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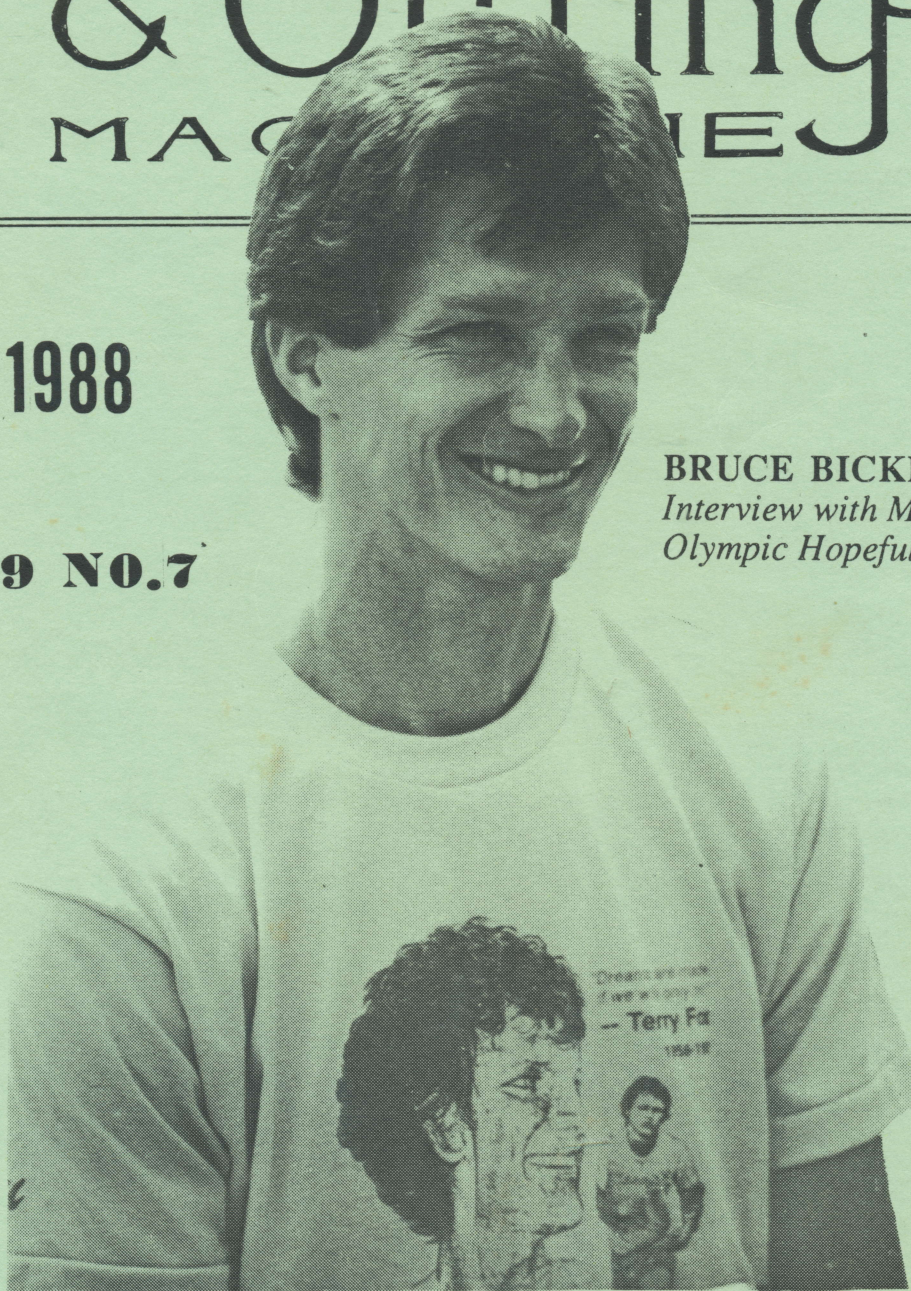
Maine Running & Outing MAGAZINE

JULY 1988

VOL.9 NO.7

BRUCE BICKFORD

*Interview with Maine's
Olympic Hopeful*



\$1.75

HUBERT STROM
164 Fowler Rd.
Cape Elizabeth, ME 04107

ALSO INSIDE: Sugarloaf Marathon, HS State Meets and Running in the Heat

Maine & Running Outing MAGAZINE

As I write this I still don't know what is happening with the LaserWriter (or the ImageWriter for that matter), but as you all can notice MR&O is going through another transition. This time it is computers. Part of this month's magazine has been done on a MAC. I am most positive it will take me some time to figure everything out and how this can help the MAG.

Right now this has been creating numerous headaches and a lot of frustration, but I can see the light at the end of the tunnel, the dawn after a long evening. As someone recently told me: computers are like buying a house. Initially it takes a lot of \$\$ and a huge investment of time, but there will be huge paybacks later. OK, yeah, but WHEN?

Anyway, let's get to the good stuff. Will cover-boy Bruce make it to Seoul? I won't air my bet, but I think his chances are good. I had time to chat with him in Bangor last month and you all can read what he had to say. Go get 'em Bick.

Also, like the cover says - the Sugarloaf Marathon and the High School State Meets were held recently. MR&O was there. Check out the page pictorials, as well as the stories, on both. Unfortunately, I was not able to get any pictures of the Class C Meet at Bowdoin College until I had already gone into production. My apologies, but I did get the info.

I'll tell ya, things have been extremely busy with all the races, typing, etc. I try to make as many races as I can to get either some pictures or a full story, but if I am not there please talk to the person in charge to send MR&O the results. And send anything else you would like. This month Michelle Wellen has a article on running in the summer heat. She gives us good advice. Remember, be careful out there (What show is that from?)

Oh, I wanted to tell you all that while I was typing this July issue in June, my one-year anniversary of holding this "glamorous" position quickly breezed by on the 11th. I spent the day in Bar Harbor enjoying the 5K, sun and some Carona and lime with some friends. So, what do you all think?

I also wanted to mention that the newsstand price of the magazine will soon be increased to \$1.95 to cover the recent postage sky rocket. The subscription price will remain at \$17.50, a savings of almost \$6.

I have only one more thing to say: THANK YOU DOUG, BUT WHY? *Chuck*

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NEXT MONTH: Maine Running Camp
with Andy Palmer and
Forest Ave. Mile

MR&O is published monthly in Bangor, Maine.
Editor - Chuck Morris.
Mailing address: PO Box 3399, Brewer, 04412
HAVE A QUESTION? 947-1190.

- AUG 28 STAR CITY TRIATHLON at 10 AM from Riverside Park, Presque Isle. 5M run, 5M canoe, 22M bike.
- SEPT 5 CARIBOU LABOR DAY/VIKING RUN. 4.4M from Caribou HS at 11 AM. Contact Neal Genz.
- SEPT 10 CASCO NORTHERN 5 MILER at 10 AM from UMPI. Contact Dave Maxcy.
- SEPT 11 CAPE CHALLENGE 13.1M from SMVTI in S. Portland. Contact Jane Dolley at 846-6018.
- SEPT 17 11th ANNUAL BAR HARBOR 13 MILER at 10 AM with start from park downtown. *See flyer this month.*
- SEPT 18 2nd ANNUAL BIATHLON SERIES. The GRAND FINALE from the Fitness Connection. See July 24.
- SEPT 18 20th ANNUAL CHUBB LIFE 5K AND 10M ROAD RACES at 9 AM and 10 AM from YMCA, Concord, NH. Fees: \$5/\$7 for 5K, \$7/\$9 for 10M. Both are TAC CERTIFIED. Contact Bob Teschek at (603) 863-2537.
- OCT 9 BERLIN-MARATHON '88. Starts at 9 AM from the "Brandenburger Tor". Must apply before August 24. Fee is DM 50 (must be paid in Deutsche Mark). Form can be obtained from Chuck at MR&O.
- OCT 30 THE OLD STYLE MARATHON/CHICAGO '88 at 10 AM from Daley Plaza. Fee is \$15, \$5 for those over 60. Must be 18 or over. \$350,000 in prize money. Contact Sheri Johnson at (312) 951-0660 for more info.

Track Meets

- JULY 6 TAC DEVELOPMENTAL MEET at Winslow HS, 6 PM, for open and masters.
- JULY 10 MAINE MASTER'S CHAMPIONSHIPS(>25yrs) at ELHS in Auburn, 12 PM, weights events 9:30 AM at Bates.
- JULY 13 TAC DEVELOPMENTAL MEET at Scarborough HS, 6 PM, for open and masters.
- JULY 16 MECTA STATE CHAMPIONSHIP. Location and time TBA. Call Bob Payne at 655-6006.
- JULY 20 TAC DEVELOPMENTAL MEET at Brewer's Pendleton Street Field, 6 PM, open and masters.
- JULY 22 DEERING OAKS FESTIVAL at the Portland Expo, 5:30 PM.
- JULY 27 TAC DEVELOPMENTAL MEET at Winslow HS, 6 PM, for open and masters.
- AUG 3 TAC DEVELOPMENTAL MEET at Edward Little HS in Auburn, 6 PM, for open and masters.
- AUG 6 FRANK SABASTIAANSKI MAINE STATE TAC OPEN OUTDOOR TRACK & FIELD CHAMPIONSHIPS at Bowdoin College, 10 AM.

Canoeing

- JULY 4 SEBEC CANOE RACE. FW, OC, K, Rec, 4 & 8 miles at 11 AM on Sebec Lake. Call Bob at 564-3920.
- JULY 9 KENNEBEC FIFTY. FW, OC, K, 46 miles at 8 AM in Carratunk/Norridgewock. Call Adrian at 866-5652.
- JULY 16 GREAT ROYALL RIVER RACE. FW, OC, K, Rec, Beg, 5M in Yarmouth. Call Kevin at 773-0910.
- JULY 16 NEW BRUNSWICK MARATHON CHAMPIONSHIPS. FW, Pro, ICF, 15/20M. Call Gary, (506) 466-3220/3384.
- JULY 17 NE MARATHON CHAMPIONSHIPS. FW, OC, 19 miles, Connecticut River, Hanover, NH. Call (802) 295-3795.
- JULY 17 THE GREAT BAY RACE. OC, K, Row, 9.2M at 11 AM, Town Park, Belfast. Call Kip at 338-5210.
- AUG 6 EAST BRANCH PENOBSCOT RACE. WW, OC, K, 14 miles, East Branch in Medway. Call Ed at 746-5008.
- AUG 6 13th ANNUAL MEGUNTICOOK LAKE RACE. FW, OC, K, 5.5M at 11 AM, Barrett Cove. Call 236-3438.
- AUG 7 3rd ANNUAL RACE THE LAKES. FW, OC, K, Beg, Rec, 10M at 12PM, Belgrade Lakes Village. Call 495-7720.
- AUG 7 N. B. SLALOM CHAMPIONSHIPS. StCroix @ Little Falls, SL(I-III), OC, CC, K, 10AM. Call (506) 466-1240.
- AUG 13 CANADIAN MARATHON CHAMPIONSHIPS. FW, Pro, ICF, 15/20M, StGeorge, NB. Call Gary, see July 16.
- AUG 19 USCA-ACA NATIONAL MARATHON CHAMPIONSHIPS. FW, OC, 19 miles. See July 17.

Town of Searsport presents:

Runner's Forum

Dear Friends:

Wow! Sugarloaf 88 made me realize that I really am human. I didn't just hit the wall. Rigamortous set in. It took me almost an hour to run the last 10K. The reason I'm writing this note is to talk to all the runners in Maine. It's important that you know how incredibly special you are.

My running status has allowed me to travel throughout the U.S. during the last 2 years. On our trips to big marathons, we've met runners from all over the world. They are always friendly and good people. We usually enjoy a fun time mingling and talking about Maine and making new friends. But as great as these trips have been, there's just a little something missing.

That something is the unique relationship, attitude and atmosphere we have in the running community here in Maine. There is a special comraderie that we've not experienced anywhere else in the country. You are directly responsible for creating this feeling and sense of family. We are all kindred spirits. We have here an attitude of friendly competition, appreciation of ability and effort and love of running. We're supportive and interested in each other. Every one of you contributes to this atmosphere. It's enhanced by the physical beauty of our state. What can be better than an ocean side run, or a run through the western mountains or even a jaunt through our cities. You should feel proud of yourself and realize how special you are as a person.

Maine is beautiful. Running here is wonderful. You are nice. Yeah, you're just nice. Thank you for being part of my running. Please take a moment to look in the mirror, pat yourself on the back and know that I love you.

Running ever,

Bruce Ellis

UPCOMING EVENTS

One of Maine's Most Unique Running Clubs!

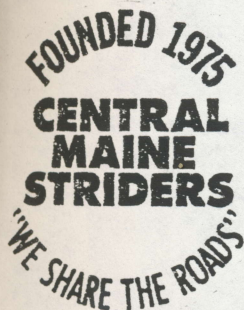
CENTRAL MAINE STRIDERS

P.O. Box 1177
Waterville, Maine 04901

For Information Contact:
Jerry Saint Amand, President
(873-6753)

July 27 - 6:30 PM
Winslow
Dyer Memorial 5K

July 30 - 9 AM
E. Vassalboro
Bert 'n' I 5M



Merrill Surprises All with Sugarloaf Triumph



The marathon start.



