and post race activities including an outdoor concert, barbecue, and awards ceremony. It's a warm, friendly gathering in a relaxed atmosphere, something that would be difficult to duplicate in a metropolitan area.



Kingfield Kid's K Race

Saturday, September 23, 1995

10:15 am Kingfield Bank

Youngsters 14 and under can enjoy a race of their own. This one mile race awards prizes in five different age groups to the 10th place. A lot of kids win. Free t-shirts go to the first 150 to register. It is another community commitment from the Kingfield Bank.

Sugarloaf Uphill Climb

Sunday, September 24, 1995

10:00 am Sugarloaf Base Lodge

This is an annual run up Maine's highest ski mountain. A real challenge.

Host Club: Central Maine Striders

Volunteer Support: SUB 5 and Maine Track Clubs

Kingfield Bank 10K Weekend - September 23 & 24, 1995

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

NAME	<input type="text"/>																				<input type="text"/>										<input type="checkbox"/>																					
	LAST																				FIRST										M.																					
ADDRESS	<input type="text"/>																																																			
	NUMBER AND STREET OR POST OFFICE BOX																																																			
	<input type="text"/>																				<input type="text"/>										<input type="text"/>																					
	CITY																				STATE										ZIP																					
AGE	<input type="text"/>		<input type="text"/>		SEX (female / male)																				TELEPHONE																				<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>	
TAC NO.	<input type="text"/>										TEAM NAME										<input type="text"/>																															

CHECK RACES ENTERING: Kingfield 10K (\$12 pre and \$15 day of) ☐ Kingfield Kids K (\$7) ☐

Sugarloaf Uphill Climb (\$12) on Sept. 24 ☐

BEST 10K TIME: Name of Race _____ Time _____

ENTRY RELEASE

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

Runner's Signature

Parent's Signature (if under 18)

Mail to: Chip & Nancy Carey, Kingfield Bank 10K, Kingfield, ME 04947

BLACK BEAR 5K & 10K IN-LINE SKATE RACE



Saturday, September 23, 1995
Starts at 10:00 a.m.

SPECIAL APPEARANCE BY THE UM HOCKEY TEAM

- COME SKATE WITH THE BEARS AND SUPPORT DOWNEAST BIG BROTHER/BIG SISTERS
- PROCEEDS BENEFIT DOWNEAST BIG BROTHERS/BIG SISTERS
- T-SHIRTS ARE AVAILABLE FOR THE FIRST 40 PEOPLE TO SIGN UP
- SPONSORED BY: GUNN'S SPORTS SHOP & UM RECREATIONAL SPORTS DEPT.
- IN CASE OF RAIN, THE EVENT WILL BE SCHEDULED FOR SUNDAY, SEPTEMBER 26, 1995

REGISTRATION

Registration and number pick-up will be inside the Alford Arena. Registration starts at 8:30 a.m.

ENTRY FEE

Pre-registration: \$7.00 OR Race Day: \$10.00

PLEASE MAKE CHECKS PAYABLE TO: UNIVERSITY OF MAINE

For more information, call 581-1081

Name: _____ Male: _____ Female: _____

Address: _____

Phone: _____ Age: _____ (As of 9/23/95) 5K: _____ 10K: _____ Division: _____

In consideration for allowing me to compete in the 1995 Black Bear In-line Skate Race, I, for myself and my heirs and assigns, hereby waive any liability that my sponsors may have to me arising out of my participation in this event. This release pertains to any physical damage to me in relation to this race. I attest and verify that I am physically fit and have sufficiently trained for this event.

