



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

DECEMBER, 1984 NEWSLETTER



OFFICERS

Bob Jolicoeur	- President	799-4127
Jane Dolley	- Vice President & Chairman, Program Committee	846-6018
Rick Strout	- Treasurer	829-3216
Russ Connors	- Chairman, Newsletter Committee	799-8240
Charles Scribner	- Race Committee Chairman	772-5781
Phil Pierce	- Secretary	781-3769
Bob Ayers	- Membership Chairman	799-7284

NEXT MEETING

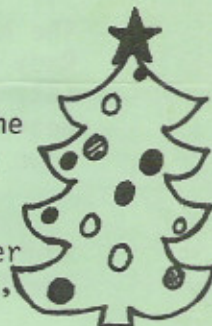
There will be no regular membership meeting in December because of the Annual Banquet, which serves each year in lieu thereof.

The next meeting will, therefore, be held January 9, 1985. Your January newsletter will announce details.

HOLIDAY GREETINGS

Happy Holidays to all members and their families from the Officers of the Club. We wish you good cheer, lots of presents (Gore-Tex and polypropylene, we presume!), safe holidays, and a prosperous New Year.

We hate to bring this up already, but guess what? It's time to look over your accomplishments for 1984. Satisfied? Hope so! How about 1985? Goals, objectives, miles to be run, races, etc. Or maybe just a few New Year's Resolutions. Send them to us and we'll print them in the January newsletter.



CLUB DISCOUNTS

Want ideas for Christmas or Hanukkah? Only a few weeks left...check this:

1. Ken Flanders, Manager of the Olympia Sport Center at the Maine Mall, has agreed to continue the store's 10% discount on running shoes throughout the holiday season and all of 1985. While the discount presently only applies to running shoes, he said he would look into the possibility of extending discounts to other products.

When you're in the store shopping, tell them you're a member of the Maine Track Club and ask for your member discount.

2. Bill Rogers' Gore-Tex Running Suits available through our sister running club, Marathon Sports Running Club, for only \$125. Regular retail price is \$195. Call Steve Mooney at 282-2903 (Saco, Maine) to place your orders for this incredible buy.

3. Don't forget the Club also gets group discounts on Club outfits. Sandy Utterstrom (797-4710) is Chairman and is always happy to receive your

orders for whatever. She needs 10 orders per item to initiate a purchase because of the cost of imprinting the logo (\$15 set-up charge each time).

Sally has some items in stock. Nylon windbreaker jackets, pants, sweat-shirts, unit hats, shorts and singlets all available in Club colors with logo. Your purchase will enhance the Club's identification and image.

4. Other sporting goods stores also make discounts available on running shoes or apparel. It doesn't hurt to ask. Make it a habit.

NEW YEAR'S EVE FUN RUN



Speaking of the New Year, the Club will again have a 5-Mile New Year's Eve Fun Run. This year it will be held at 9:00 p.m., starting and ending at Bob Jolicoeur's house on Beacon Lane at Two Lights, Cape Elizabeth. Spouses and/or friends invited to enjoy an evening by the fire, great company, and hopefully, lots to eat, and welcome the New Year together.

It's a BYOB, BYOF, and BYOT night...which all means, Bring Your Own Bottle (Anything's OK, including diet soda, etc. Coffee and decaf will be on all night.); Bring Your Own Food (pot-luck style - call Priscilla Jolicoeur at 799-4127 to discuss food ideas); and Bring Your Own Towel. We won't guarantee hot water for everyone, but you're welcome to the showers.

There will be no curfew - you can even go run after midnight or at 6:00 a.m., the next morning! To find the Jolicoeur's house, take Route 77 on the Cape to Rudy's of the Cape, and proceed across the street to the right of the Church (St. Bartholomew), down Two Lights Road past Two Lights State Park. At the Park, bear left and proceed to the top of the hill and take the first left halfway down the hill. That's Two Lights Terrace (not marked).

Proceed towards the lighthouse to the next intersection. Turn left on Light House Point Road and do a U-turn up to the lighthouse on Beacon Lane. It's the third house on the right.

One more thing...for safety's sake, everyone must wear a reflective vest and bring a flashlight. If anyone coming doesn't plan to run (maybe half the crowd, we expect), we could use volunteers to drive a lead car and a trail car.

Hope to see you there.

MEMBERSHIP DRIVE

The Membership Committee plans to follow through on the Club's desire to increase membership. An aggressive and exciting program is planned to reach a broader segment of the running community and encourage membership in our Club.

Our goal is to increase membership by 50% in 1985 - adding an average of 6 new members per month. A three-month membership drive will begin in January, 1985. Each of you will be asked to contribute your enthusiasm and creativity when developing strategies to bring new members aboard. Our membership drive theme is "Run with a Friend...Join the Maine Track Club".

Additionally, the Membership will work to add new benefits and services and improve the value received from membership in our Club.

We intend to make the coming year the best year ever!

Bob Ayers
Membership Chairman

NEW MEMBERS

November turned out to be a bonanza month for new members, in spite of the drop in temperature! The Maine Track Club extends a warm welcome to the following people who have joined the Club this month:

Name & Address	Phone	Occupation	Age/Other Interests
Ted McCarthy 54 Oakhurst Road Cape Elizabeth, ME 04107	(W)871-2496 (H)767-2315	Physician, Maine Med.	Tennis
Carol & Sumner Weeks* 140 William Street Portland, ME 04103			
Jeff Young 153 Mosher Road South Windham, ME 04082		Student	
Everett & Judith Davis RR1, Box 16, River Road Hollis Center, ME 04042	(H)929-4882	Everett, Prof, UMaine; Judith, R.N.	Everett - Age 46 Judith - Age 45
Skip Kessler 6 Locksley Road Cape Elizabeth, ME 04107	(W)871-2931 (H)767-2377	Physician, Maine Med.	Fly-fishing, hiking, cross- country skiing, orienteering. Age 37
Sherri & Lori Towle 171 Highland Avenue South Portland, ME 04106	(H)799-5125	Students (Mike Towle's daughters)	Sherri (age 14) - Swimming & tennis; Lori (age 11) - Tennis, basketball, baseball.
Wanda Haney 65 Dawson Street South Portland, ME 04106	(H)773-6989	Student	Age 18 - Loves running - Aspires to run in the Olympics.
Nancy Shaboski Stedman 325 Woodford Street Portland, ME 04103	(W)846-9055 (H)774-4013	Environmental Coordinator, CMP (Cousins Island)	Age 33 - Swimming, cycling, photography, horticulture, bird- ing, canoeing, fishing.