The middle of the race.



Bob Everett wins the 15K.

The Eustis to Kingfield run was full of surprises. Ever since race director Chip Carey had to change the date from late August to late May, the 1988 Sugarloaf Marathon was the topic of many conversations - not only because Carey's 26.2 miler (run in conjunction with a 15K 30 minutes later) is the sole survivor of Maine's marathons. Many Mainers found themselves scurrying to get the required mileage in months prior while out-of-staters, accustomed to the Maine Coast

event once held at this time, showed up in buckets. Of the 158 finishers, 79 were from "away." The Greater Lowell Track Club had at least 15 runners participate in either the 15K (140 finishers) or the full-distance.

Carey was blessed with more than 200 registered runners, the most ever in this 6th annual event. Coupled with the 15K competitors, Route 16 was full of runners on this very warm day. Though it was 42° at the start of the marathon, by the end in Kingfield the sun had risen the temperatures in the 80's. Even the 7 AM start could not help as 50 runners never made it to the finish.

One who did was Bruce Ellis of Sheepscot, who holds the course record of 2:18:38 set in '86. Barely one-month after his 29th place finish in the Olympic Trials Marathon (2:23:03), Ellis bolted to the lead from the gun. But long before the 21-mile mark when he had to briefly stop to rest, Ellis knew his body was tiring. The last 6 miles almost took him 60 minutes. He did finish (2:47:11) but only after Paul Merrill (2:34:48), Jim Toulouse (2:37:59) and Toby Skinner (2:42:40) had passed him.

"I realized today that I'm human," Ellis admitted. "I learned something about myself."

It was probably the heat that caught up with Ellis, but Merrill, a successful triathlete, was able to overcome the high temperatures. This was his first race he's ever won and he attributes it to his training for the warmer temps.

"I train for heat by wearing extra clothes, since I am getting ready to compete in Hawaii," the victor said.

Presque Isle's Darlene Higgins (3:20:54 - 60th overall) won the women's race over two out-of-staters. Boston's Cynthia Berliner's 3:24:40 edged Jo Marchetti of Newington, CT by 12 seconds.

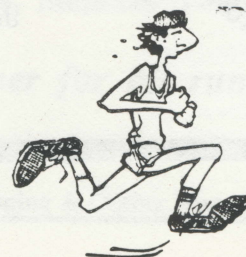
Fort Fairfield's Bob Everett smashed the old course record (49:23) in the 15K with his 47:48. He won by more than 3.5 minutes. Mike McCormick won the battle for second with his 51:20 over Robert Ashby (51:31) and George Towle (51:40).

Rose Prest-Morrison also ran away with the victory in the women's 15K as her 54:56 easily defeated Karen Rapallo (59:33).

The Central Maine Striders helped Carey direct the races. C.O. Beck & Sons and the Sugarloaf Inn were the major sponsors. The Inn offered a spaghetti feed the night before the runs.



RUN, RUN, RUN, RUN, RUN, RUN, RUN, RUN,



The Sugarloaf Marathon @ 19M



Everett Wins 2nd Consecutive Terry Fox 5



Dara Jones

For Bob Everett of Fort Fairfield, Bangor was just the first stop on the road race circuit May 22nd. After becoming the first two-time winner ('87 & '88) of the Terry Fox 5K Everett headed back north for a race in Millinocket, which he also won.

In Bangor Everett broke the race open during the last mile (sub-5 pace) and covered the out and back loop around the Mall in 15:09, a 17 second cushion over Roy Morris. Wheelchair athlete Paul Cole was third (15:52).

Dara Jones ran 19:32 (61st overall) to win the women's title over Debi Sterk (20:54) and Patricia Lastufka (20:56).

Race chairman Ed Rice saw the race dip under 400 participants for the first time as 310 finished the 3.1 mile trek in hot and humid weather. A non-competitive fun run (1-mile) preceded the 5K. With the 40-50 participants in the fun run, Rice's 400-figure was within reach.

Bruce Bickford, a Maine native now residing in Massachusetts and an Olympic hopeful in the 10,000 and 5,000 meters, was the guest at this year's event. After the run he was available for autographs. In the past Stephen King, Bill Rodgers and Betty Fox (Terry's mom) were guests. Rice read a mailgram from Mrs. Fox and her family thanking the runners and volunteers for their efforts. The race is in honor of Canadian Terry Fox who attempted to run the 5,300 miles across his country with only one "good" leg. He lost his right leg to cancer when he was a teenager and he had to abort his "Marathon of Hope" more than 3,300 miles into it because the cancer had spread to his lungs. Terry never finished the trek, but his dream of finding a cure for cancer lives on.

The Sub 5 Track Club directed the race while Village Subaru and the Bangor Motor Inn sponsored the event. All proceeds from the race goes to the Jackson Laboratory in Bar Harbor.

Hampden's Paul Hlina and Brewer's Brandon Tolman received plaques for "the athlete that best exemplifies the spirit of Terry Fox." Tolman is a Brewer High student who has Hodgkin's disease and he was the official starter of the race. Hlina, who is dependent on crutches because of a broken back he suffered in a car crash years ago, completed the run with his crutches. In a letter he wrote to the Bangor Daily News Hlina said, "(Terry's) words ('Dreams die, people don't.'). his actions and his death inspired me to believe in my dreams, I run like Terry did to show others the possibility we all possess."

NEWS

MAINE RUNNING HALL OF FAME

On June 15 seven Mainers attended the third meeting for hopes of creating a Maine Running Hall of Fame. The group has set up by-laws and are now interested in attracting runners throughout the state to send suggestions to MR&O for nominees onto the initial 9-member committee that in the future will vote for inductees into the Hall and also for by-law changes. The group is hoping the committee will be able to function by September 1st. The August 10th meeting at the Augusta Holiday Inn (6:30 PM) will be vital to finalize this selection.

If you have any questions on what the Hall's function will be or if you have suggestions for nominees onto the committee please contact MR&O at PO Box 3399, Brewer, ME 04412 (947-1190).



SAMUELSON FINISHES SEVENTH IN 10K

Joan Samuelson of Freeport, the 1984 Olympic Marathon Champion, finished seventh at the L'eggs Mini Marathon in New York on June 4th. Her 33:05 was the 5th fastest American time. Ingrid Kristiansen of Norway defeated Australia's Lisa Martin by 33 seconds with her 31:31. Francie Larrieu Smith was the first US finisher (3rd - 32:10).

Samuelson is on the road to recovery after a series of injuries and she is looking toward the Olympic Track and Field Trials in the middle of July. Her injuries kept her from competing in the Marathon Trials held in April,

UMAINE CYCLING TEAM COMPETES IN NATIONAL CHAMPIONSHIPS

On May 19-23 seven members of the UMaine Cycling Team travelled to San Luis Obispo, CA for the first annual USCCA National Road Championships. Complete results were not yet available, but in the team time trial the Maine squad finished 17th out of 26 teams - beating clubs from schools like Army, Air Force and Penn State. The University of Colorado won.

The members that represented Maine were Brent and Baron Richardson, Rich Goodenough, Dan Murphy and Stacey Fontaine. Mary LaPointe and Steve Hand were the club's technical support and mechanics. Cal Poly State University were the hosts of the event.

In the 32-mile road race (one loop) 120 riders started, but barely 60 finished because of the 102° temperature in the shade. Goodenough (34th), Brent (40th) and Baron (43rd) were Maine's top finishers. The University of California at Santa Barbara won.

"I thought it was great, a super experience," Baron said.

"It will help give exposure to our team," Brent admitted.

AT THE RACES:

TAC Walk Championships

Peter Ott's 10K

Newport 5K



Bob Keating



Sprinting to the finish



Lee Stover (L) & Brian McCrea



Scott Dugas of Sanford tied Class A records in both the 110M and 300M hurdle events.

(1st in the 400 with a 50.1), but it was the 1600 relay foursome (seeded 10th) that enabled the purple and white home squad to tie Kennebunk for the team title. Hampden won its heat and wound up fourth overall in the last event, which Kennebunk did not score in. Both squads finished with 63 points.

Dugas' individual performances may have overshadowed Cheverus' Kevin Lyons superior wins in the 1600 (4:26.2) and 3200 (9:42.4). Lyons used an incredible kick to pick up the state wins, but it was South Portland that took the team trophy with 74 points. Darryl Crosby-Williams won both sprints (11.1 and 22.6) to lead SP.

In the girls Class A, also held at Thornton Academy, it was all Debbie Sweeney and her Sanford teammates. Sweeney led Sanford to the state title by a whopping 35-point margin, 90-65. Westbrook was second.

Sweeney won the 400 (58.9), 800 (2:20.6) and anchored both winning relays. She also led teammates Amy Patterson (2:23.5) and Charla Harrie (2:23.7) to a 1-2-3 sweep in the 800. Patterson also won the 3,200 (11:34.3) and placed second to Mt. Ararat's Amy Tripp in the 1,600 (5:08.6 to 5:10.0).

Portland's Vicky Charbonneau won the high jump (5-2) and long jump (17-3).

Greely used its depth to take the girls Class B crown, 68.5 to Gorham's 60. Sasha Goodwin led Danny Paul's squad with an impressive win in the 1,600 (5:12.5), third in the 3,200 (11:54.6).

High School States

From Scott Dugas, Alan Baldwin and Robby Hebert to Debbie Sweeney, Sasha Goodwin and Anna Struck, the Class A, B and C State Track and Field Championships on June 4th were full of outstanding performances.

Dugas tied the state records in the 110 and 300-meter hurdles (14.9 and 39.4), Baldwin tied his 39.1 intermediate hurdle state record while also winning the highs (14.9) and 200 (22.7); and Hebert dominated Class C with four wins: shot put (49-10), triple jump (42-7), intermediates (39.9) and highs (15.0). The latter being a state record.

Hebert's performances led his Old Orchard Beach teammates to the Class C title held at Bowdoin College. OOB's 88 points edged Maranacook by one. Falmouth's Andy Lawler, meanwhile, won three events - the long jump (20-11), 100 (11.4) and 200 (23.5). Matt Knox kept Maranacook in the team hunt with victories in the 800 (1:59.0) and 1600 (4:29.0).

The best race of the day in any class, however, was probably the Class C 3200. The top six were all within 9 seconds of each other. Carrebec's Wade Chipman (9:50.3) outsprinted Mattawanacook's Sam Wilbur (9:51.8) and Andy Spaulding of Searsport (9:52.6), while Wiscasset's Steve Shea (9:55.3), Yarmouth's David Smith (9:58.0) and Maranacook's Ken Lee (9:59.4) closely followed.

Baldwin's three wins in Class B kept Hampden close to Kennebuc, which was led by Eric Nedeau



Class B Girls 1600M Relay

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CLASS A

PHOTOS



Lyons leads the pack in the Class A 1600M.



Brent Leighton wins Class B 1600M.

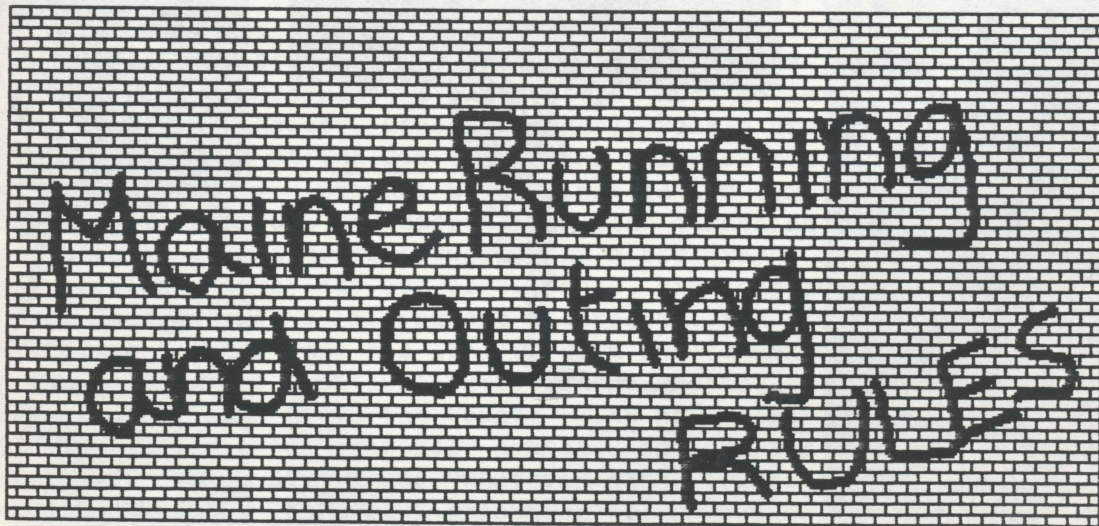
and fourth in the 800 (2:25.8). In the two-mile Goodwin and Ellsworth's Kerry Shea (11:49.4) were chasing Andrea Elder of Windham (11:45.9), but both ran out of room. Greely also won both relays.

In the Class C meet Anna Struck of Winthrop set a state record in the 800 with her 2:21.6, but it was Boothbay Region that took the team title with 61 points over Maranacook (53) and John Bapst (52). Angel Tibbetts led the victorious BR squad with wins in the discus (120-3) and shot put (34-4).