Signed: _____ Guardian if under 18: _____

PRIZES

1st and 2nd prizes

Division: 10K

A - 14 & Under

B - 15 to 19

C - 20 to 29

D - 30 to 39

E - 40 & Over

F - University Students & Staff

Division: 5K

A - 10 & Under

B - 11 to 14

C - 15 & Over

PLEASE MAIL APPLICATION TO:

Recreational Sports Office

University of Maine

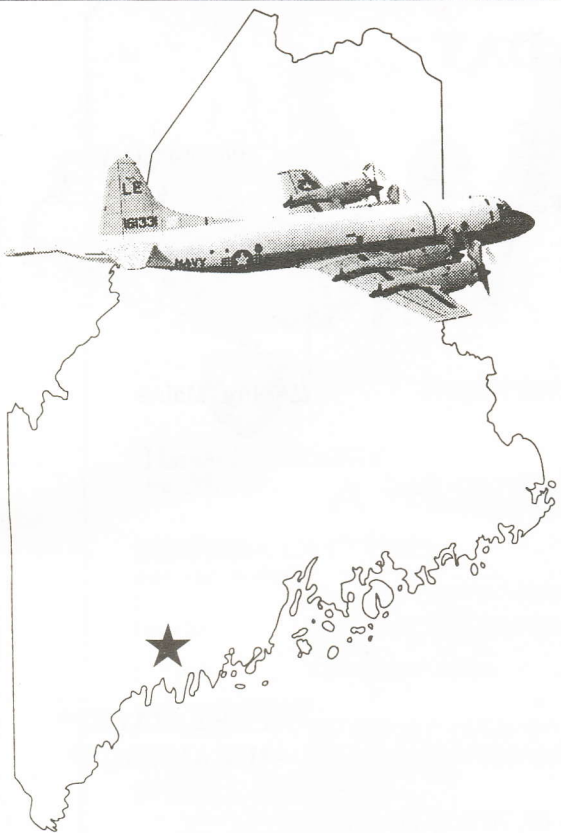
5747 Memorial Gym, Room 140

Orono, ME 04469-5747

HELMETS ARE REQUIRED TO PARTICIPATE

Wrist, Knee and Elbow pads are strongly recommended.

5K RACE IS DESIGNED FOR YOUNG CHILDREN AND THEIR PARENTS. EACH FINISHER UNDER 15 RECEIVES A CERTIFICATE.



**American
Red Cross**
MID COAST CHAPTER

and
BATH IRON WORKS
proudly sponsor the
FIRST ANNUAL

"Help Can't Wait" 10K

USATF Certified Course



Ben & Jerry's
Ice Cream
After the Race!

TIME:

9:00 AM (Rain or Shine)

DATE:

Saturday - September 23, 1995

LOCATION:

Naval Air Station Brunswick, Maine

ENTRY FEE:

\$12.00 Pre-Registration (T-Shirt Guaranteed)

\$15.00 Late / Day of Race

Pre-Registration Deadline is Monday - September 11, 1995

Race Day Registration from 7:30-8:30 AM

DIVISIONS:

OPEN

AGE GROUPS - 19 & Under / 20-29 / 30-39 / 40-49 / 50-59 / 60 & Over

AWARDS:

OPEN - Top Three Finishers (Male & Female)

AGE GROUPS - Top Two Finishers (Male & Female)

Mail Registration Form and Entry Fee to American Red Cross, Mid Coast Chapter, 9 Bank Street, Brunswick, ME 04011

Name: _____ Date of Birth: ____/____/____ Age on Race Day: _____ Sex: M / F

Street: _____ City: _____ State: _____ Zip: _____

Phone: () _____ T-Shirt Size: M L XL

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 complete the run safely. I (for myself and others) hereby agree to abide by the rules and regulations governing this activity and elect to run at my own risk. In consideration of being allowed to participate, I do hereby release and discharge the assignees, officers, agents, employees and officials of the American Red Cross, NAS Brunswick, Bath Iron Works and all other sponsors, their representatives and successors from any and all liability (including but not limited to death and injury) that may be received by me arising from my participation in this event. (If the runner is under 18, this form must also be signed by a parent or legal guardian.)

Runner's Signature: _____ Parent / Legal Guardian's Signature: _____

ALL PROCEEDS BENEFIT THE MID COAST CHAPTER OF THE AMERICAN RED CROSS



ELIOT FESTIVAL DAY

THIRD ANNUAL

5K ROAD RACE

Road Race followed by Parade and Festival



DATE/TIME: Saturday, September 30, 1995 at 8:30 A.M.