*Carol & Sumner are well-known runners who recently moved to Portland from the Bangor area. More to follow on them in the coming months.

A WORD OF THANKS

A big thanks and much appreciation to the numerous volunteers who gave their time, experience, and energy to help make the Turkey Trot a success. It couldn't have been done without you!!!

Thanks to: Charlie Scribner, Art Quint, Steve Mooney (Marathon Sports), Cameron Brown, Mark Cushman, Brenda Cushman, Mike Towle, Priscilla Jolicoeur, Freddie Husa, Christina Husa, and Southern Maine React.

And to the following people who not only helped with the race, but ran it, too... Jane Dolley, Sandy Utterstrom, Widgery Thomas, Bob Jolicoeur, and Herb Strom.

Thanks to all of you, and to those who pitched-in when and where needed.

Joan Lavin

NOTE REGARDING ADVERTISING

The Club will accept advertising, including race flyers, for publication in the Club newsletter. The practice has been to collect \$15 for a full page, \$10 for a half-page, or \$8 for anything less. Race flyers must be supplied.

WINTER RUNNING

As the mercury drops and the wind chill kicks in, it's important to dress properly for those winter runs. Here are some helpful hints to remember...



"In winter, don't run in heavy clothes. Several light layers are best."

"Wear a hat in the winter. Forty percent of lost body heat escapes through your head."

"Don't overdress in the winter. The clothing needed to keep a resting person comfortable at 70 degrees Fahrenheit will keep a runner warm at -5 degrees."

On Frozen Lungs..

"In winter some runners worry about "frozen lungs". It's a mythical ailment. In the coldest weather, the worst that's likely to happen is that you'll develop a feeling of dryness in your throat."

...Above quotes by James F. Fixx

On Winter Blues...

"Running long and hard is an ideal antidepressant. It's hard to run and feel sorry for yourself at the same time."

...Quote from Monte Davis, Runner

What is Gore-tex® Fabric?

Gore-tex® is a thin membrane made by stretching polytetrafluoroethylene (PTFE) from which Teflon® is made. The stretching process creates 9 billion holes in every square inch. The tiny holes are too small to allow a drop of rain water to pass through. (This works because of the surface tension of water, which holds the drop together once it's formed.) However, the vapor which comes from your body is in molecular form (gaseous state) and will pass freely through to help prevent condensation inside your suit. So let it rain! The water runs off and much of your sweat goes with it.

Windproof!

The little holes have another great benefit. They stop the wind. Gore-tex® is one of the most windproof materials known. So let it storm! You're ready. The Gore-tex® membrane which looks white and impenetrable is laminated between two layers of material to protect the film and give your running suit a comfortable feel. These different materials can alter the warmth, "hand" and function of the suit. The art is in the proper selection of the laminating materials so that the Gore-tex® membrane itself can work its magic.

TRAINING/RACING TIP OF THE MONTH

Ever wonder if the fast guys have any secret weapons? We're told Dick McFaul has one...maybe we can get him to tell us about it in next month's newsletter.

I found myself doing a couple of laps at the Expo track with Bob Quentin one day (nothing planned), and he's found that he has to get off the roads every so often. "Once a week or so, I have to find a track to do some speed work, even through the winter months," he said, "otherwise, I can jog myself right down to a 10-minute mile."

P.S. - Bob Quentin is one of the Club's fastest guys...works at Peat Marwick Mitchell & Company as an Audit Manager. Thanks for the tip, Bob.

Bob Jolicoeur



NOVEMBER 14, 1984, MEMBERSHIP MEETING

We've already reported elsewhere in this newsletter some of the events that occurred at the last meeting, i.e., Baxter Boulevard Project, etc.

In addition, we should report to you that the slate of officers was elected by unanimous vote. (See listing on page 1.)

Thirty-eight members were in attendance. There was a unanimous vote to adopt the proposed dues structure, effective immediately: \$12 single, \$15 family, \$5 single student. Club uniform, of course, not included in these lower prices. Anyone who has paid the former \$30 first year dues is, of course, still entitled to his or her uniform. It was also reaffirmed to consider anyone joining the Club after October 1st as paid up for the following year as well.

Dick McFaul gave the Treasurer a \$100 check received from John Fyalka, Sr. for the annual scholarship award. These funds are matched by the Club to present a \$200 scholarship to a deserving student. More to say on this topic next month.

Ron Cedrone's letter of October 22, 1984, to Charlie Porter about the Casco Bay Marathon was read to the Club. Discussion ensued about the new starting time, the additional traffic and congestion, the temperature, and other matters. Members were reminded that this is not a Club race. A Committee was then formed to continue discussion and to try to help resolve some of the issues. The Committee will review its progress with the Executive Committee or the membership as may be appropriate in the future. Warren Wilson volunteered to be Chairman of the Committee.

Our featured speaker of the evening was Kim Beaulieu, who did her usual great job. Kim amused us and amazed us with her story about the Western States 100-Miler. Her time to complete the race was 20:55. That's 20 hours and 55 minutes, folks, to finish 3rd woman!

Temperatures ranged from 32° at the 9,000 foot elevation to 98° at the lowest point in the canyon. Kim said she went from absolute euphoria at 70 miles to absolute depression at 80 miles. She said her three handlers kept her going, and wouldn't have made it without them.

Yup! She's going to do it again. Kim has already sent in her \$125 application fee (she won a free entry last year). This time Kim wants to come in first. We're betting on her to do it. Thanks, Kim, for an interesting talk. It's always a pleasure to hear you.

Shorter Races as Speedwork: If speedwork doesn't appeal to you, Jeff Galloway says to use short races as an alternative. The former Olympian suggests that, when training for a faster 10K, you train by running a 5K in 15 to 20 seconds per mile faster than your goal race pace. You can run any race 5K or shorter weekly for your speedwork. In training for a faster marathon, you should run a 10K at 20 to 45 seconds per mile faster than your goal race pace. He cautions against running a 10K the week before your marathon or doing a long run and a race (longer than 5K) the same week. "Don't race again for at least the number of days as the miles you ran in your last race," Galloway told "Running & FitNews." "If you just ran a half-marathon, wait two weeks until you race again...regardless of distance. And only occasionally back a half-marathon or marathon with another race of similar distance." When concentrating on your speedwork, reduce your weekly mileage and take easy weeks every other week. (Phone interview with Jeff Galloway; also "Running Advice," No. 12, p. 1)

BAXTER BOULEVARD PROJECT

Some good news and some bad....The bad news is that the project to resurface the two-mile stretch of Baxter Boulevard discussed in last month's newsletter will be delayed until Spring. Blue Rock Industries apparently felt the funds to cover the entire cost of the project should be locked in place.