In the distance events Piscataquis' Carla Lemieux and Karen Fields of Searsport battled back and forth. It was Lemieux who won the first confrontation with a 5:11.3 1,600. Fields was second in 5:14.1, but Fields took the 3,200 (11:22.5 to 11:25.5) later in the meet.

CLASS A PHOTOS COURTESY OF GLENDON RAND.

PHOTOS FROM CLASS C WERE NOT AVAILABLE AT PRESS TIME.



Subscribe To Maine Running & Outing

High School States



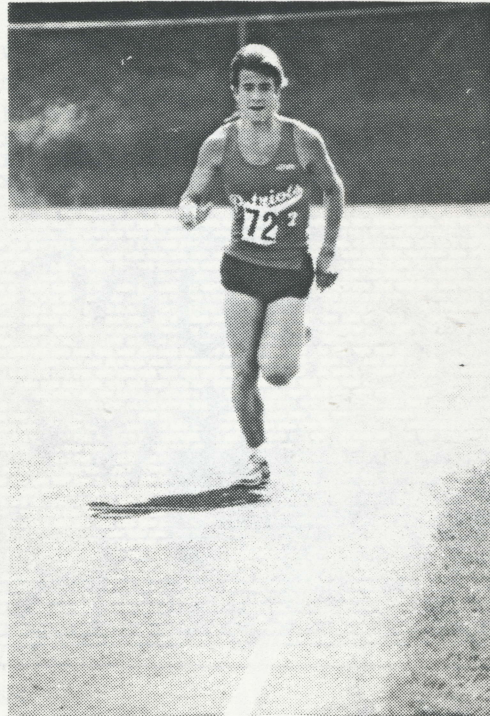
Rusty Snow and Al Geiser follow double state champion Kevin Lyons of Cheverus in the Class A 3200M



Brewer's Seth Harrow lunges for the tape with P Winchester close behind. They finished 5th and respectively in the Class A 3200M.



Amy Tripp of Mt Ararat explodes past Sanford's Amy Patterson in the Class A 1600M.



Bob Sprague (GNG) cruises to the fastest 3200M time of the day with win in Class B.



Katie Quinn of Lake Region won the Class B 800M title.

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Ellis Finishes Well at Marathon Trials - special column by Rick Krause

Sunday (April 27) in the nationally televised Olympic Trials Marathon in New Jersey, Bruce Ellis of Sheepscot ran to a 29th place among a field of 107 of the country's best marathoners, clocking 2:23:03.

Ellis said he was, in the final analysis, pleased with his time considering the windy conditions and hills. "It was a tough day to run," he said. Runners were getting blown all over the road by gusting winds.

"I ran hard for about the first 10 miles and I was maybe about a minute off the pace. And then the middle 10 is really what kind of killed me. That's when we really got into the hills," where he said there was a strong headwind to contend with.

There, he said, "I really started to lose it, but I finished reasonably well over the last 10K."

He said he passed more than 13 runners from mile 22 (where he was in 42nd place) to the finish where he crossed the line 29th. Ellis said he was "a little disappointed" in his time at first, but after he discussed the matter with several other runners, it was generally agreed that the weather took about three minutes off anticipated times under more ideal conditions.

Going into the race Ellis said he told himself that he was in about 2:20 shape. "I was hoping to just barely crack 2:20 and I think 2:23 was probably right on," he said.

For Ellis, who has a personal best of 2:17:54, it was his 21st marathon.

The other Mainer who qualified for the Trials, Andy Palmer of South Portland, reportedly had trouble with his foot injury and dropped out before five miles. Ellis said he saw the former Maine Runner of the Year at a post race gathering, but had little chance to talk with him.

Winning the Trials was a relatively unknown second-time marathoner, Mark Conover of San Luis Obispo, CA, who pulled away from runner-up Ed Eyestone in the last mile. Conover's time was 2:12:26 and Eyestone, one of the country's best 10,000 meter trackmen, finished in 2:12:49. In third, making the Olympic Team as well, was Pete Pfitzinger, the top American finisher in the 1984 Olympic Marathon. His time was 2:13:09.

(This article first appeared in the Lincoln County News on April 28th.)

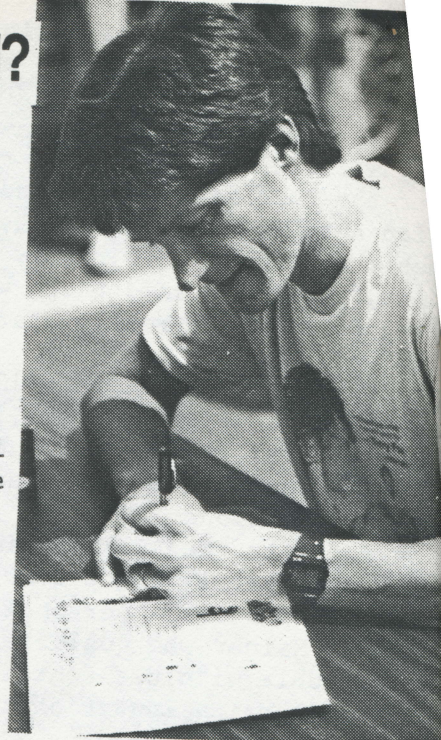
Club Shorts

Finally, a good dosage of club news. Here goes: THE PINECONE FLYERS, out of the Dover-Foxcroft area, are meeting every Tuesday night at 6 PM at Foxcroft Academy for social runs. THE NORTHERN BAY ATHLETIC CLUB have supported running in the Blue Hill area for more than five years and thanks to Steve Elliot's dedication the club will continue to hold three of its races (check for their flyers this month). The races are well-organized and the settings are gorgeous - events that should not be missed, but almost where because of lack of leadership. "After five years I still enjoy it," Elliot admitted, "but I need help. I enjoy it too much to let it fall. We get mail from all over the world (Norway, Canada, France). People are interested in what our club is doing." Paul Cole of THE PEN BAY PACERS tells of some "neat new software" that he recently picked up - Graphic Coach. This is IBM compatible and it takes your daily training or racing runs and stores them like a running log. It has a graphics option that shows an entire month's running in a bar graph. It has another option that keeps a straight day-by-day log of distance, time and average speed. Contact Paul (Box 302, Rockland 04841) if you are interested. THE AROOSTOOK JOGGERNAUTS have a new president. Neal Genz has stepped down and former VP Barry Bartley has taken over the head honcho position. Barry can be reached at 425-3133. Mike Mendonca informs MR&O of a new club up in the County - THE MAC FLIERS FITNESS CLUB ("Strength through fitness."). The group presently competes and directs mostly road running events, but canoe, cycle, XC ski and "whatever else" events that involve fitness they'll be involved in. THE SUB 5 TRACK CLUB announced it is opening its doors to the community. The club is trying to hold events and weekly practices for runners of all ages. They have practice at the Brewer High Track Monday and Thursday at 6 PM. They have a social time after at a local eatery. Three members of THE MAINE TRACK CLUB attended the RRCA convention in Indianapolis in April. Ken & Jane Dolley and present club president Charlie Scribner were on hand to represent Maine. Charlie received the "Nike Rod Steele" award for outstanding volunteer. The club is also looking for a director for the August 13th Peaks Island Race. Call 772-5781. CENTRAL MAINE STRIDER president Jerry St. Amand and member Tom McGuire stopped a man from stealing \$\$ from a Waterville store. (lack of space)

Bickford Make the Trip to Seoul?

Bruce Bickford, a Maine native now residing in Boston, has nurtured his running career from a high school superstar to an Olympic hopeful. In the '84 Trials Bruce was fourth in both the 5K and 10K, one-place shy of making the Olympic Team. In 1985 Bruce defeated Olympic champion Alberto Cova of Italy enroute to the No. 1 ranking in the world for 10K. In 1987 Bruce set a Pan American Games record in the 10K. What does 1988 have in store for the Northeastern University graduate? The dates July 15th through the 23rd may answer this question and many others for Bruce. That is when he will be toeing the line at Indiana University's track for the 1988 Olympic Trials. He will run the 10K and the 5K.

At the Terry Fox Run in Bangor on May 22nd, I had a chance to sit down with Bruce and discuss the Trials, his goals and more.



Bruce Bickford signs autographs the Terry Fox 5K last month in

MR&O: How is your training going for the Trials?

BRUCE: The training's going good - about 100 miles per week now. It's pretty intense mileage now for a few more weeks, then I'll start cutting back a little bit and go to a little bit more faster stuff on the track.

MR&O: How do you rate your chances at the Trials?

BRUCE: I think my chances are real good. In '84 it was only my third and fourth 10K on the track, so I think I was a little bit inexperienced. I'd run the steeple before that, but I still thought the 10 was my best chance. I stuck with the 10 came up a little short, but I learned a lot.

MR&O: Do you think you will be considered a "favorite," or an "underdog?"

BRUCE: Well, some books pick me as the favorite. Some books pick me to make the team and some books pick me to not make the team, so I don't know. I guess I'm right on the fringe. A few people have run better the last two years, but that's the last two years and now it's '88 and a different year. Hopefully that will change a little bit. It will be tough. It's never easy. The toughest thing is making the team. I think it will be easier to medal after I make the team then it will be to just make the team, to be in the top 3 at the Trials.

MR&O: Why do you think that is the case?

BRUCE: A lot of other countries go through selections where they select their athletes and we don't. We have to run a trial, a qualifying heat. What our system does actually is set us up pretty well for the Olympics because we go through the exact same format as the Olympics. The countries that select their team members - they don't go through that. They don't run on a Monday and Wednesday. They go into it pretty dry without racing sometimes that closely, in that type of situation. Sometimes it's to our advantage that we know what we must go through.

MR&O: What is your goal for the Trials?

BRUCE: I'm concentrating on the 10. The big thing is the 10. If I don't make the team I have the 5 to fall back on.

R&O: Why did you take time off from your training to come up for the Terry Fox Run?

RUCE: It's for a good cause and Ed (Rice - the race coordinator) is a friend of mine. He's asked me a couple times, I took the weekend off and came up. It's a lot of fun,

R&O: What do you think Terry Fox signifies?

RUCE: His dedication alone. Just like all these people here getting out, just doing it. It's not easy running. It's not easy being a runner. It's easy to sit back, take it easy on Sunday, not go out every day and train. It's kind of a different sport. It takes a lot of dedication to get out there. Terry had it.

R&O: What is in store for Bruce Bickford after the Trials and maybe the Olympics?

RUCE: I'm not really looking too far past the Olympics. I'm trying to make the team. I would assume I'll be running a few less track races and more road races after this year, but I love the 10K on the track. It's just that there's not too many races here in the 10K on the track - you have to go to Europe. It's tough going over there and training and racing a lot, being away from home. I've done it a few years now. Sometimes it's hard staying away for a period of time. Probably a few more road races and more marathons.

R&O: What has been the highlight of your running career so far?

RUCE: I don't know if I can think of any. There's been a lot of races. I had some great high school races. College is the same thing. I don't know - probably the biggest thing, the thing I look at most is running so well here in Maine in high school. I never really enjoyed running when I first started. My senior year - winning the New England Cross Country Championship was a big thing for me. It really kept me going because I didn't know if I wanted to go to college. I had all these offers, but I was content with staying on the farm and living that kind of life.

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John DeHart Brings Experience to Maine

Many runners need coaches to guide them through workouts, encourage them during races and advise them with training needs. In highschool and college coaching is vital, necessary and adequately supplied. But after the school days, many runners are left to tackle running alone. Even 1988 Boston Marathon victor Ibrahim Hussein and Kenyan Henry Rono, the world's best-ever distance runner who set four world records in 1978 (two still stand) needed a coach's direction. And closer to home - Cindy Lynch, MR&O's 1987 female Runner of the Year, decided on acquiring a mentor through last year's record banner season. Men and women, world-class or not, can benefit from a "coaching" figure. All three above did and strangely all three above at one time or another, have worked with John DeHart, a Bailey Island resident transplanted from New Jersey last summer.

"I started DeHart's - a private fitness club in New Jersey - because I felt there was a need for an individual approach to fitness for the serious person who wanted to maximize his available times," the 1961 All-american javelin thrower said. "The people who I've coached were very serious about exploring their potential at various distances and didn't want to leave it to chance or "hit-and-miss" training."

And it has worked for DeHart and his athletes. In 1986 he met Rono, who was trying to recover from various life difficulties. In a very short time Rono found quick results with DeHart's guidance - from 5:02 pace for 10K to 4:51 pace for 7-plus miles.

"I met Henry at the Asbury Park 10K Classic in New Jersey," DeHart recalls, "and spent a great deal of time talking about various things - training, I finally had to leave, so I gave him my card and went back home. That evening I got a phone call from Henry and we had another long talk. And at the end of it he asked me if would be his coach and train and organize his comeback."

"What I did with Henry isn't any different than what I would do with any other athlete work with," he continued. "It's just a different level of running and competition and a different set of circumstances to work with. The details of a proper training program remains the same. The first day with Henry we sat down and mapped it all out on paper as to what goals Henry wanted to accomplish and realistic time frame and what would be expected of him in regards to training to accomplish his goal of getting back in world record shape."

at 5,000 and 10,000. That is where it starts with any athlete who wants to explore their potential even if you're running 10-minute miles."