START/FINISH: Eliot Town Hall, State Road, Eliot, Maine.

FEE: \$7.00 Pre-Registration - \$10.00 Post Registration.

BENEFIT: Youth Activities in Town of Eliot.

PRE-REGISTRATION: By mail - **must be postmarked** by Sept. 25, 1995,
Packet Pickup and Pre-Reg in person Friday, Sept. 29th, 6:00-8:00 p.m. at Eliot Town Hall.

POST-REGISTRATION: Starts 7:00 A.M., September 30, 1995 at Eliot Town Hall.

AWARDS: Quality Multi Colored Long Sleeve T-Shirts to first 300 entries.
Olympia Sport Water Bottles to next 200 entries.

AGE GROUPS: 19 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, 70 & up

Plaques to 1st, 2nd and 3rd in: 10 & under, 11 - 14, 15 - 18 age groups.

Quality Multi Colored Sweatshirts to 1st place Men and Women.

Great Bay Pottery Stoneware Mugs to 2nd & 3rd place Men and Women.

\$45 massage gift certificates to 1st place men & women in 40 - 49, 50 - 59, 60 - 69, 70 & up age groups.

****POST RACE****

****DRAWING****

Generous cash prizes and gift certificates to first 7 overall men and women.

Special middle of the pack award: \$25 Sportshoe Center gift cert. to the 40th female & the 150th male finishers.

Course Records: Dan Verrington 14:53 (1994) Christine Snow-Reaser 17:45 (1993)

Set New Course Record: \$50 -----Any male under 15:00: \$25 -----Any female under 17:30: \$25

Course: Fast 5K loop ----- Splits at 1 & 2 miles ----- Water available at halfway point and finish.

USA Track & Field Sanctioned Course Certified ME-93008-WN (Map on Reverse Side).

Free professional child care: 7:00 - 11:00 A.M. at Family Connection (1 mile from race) call (207)439-5151 for reservations.

Race Features: Post Race Food & Beverages (see reverse side), Awards ceremony at 9:30 a.m., Restrooms,
Convenient designated parking, Digital Clocks, Computerized timing, Quick results, Results posted at Eliot Town Hall,
Portland Press Herald, Maine Running & Fitness Magazine, Foster's Daily Democrat and Portsmouth Herald.

-----cut here -----cut here -----cut here-----

ELIOT FESTIVAL DAY 5K ROAD RACE ENTRY FORM Sept. 30, 1995

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 conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Town of Eliot, the Eliot Festival Day committee, Road Race committee and volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I hereby grant full permission of any of the forgoing to use any photos, videotapes or any record of this event for any legitimate purpose.

NAME: _____ **SEX:** M F **AGE:** _____ **T-SHIRT SIZE:** S M L XL
(circle one) (circle one)

STREET: _____ **CITY/STATE:** _____ **ZIP:** _____

Runner's Signature

Parent or Guardian's Signature if under 18

Send form & entry fee to:

Dick McKenney
308 Goodwin Road,
Eliot, Maine 03903

(Make checks payable to: Eliot Festival 5K)

For more information, call
207-439-3707 Randy Bartlett or
207-439-2866 Dick McKenney

52 MAINE RUNNING & FITNESS



The 4th Annual MAINE MARATHON & CASCO BAY HALF MARATHON



Harvard Community
Health Plan

September 30th & October 1st, 1995
Portland, Maine



A WEEKEND OF FUN AND FITNESS!