The good news is that there is strong support for the project and everyone is optimistic about the funds being raised. At the November 14th membership meeting, the Maine Track Club voted to contribute \$500 to the project on demand. The proposal was assisted by Maine Track Club member, Widgery Thomas, Jr., who has also committed personal funds. Maine Savings Bank has agreed to contribute \$1,000 in 1985. A complete list of donors will be included in a future newsletter when it is available.

Also approved at the membership meeting was the offer of the Club to act as the conduit for receiving donations and disbursing funds, as well as contracting agent for the project.

The City of Portland has had similar offers from other groups and will select the most convenient, appropriate organization at the proper time.

BY-LAWS CHANGES AND ROAD RUNNERS CLUB OF AMERICA MEMBERSHIP

The Club has filed for membership and been accepted in the Road Runners Club of America. This will help us become more professional as an organization and hopefully help us be of better service to you and the communities we serve.

Our request for tax-exempt status has caused the RRCA to respond with a request that we amend our By-Laws. The following proposal will be incorporated into a revised set of By-Laws and distributed to all members for a vote at the January 9, 1985 meeting:



Affiliation

This Club shall be a chapter of the Road Runners Club of America, and all measures adopted by that body must be considered by this organization.

Management

The management of this Club shall be vested in its officers which shall also serve as its board of directors.

Finances

A. Dues shall be as determined by a majority of the members present at a business meeting and shall not be changed more often than once per year.

B. (1) This is a nonprofit organization. Dues, entry fees and other monies received by the organization will be spent entirely for carrying out the stated purpose of the organization.

(2) No part of the net earnings of the Club shall inure to the benefit of its individuals.

C. Members using association funds for any purpose shall give a full record of expenditures to the treasurer.

BY-LAWS CONT.

D. This organization shall be empowered to participate in fund-raising activities.

E. This organization will submit a portion of the annual dues (described in A supra) to the RRCA as membership in that body shall require.

Dissolution

Amend to substitute the following:

In the event of dissolution of this association, the funds in the treasury, after all creditors have been paid, shall go to the Road Runners Club of America or other 501(c)(3) non-profit organization.

MEMBER PROFILE - New Club President - Bob Jolicoeur

On November 14, 1984, the members elected Bob Jolicoeur as the Club's new president. Being a president isn't anything new to Bob. He was president of a \$67 million bank in Connecticut at the age of 37, and the \$100 million 1st Consumers Savings Bank of Augusta for four years before its merger with Maine Savings Bank. And a little closer to home, he served as president of the Maine Road Ramblers, the 135-member Augusta-based running club, in 1982.



Bob loves running and has been known to run as many as 36 races and up to seven marathons in one year. At the age of 47, he's probably past his peak, but he managed to set a PR by 38 seconds on his 6th Brunswick Run to the Coast and Back 10-Miler this summer, clocking a 60:50. In 6 years of marathon running, he has completed 28 out of 29 starts.

It all started quite innocently after about 16 years of no physical activity, during which time he was busy building a career, going to evening school for BS and MBA degrees, and preparing for the CPA examination. He was also extremely busy during that time in civic and community affairs, leaving no time for physical fitness activities and just barely enough time to raise a family of four children with Priscilla.

"All this was fine," said Bob, "but my health was deteriorating." Then one day in 1971, he took a new job in a savings bank in New Britain, Connecticut, and made up his mind to get back into shape. "I weighed 167 lbs., smoked a pack a day, and couldn't run 8 laps around the basketball court at the New Britain YMCA. That's when I realized I was physically in sad shape."

Bob didn't give up smoking right away...in fact, it happened after about five years of jogging and running, and only after he started doing road races. He wondered if the racing would be easier if he didn't smoke. Now, in almost 14 years of running and 9 years of competitive racing, Bob is one of the few people who can say that he's never been sidelined by a running injury. In fact, he's been so healthy that he hasn't missed a day of work for illness since he graduated from Bentley College in 1957. No one is saying it will last forever, but Bob admits, "I'm one of the lucky ones".

If anyone cares, his latest vital statistics are as follows:

MEMBER PROFILE CONT.

Cholesterol	213	Blood Pressure	104/70
HDL	58	Pulse	42
Ratio (above counts)	3.7	Height	5'7"
Glucose	82	Weight	145
Uric Acid	5.1	Hair	Thinning

(See August, 1984 newsletter for recommended counts.)



TREASURER'S REPORT

Dave Trussell has been submitting a Treasurer's Report at the membership meetings. Next month's newsletter will include a Treasurer's Report for the calendar year, 1984. As of November 14, 1984, the Treasury showed a balance of \$2,799.20. The current history of the checkbook balance has been as follows:

January 12, 1983	\$ 760.27
May 11, 1983	1,595.85
March 14, 1984	1,253.65
July 11, 1984	1,636.98
November 14, 1984	2,799.20

The Club is obviously financially better off today than it was one year ago and two years ago. The outlook is healthy for continued improvement which will allow the Club more flexibility to operate and to upgrade its service to the members and our communities.

So, if somebody says, "How are we doing?," tell them "Very well, thank you," because we are.

Rick Strout, new Treasurer, will take over as Treasurer after the year-end for convenience purposes.

WE GET LETTERS

Don Stanhope, "MTC #158", may live in Rhode Island, but he keeps in touch. His letter was made available at the November 14th membership meeting for members to read. Don speaks of the Casco Bay, increased membership goals, local press relations, Club uniforms, dues structure, race schedule (would like to see the schedule in the January newsletter - we'll try, Don), reduced entry fee for members in Club races, refreshments at races, raffles at races, color codes for sex and age groups (similar to Rainbow system), reporting results, membership numbers, sister running club (far away), bus trips, and cross-country skiing.

Many good ideas, Don. Keep them coming!

THE RUNNER'S PRAYER

Dear Lord, in thy Wisdom and Divine Mercy, grant me thy humble servant, a simple miracle. With your blessings, may I arrive at the starting line of a race offering many rewards to its winners, and lo and behold, find I am the only runner in my age division.

Amen.

JOAN BENOIT UPDATE

Joan was honored at a Community Celebration held at Cape Elizabeth High School on November 13, 1984. Russ Connors attended along with about 600 other townspeople.

Joan is tired and lately has also been making the news for not running. See sample USA Today clipping of November 26, 1984, and December 1984 Runner's World short.