With Lynch, DeHart set up a similar program and she too found quick results - four course records in five races during August and September.

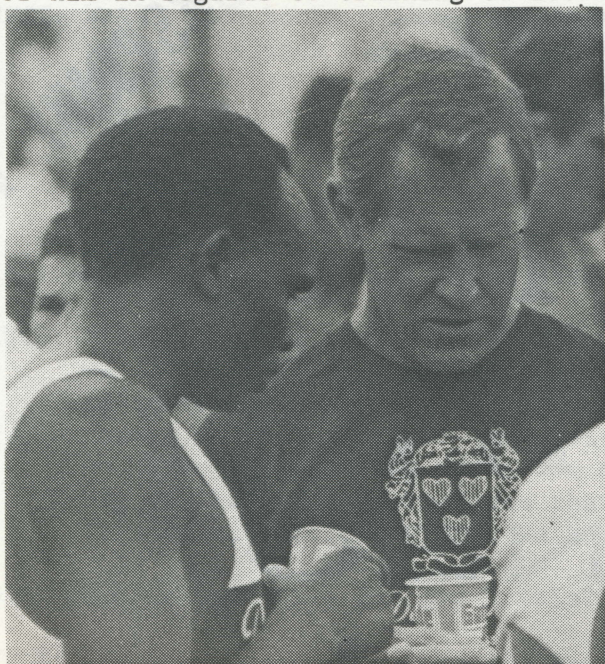
"I met Cindy at the Great Maine race in June and after spending some time talking with her, I offered to work with her," DeHart admits. "She called me a couple of weeks later and that's when we went to work."

"Cindy and I sat down and mapped it all out right through to Frihoefers which was her best race of the season," he said. "We wanted to accomplish certain things during the coming month and that is just what we did. All goals were met and she truly had one great year."

And now DeHart is offering his services and knowledge to the entire Maine public. He is also interested in organizing a private fitness club in Maine, similar to the one in New Jersey he found



John DeHart



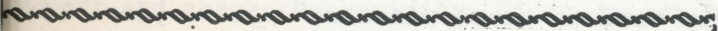
DeHart with WR holder Henry Rono

And what advice would DeHart give to his pupils?

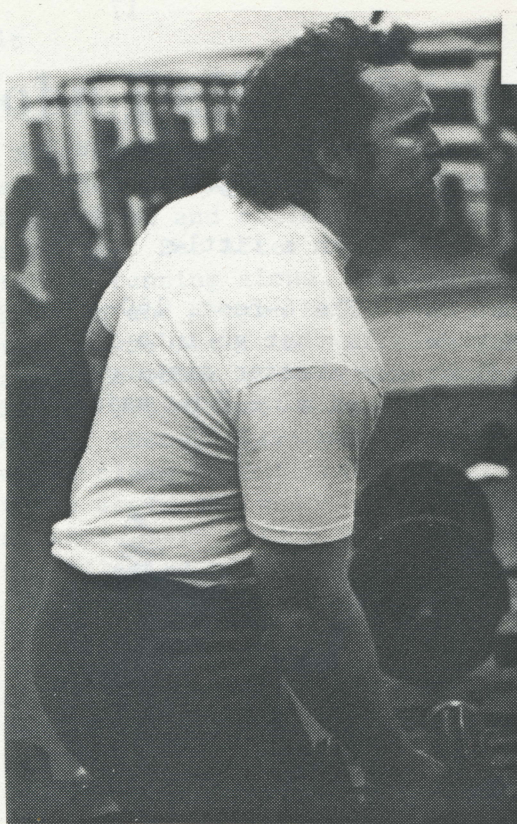
"Number 1 - keep your running fun," he said. "Number 2 - be patient as you set goals and climb to new heights and number 3 - enlist the advise of an experienced coach if you can to explore your potential. It's the quickest and safest way to achieve maximum results.

"I just hate to see some one floundering with their running when with a little organization they can be achieving the results they wanted," he added.

The 47-year-old DeHart owns a sub-40 10K and a 3:11 marathon PR's. The 6-foot, 160-pound Fryeburg Academy grad has "incorporated all the necessary details that go into program" for himself, in hopes of exploring his own potential at the shorter distances. "I would like to make this the year to find out what is in those legs of mine," he said. One thing is certain - John DeHart will definitely explore to find out.



PACESETTER - Art McDermott



You've seen the movie - Rocky of the Soviet Union runs on a modernized all-weather indoor track and workout seat with extensive scientific equipment while America's Rocky, runs outside in the cold and pulls logs through the snow. Rocky was not blessed with materialistic surroundings. Rocky returned to the basics for the big battle of his life.

Well, for Brewer resident Art McDermott, the movie has a lot of similarities. This past winter as Art prepared for the biggest competition of his career, the 1988 Olympic Track and Field Trials on July 22-23 in India, he could be seen throwing logs around in the snow at the University of Maine at Orono.

"I'm really used to these winters," the 26-year old UMaine strength coach said. "I was, however, very spoiled with the California weather and being able to throw outside year-round."

"The 'Rocky' characteristic refers to my throwing around outside. This is a conditioning technique I use to develop agility and strength by throwing heavy objects around that I obviously could not do indoors. It just happens to be very cold outside now, but that is something I just have to deal with. Battling the weather is not nearly the biggest obstacle that I have had to overcome during my career."

The 6-foot, 245-pound Boston University grad will be in the shot put and discus circle trying to prove the skeptics wrong that a knee injury he suffered in last summer's Olympic Festival, which required surgery, all but ended his competitive abilities. The 5th-ranked discus thrower in the U.S. last winter, Art believes he can overcome the injury (ruptured patella ligament). The injury is also just one obstacle he faces.

"I have always been an 'underdog' in the national scene," he confesses. "If I have not been fighting injury, then it has been my lack of great height, or lack of a coach on hand to watch me, etc. These obstacles make me stronger than others, however. Challenges like these have made me a better student of the event and harder to defeat in competition."

The athlete's technique is just as vital as natural ability, Art said.

"A man or woman with good speed and great technique will always defeat a less proficient but stronger opponent," he said. "This has been my strong point especially in the shot where the guys tend to be enormous. My size and weight and strength are just no match, but my technique and speed have made up for this."

Art has been in the top-10 U.S. rankings in both the shot and disc the past two years, but the 2-time TAC All-American, 3-time NCAA All-American and 3-time Olympic Festival Team Representative, will not be content with just another top-10 ranking in '88.

"My one and only goal for '88 is to obtain a berth on the Olympic Team," he said.

Art believes to make the team in the discus will require a throw of at least 215-feet. That would be a 5-foot PR for him (210-4 best), but Art has no "least favorite part of training," ("I enjoy it all.") so his 3.5 hours of training every day, 6 days a week is never boring and it always has a purpose. And if you've seen Rocky IV, simple, but purposeful workouts can reap huge success.

Training Schedule

A typical workout may look like: 70 throws with the discus (throwing/technique work); two hours of weight lifting, including squats of 625 pounds and bench pressing 505 (strength work); track work (sprints) and stretching (plyometrics-flexibility).



Be A Winner - Subscribe To MR & O

Heat Injuries - special column by Michelle Wellen

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As the weather turns warmer and humidity increases, runners should be cautious about heat injuries and muscle cramps. I have worked in the medical unit at the finish of the Boston Marathon for nine years and at the Maine Coast Marathon for one year. Most of the people I see have cramping. A typical scene: it is a warm day (70°) with a humidity of 65%. A well-trained runner has just finished his race, sipped some water, and sits down for a few minutes to rest. Ten to 15 minutes later he develops a cramp in his calf. The cramp gets worse and he cries out in pain. A volunteer rushes over and feels a tight bulging knot in the calf. The volunteer grabs some ice and begins to slowly stretch the muscle, bringing some relief. In seconds, the runner grabs his quadriceps which is now bulging ...

This is a common scene in the medical unit. It is very painful to the runner and these cramps can persist for 30 minutes or more. The trick is to prevent the onset of these cramps. Drink a lot of water before, during and after the race. Listen to the weather report and check the humidity. If it is too humid, the body's sweat does not evaporate and you can overheat. Dress in light-colored clothes; they reflect a lot of heat. Eat oranges, bananas and salads for the week before the race. Do not take salt tablets. Just a little salt sprinkled on your food is plenty. Exertional heat cramps are caused by dehydration and they do not go away until you get your fluid back. So drink a lot of water before, during and after a race, Marathoners have been observed to lose 5 liters or more of fluid during a race.

In the summer, heat injuries are common. When we exercise, the body temperature rises. We have to maintain an internal temperature of 98.6 and very little change is tolerated. The body cools itself by producing sweat. We get into trouble when:

- 1) The humidity is high and sweat cannot evaporate. A humidity level of 60% is high enough to cause trouble in long runs.
- 2) The body is actually being heated by the environment, for example, if the temperature is above 99°.
- 3) Water loss from sweat and respiration is not replaced and dehydration occurs.

The person most at risk is the large-muscled athlete or the person with a thick layer of subcutaneous fat.

Other heat injury syndroms are sometimes seen at summer sporting events and the first football practices of the season. Heat exhaustion is serious. Its symptoms are a throbbing headache, nausea, chills, unsteadiness and fatigue. The athlete may collapse when he/she stops exercising. The body temperature is between 102° and 104°; the pulse is rapid and there is active sweating. These people need intravenous fluids to keep up their blood volume and prevent shock. Urine output should be checked for 24 hours as to color and amount. If blood is passed or a very dark color remains, you should see your doctor right away. There have been times when a runner needs intravenous therapy to control severe cramps, nausea and low blood pressure. Most medical units at the end of a race have this capability now, even for short races. If you are training alone, keep drinking and check the relative humidity before going out for a summer run.

Heat stroke is the last of the heat injuries I will discuss. This is an emergency. The body's ability to control its temperature fails and death could result. I have only had one case of heat stroke at the Boston Marathon 8 years ago. The most memorable symptom was the lack of sweating. There is confusion and aggressive behavior sometimes. The pulse is rapid, the skin is flushed, there is low diastolic blood pressure and the body temperature taken rectally is 105° or more. Treatment is to take the person out of the sun, remove as much clothing as possible and apply cool wet towels and ice packs to as much of the body as possible. These people should be transported to a local emergency room ASAP.

Summer races are fun and safe if you:

- 1) Eat oranges, bananas and salads.
- 2) Drink a lot of water.
- 3) Dress in cool, light-colored clothes.
- 4) Check the humidity and temperature before you run and avoid exercising in high humidity.
- 5) If you start to feel dizzy or nauseous, stop, get out of the sun and seek medical attention from one of the many race personnel along the route or at the finish line.
- 6) Do not drink alcohol right after a race. Alcohol will help dehydrate you.

These rules and safeguards apply to all sports played in hot weather. So have a safe race and come see us in the medical units if you feel sore or very tired.



The Doctor's Office

Greed and Loathing on the Racing Trail

by Mike Sargent, M.D.

It was a bright and muggy morning. Thanks to Chuck's curious habit of listing an occasional New Jersey race in the MR&O calendar, I was standing near the finish line at Ridgewood's expansive, tree-shaded Veterans' Field. Over a thousand runners had just completed a 5-K race, following a field of nearly five hundred in a 10-K. Now, the handful of entrants in a series of one-mile races were being introduced to the responsive crowd. After this embarrassment, we were stuffed into vans and driven to the start.

The local newspaper had announced that, in addition to the regular prize money a special bonus would be awarded if the winner of the "elite" mile broke four minutes. My own goal was a bit more modest. I have just as much pride as anyone, and in order to avoid finishing dead last, I figured I'd at least have to break 4:30. Although this was my first serious competition of the year, I'd actually experienced the bewitching thrill of prize money for the first time a few weeks earlier, when I entered a race as a workout and mistakenly finished third, not even knowing that I was in the running for more than a cute etched-glass medal. The ludicrousness of this situation was underscored in the subsequent feature race, in which Tanzania's Zak Barie covered ten full miles at a much faster pace than I had managed for five kilometers.

Here in Jersey, it's almost impossible to attend a race and not overhear or participate in conversations on the fine art of choosing one's races to maximize one's chances of material gain. In the 5-K, a friend in college maintained an impressive pace, only to be outkicked for the win over the last 200 meters. Afterward, he remarked half-seriously that if NCAA rules had allowed him to accept prize money, he probably would have kicked harder. While we waited for his medal, the 10-K age-group awards were presented, and an adrenaline rush seized me as I realized that I could have won a Casio watch with even a sub-maximal effort. While soon repenting this perverse conditioned response, I was disturbed that I could even entertain trading the exhilaration of having achieved a personally-significant goal in my favorite distance in front of a pumped-up crowd for the vulgarity of acquiring a material object with a mediocre effort in a distance I loathe while finishing far enough back in the pack that nobody would really care. Especially since I already own a Casio watch.

Subsidizing world-class athletes so they can devote their energy toward remaining competitive on an international scale is a different and timely issue. But on a regional level, if even an inconsequential sub-masters runner on a comeback attempt like me betrays vulnerability to the seductive leer of Mammon, the pressure for prostitution on someone good enough to place well at major events seems ponderous indeed, even if one couldn't possibly win enough to live on. This is presumably why the ancient Greeks awarded olive wreaths and left endorsement contracts to a more advanced civilization.