SCHEDULE OF EVENTS

Saturday, September 30

- 10 a.m. Lifeline 5K Run/Walk around Back Cove
Noon to 7 p.m. Registration, packet pick-up, Health & Fitness Festival
5 - 7 p.m. Pre-race Pasta Dinner

Sunday, October 1

- 6 - 7:30 a.m. Late registration and packet pick-up
8 a.m. Start of the Marathon & Half Marathon

SPECIAL FEATURES

- T-shirts to all pre-registered runners
- Wheelchair Division
- Qualifier for 1996 100th Boston Marathon
- Water and *Shaklee Performance* on course
- Post-race refreshments
- Shower and changing facilities available for all runners
- Also featuring the Lifeline 5K Run/Walk and the Kids Fall Foliage Fun Run

THE COURSE

A scenic course along the Maine coast during the fall foliage season. The course is fairly flat, with rolling hills, out and back, USA

Track and Field Certified. The highest elevation is 180' above sea level. Mile markers at every mile.

AWARDS

- Awards will be presented to the top three finishers both male and female in the following categories:
19 and under, 20-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64, 65+, wheelchair
- All Marathon finishers will receive a specially designed medal and certificate

OFFICIAL CHARITIES

Ronald McDonald House
Back Cove Exercise Path

LOCATION AND RACE HEADQUARTERS

All events for both days will be headquartered at the University of Southern Maine gymnasium on Falmouth Street, Portland.

ADDITIONAL INFORMATION

Contact: Maine Marathon & Casco Bay Half Marathon
P.O. Box 8654
Portland, Maine 04104
207-774-5795 (Evenings)

Your canceled check will serve as your confirmation.

Portland Press Herald / Maine Sunday Telegram



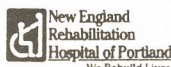
Lifeline

Center for Fitness, Recreation and Rehabilitation
A PUBLIC SERVICE OF THE UNIVERSITY OF SOUTHERN MAINE
University of Southern Maine



WESTBROOK COMMUNITY
HOSPITAL

Nature's Harmony
Sports Nutrition



MAINE MARATHON & CASCO BAY HALF MARATHON APPLICATION

First Name _____ Last Name _____
Sex: M _____ F _____ Age on Race Day _____ D.O.B. _____ mo _____ day _____ yr _____
Street _____ City _____
State _____ Country _____ Zip _____ Phone () _____
Occupation _____ T-Shirt Size (circle) M L XL
No. of completed marathons _____ Personal Record _____ : _____ : _____
Wheel Chair Entrant _____ Need Achilles Track Club Assistance? Yes _____ No _____

NO RADIO NO BABY STROLLERS NO REFUNDS PAYABLE IN U.S. FUNDS ONLY
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 effect of the weather (including wind, rain and snow), traffic and the conditions of the road, 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, the City of Portland, the Towns of Falmouth, Cumberland, and Yarmouth and all sponsors, their representatives and successors from all claims or liabilities arising out of my participation in this event.

Signature (Parent if runner under 18) _____

PRE-REGISTRATION BY MAIL:

Deadline September 23
On-Site Registration Saturday

Marathon	\$22	\$ _____
(\$25 on race day)		
Half Marathon	\$15	\$ _____
(\$18 on race day)		
Lifeline 5K Run/Walk	\$ 7	\$ _____
Kids Fall Foliage Fun Run	\$ 4	\$ _____
Pasta Dinner —		
All you can eat	\$ 8	\$ _____
(\$10 at the door)		
Children (12 & under)	\$ 5	\$ _____

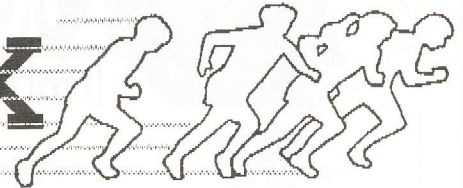
TOTAL AMOUNT \$ _____

Mail registration and fee to:

Maine Marathon &
Casco Bay Half Marathon
P.O. Box 8654, Portland, Maine 04104
Check payable to: Maine Marathon

University Credit Union

HOMECOMING 8K & FUN-RUN 1K



To Benefit Maine Educational Opportunity Programs • 9th event in the BDN Charities Race Series

Saturday, October 14, 1995

FUN-RUN 1K — 9:00 a.m., HOMECOMING 8K — 9:30 a.m.