MONDAY, NOVEMBER 26, 1984

RUNNING: Olympic gold medalist Joan Benoit withdrew from the Rosemont Turkey Trot 10-kilometer race Sunday because of exhaustion and a cold. Sweden's Midde Hamrin won the women's race in 32 minutes, 27 seconds.

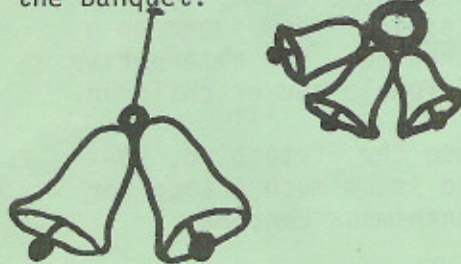
Streets and Roads: Joan Benoit is learning that being an Olympic champion extracts its price. She says her training since the Games "has been erratic because of the demands on my time. My training hasn't been time-consuming, because I haven't had much time to consume." The problems have been physical, too. "I had a good week of training after the Olympics. But the three weeks after that were the bottom of the barrel. I had a chest cold and couldn't shake it." Despite all of this, plus recurring Achilles and knee problems, planning for her wedding and a move to Wellesley, Mass., Benoit broke her own American half-marathon mark with 1:08:34 at Philadelphia.

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ANNOUNCEMENTS

Not listed under helpers for the Stroh's Run for Liberty were Evie and Jennifer Strom since they were not on the sign-up sheet.

Congratulations go to Tony and Beth Owens on the birth of their child - a son - on November 26th. There are now one girl and three boys in their household. Both mother and child are progressing well, and Tony seemed to be standing-up well, even though they had to go to Andover, Massachusetts over the weekend, since the paint wasn't dry in the new addition. Otherwise, he was looking forward to the Handicap Race and, possibly, the Banquet.



This newsletter
courtesy of:

ONE

Maine Springs Park

Prepackaged Meals

I commonly get the question, especially from single people, about the advisability of eating frozen dinners. They do provide a convenient and quantified amount of calories (200-400 cal.). However, the principal concern of these means would be their fat and salt content. Any frozen dinner will provide enough protein, but fat and sodium may be excessive. The general principles are to buy a dinner that has less than 9 grams of total fat or less than 25% fat by calories, and secondly, to not include more than 1400 mgs. of sodium per meal. This is assuming that this meal of one-third of your total calorie intake for the day. It is desirable to keep your total salt (sodium) intake below 4 grams (4,000 mgs.) per day. With these general principles in mind, here is a list of acceptable frozen dinners:

Brand	Acceptable
Genesis	All
Stouffer's Lean Cuisine	Chicken Chow Mein; Chicken and Vegetables; Glazed Chicken; Fish Divan; Fish Florentine; Oriental Scallops and Vegetables; Spaghetti with Beef & Mushrooms; Zucchini Lasagna
Weight Watcher's	Chicken A La King; Chicken Livers and Onions; Chicken New Orleans; Sole and Lemon Sauce
Kraft A La Cart	Sweet and Sour Chicken; Sweet and Sour Pork; Macaroni & Beef

The following are judged not to be acceptable either because of excessive fat or salt.

Brand	Unacceptable
Stouffer's Lean Cuisine	Meatball Stew; Oriental Beef with Vegetables and Rice
Weight Watcher's	Beefsteak in Mushroom Sauce; Sirloin of Beef in Mushroom Sauce; Chicken Oriental; Chicken Parmigiana; Cheese Pizza Pie; Ziti Macaroni with Veal and Cheese
Kraft A La Cart	Creamed Chipped Beef; Chicken Milanese; Beef Burgundy; Creamed Chicken; Beef Stroganoff; Beef Stew; Salisbury Steak
Le Menu	All

Joseph Arends, M.D. Dr. Arends is a specialist in health maintenance practicing in Troy, Michigan

IT'S YOUR NEWSLETTER

The Maine Track Club Newsletter is a once-a-month publication, and the primary vehicle for getting information to all of our members. We try to make it interesting and fun by combining Club news with race information, member sketches, articles of interest, and cartoons (and we think we do a pretty good job!). However, there's just so much a few people can come up with each month.

We need each and every one of you to help make this a great newsletter. If you take the time to send in an article or piece of information of interest, we'll find a place for it in the newsletter. And we're really not that picky! If you've read a good book on fitness, health or running...tell us about it. If you've heard about an upcoming speaker...call or write to us. If you stumble upon an amusing comic, know of a great sale on running clothes, see an article on another member...LET US KNOW!

This is your newsletter, so start sending in those contributions!!! All you have to do is either call one of the officers (all phone numbers are listed on the front page of this newsletter), or drop your contribution in the mail, addressed to Maine Track Club, P.O. Box 8008, Portland, Maine 04104. The Newsletter Committee will be getting together on the last Wednesday of every month to discuss the content and layout of the newsletter, so be sure to get materials to us before that date. The next meeting is scheduled for December 26, 1984.

Hope to hear from all of you in the coming months.

Russ Connors
Chairman, Newsletter Committee

1985 MEMBERSHIP RENEWAL

A renewal membership notice will be included in the January, 1985 Newsletter. Renewals voted at the November meeting will be \$12 single, \$15 family, or \$5 student. We're looking for a 100% renewal rate this year!

NEW LOGO

Bob Ayers, Membership Chairman, pointed out at the Executive Committee meeting of November 28, 1984, that our runner in the Club's logo is not really representative of the Club since there are many female and young members. Point well taken...but what to do?

Russ Connors and Charlie Scribner said there wasn't anything really sacred about the runner. Someone, probably Brian Gillespie, slapped one on a letterhead one day and it was more or less used from then on. One alternative was to simply remove the runner. Another was to add a female and/or children.

After some discussion, it was suggested that we use the State bird, the chickadee, since we already use it on Club uniforms and is as much a logo for the Club as the runner has been. It was approved by unanimous consent.

* * *

Words and Phrases: Henry A. Solomon, M.D., author of *The Exercise Myth*, dismisses the values of running with this line: "The only people who need to run are athletes who are paid for it and pickpockets." ... The *Sports East Newsletter* likes to poke fun at the training pace of two readers, Tom Osler and Harry Berkowitz. A recent issue noted, "Turtle Tom and Harry B. were speeding along on one of their work-

outs when one of them suddenly turned around and smashed a tiny snail on the ground behind him. 'Why did you do that?' asked his partner. 'Darn thing's been following me around over the whole route,' said the other." ✕

The Canillejas 12-kilometer road race in Madrid, Spain, was canceled after a spectator shoved Briton Mike McLeod to the ground as he raced for the lead.