I see the difference between amateurism and professionalism not so much in terms

of simple sums of money, but rather in whether the athlete controls his involvement in his sport or whether the sport controls the athlete. Professional team members are told when and where they play their games. Runners with contracts from shoe companies or major marathons give up at least some of their freedom to choose when and where they race, even if the desire to pay off debts or develop a nest egg doesn't distort their motivation. Runners on scholarships are owned by their colleges and have little choice but to burn themselves out competing in three seasons, or doubling or tripling if that is what they are told to do. Exploiting one's talent for other ends than the potential "thrill of victory" is the mark of the professional, and this orientation is becoming progressively more apparent on the American road racing scene. That's an observation, not a value judgment. After all, I kept my check without serious remorse. But I hope I don't start choosing races because of their awards.

Instead, idealistic middle-distance runners who refuse to grow up can compete for ribbons at TAC development meets (though in Maine they're hard to come by). Road racers and elite track runners face more of a challenge in balancing their priorities, and seem to be subject to increasing materialistic as well as political pressure which can threaten their ultimate achievement as athletes.

By the way, the mile was won in 4:06. Maybe they'll save the money and double the bonus for next year.



Choosing a Bottled Alternative

"Soda," "pop" or "Tonic" - no beverage in America gives water greater competition than flavored soft drinks. The industry has succeeded in drawing millions of Americans away from milk and fruit juices to artificially flavored drinks that offer nothing of nutritional significance. They contain water, with or without carbon dioxide, artificial colorings and sugar. A 12-ounce serving of soda will provide a whopping 7-9 teaspoons of sugar. Nothing else but "empty calories." Some soft drinks now contain added Vitamin C or may even contain some real fruit juice. But, for the most part they are just wet, sweet calories: 130-165 per 123-ounce serving. Most of this billion dollar market is claimed by the cola drinks.

Fruit juices, while not necessarily lower in calories, at least provide essential vitamins and minerals. Orange juice provides approximately 110 calories per 8-ounce serving, but provides a good dose of vitamin C as a bonus. If you're interested in cutting calories, try a fruit spritzer, half fruit juice and half-carbonated water. It's true, Americans are not drinking soda for the sake of nutrition - they're hooked on the sweet taste. Research has shown that we are born with a desire for sweets.

Those individuals seeking pleasure without guilt have turned to the diet soft drinks. As a result, per capita use of sugar substitutes has tripled since 1975. Yet, low-calorie substitutes do not offer a final solution to the dieter's dilemma. Saccharin has been noted for its cancer causing effect on rats, while aspartame has been touted for its impact on the nervous system. Yes, you may save 130-160 calories per 12-ounce serving, but some scientists believe that the artificial sweeteners trigger hunger. In fact, studies show that many people

aren't substituting diet drinks for regular sodas - instead they're guzzling both. Or, ordering a diet soda with a hot fudge sundae.

Thirst may be the second drawing card for sodas, however sweetened drinks are not the best way to quench your thirst. The sugar regular soft drinks provide may actually increase your body's need for water. Cool, plain water is the body's best hydrator.

Caffeine is the other hooker. A 12-ounce serving of soda will provide anywhere from 36-55 mg caffeine per serving. Caffeine becomes drug-like in its action at a dosage of 250 mg for the average adult. Children are much more susceptible to its effects at lower intakes.

In actuality every sweetener available, including sugar, poses health and safety questions. Unfortunately, the perfect sweetener does not exist. You may decide that drinking club soda, Perrier or just plain water makes more sense than sipping a soft drink - regular or diet.

Here's the nutrition info to help you with your choice:

12 oz. of...	Calories	Sugar	Caffeine
Mountain Dew	171	9.5 tsp	55 mg
Fruit-flavored Soda	166	9.2	0
Root Beer	146	8.1	0
Ginger Ale	136	7.5	0
Cola	130	7.2	45
Diet Cola	2	0	33
Club Soda	0	0	0
Quinine/Seltzer	0	0	0

Anne-Marie Davee, R.D.

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Heel & Toe



Twenty-six race walkers and fifteen fitness walkers participated in the State Racewalk Championship. Competitors traveled from New Hampshire, Massachusetts, and Canada to compete with Mainers for championship honors in various age categories.

Bob Keating of Nashua, New Hampshire, had hoped to establish a new national Masters track record for 1 year olds. The record, held by Larry Walker for the 5K distance, was 1:58. Keating missed equaling the record by three seconds, finishing the course in 22:01 (7:06 per mile average). An analysis of the videos of the race revealed that Keating failed to take advantage of the inside lane throughout the race. This cost him precious seconds as he completed each loop. Had he paid more attention to traversing the course in the shortest distance, a new national Masters record would have been established on the Bangor, Maine course. In a post-race discussion, Keating indicated that whenever he races he concentrates on every aspect of his body, but does not concentrate in which lane he travels. Keating was happy with his times, and learned a very valuable lesson.

Al Larson of Winterport, a relative newcomer to race walking, was the first male Mainer to finish. Penny Bohac-Cardello, the first Maine female finisher, is also a newcomer to racewalking competitions. Both had trained intensively in preparation for this championship.

The race itself, produced some interesting sidelights. For example, Dr. Scott Ross (Chiropractor), a well-known weight lifter, entered the race without ever training for that distance. Afterwards, he said he was "hooked" on race walking. The next day however, ...he paid the price!... lactic acid built up! Rena Lolar, who won the under 12 age category, slammed "Sixteen Tons & What Do You Get?" throughout the entire race in order to keep her concentration at its best. Beth Gould, another under

Dr. Moshe Myerowitz, Chiropractor
Maine TAC Race Walking Chairman

12 entrant, relied on "dogged determination" to cover the distance. Penny Bohac-Cardello claimed she had "pre-race jitters" for the entire week prior to the race. Her husband Joe, patiently understood (that's a good marriage!). Madeleine Martin, who competed in "hot pink" slacks was advised by the chief judge (myself) to leave them behind the next time, even though it was easy to see her in the group of race walkers. Judges must see the participants knees to be certain the technique is being followed. The tallest entrant in the race, with the longest legs, was Al Larson, already mentioned above.

Bob Keating, a veteran in national and international race walking competitions, commented, "the organization and its attention to detail was at a quality level usually found in national and international competitions".

Next year, the State championship will again be held on the third Saturday in May, in Bangor. The course is fast, flat, and ideal for race walking. Mark your calendars now for the 1989 State championships, and plan to attend.

The spaghetti feed held at the Myerowitz Chiropractic Center after the race was the "extra touch" that added pleasure and enjoyment to the entire event.

* * * * *

UPCOMING RACEWALK COMPETITIONS

JUNE - 29th Brewer, 3K at Brewer Track

JULY - 4th Bangor, 3K included in festivities

6th Winslow H.S., 1500 Meter

10th Auburn, Edw. Little H.S.-Maine Masters; 35plus Womens-1500 Meter, 40plus Mens-3000 Meter

13th Scarborough 3K

20th Brewer 1500 Meter

27th Winslow, 3K at 6PM

Maine
Running
& Outing
MAGAZINE

Pace Line *by Chris Bovie*

I have to admit I have been writing and complaining about cool, windy, wet weather for some time now. But all of a sudden when I walk out the door I wonder who turned up the heat!! It seems that if you have a long race the heat rolls in. That is how it was at the Maine/NH USCF district races over the hills in Raymond on June 12. The shortest race for the Maine racers was the vet race at 66 miles. Eddie Quinn of Portland had a very good race placing second. Chris Bovie of Hallowell finished 6th after mechanical problems on the long uphill of the second lap. The course in Raymond was a tough one with a 1.25 mile long hill at the end of each lap to contend with - not to mention a few other hills interspersed. The heat was a definite factor as many riders dropped out. It was not that way for Dana Melville, a first year CAT IV rider from South Gardiner. He teamed up with another rider to break from the CAT IV pack on the second of 5 laps. For some reason the rest of the pack never chased hard and Dana never let up to win the race in a breakaway. Dana is coming on very, very strong and continues to improve weekly. Next year he becomes a VET and will be a welcome addition. Bill Gros of Brunswick finished 6th in the CAT IV race behind Dana in the pack.

Bad luck continues to plague Dan Works of Auburn. For the third race in a row Dan had problems. In Putney, VT Dan was in the front pack and became engrossed in a crash ruining a wheel, but escaping injury. In the District Time Trials in Newport, NH Dan flatted with a mile to go. Then in the district Road Race in Raymond, Dan bonked when he was unable to get his feed on the hill during his 100-mile race. The CAT I-II-III pack kept attacking on the long hill and disrupted Dan's plans for feeding.

At Newport, NH the week prior to Raymond the District Time Trials were held on a fairly tough 40K course (P.S. Rumor has it that Pat Pelletier is changing the Maine Time Trial course from 20 miles to 40K). The course had a tough moderate climb just prior to the turnaround and after riding the first 20K on an uphill slant the hill seemed even tougher. Dana Melville had his fastest time trial ever covering the 40K in 61:01, just two seconds behind Chris Bovie's 60:59. Dana came in 3rd among the CAT IV's and 11th overall. While Chris was third in the VETS and 10th overall.

On May 22 a number of Maine riders ventured to Putney, VT for a 60-mile race over hill and over dale. The course was actually a fairly easy course with a tough uphill finish. The roughest climb was first and although they told us of a 3-mile climb in the latter part of the race most of us failed to notice it. There were 650 riders there for the annual tour of the valleys. And Pat thought his race was big. Dana Melville finished 16th out of 125 CAT IV's. Bill Gros was 19th. There are a number of Maine riders racing the senior men 35 & over races this year and they all rode well in the VET race. Chris Bovie finished 8th out of 87 riders with Graydon Stevens and Eddie Quinn right behind him on the hill in 12th and 13th respectively.

Rainbow Bicycles continues to put on an excellent series of races. They have had very good turnouts for their first two time trials. They had a full house for the Lake Auburn ride. The times come out a bit on the slow side, but blame Mother Nature for that, not the riders. There was a real gale blowing right at the riders for the last 6 miles. However, that did not seem to bother Dave Crawford, last year's VET State Road Race Champion. He had a strong ride with the fastest time of the

day, 47:09, more than 3.5 minutes faster than the next rider. Dave told me earlier this year at the Boston Marathon Runner's Expo, he planned to concentrate on triathlons this year - SOLO - and it looks as if he has a real good bike leg to work with. Mike Cameron of Winthrop was the next vet to finish with the 6th best time of the day, 51:45. Mike has been avoiding the Poulin Wednesday "races" -- oops, meant to say rides -- to concentrate on working for a living. Scott McNeil won the senior men category with a solid 50:40, 30 seconds up on Mark Burke. Kevin Levasseur was the top junior rider in 51:21, while Carla Carver was the fastest woman rider by far. Carla's time would have placed a strong 11th in the senior men's pack, out of 25. Gary Wright won the Master's men (45 & over) in 58:02.

The China Lake Time Trial on June 5th attracted another full house for Rainbow. Larry Poulin, Jr. said the weather was a little tough only to turn out nice later in the day. But isn't that always the way!! Danny Smith had the fastest ride in 47:33 winning the senior men's by more than 1.5 minutes. Gene Lagomarsino was 2nd in 49:01, just squeaking by Steve Hand who finished a mere 3 seconds back. Kenny Smith dominated the VET men's pack with a 49:15 timing, also the 4th fastest of the day. Kenny is planning on ending his racing career this year with a State Championship in the Championship Road Race later at China. However, he will have plenty of competition with Dave Crawford and maybe Bill Johnson - among others. Dode Andrus of Camden finished 2nd in the VET's - Mike Cameron flattened a couple miles into the race. Carla Carver looks stronger every race - this time winning the women's in 54:50, a minute faster than second-place Veronica Knight's time. Kevin Levasseur won the junior's race in 51:57, while Gary Wright repeated in the VET Master's race and Marie Weferling was the 1st VET woman. Rainbow's next time trial is scheduled for June 26th at the China Elementary School. For all of the races sponsored by Rainbow, as well as

most races I have seen advertised, you must have an Ansi or Snell approved helmet.