Start/Finish: UMaine Track

FEE:

FUN-RUN 1K — \$2.00 . HOMECOMING 8K — \$7.00

(includes continental brunch after the race — danish, donuts, muffins, coffee, juice)

AWARDS:

FUN-RUN 1K — Each participant will receive a ribbon

HOMECOMING 8K — Awards to the top three male and female finishers in the following age groups: 13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60 & Over, and Walkers.

Features:

- Fast course travels around University Farm and on the Bike Path
- The brunch is available to non-race friends and family
- A pair of gloves to the first 75 to register in Homecoming 8K Race
- Changing rooms/showers available
- Wheel-measured course
- Digital clock at the finish
- Craft Fair in Memorial Union all day
- Homecoming Football Game in the afternoon

Race support provided by Sub 5 Track Club

Name _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

In consideration of this entry being accepted, I, for myself, my heirs and assigns, hereby waive and release any rights and claims I may have against the sponsors and directors of this run.

Walkers check here _____ Walkers start at 9:00 a.m. (Check one) HC8K _____ Fun Run _____

Signature _____

Parent's Signature (if under 18) _____



Mail registration to Jerry Ellis, 5757 Onward Building, Orono, ME 04469-5757
Telephone 581-2319 or 581-2320, or 942-3582 (evenings)

Make Checks payable to UCU Homecoming 8K

The York Parks & Recreation Department Presents...

THE SIXTH ANNUAL

SUNDAY
OCTOBER 15, 1995

YORK VILLAGE
ELEMENTARY
SCHOOL
YORK, MAINE



COURSE ~ 5K Scenic York Village & York Harbor

START ~ 1:00 p.m., Elementary School END ~ York Town Hall

ENTRY FEE ~ \$10.00 pre-registration ~ \$12.00 Race Day

CHECK-IN & REGISTRATION ~ Opens 12 Noon on Race Day

• T-Shirts to the first 100 registrants

PLUS * Water, mile markers, splits, professional timing, police & ambulance

Prizes awarded to all Division Winners.

"HARVESTFEST RUN" ~ REGISTRATION FORM

PLEASE PRINT CLEARLY

Name _____ Age _____ Sex _____
Address _____ Town _____
State _____ Zip _____ Telephone # _____

Men: ☐ 12 & Under ☐ 13-17 ☐ 18-29 ☐ 30-39 ☐ 40-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70& over

Women: ☐ 12 & Under ☐ 13-17 ☐ 18-29 ☐ 30-39 ☐ 40-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70& over

WAIVER * must be signed

In signing this entry, I for myself, my heirs, executors and administrators, release the manager of the race, all sponsors and promoters and the Town of York, for any and all liability in case of death or injury received during participation in this race. In the case of a minor, this entry must be signed by parent or guardian of entrant.

Signature _____ Parent / Guardian _____

Make checks payable to: York Recreation Department

Mail application to: York Parks & Recreation Department, P.O. Box 9, York, Maine 03909

For information or applications, call the York Parks & Recreation Department at 363-1040,

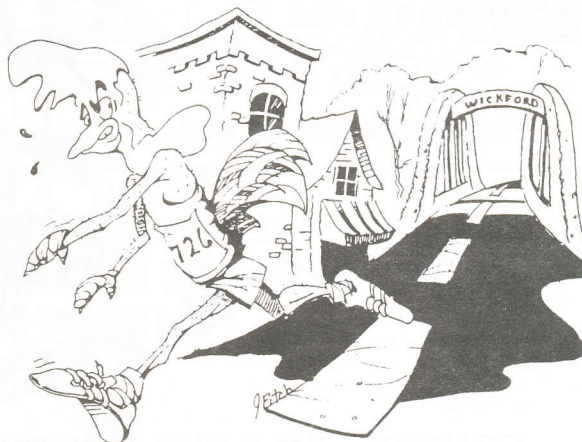


United Health Plans of New England, Inc.
presents the SM

Ocean State Marathon

Sunday, October 22, 1995 at 9 am

Rhode Island's "Renegade Red" invites you to enjoy a journey up the coast from Narragansett to Warwick. The scenic point-to-point course, with the same elevation at the start and finish, presents a fair challenge for runners trying to qualify for Boston, lower a personal best, or enjoy the excitement of a first finish.