RACE RESULTS

There's a lot of news coming your way this month from the racing scene. Here's what's going on here and elsewhere as reported by Art Quint, Charlie Scribner, and various other members.

The Great American Dream Road Race at Old Orchard Beach

October 7, 1984
1. Don Barker, 20:00; 2. Ken Botting, 20:04; 3. Justin Curtis, 20:20; 4. Greg Parlin, 21:01; 5. Werner Pobatschnig, 21:11; 6. Jack Mohr, 21:13; 7. Bob Hartley, 21:17; 8. Gino Valeriani, 21:23; 9. Keith Turner, 21:26; 10. David Dannelly, 21:56; 11. John A. Titus, Jr., 22:02; 12. Doug Kay, 22:06; 13. Richard L. Heureux, 22:11; 14. Brian Corcoran, 22:12; 15. Bob Quenlin, 22:15; 16. Michael Kimball, 22:20; 17. Michael Bard, 22:26; 18. Steve Harrison, 22:31; 19. Warren Dean, 22:33; 20. David Tinker, 22:40; 21. John McIntyre, 22:41; 22. Daniel Zimmerman, 22:50; 23. James Leonard, 22:52; 24. Rich Sonker, 22:54; 25. John Fadden, 23:07; 26. Roland LaFlamme, 23:08; 27. Bobby Roberts, 23:21; 28. John Sullivan, 23:22; 29. Paul Merrill, 23:26; 30. Thomas Murray, 23:29; 31. Bob Jolicoeur, 23:34; 32. Lee Anderson, 23:43; 33. Marc Bourassa, 23:44; 34. Jack Mercier, 23:45; 35. Larry Kinner, 23:45; 36. Bob Krueger, 23:46; 37. Debbie Sawyer, 23:47; 38. Barry Sargeant, 23:47; 39. Ed Daughy, Jr., 23:50; 40. Marc D'Amour, 23:53; 41. Charles McMahon, 23:53; 42. Chris Cash, 23:54; 43. Scott Despres, 24:00; 44. Roger Boudreau, 24:01; 45. Cheryl Bascomb, 24:02; 46. David Dowling, 24:10; 47. Don Harden, 24:11; 48. John Jalbert, 24:12; 49. Charles Towle, Jr., 24:13; 50. Robert LaNora, 24:30; 51. John Perron, 24:34; 52. Joe Cesta, 24:39; 53. James Cox, Jr., 24:42; 54. Carl LeBlanc, 24:44; 55. Al Jingley, 24:45; 56. Larry Frank, 24:47; 57. David Warner, 24:48; 58. Marc Breton, 24:49; 59. Unknown, 24:57; 60. Jeff Bell, 25:01; 61. William Whelan, 25:03; 62. David LeClerc, 25:07; 63. David Levesau, 25:09; 64. Paul Beaulieu, 25:09; 65. David VanWick, 25:14; 66. Tony, 25:17; 67. Dale Peabody, 25:17; 68. Sandra Sprague, 25:42; 69. Tony Verzon, 25:52; 70. Christopher Newell, 25:58; 71. Mark Ransey, 26:02; 72. Patricia Monroe, 26:11; 73. Richard Sears, 26:12; 74. Karla Hayes, 26:13; 75. Michael Fogarty, 26:16; 76. Philipe Pierce, 26:18; 77. John Murchie, 26:19; 78. Robert Spurrier, 26:20; 79. David Breault, 26:21; 80. Michael Flaherty, 26:22; 81. Chris Wales, 26:22; 82. Dan Ro-

berge, 26:23; 83. Elizabeth Jurkowski, 26:24; 84. Lee Descaleau, 26:29; 85. Paul Lones, 26:33; 86. John Dorsey, 26:34; 87. Daniel Coons, 26:39; 88. William Sprout, 26:42; 89. Kim Coombs, 26:44; 90. William Rolfe, 26:44; 91. Richard Blanchard, 26:47; 92. Mike Chovenec, 26:47; 93. John Jurkowski, 26:51; 94. Robert Foley, 26:53; 95. Raymond Picard, 26:54; 96. Roger Pepper, 26:59; 97. Connie Whittier, 27:00; 98. Stephen Merrill, 27:01; 99. Michael Riley, 27:04; 100. Cheryl Pennell, 27:05; 101. David O'Brien, 27:14; 102. Steven O'Neill, 27:15; 103. Joe Ritchie, 27:17; 104. Jerry Ambrose, 27:20; 105. Bob Forcier, 27:24; 106. Michael Bergeron, 27:25; 107. Greg Stanley, 27:26; 108. Jerry Dailey, 27:28; 109. Raphael DePrez, 27:29; 110. Steve Malone, 27:29; 111. Ralph Boxter, Jr., 27:29; 112. Roger Dunbar, 27:31; 113. Tom Girard, 27:31; 114. Joe Marinone, 27:36; 115. Honley Dennine, 27:38; 116. Missy Walkins, 27:44; 117. Yvonne Jurkowski, 27:45; 118. Phil Bartlett, 27:48; 119. Kris Fancher, 27:57; 120. Norman LaFurture, 27:57; 121. Kit Ross, 28:00; 122. Randy Smith, 28:02; 123. Richard Fecteau, 28:03; 124. John Ouellette, 28:06; 125. Ruse Bradley, 28:09; 126. Steven Cyr, 28:13; 127. John Smith, 28:15; 128. Jean Smith, 28:24; 129. Christopher Rolfe, 28:32; 130. James Hinman, 28:33; 131. Jerri Bushey, 28:34; 132. Dave Horn, 28:41; 133. Owen Stevens, 28:44; 134. David Stokes, 28:45; 135. Don Peabo, 28:52; 136. Marcel Bouchard, 28:57; 137. Cindy Vochon-Dowd, 28:59; 138. Denise Bouchard, 29:01; 139. Bob Letourneau, 29:03; 140. Randy Skelton, 29:04; 141. Tom Babson, 29:10; 142. David Guest, 29:29; 143. Andy LeBlond, 29:30; 144. Maureen Sprout, 29:33; 145. Roland Eon, 29:35; 146. Ron Loeux, 29:37; 147. Tom Norton, 29:38; 148. Jerry Gilbert, 29:40; 149. Joan Lavin, 29:48; 150. Don Croteau, 29:50; 151. Bruce Craddock, 29:51; 152. Richard Lepore, 29:55; 153. Sally Trussell, 29:56; 154. Walter Smith, 29:57; 155. Conrad Labelle, 30:04; 156. David Anthony, 30:05; 157. Joan Martin, 30:06; 158. Roy Hefflinger, 30:11; 159. Michael Brewer, 30:15; 160. Don Atkinson, 30:26; 161. Judy Barone, 30:27; 162. Katie Quinn, 30:28; 163. Jerry Harkovoy, 30:29; 164. Timothy Weeks, 30:32; 165. Paul D'Ambrose, 30:35; 166. Thomas Wilson, 30:37; 167. Raymond Arsenault, 30:40; 168. David Stokes, 30:41; 169. Patrick Flaherty, 30:43; 170. Karen Wood, 30:47;