Southwest Harbor held their 7th annual West Side Ride on May 29th. The race was short and very fast. The only significant hill on the course was the first one. The organizers tried a different tact this year hoping to split up the pack by offering four primes during the course of the race. The first prime was the first hill and was won by Dave Smith of Buckfield - where they have real hills. However, these primes did nothing to deter the pack. they had about 85 riders show up and started them in one big pack. I realize it is easier to use this running race methodology in organizing a bike race, but organizers have to realize that there is a great equalizer out there - the bike. Having primes is great, but not necessarily the answer to breaking up a strong field. This was found out in the finish when you had a 25 bike pack finishing on a mild uphill on a normal width street. Sandy Whittlesey, who finished 2nd last year, looked very strong in fending off the pack sprint to win in a course record of just over 58 minutes for 26 miles. Sue Krueger of Gardiner was the first woman finisher in her first Maine race. Sue is a transplant from Florida working at Poulin's Bike Shop in Augusta. Unfortunately there was a slight problem at the finish of the race. A fairly normal occurrence in bike races, but something that can be avoided with a bit more care - but when you have 25-28 bikers sprinting up a street for the finish a crash is asking to take place. Obviously the primes didn't break up this very fast pack of riders. With the UMaine bike team there and many strong individuals the whole first pack broke the course record with ease. It was a very fast race, but also a very large pack. Crashes are a part of the game, but if race organizers are worried about insurance coverage - as I understand many are - then crashes are something to try to plan out of the picture. My suggestions to Southwest, as the race continues to grow, is to start the race in separate packs and finish on the hill going out of town. I know many non-climbers won't like

a hill finish, but if you are going to have an easy course with strong riders then you have to take precautions. Nobody wants to go down. It is both no fun and very uncomfortable. If you aren't sure how to break up the riders - follow the USCF set up for ages. It is only detrimental to the race to have crashes at the finish. Bar Harbor found out when they started getting too big a field and they altered their course, as well as separated their packs. I know a sprint to the finish is exciting, but I have yet to see a USCF road course where they haven't tried to break up the field with either a hill finish or a grueling course before the finish with a nearby hill to work on.

More USCF news abounds as I try to save the best for last. There is now a USCF bike club in Maine, known as the Portland Sports Union. This is not a sponsored club yet. There is hope that it may be, but one step at a time. For riders interested in joining the club - you can get info from Cyclemania in Portland at 774-2933 and either Eddie Quinn or Dave Brink can give you the details.

Do you really want to know who is riding well from Maine? Are you really interested, or do you want to skip the best part and go read about that boring sport called running? Well, if you have hung around, here is the scoop. That Readfield sprinter is at it again. Sue Elias is riding very, very well. I had the opportunity to talk with her briefly at the District Road Race in Raymond on June 12th. Sue has been flying (both via plane and on the bike). She showed up at the Districts to qualify to ride in the Nationals and had no trouble at all with the

women's field. She took her time for two laps and then just simply disappeared. Sue also won a major race in Redmond, Washington recently after a string of seconds. After being beaten in the sprint at the Women's National Criterium Championship in White Plains, NY on May 15th by Sally Zack, Sue and her teammates came back with a vengeance in the Seafirst Race in Washington. In White Plains Sue admitted she might have made a mistake in lining up the final uphill sprint. She took the shortest line, but felt she ended up losing speed by diving through the inside corner. She felt she hesitated a little after losing a bit of speed on the corner and that cost her. She lost by a bike length, but she made up for it later. The Seafirst race was an extremely tough one for Sue - she admitted she could hardly walk in between the 3rd and 4th stages. For two straight days she powered through two stages a day - no wonder she was getting tired. She said it was a very tough race because time bonuses were given for finishing 1st, 2nd and 3rd and these time bonuses kept turning the overall places upside down. Sue finished 2nd in the initial stage - a 1.7 mile hill climb time trial; 2nd in the downtown Redmond criterium; 2nd in the 50-mile road race and won the final stage, a 30-mile mile CRIT. Her team, Tissot, won the Team GC while Sue walked away with the individual GC. Sue is really riding well and she is keeping an eye on the Olympics.

P.S. Greg Lemond is out of the Tour De France with a knee injury suffered in a crash this spring.

RIDE SCHEDULE

- JULY 9 HAMPDEN RIDE* at 1 PM from Hampden Shopping Center (25M). Contact Kim Thompson at 862-4280.
- JULY 10 COUNTY CYCLE CLASSIC. 24 miles from Van Buren to Caribou at 1 PM. Starts at Gateway Elementary School. Call Mike at 498-3158/3159 for more info.
- JULY 10 PICHE'S RR. Gilford, NH; USCF SN IV; VET; Women & Citizen. Contact Sue Page at 603-524-2068.
- JULY 10 CLAREMONT RR; all classes plus citizen. Contact Bruce Kurtz at 413-567-8833.
- JULY 16 BLUE HILL RIDE* at 10 AM from Perkins Drugstore (44, 38 and 18M rides). Contact Jon Sands, 942-1110.
- JULY 17 MAINE STATE NOVICE CHAMPIONSHIPS at China Lake. Sponsored by Rainbow Bicycles (784-7576).
- JULY 17 YARMOUTH CRITERIUM (all classes). Contact Kinnin Laramie at 363-5670.
- JULY 24 BAY STATE TRIATHLON in Medford, MA (1M swim, 40M bike, 10M run). Call Russ Pugh, (617) 396-3001.
- JULY 24 BIATHLON SERIES sponsored by the Fitness Connection in Lewiston/Auburn.
- JULY 30 CAMDEN RIDE* at 10:30 AM from Camden Public Docking Facility. Contact Laurie Littlefield, 942-2295.
- JULY 31 VINALHAVEN ISLAND RIDE* from Rockland Ferry Terminal. Contact Mark Kleinschmidt at 847-3150.
- AUG. 7 BELGRADE ROAD RACE. 30 miles, Citizen only. Sponsored by Rainbow Bicycles (784-7576).
- AUG. 7 NEW ENGLAND CRITERIUM CHAMPIONSHIPS in New London, CT. Contact David Reed at 203-739-7483.
- AUG. 14 MT. HOPE LES' CLASSIQUE/VIP HEALTH CLUB RR in Sanford, ME. Contact Bill Thompson at 324-1154.
- AUG. 21 LAKE AUBURN TIME TRIAL (approx. 20M - Citizen only). Sponsored by Rainbow Bicycles (784-7576).
- AUG. 27-28 2nd ANNUAL NEW HOPE BIKE TREK*. 100 miles along coastal and inland Maine. Call 594-2128.

* denotes a non-competitive event.



THE PAGE

Spring Fever Reliever - 4.5M Searsport April 23

1. Brian McCrea	28	23:48
2. Andrew Spaulding	17	24:00
3. Hugh McLean	29	24:57
4. Clifford Rogers	29	24:58
5. Chris Catell	18	25:56
6. Mitch Lovering	28	25:29
7. Steve Holmbraker	28	25:47
8. Michael Thompson	29	27:27
9. Larry Deans	32	27:32
10. Robert Brennes	29	27:34
11. Jim Shaver	34	28:07
12. Dick Miles	33	28:47
13. Fred Merriam	40	29:09
14. Carl Bowen	55	29:54
15. Richard Davis	43	30:09
16. Bruce Spaulding	41	30:14
17. Bryan Crosby	34	30:24
18. Carlton Mendell	66	30:47
19. Nikkie Sekera	17	31:16*
20. Bruce Mitchell	41	31:28
21. A. Bissonnette	41	33:15
22. Ellen Spring	35	33:18*
23. Bob Clark	35	35:38
24. Harriet Seekins	43	35:57*
25. Don Osborne	66	36:11
26. Blake Curtis	39	37:12
27. Norman Fitzgerald	47	37:33

Results courtesy of Andy Spaulding

UMFK 5 Mile Road Race Fort Kent April 24

1. Bob Everett	26:30
2. Rusty Taylor	27:18
3. Richard Hartford, Jr.	27:53
4. Jason Cartier	28:24
5. Donald Audibert	29:23
6. Paul Libby	29:28
7. Rodney Furr	29:59
8. Daniel Cyr	30:01
9. Kirk Cote	30:31
10. Jody Laferriere	30:40
11. William Wolkowiak	31:21
12. Erv MacDonald	31:34
13. Ralph Levesque	31:50
14. Ed Malone	31:56
15. Shane Lambert	32:49
16. Conrad Walton	33:12
17. Neal Genz	33:18
18. Kevin Dubois	33:23
19. Darlene Higgins	33:37*
20. John Collette	33:46
21. Scott Hugo	33:46
22. Paul Cyr	33:53
23. Paul Lamoreau	34:01
24. Johnna Fleming	34:04*
25. Bob Duprey	34:18
26. Mitch Ross	34:44
27. Steve McDonald	35:02
28. Terry Hartford	35:05

29. Philip Cyr	35:11
30. Laughn Berthiaume	35:14
31. Gehring Johnson	35:17
32. Owen Jackson	35:24
33. Lendal Johnson	35:56
34. John Bushey	36:49
35. Rod Lambert	37:07
36. Susan Hale	37:10*
37. Robert Askren	37:13
38. John Kaleta	37:19
39. Kevin Hartford	37:23
40. Kevin Bushey	37:35
41. Ben Paradis	37:38
42. Carol McElwee	37:42*
43. Darcie McElwee	37:51*
44. Bonnie Cyr	37:59*
45. Bruce Twombly	38:30
46. Richard Hartford, Sr.	38:38
47. Leon Kraut	38:53
48. Sue Ellen Porter	39:21*
49. Steven Dubois	39:31
50. Jason Nicolas	39:45
51. Randall Martin	39:47
52. Adam Cambert	40:18
53. Aaron Bertiaume	40:57
54. Don Peters	41:24
55. Dwayne Martin	41:40
56. Rod Charette	42:08
57. Michael Hartford	42:09
58. David Collins	42:28
59. Lewis Ouellette	43:24
60. Denise Kaleta	44:56*
61. Ryan Nicolas	45:43
62. Milton Bailey	47:16
63. Aurele Ouellette	49:19

Results courtesy Ed Malone

Run for a Free South Africa 10K Brunswick May 1

Top 5 men:

1. Richard Perry	35:39
2. Lance Hickey	35:53
3. Colm Sweeney	35:53
4. John Dougherty	38:15
5. Mike Perry	38:16

Top 5 women:

1. Alice Brechting	44:43
2. Jenny Snow	45:20
3. Marilyn Fredey	45:21
4. Katherine Christie	46:20
5. Elizabeth Skinner	46:42

Results courtesy of Bill Littell

7th Annual China 10K Classic China May 14

1. Lee Stover	34:01
2. Michael LaBossiere	34:15
3. Alton Stevens	35:45
4. Randy Hastings	35:57
5. Erik Mattson	36:21
6. Hugh McLean	36:22
7. Mitchell Lovering	36:31
8. Doug Ludewig	36:34

9. Fred Karter	36:34
10. Michael Stevens	36:40
11. Kelly Rodrigue	37:03*
12. Bob Coughlin	37:36
13. Michael Bard	37:39
14. Joe Meehan	37:47
15. Rob Erskine	37:54
16. Deborah Potter	38:06*
17. Jeff Arsenault	38:09
18. Dale Riordon	38:13
19. Michael Thompson	38:15
20. Bob Wight	38:34
21. Joe Richards	38:45
22. Rusty Dewsnap	38:53
23. Bill Pinkham	39:09
24. George Liming	39:18
25. Thomas Boothby	39:36
26. Tory Rau	39:49
27. Mert Dearnley	40:14
28. David Benn	40:17
29. Erv McDonald	40:21
30. John Berryman	40:26
31. Myles Lemieux	40:32
32. Steve Ross	40:32
33. David Silk	40:35
34. Terry Clark	40:37
35. Bob Farmer	40:50
36. Robert Gillespie	40:53
37. Bill Paulisko	40:56
38. Phil Dugas	41:00
39. John Schwerdel	41:02
40. John Manzer	41:09
41. Larry Rich	41:14
42. Stephen Schuyler	41:18
43. Sarah Gehrt	41:24*
44. Lynn Gentling	41:24*
45. Geoff Hill	41:25
46. Charles Weymouth	41:31
47. Roaldn Walker	41:33
48. Mark Bonderud	41:37
49. Bob Berryman	41:40
50. Carroll Caron	41:42
51. Dick Miles	41:45
52. Cliff Hatfield	41:47
53. Michael Greenleaf	41:48
54. Mike LaChance	41:49
55. Jay Noonkester	41:53
56. Dick Cummings	41:55
57. Steve Day	42:33
58. Joe Johnson	42:47
59. Curtis Sears	42:51
60. Brian Bachelder	42:55
61. Ron Paquette	42:56
62. Fred Merriam	43:07
63. Larry St. Peter	43:11
64. John Palmer	43:44
65. Jack Paul	43:52
66. Chuck Murphy	43:58
67. Fred Montgomery	44:01
68. Richard Davis	44:04
69. Stephen Haworth	44:15
70. John Nale	44:21
71. Rosalyn Randall	44:23*
72. Paul Dall	44:27
73. Lawrence Brown	44:35
74. John Belanger	44:38
75. Scott Verrill	44:45
76. Ernie Henderson	44:51
77. Alan Pfeiffer	45:03
78. David Comeau	45:06
79. Louisa Dunlap	45:14*
80. Nathaniel Mason	45:14