The week-end begins on Saturday, October 21, at the Sheraton Tara Airport Hotel, Warwick, host hotel and site of the Health & Fitness Fair and Pasta Dinner. For reservations call (401)738-4000, ext. 605. For air travel information, call Carlson Travel Network/Donovan Travel at (800)252-2660.

Registration: \$30 by September 1, includes on Ocean State Marathon singlet, \$30 by October 17th (no singlet), \$40 thereafter.

**Prize money \$34,600 in overall, age group, team and wheelchair divisions.*

**Long sleeved T-shirts and program books to all entrants.*

**Unique "Renegade Red" medallions, certificates and full results to all finishers.*

WARWICK
The Crossroads of Southern New England



Southern New England
Rehabilitation Center

For more information, contact: Ocean State Marathon, 5 Division St., East Greenwich, RI 02818 (401) 885-4499

Ocean State Marathon

Registration Form

Name _____ Age _____ Sex ☐ M ☐ F Date of Birth ____/____/____

Address _____ Telephone (____) _____

City _____ State _____ Zip _____

USATF # _____ Soc. Sec. # _____

No. marathons completed _____ ☐ Wheelchair _____ Citizenship _____

All time best _____ Best since 1992 _____

In consideration of your accepting this entry, I herby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Ocean State Marathon, Inc., United Health Plans of New England, the race directors, the City of Warwick, the towns of Narragansett, North Kingstown, and East Greenwich, and other sponsors and each of their directors, officers, employees, agents and representatives for any and all injuries, damages and/or claims of any description which might arise out of the 1995 Ocean State Marathon and all activities in any way connected therewith. I attest that I am physically fit and have sufficiently trained for competition in the 26.2 mile event.

Signature of Athlete _____

☐ CHECK IF YOU WILL USE BUS TO START

Singlet size

☐ S ☐ M ☐ L ☐ XL

Additional singlets @ \$12

(includes postage and handling)

☐ S ☐ M ☐ L ☐ XL

Pasta Dinner Tickets

Adults at \$8: _____

Children at \$5: _____


Total Enclosed: _____

Tickets may be picked up
at packet pick-up on
Sat., Oct. 21.

Make all checks payable to: Ocean State Marathon
Mail to: 5 Division St., East Greenwich, RI 02818

Enclose a business size, self-addressed, stamped envelope.


Directory of Athletes in Business



Bus. 207-935-2215
Res. 207-935-3927

T. RAYMOND ASSOCIATES
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Fryeburg, Maine 04037



Office Hours By Appointment



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CASCO BAY PODIATRY
10 Cushing Street
Brunswick, Maine 04011
Telephone: (207) 725-2800

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CHARLES A. ISELBORN, D.D.S.
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Portland, Maine 04102
(207) 774-0546

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James A. Kneebone
Doctor of Osteopathic Medicine
"We Understand Athletes"

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Brunswick Me 04011 - 725-4556

Rebecca Lee

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Bangor, Me. 04401

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207-368-9311 • home



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JOHNSTONE CHIROPRACTIC CENTER

Dr. C. Douglas Johnstone

49 Elm Street • Rt. 1
Camden, Maine 04843

By Appointment
(207) 236-3416

STEVEN C. PETERSON
ATTORNEY AT LAW

P.O. BOX 676
69 ELM STREET
CAMDEN, MAINE 04843

TELEPHONE 236-8481
AREA CODE 207



(207) 283-3980

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Civil Engineering, Surveying, Land Planning,
Structural Engineering, Architectural Engineering

Paul P. Gadbois, P.E., P.L.S.

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We carry a variety of high-performance Rollerblade® in-line skates that will help you shape up. Our Rollerblade skates will keep your feet cool and comfortable as you glide along mile after mile. So the place to start your workout is here.

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Performance Gear for Active Endeavors

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