

# Lost Valley race offers double the fun

It's been nearly two years since a road race was last held within the confines of Lewiston-Auburn, but that's about to change.

On Saturday, June 8, the American Heart Association will hold a fund-raising event called the "Cardiac Dash Rundezvous" at Lost Valley Ski Area. The festivities actually include two separate races — a 5K road race at 9 a.m., followed by a 5K cross country race at 10:30.

"We do spring fund-raisers every year in the Lewiston-Auburn area, and some people on the fund-raising committee thought it would be a good idea to put on a race because there hadn't been many runs in that area," said American Heart Association spokeswoman Danielle Teireau. "We're hoping there'll be a lot of interest in the race."

The race committee is headed by Susan Rowan of the Lewiston YWCA. Edward Little High School track and cross country coach Dan Campbell is the technical advisor, and it was his idea to conduct a cross country race in addition to a road race.

"We're not sure what type of response we're going to get with both a cross country race and a road race. But it's good time of year to do this, and I think people are itching for a race around here," said Campbell. "Five kilometers is a good distance, too. It's good for those people who are just starting out with running, and it's good for those who want to test their fit-

Bob Aube



## Running

ness." According to Campbell, the road race course is mostly flat. The cross country course, though, will be a little more challenging.

"It follows the same course that's used for the mountain bike race," said Campbell. "It's a moderately hilly course, with as much uphill as downhill. It'll definitely test your heart."

By scheduling the races 1½ hours apart, Campbell is hopeful that some runners will compete in both races. For those who decide to enter only one race, however, the cross country course could be an interesting change of pace.

"What we're trying to do is develop the idea for people to try different kinds of running," said Campbell. "There are lots of road races, but you don't see many cross country races. It's a beautiful course for cross country running."

Race organizers have modest goals for this year's event, in part because they got a late start in preparations. A turnout of 75 to 100 runners would be considered a

success.

"We're a little concerned because the race flyer didn't make it into (Maine Running & Fitness)," said Campbell. "But when people realize it's for a good cause, maybe that'll convince them to come out and join us, even if it's to just walk the course. We're not looking to put on a top-notch race, just an event that's fun for everyone."

The race fee is \$8 for those who pre-register or \$10 for those who sign up on race day. The first 100 entrants receive a T-shirt. Registration forms are available at Lost Valley or at the Lewiston YWCA. For more information contact the American Heart Association at 1-800-242-8721.

## Triathlon news

On another subject, Campbell confirmed that the hitherto annual Androscoggin Triathlon will not be held this August, though a new race may soon take its place.

The number of participants in the triathlon has been steadily declining in recent years, and that, more than anything else, is the reason for the race's demise.

"Basically, there was a lack of interest," said Campbell, who served as race director. "It was an extremely costly race anyway, and it was very time-consuming to organize. It's not worth the effort to continue putting it on."

Campbell and representatives of Lost Valley are currently working on plans for a new triathlon — one that would include a swim leg

rather than canoeing. The running and biking portions would be shorter than in the Androscoggin Triathlon. Tentative plans call for a half-mile swim at Taylor Pond, a 4-mile run and a 20-mile bike ride, as opposed to a 10K run and a 25-mile bike leg.

"In a swimming triathlon you tend to get more ironman competitors, so that's one reason for the shorter distances," said Campbell. "Also, we want to make it more of a community event, and a 10K run is just a little too long for some people. With the shorter distances, hopefully more people would be willing to give it a try."

## Running with pride

Roland Thibault took top honors last Sunday in another new race, the Patriots Pride 5K in Gray. Thibault overtook Auburn's Ralph Fletcher to win by four seconds, 16:44 to 16:48. Jody King won the women's division in 20:20.

Also last weekend, Jim Garster (15:40) edged Rob Pierce (15:44) in the Saucy 5K at Bangor. Michelle Cormier (17:51) placed first in a strong women's field, ahead of Jo-Ann Nealey (17:55) and Christine Snow-Reaser (18:15).

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Race directors are encouraged to fax their results to **SUNDAY JOURNAL/Sunday**. The fax number is 777-3436.

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