81. David Mason	45:18
82. Malcolm Glidden	45:25
83. Brian Pickard	45:29
84. Aaron Ezzy	45:33
85. James Booth	45:37
86. Bruce Mitchell	45:40
87. Susan Martin	45:47*
88. Joan Merriam	45:50*
89. Jerry St. Amand	45:59
90. Jane Rau	46:08*
91. Don Carter	46:11
92. Bruce Fowles	46:16
93. Dale Peabody	46:42
94. Ronald Cooper	46:47
95. Jason Newcomb	46:59
96. Stanely Pride	47:07
97. Steve Cornelio	47:19
98. Adam Giguere	47:30
99. Mike Farnham	47:55
100. Walter Viles	48:01
101. Ellen Spring	48:32*
102. Gard Rand	48:35
103. Jud Raven	48:37
104. Carol Nale	48:42*
105. James Schaefer	48:55
106. Scott Bean	48:59
107. Cindi Ascani	49:20*
108. Kim Berryman	49:28*
109. Sharon Sandstrom	49:50*
110. Amanda Russell	49:52*
111. Harriet Seekins	50:08*
112. Sam Auerbach	52:09
113. Donald Osborne	52:43
114. Julie Sipser	52:46*
115. Tim Theriault	53:25
116. Danny Homan	53:27
117. Donna Donald	53:30*
118. Harry Giddings	53:49
119. Nancy Ludewig	54:12*
120. Roger Weber	54:24
121. Bob Boynton	54:27
122. Arnold Vincent	54:49
123. David Leach	55:55
124. Eric Weymouth	56:05
125. Kenneth Stevens	56:29
126. Bert Brewster	56:34
127. Earle Tourtillotte	56:56
128. Shannon Meekins	57:23*
129. Jeannie Ross	57:38*
130. Natty Haworth	59:50*
131. Emily Jones	60:39*
132. Hauns Bassett	60:45
133. Stephanie Roman	61:11*
134. James Bickford	61:18
135. James Berry	61:38
136. Rebecca Cormier	66:54*
137. Lyndon Flowers	67:07
138. Linda Benn	67:40*

Results courtesy of CMS

Ames / OL 5K Race		
Newport	May 15	

1. Lee Stover	23	16:52
2. Brian McCrea	28	17:10
3. Terry Priest	29	17:35
4. Cliff Rogers	29	17:47
5. Steve Holmbraker	28	17:58
6. David Buck, Jr.	18	18:12

7. Randy Hastings	33	18:14
8. Bob Erskine	17	18:26
9. Jeff Libby	26	18:40
10. Michael Thompson	30	18:48
11. Dale Riordan	29	19:08
12. Kevin Mooney	21	19:21
13. Jon Goodness	20	20:05
14. Frank Breau	33	20:08
15. Dick Miles	33	20:15
16. Larry Rich	40	20:24
17. Bob Morris	38	21:20
18. Ryan King	18	21:41
19. Rick Leonard	19	21:55
20. Jerry Saint Amand	44	22:03
21. John Carpenter	20	22:10
22. Randy McLemore	27	22:20
23. Jon Langille	18	22:23
24. Susan Morris	30	23:27*
25. Steve Cornelio	37	24:10
26. Serena Marble	28	27:07*
27. Robert Connor	53	27:32
28. Alan Campbell	50	29:47
29. Molly Teal	31	32:51*
30. Eric Davis	13	37:00
31. Sherry Davis	37	37:02*
32. Beulah Bemis	54	50:35*
33. Marion Cookson	51	50:36*

Results courtesy of CMS

Dash & Thrash Biathlon IV Winter Harbor May 21

1. L. Alley / F. Gensheimer	60:21
2. P. Stuart / T. Rowden	60:23
3. B. Newbegin / J. Pellancani	60:23
4. H. McLean / D. Gray	60:33
5. M. Avery	61:39
6. J. Newett / J. Pendergist	62:22
7. J. Schwellenbach	62:26
8. G. Roy	62:36
9. A. Patterson	62:38
10. B. Stoyell / B. Stoyell	63:35
11. R. Bremner	64:00
12. V. Skinner	64:13
13. J. Gaard	66:28
14. G. Duff	66:47
15. S. Young	66:48
16. P. Berg	67:44
17. G. Learnard	67:46
18. E. Espling	67:49
19. T. Gadbois	68:17
20. J. Cooper / S. Dunlap	68:38
21. D. Rand	68:56
22. P. Taft	70:08
23. T. Dishner	70:23
24. D. Stephenson	70:32
25. J. Newett / T. Kirby	71:16
26. J. Skinner	72:19
27. A. Haslam	73:12
28. K. Pottle	74:12
29. A. Russell / N. Adams	75:11
30. Bouchard / Haslam	75:17
31. J. Rabbitt / B. Quigley	76:30
32. K. Snodgrass	76:43
33. McDermott / Smith	77:16
34. F. Mohan	77:19
35. C. Barksdale	78:45
36. D. Rousch / D. Sherig	80:42
37. T. Severance / B. Severance	81:44

38. S. Merrow	81:54
39. C. Murphy	81:55
40. A. Loudsbury / J. Neill	85:43
41. D. Reister / S. Roberts	86:32
42. D. Kidd	90:12
43. L. Kidd	90:12
44. Weferling / Weferling	90:28
45. L. Williams	91:22

Results courtesy of U. S. NSGA

Monmouth Apple Blossom 3.5M Monmouth May 22

1. Jeff Brown	38	20:29
2. Wayne Newton	43	22:33
3. John Palmer	31	22:37
4. Dick Cummings	50	23:03
5. Shawn Benn	16	23:05
6. John Daggett	14	23:10
7. Jim Booth	42	23:46
8. Russell Martin	38	27:28
9. Thomas Daggett	41	27:51
10. Teri Rossignol	32	29:08*
11. Larry Barron	59	29:50
12. Elizabeth Wilkins	33	30:22*
13. James Chick	49	30:57
14. Sarah Smith	14	32:37*
15. Amelia Dewsnap	11	34:20*

Results courtesy of Doug Ludewig

Monmouth Apple Blossom 15K Monmouth May 22

1. Neill Miner	38	56:29
2. Mike Simoneau	40	59:04
3. Chip Howe	36	59:56
4. Gene Roy	41	60:14
5. George Liming	36	61:12
6. Rusty Dewsnap	29	61:34
7. Tom McGuire	41	62:47
8. JW Smith	37	63:07
9. Bill Yates	47	64:38
10. John Schwerdel	41	65:07
11. Geoffrey Hill	41	65:36
12. David Benn	42	65:39
13. Lee Rossignol	33	67:22
14. Lynn Gentling	36	67:39*
15. Curtis Sears	36	68:29
16. Roland Walker	32	69:47
17. Ed Worcester	26	70:30
18. Lisa Weymouth	22	71:05*
19. Brian Cullen	46	72:41
20. Jerry Saint Amand	44	75:41
21. Ron Paquette	47	75:43
22. Paul Ruopp	40	77:52
23. Sally Harwood	35	82:44*
24. Vicki Murphy	36	82:52*
25. Chris Harker	35	82:52*
26. Mike Foley	36	91:09
27. Nancy Ludewig	43	95:53*
28. Lynne Cobb	32	100:06*

Results courtesy of Doug Ludewig

81:54
81:55
J. Neill 85:43
Roberts 86:32
90:12
90:12
ferling 90:28
91:22

S. NSGA

**Blossom 3.5M
May 22**

38 20:29
43 22:33
31 22:37
50 23:03
16 23:05
14 23:10
42 23:46
38 27:28
41 27:51
32 29:08*
59 29:50
33 30:22*
49 30:57
14 32:37*
11 34:20*

g Ludewig

**Blossom 15K
May 22**

38 56:29
40 59:04
36 59:56
41 60:14
36 61:12
29 61:34
41 62:47

**7th Annual Terry Fox 5K
Bangor May 22**

1. Bob Everett 15:09
2. Roy Morris 15:26
3. Paul Cole (WC) 15:52
4. Lee Stover 16:08
5. Richard Hartford, Jr. 16:23
6. Charles Moses, Jr. 16:30
7. Dan Buck 16:42
8. Brian McCrea 16:47
9. Gordon Hartwell 16:51
10. O. J. Logue 16:59
11. John Condon 17:01
12. Terry Priest 17:08
13. Dick Balentine 17:09
14. Mike Mendonca 17:14
15. Ron Pelletier 17:21
16. Warren Dean 17:21
17. Steve Dexter 17:23
18. Steve Holmbraker 17:24
19. Paul Comeau 17:25
20. Patrick Boss 17:29
21. Ray Johnson 17:30
22. Dirk Bradt 17:31
23. Gerry Sibley 17:32
24. Joe Gallant 17:34
25. Newell Lewey 17:38
26. Deke Talbot 17:40
27. Steve Emery 17:46
28. Larry Tonzi 17:48
29. Robert Ashby 17:50
30. David Renault 17:52
31. Don Goodness 17:54
32. Barry Dana 18:09
33. Robert Betchner 18:13
34. Michael Thompson 18:15

35. Robert Salisbury 18:15
36. Bill Pinkham 18:23
37. Neal Bond 18:24
38. David Green 18:24
39. John Lemieux 18:25
40. Robert Wilson 18:26
41. Jody Laferriere 18:27
42. Darrell Kelley 18:37
43. John Jansen 18:40
44. Awani Love 18:54
45. Myles Lemieux, Jr. 18:55
46. David Wilson 18:56
47. John Skidgel 18:57
48. Perley Merrick 19:00
49. Todd Smith 19:07
50. Bruce Theriault 19:08
51. Patrick Behan 19:08
52. John Mason 19:14
53. Steve Zinck 19:14
54. Paul Hammond 19:16
55. Andy Howard 19:19
56. Bill Comeau 19:23
57. Dick Miles 19:24
58. Frank Breau 19:28
59. Jon Goodness 19:31
60. Steve Jones 19:31
61. Dara Jones 19:32*
62. Sheldon Young 19:33
63. Tom Kirby 19:38
64. John Green 19:40
65. Larry Rich, Sr. 19:43
66. Dave McManus 19:46
67. Mike LaChance 19:47
68. Skip Howard 19:48
69. Denis Powlin 19:52
70. Chip Loring 19:54
71. Steve Rand 19:54

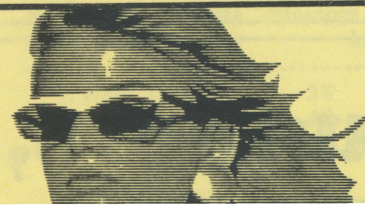
72. Brian Bachelder 19:54
73. Jim Sterk 20:01
74. Neil Martin 20:01
75. John Hwalek 20:01
76. Cliff Hatfield 20:01
77. Denny Harmon 20:01
78. Dave Wheaton 20:01
79. Terrence Hartford 20:01
80. John Loring 20:01
81. Ron Cote 20:01
82. Don Rochefort 20:01
83. Ronald Dupuis 20:01
84. John Kunz 20:02
85. Chad Becker 20:03
86. Tom McKinney 20:04
87. Steve Coleman 20:04
88. Carl Bowen 20:04
89. Ernie Henderson 20:04
90. Ryan King 20:04
91. Jerry Michaud 20:05
92. Debi Sterk 20:05
93. Patrice Lastufka 20:05
94. Donald Sanbourn 20:05
95. Michael Jeffrey 21:00
96. Tom Amnotte 21:00
97. Joseph Clapper 21:00
98. Mike Clapper 21:00
99. Coles Sargent 21:00
100. Joseph Dana 21:00
101. Brian Horne 21:11
102. Mike McEwing 21:11
103. David McIntyre 21:11
104. Don Ardine 21:11
105. Roger Titus 21:11
106. Mitch Spaulding 21:11
107. Bruce Spaulding 21:11
108. Connie McLellan 21:11

Runners, Look Your Best!



109. Cris Decker	21:16	145. Jamie Young	22:38	181. Erik Remsen	24:31
110. Gerlad Doane	21:18	146. Tracey Smith	22:40*	182. Lisa Stewart	24:34*
111. Brooke Jansen	21:29*	147. Steven Hunt	22:46	183. Anne Matava	24:34*
112. Ed Thompson	21:33	148. Doug Fiegel	22:48	184. Stacie Smith	24:37*
113. Bruce Brockway	21:34	149. Joe Aubin	22:52	185. Beth McEwing	24:38*
114. Peggy Smith	21:34*	150. Judith Bjorn	22:55*	186. Richard Loukes	24:39
115. Sidney Massey	21:35	151. Dale Lolar	22:56	187. Brian McEwing	24:40
116. Raymond Labbe	21:37	152. Ellen Spring	23:01*	188. Patti Tableman	24:42*
117. David Samuelian	21:48	153. Bill Lawlor	23:06	189. Allen Sockabasin	24:43
118. Arthur Joaquin	21:52	154. Tom Messervey	23:07	190. Candace Jellison	24:49*
119. Kevin Hartford	21:53	155. Mark Marquis	23:13	191. Linda Coleman	24:51*
120. John Carpentier	21:53	156. Brian Galipeau	23:14	192. Scott King	24:52
121. Donald Smith	21:55	157. Michelle Snow	23:15*	193. Connie Hallett	24:56*
122. Robert Hutchinson	21:56	158. Jon Langille	23:24	194. Terry Desmond	24:57
123. John Wakely	21:58	159. Richard Pooler	23:27	195. Jeanne Crafton	24:59*
124. Richard Zajal	21:58	160. Sam Auerbach	23:27	196. Gary Fessler	25:00
125. John Rubino	22:02	161. Lisa DeMaso	23:27*	197. Brian Alley	25:34
126. Richard Davis	22:03	162. David Francis	23:29	198. Ben Donnerstag	25:41
127. Robert Lumpio	22:07	163. Richard Hartford	23:29	199. Ray Curran	25:43
128. Joe Rogers	22:12	164. Ryan Cowan	23:30	200. Crady Stevenson	25:43
129. Tony Flye	22:15	165. Allen Weinrich	23:31	201. Kristin Bachelder	25:46*
130. Ed Prosienski	22:16	166. Brad Durost	23:31	202. Joseph Cyr	25:47
131. Deborah Wilson	22:19*	167. Gerald Herlihy	23:32	203. Jodi Hiland	25:48*
132. Cindy Mitchell	22:21*	168. Barbara Bickford	23:33*	204. Rena Lolar	25:51*
133. Michael Orlovski	22:24	169. Mary Bass	23:39*	205. William Gardner	25:51
134. Gregory Dutch	22:26	170. Alan Glazier	23:33	206. Mike Picard	25:58
135. Joe Gallant	22:26	171. Edward Leathers, Jr.	23:48	207. Allyn Caruso	26:01
136. Art Kotredos	22:28	172. Donna McKay	23:50*	208. Nancy Talbot	26:08*
137. Isom Sargent	22:28	173. Jan Pilotte	23:53*	209. Cathy Carter	26:08*
138. Cindy Stephenson	22:29*	174. Terry Knowles	23:54	210. Jeff Williams	26:08
139. Martin McCrea	22:32	175. John Rabbitt	24:04	211. Julie Dyer	26:10*
140. Kevin Vickers	22:34	176. Thoams Hulick	24:14	212. James Drew	26:19
141. Matti Laajaniemi	22:35	177. Andy Lounsbury	24:19	213. Reynold Dubois	26:22
142. Sam Wilbur	22:35	178. Bill Sargent	24:27	214. Michael Swenson	26:26
143. Charles Violette	22:37	179. Christopher Kinney	24:29	215. Ed Rice	26:30
144. Bruce Bickford	22:37	180. Michael Hartford	24:29	216. Bob Link	26:30

Long-Running Favorites
Guaranteed to Last.