171. Paula Lepore, 30:50; 172. Robert Cyr, 30:56; 173. Dave Marston, 30:58; 174. Jerome Skritch, 31:05; 175. John Coruso, 31:10; 176. Steve Brousseau, 31:14; 177. Mary Ann Ingraham, 31:15; 178. Paul Koenig, 31:18; 179. Dick Goodie, 31:27; 180. Guy Laliberte, 31:34; 181. Harry Giddings, 31:35; 182. Bernadette Sivalin, 31:42; 183. Shaddad Chaplin, 31:46; 184. Laura Lavoie, 32:03; 185. Robert Crowlev, 32:04; 186. Herbert Ferron, 32:10; 187. Gary Peck, 32:15; 188. Robin Martin, 32:16; 189. Mary Morrill, 32:30; 190. Betsy McCarthy, 32:53; 191. Joe Aisalo, 32:56; 192. Gary Pugatch, 32:59; 193. Diane Churchill, 33:02; 194. Susan Friedrich, 33:08; 195. Lisa Breault, 33:09; 196. Nancy Lee Wendelken, 33:10; 197. Sharon Wilke, 33:17; 198. Deborah Ready, 33:19; 199. Joe Eragitano, 33:26; 200. Penny Turgeon, 33:30; 201. Gerald Monroe, 33:32; 202. Alice Ferron, 33:33; 203. Janine Jurkowski, 33:36; 204. Laura Ziegler, 33:37; 205. Diane LeBlanc, 33:38; 206. Heidi Hanscom, 33:48; 207. Unknown, 33:49; 208. Christie L'Heureux, 33:55; 209. Cindy Fogarty, 34:08; 210. Pat Ouellette, 34:08; 211. Jill Litchfield, 34:01; 212. Preston Powell, 34:09; 213. David Kennedy, 34:10; 214. Carmela Patriotti, 34:17; 215. Jean Fletcher, 34:34; 216. Diana McCarthy, 34:35; 217. Don Boisvert, 34:37; 218. Daniel Warner, 34:48; 219. Ady Karkov, 35:18; 220. Chris Hall, 35:41; 221. Joe Nelson, 35:48; 222. Dee Foreman, 35:49; 223. Ruth Hefflinger, 36:03; 224. Muriel Pepper, 36:11; 225. Mary O'Neill, 36:21; 226. Brenda Cushman, 36:25; 227. Any Neale, 36:41; 228. Cynthia Lunt, 36:59; 229. Janice Dorsey, 37:10; 230. Michelle Foley, 37:12; 231. George Keyes, 37:20; 232. Donna Cyr, 37:21; 233. Thomas Dabens, 37:27; 234. Carolyn Perry, 37:35; 235. Charles Sloan, 37:46; 236. Judith Golding, 37:51; 237. Marianne Powell, 37:58; 238. Marsha Jehn, 38:01; 239. Sandra Maccorone, 39:14; 240. Patrick Daughy, 39:34; 241. Kandyleigh Provencer, 39:42; 242. June Babson, 40:38; 243. Lili Hall, 40:44; 244. Danielle Lahote, 41:22; 245. Nancy Gordon, 41:51; 246. Kathy Harden, 42:09; 247. Laurie Leavis, 42:35; 248. Unknown, 42:36; 249. Maurice Huot, 44:00; 250. Carol Dingley, 45:18; 251. Maureen LaFlamme, 45:27; 252. Annabelle Carpenter, 45:28; 253. Karen Searle, 48:26; 254. Sherman LaHale, 51:37; 255. Unknown, 52:17.



Cross country 11/19

STATE COLLEGE, Pa. (AP) — The results from Monday's 1984 National Collegiate Athletic Association cross country championships held at Pennsylvania State University:

MEN
Individual
1. Edward Evestone, Brigham Young, 29 minutes, 28.8 seconds. 2. Richard O'Flynn, Providence, 29:35.5. 3. Yoban Ondieki, Iowa State, 29:37. 4. John Eosker, Wisconsin, 29:38. 5. Tom Amberry, Arizona, 29:38.1. 6. James Splenza, Dartmouth, 29:45.2. 7. Brent Steiner, Kansas, 29:45.3. 8. Tim Hacker, Wisconsin, 29:49.2. 9. Larry Chumley, Northern Arizona, 29:56.4. 10. Mike Vaillo, S.E. Missouri State, 29:56.7.
11. Scott Jenkins, Wisconsin, 30:02.4. 12. Keith Hanson, Marquette, 30:04.0. 13. Dave Morrison, Minnesota, 30:06.4. 14. David Swain, Arkansas, 30:09.0. 15. Brian Ashire, Auburn, 30:10.2. 16. Anthony O'Reilly, Villanova, 30:11.6. 17. Kevin King, Georgetown, 30:12.7. 18. Peter Koeh, Washington State, 30:13.7. 19. Tim Springfield, Virginia, 30:14.8. 20. Terry Brahm, Indiana, 30:16.4.
21. Chris Bunyan, Southern Illinois, 30:18.4. 22. Colin Peddie, Virginia, 30:20.2. 23. Paul Donovan, Arkansas, 30:21.8. 24. Joseph Falcon, Arkansas, 30:21.3. 25. Ty Wolf, Illinois, 30:21.4. 26. Kurt Russell, Nebraska, 30:22.2. 27. Richard Reese, Colorado, 30:22.7. 28. John Clonick, Boston College, 30:23.2. 29. Doug Tolson, Tennessee, 30:28.4. 30. Andrew Ronan, Providence, 30:29.4.

Russ Connors, attending the State College Nationals in Pennsylvania on November 19th where daughter Virginia was competing, said he enjoyed meeting Fred Lebow, the famous director of the New York City Marathon, at the Nationals. Russ said Fred is "very personable and very approachable".

Colin Peddie from Maine made All American in the competition, according to Russ.



Turkey Trot

Congratulations to Joan Lavin and Ted Cunningham for doing an outstanding job on this year's Turkey Trot. Incredible as it may seem, this was both their first experience as race directors. Joan was heard to say, "Never again" after the race, but was convinced later that it gets easier with experience, and it's really worth the effort.

The race was a big success, with lots of awards, door prizes, and a whopping 175 runners. Nice going, Joan & Ted!

Portland, Maine, Evening Express, Monday, November 19, 1984

CAPE ELIZABETH — Bob Winn outdistanced the field to win the annual 5.8 mile Turkey Trot Road Race over a hilly course.

Winn was timed in 28:56. Second place went to Jim Kimball of Westbrook High. Kimball came across in 30:48. Third place went to Steve Podgany who clocked 31:00. Debbie Sawyer was first across the line for the women, 42 overall, in 36:21.

The rest of the top 10: Werner Pobatschnig, 31:37; Grey Nelson, 31:45; Jerry Crommett, 31:51; James Cotsis, 32:15; Gordon Scannell, 32:19; Andre Benoit Jr., 32:23; Dick McFaul, 33:01.



Bob Winn

Andre Benoit Jr., 32:23; Dick McFaul, 33:01.

Winn takes Turkey Trot

RACE RESULTS CONT.

Road racing 11/18

Turkey Trot

5.8 miles

at Cape Elizabeth

1. Bob Winn, 28:56; 2. Jim Kimball, 30:48; 3. Stephen Podgorny, 31:00; 4. Werner Pabstschke, 31:32; 5. Grey Nelson, 31:45; 6. Jerry Crommett, 31:51; 7. James Cotis, 32:15; 8. Gordon Scannell, 32:19; 9. Andre Benoit, Jr., 32:23; 10. Dick McFaul, 33:01; 11. Frank Brume, 33:06; 12. Barry Field, 33:11; 13. M. Kimball, 33:14; 14. John Turling, 33:19; 15. John Eldredge, 33:27; 16. Harry Nelson, 33:34; 17. Michael Laliv, 33:41; 18. Graydon Stevens, 33:45; 19. Wayne Clark, 33:54; 20. Dave Smith, 33:58; 21. Robert Silvia, 34:01; 22. Bob Coughlin, 34:12; 23. Muzzy Barton, 34:22; 24. Steve Harriman, 34:33; 25. Kent MacDonald, 34:35.
26. John Edwards, 34:48; 27. Mike Lyons, 34:53; 28. Bob Payne, 35:07; 29. William Acton, 35:16; 30. Don Best, 35:19; 31. Scott Hugo, 35:34; 32. Ray Schewenell, 35:37; 33. Steven Cain, 35:39; 34. Leo Clark, 35:39; 35. Greg Duags, 35:47; 36. Steve Woodsum, 35:50; 37. Peter Bantow, 36:04; 38. David Frederick, 36:05; 39. John Greene, 36:09; 40. Jamie Hill, 36:11; 41. Peter Carleton, 36:12; 42. Debbie Sawyer, 36:21; 43. Rod Cedrone, 36:25; 44. William Adams, 36:27; 45. John Ryan, 36:29; 46. Bob Jolicœur, 36:31; 47. Dick Lalonde, 36:34; 48. Michael Beaudoin, 36:36; 49. Bob Ingrowski, 36:44; 50. Laura Duffy, 36:51; 51. Jack Mercier, 36:52; 52. David Kimball, 36:54; 53. Robert LaNigra, 36:55; 54. Alan Leathers, 36:55; 55. Steve Satter, 37:00; 56. Rick Strout, 37:10; 57. Denise Harlow, 37:14; 58. James Grafton, 37:33; 59. Al Butler, 37:40; 60. Richard Brink, 37:44; 61. Richard Marlow, 37:49; 62. Jerry Roberts, 37:59; 63. David Trussell, 38:01; 64. Roger Gobeil, 38:05; 65. Matt Geren, 38:07; 66. Herb Strom, 38:09; 67. Judy Ketcham, 38:11; 68. Ronald Grant, 38:17; 69. Roger K. Berle, 38:23; 70. Perley Modkins, 38:38; 71. Ruth Rohde, 38:42; 72. Dana Weste, 38:46; 73. Gilbert Cote, 38:52; 74. Carleton Mendell, 38:58; 75. Cathy Heffernan, 39:01; 76. Kevin Shute, 39:08; 77. William York, 39:21; 78. Jeff Nelson, 39:28; 79. Paul Roone, Jr., 39:37; 80. Henry Walston, 39:44; 81. Bill Sayres, 39:46; 82. Robert Lipkin, 40:07; 83. Bob Cushman, 40:09; 84. James Chase, 40:17; 85. Rex Nelson, 40:19; 86. Carol Camstock, 40:29;

87. Jon Foss, 40:34; 88. Wes Stanhope, 40:36; 89. Dave Conley, 40:38; 90. Gordon Chamberlain, 40:40; 91. Kathy Jenkins, 40:47; 92. Martin Weiss, 40:48; 93. David Peterson, 40:52; 94. Barbara Coughlin, 40:53; 95. Dale Rines, 40:59; 96. Roger Boudas, 41:13; 97. Rosalyn Randall, 41:16; 98. Jerrle Bugbee, 41:21; 99. Kevin Koserman, 41:28; 100. Tia LaMorre, 41:38.

101. Betsy Barrett, 41:41; 102. Frank Morano, 41:46; 104. Raphael DePrez, 41:50; 105. Dave Duppier, 42:05; 106. Robert Fillion, 42:10; 107. Peter Mullen, 42:19; 108. Warren Wilson, 42:32; 109. David Arnold, 42:33; 110. Sarah MacColl, 42:42; 111. Jane Colley, 42:48; 112. David Brink, 42:54; 113. Nathalie Buzzell, 43:06; 114. Stephen Crockett, 43:19; 115. Fred Stone, 43:21; 116. Wendy Soyres, 43:22; 117. James Lepere, 43:37; 118. Paul D'Ambrose, 43:51; 119. Dagad Pouta, 44:22; 120. Steve Patrick, 44:38; 121. Alan Barthelme, 45:04; 122. Andre A. Benoit, Sr., 45:25; 123. Jerry Bushev, 45:32; 124. David Krefton, 45:33; 125. Armand LaBrecque, 45:38.
126. Ronald Hankel, 45:54; 127. Marcel Bouchard, 45:59; 128. Gretchen Hill, 46:00; 129. Elizabeth Moulton, 46:05; 130. Tim Smith, 46:09; 131. Jamie Hill, 46:11; 132. Charlotte Hartwell, 46:11; 133. Paul Ceiona, 46:16; 134. S. Wendy Arnold, 46:26; 135. Brando Smith, 46:28; 136. Widgery Thomas, 46:59; 137. Michael Coppi, 47:00; 138. Tim Porter, 47:11; 139. Stoddard Chaplin, 47:13; 140. Linda Dion, 47:14; 141. Sally Trussell, 47:31; 142. Betsy Parker, 47:32; 143. Anne Matthews, 48:33; 144. Shirley Smith, 48:45; 145. Karen McPhee, 48:51; 146. Rick O'Brien, 49:18; 147. Penelope Barthelme, 49:28; 148. Judith Rutter, 49:44; 149. Anne Garriev, 49:46; 150. Charlene Post, 49:48.

151. Bill DeVanny, 50:04; 152. Sandra Utterstrom, 50:04; 153. Terry Morris, 50:42; 154. James Carroll, 51:26; 155. Wilber Holmes, 52:34; 156. Jenny Scheu, 52:56; 157. Phillip Meyers, 53:19; 158. Preston Powell, 53:27; 159. Jessica Theena, 53:44; 160. Richard Krol, 53:44; 161. Albert Utterstrom, 53:55; 162. Bill Whiffen, 54:48; 163. Karen Silverman, 54:55; 164. Carol Wooten, 55:20; 165. Judith Davis, 55:31; 167. Frank Long, 56:25; 168. Lloyd Holmes, 56:57; 169. Bert Andrews, 57:06; 170. Marianne Powell, 57:23; 171. Jason Yarrington, 58:02; 172. Paul S. Yarrington, 58:02; 173. Heather LeGrove, 57:51; 174. Maureen LaFomme, 67:53; 175. Mike Satter, 68:12.

Road racing 11/22

Thanksgiving Holiday Classic

4 miles at Portland Expo

1. Andy Kimball, 21:14; 2. Benny Fillion, 21:16; 3. Willie Dumont, 21:23; 4. William Sullivan, 21:26; 5. Kevin Keip, 21:32; 6. Joel Croteau, 21:35; 7. Gordon Scannell, 21:48; 8. Wayne Pelletier, 21:49; 9. Jack Frost, 21:54; 10. Harry Wilson, 21:57; 11. Dick McFaul, 21:52; 12. Mike Kimball, 22:04; 13. Don Barton, 22:08; 14. John Turling, 22:10; 15. Mike Lyons, 22:15; 16. Bob Coughlin, 22:16; 17. Dave Smith, 22:18; 18. Sam Merrill, 22:28; 19. Tom LaRose, 22:31; 20. Bob Quentin, 22:32; 21. Frank Brume, 22:42; 22. Joel T. Comb, 22:46; 23. Kenny Flanders, 23:15; 24. Mike Breault, 23:22; 25. Dennis Mitchell, 23:24; 26. Wanda Honey, 23:25; 27. Bob Stuart, 23:27; 28. Greg Duags, 23:28; 29. Brian Milliken, 23:29; 30. Peter Carleton, 23:30; 31. Don Wilson, 23:33; 32. Michael Bickford, 23:42; 33. Bob Jolicœur, 23:50; 34. Phil Vezina, 24:04; 35. Dick Lalonde, 24:12; 36. Cheryl Bascumb, 24:13; 37. Charles LaMare, 24:15; 38. Tom Allen, 24:17; 39. Paul Conley, 24:18; 40. Alan Leathers, 24:20; 41. James Cox, 24:33; 42. Roger Berle, 24:42; 43. Lee Nicely, 24:45; 44. Denise Harlow, 24:50; 45. Chuck Mossie, 24:53; 46. David Trussell, 24:54; 47. Peter Holloway, 25:10; 48. Shawn Corli, 25:12; 49. Bill Fenderson, 25:13.

Thanksgiving Holiday Classic

Also competing, but not shown above were: Bob Cushman, 25:58; Mark Cushman, 35:29; and Brenda Cushman, 35:33. In all, 158 runners finished this race chaired by George Towle and held for the first time on Thanksgiving Day.

Lake Region Homecoming 4-Miler

Bob Cushman 27:36

Bonne Bell 10K - Boston
(October 8, 1984)

- | | |
|-----------------------|-------|
| 1. Betty Springs | 31:51 |
| ((\$5,000)) | |
| 2. Judi St. Hilaire | 32:37 |
| ((\$2,500)) | |
| 3. Anne Audain | 32:41 |
| ((\$1,500)) | |
| 82. Kim Beaulieu | 38:07 |
| 357. Barbara Coughlin | 43:39 |
| 431. Jane Dolley | 44:28 |

Ascanio Classic 5.5 Mile Road Race
(November 11, 1984 - 91 Finishers)

- | | | | |
|--------------------|-------|-----------------------|-------|
| 1. Gene Coffin | 28:48 | 58. Don Penta | 40:58 |
| 2. Steve Sarkozy | 28:49 | 64. Bill Davenny | 42:00 |
| 3. Peter Dube | 29:02 | 70. Sally Trussell | 43:10 |
| 8. Wayne Pelletier | 30:54 | 72. Jean Thomas | 43:37 |
| 13. Bob Quentin | 31:39 | 73. Joan Lavin | 43:39 |
| 39. Bob Cushman | 37:04 | 75. Sandra Utterstrom | 43:51 |
| 41. Phil Pierce | 37:09 | 78. Jim McGovern | 44:30 |
| 47. Warren Wilson | 38:48 | 79. Joyce Cook | 44:44 |
| 48. Susan Stone | 38:54 | 85. Al Utterstrom | 48:36 |
| 49. Jerie Bugbee | 39:17 | | |

Veterans Day Half-Marathon (13.1 Miles)
(November 11, 1984, Augusta - 80 Finishers)

- | | | | |
|--------------------|---------|------------------|---------|
| 1. Peter Lessard | 1:13:40 | 21. Joel Titcomb | 1:29:49 |
| 2. Alan DeCosta | 1:14:39 | 47. Dave Conley | 1:41:12 |
| 3. Daniel McCarthy | 1:15:00 | 48. Ted McCarthy | 1:41:26 |
| 18. Bob Jolicœur | 1:26:59 | 49. Vin Skinner | 1:41:45 |

Veterans Day 5K (3.1 Miles)
(November 11, 1984, Augusta
61 Finishers)

- | | |
|-----------------|-------|
| 1. Chris Bovie | 16:17 |
| 2. Floyd Wilson | 16:38 |

ATTENTION RACE DIRECTORS

Race directors are reminded to keep the signed waivers after each race until the Statute of Limitations expires...per recent advice of Road Race Management publication.

Charlie Scribner
Race Committee Chairman