58. Joe Regali	34	24:48	112. Bernie Johnsen	43	27:06	166. Dana Seguin	34	28:28
59. Thomas Parker	41	24:52	113. Heather Blease	24	27:10*	167. Gregory Roberts	27	28:28
60. David Peterson	33	24:56	114. Neil Bassett	36	27:13	168. Mike Nixon	33	28:29
61. Thomas Frederick	28	24:59	115. Richard Marino	40	27:14	169. Michael Lehr	23	28:29
62. Kevin Jenkins	31	25:01	116. Keith Garvin	13	27:15	170. Ray Arbour	39	28:30
63. Kevin Gile	30	25:01	117. John Chandler	61	27:15	171. John Flynn	50	28:32
64. William Shuttleworth	40	25:05	118. Brian Mercer	27	27:18	172. Robert Garrett	41	28:32
65. Frederick Conti	38	25:06	119. Cindy Tift	34	27:21*	173. James Boisvert	31	28:33
66. Steve Day	22	25:07	120. Sterling Maclean	25	27:21	174. James Rochette	26	28:36
67. John Dehart	47	25:08	121. Nancy Stedman	37	27:30*	175. Norman Arbour	36	28:39
68. John Braccio	33	25:10	122. Jon Loftus	29	27:37	176. Mark Chellis	24	28:41
69. Richard Fontaine	35	25:12	123. Maidli Townsend	34	27:38*	177. Douglas Driesen	32	28:42
70. Fred Beck	54	25:17	124. Dave Peterson	33	27:39	178. Brian Kinney	40	28:44
71. George Evans	41	25:18	125. Kathy Jenkins	28	27:39*	179. Bill Bennett	36	28:48
72. David Bulter	30	25:18	126. Jean Bennett	34	27:40*	180. Bob Fillion	51	28:48
73. Gary Grigel	31	25:18	127. Katherine Taudvin	24	27:41*	181. Davy Baird	44	28:51
74. Bob McCarthy	25	25:19	128. Matthew Hodges	14	27:42	182. Judy Barone	29	28:58*
75. Gerard Salvo	33	25:23	129. John Murphy	30	27:42	183. Peter Greenwood	41	29:03
76. Jeff Carr	28	25:30	130. Gregory Rogers	23	27:43	184. Paul Ewald	32	29:09
77. Thomas Carll	43	25:30	131. Brigitte Edquid	40	27:44*	185. Larry Barker	39	29:13
78. Ray Shevenell	47	25:34	132. Philip Bartlett	40	27:48	186. Howard Havey	32	29:14
79. John Gale	32	25:37	133. John Plante	41	27:48	187. Edward Jackson	27	29:19
80. Bruce Fenlason	41	25:43	134. Bruno Babin	33	27:49	188. Ralph Harris	47	29:21
81. Christren Villanueva	14	25:48	135. Joan Lavin	40	27:50*	189. Lee Akerley	52	29:24
82. Joseph Wagnis	14	25:51	136. Sarah MacCall	32	27:50*	190. Peter Adams	43	29:27
83. James Westcott	30	25:54	137. Peter Serunian	28	27:50	191. Richard Downs	42	29:27
84. Cam Brown	31	25:55	138. Patrick Reny	27	27:51	192. Stan Bennett	41	29:28
85. Andy Ingalls	30	25:56	139. Kimberly Sedita	23	27:51*	193. Jean Smith	41	29:29*
86. Rick Strout	49	25:58	140. Daniel Routh	32	27:52	194. Steve Donovan	28	29:34
87. Bryan Lombardi	20	26:00	141. Brian Egler	30	27:53	195. Jay Ouellette	24	29:37
88. Larry White	38	26:00	142. Chris Scortas	32	27:53	196. John Wolanski	29	29:38
89. Erika Maddaleni	22	26:03*	143. John Kane	24	27:53	197. Robert Whitten	54	29:39
90. Gary Lloyd	28	26:23	144. Dale Rines	35	27:54	198. Marla Keefe	34	29:39*
91. Chad Hunt	15	26:24	145. Craig Robinson	42	27:55	199. Paul D'Amboise	58	29:48
92. Richard Jewell	45	26:25	146. Chris McDonald	24	27:56	200. Carol Weeks	34	29:48*
93. Art Marcoux	37	26:26	147. George Rice	42	27:56	201. Melissa MacDonald	23	29:50*
94. Michael Skerritt	32	26:28	148. H Robertson	53	27:57	202. Mark Mandozzi	27	29:53
95. Lloyd LaFountain	26	26:30	149. Kathy McCosh	21	27:57*	203. Sandra Speirs	34	29:53*
96. Barbara Sullivan	26	26:31*	150. Bruce Morse	27	27:58	204. Anne Rentz	28	29:54*
97. Laurence Boyd	45	26:32	151. Bill Thomas	38	27:58	205. Tom Rentz	31	29:54
98. David Mason	35	26:33	152. Bill Elgee	43	27:59	206. Katherine Christie	43	29:54*
99. Nathaniel Mason	39	26:33	153. Julia Klippert	30	27:59*	207. Laurie Nicholas	20	29:56*
100. James Harrod	17	26:36	154. Gregg Hagerman	36	27:59	208. Bill Green	34	29:57
101. David Klippert	26	26:47	155. Edward Bregman	31	27:59	209. Glenn Morin	27	29:57
102. George Cooper	32	26:49	156. Richard Stott	43	28:01	210. Bud Cherry	57	29:57
103. Elizabeth Harrod	19	26:51*	157. Christopher Noyes	19	28:01	211. Diane Demos	29	29:59*
104. Sally Bond	34	26:55*	158. Robert Spurrier	40	28:06	212. Cush Anthony	48	30:02
105. Steve Hannah	27	26:56	159. Barb Murphy	28	28:09*	213. Eric Funk	13	30:03
106. Kim Paradis	24	26:58*	160. William Whelan	39	28:18	214. Catherine Collins	19	30:03*
107. Robert White	39	26:59	161. Allyson Lowell	27	28:20*	215. Eric Labelle	24	30:09
108. Peter Holloway	45	27:00	162. Robert Arteus	26	28:21	216. Will Anderson	47	30:09
109. Jeff Bahun	25	27:02	163. W Robbins	28	28:22	217. William Sowers	40	30:14
110. Sam Martin	39	27:05	164. John Cooney	26	28:23	218. Craig Clark	30	30:15
111. Stephen Beale	46	27:05	165. Susan Martin	26	28:26*	219. Jim Nappi	40	30:17

34	28:28												
27	28:28	220.	Collen Nadeau	16	30:17*	256.	Nate Whetter	29	31:31	292.	Sandy Brown	41	33:00*
33	28:29	221.	Peter Landis	36	30:19	257.	Al Brunelle	57	31:33	293.	Amy Grant	13	33:02*
23	28:29	222.	John Woods	70	30:21	258.	Cathy Walz	38	31:38*	294.	Denise McInnis	26	33:06*
39	28:30	223.	Tom McBrierty	40	30:27	259.	Gary Monroe	38	31:41	295.	Lynne Pierce	23	33:08*
50	28:32	224.	Lana Ladd	29	30:28*	260.	Scott Springer	40	31:42	296.	Lasell Jaretzki	40	33:08*
41	28:32	225.	Robert Patrick	40	30:30	261.	James Temple	34	31:42	297.	Joe Tripi	28	33:09
31	28:33	226.	Salvatore Bonetti	28	30:32	262.	Timothy Hannan	14	31:49	298.	Pat Eltman	37	33:10*
26	28:36	227.	Rachel Nixon	17	30:34*	263.	John Kachmar	21	31:49	299.	Barbara Nelson	37	33:15*
36	28:39	228.	Sandra Hodnett	40	30:35*	264.	Walter Merchant	35	31:49	300.	Everett Moulton	41	33:19
24	28:41	229.	Andy Nixon	49	30:38	265.	Tim Wilkins	31	31:54	301.	David Twombly	37	33:27
32	28:42	230.	Kathy Gagne	33	30:39*	266.	Sandra Dwight	28	31:55*	302.	William Hewitt	30	33:27
40	28:44	231.	Donna Blackman	30	30:39*	267.	Bev Morris	37	32:00*	303.	John Berry	44	33:33
36	28:48	232.	Patrice Johnsen	29	30:40*	268.	Nancy Kachmar	20	32:02*	304.	Richard Chong	40	33:50
51	28:48	233.	Don St Cyr		30:41	269.	Jennifer Willcoff	17	32:05*	305.	Brandon Reynold	8	33:57
44	28:51	234.	Suzanne Spencer	27	30:47*	270.	Mimi Woodworth	29	32:06*	306.	Clark Reynolds	7	34:01
29	28:58*	235.	Lorena Coffin	25	30:49*	271.	Tammy Hutchisen	24	32:07*	307.	Kathy Parsons	34	34:02*
41	29:03	236.	Peter Allen	44	30:50	272.	Richard Garrett	39	32:13	308.	Jennifer Robbins	24	34:10*
32	29:09	237.	Lisa Andrew	17	30:51*	273.	Deborah Borduas	38	32:14*	309.	Lucille Lepitre	36	34:13*
39	29:13	238.	Lorna Jewell	43	30:52*	274.	Lisa Higgins	30	32:15*	310.	Dale Eichorn	46	34:14*
32	29:14	239.	Ed Stewart	66	30:54	275.	Nancy Rouse	34	32:20*	311.	Bruce Pellitier	25	34:26
27	29:19	240.	Matt Fitzgerald	29	30:55	276.	Mike O'Donnell	52	32:21	312.	Philip Meyers	43	34:40
47	29:21	241.	Diane Hanscom	32	30:57*	277.	David Levine	16	32:22	313.	Isabella Firth	27	34:44*
52	29:24	242.	Carrie Wood	25	30:58*	278.	James Hodnett	41	32:23	314.	Ida Bilodeau	32	34:53*
43	29:27	243.	Martha Maher	43	31:00*	279.	Joseph Bennett	68	32:29	315.	Kathryn Osgood	32	34:56*
42	29:27	244.	Maureen Carr	23	31:07*	280.	Mark O'Donnell	35	32:35	316.	Debra Ronco	29	34:58*
41	29:28	245.	Bill Deetjen	44	31:10	281.	Sylvia Smith	34	32:36*	317.	Terri Morris	59	35:00*
41	29:29*	246.	Donald Macomber	25	31:15	282.	Richard Ashley	51	32:39	318.	M Hargett	23	35:03
28	29:34	247.	Martha Palmer	26	31:18*	283.	Suzanne White	40	32:42*	319.	Tori Turpin	22	35:05
24	29:37	248.	Mary Pryor	37	31:21*	284.	Marc Roy	28	32:43	320.	Larry Perkins	43	35:14
29	29:38	249.	Don Penta	41	31:22	285.	Edward Keiser	45	32:44	321.	Polly Pierce	33	35:20*
54	29:39	250.	Cindy Andrews	36	31:22*	286.	Janice Parry	45	32:48*	322.	Sue Friedrich	33	35:31*
34	29:39*	251.	Glenn Berry	18	31:23	287.	Rod Stanley Sr.	54	32:54	323.	Nancy Frederick	38	35:31*
58	29:48	252.	Laura Dorsey	27	31:27*	288.	Jay Evans	39	32:57	324.	Jennifer Nelson	11	35:34*
34	29:48*	253.	Barbara Trentacosta	39	31:28*	289.	Maureen Sproul	32	32:59*	325.	Bert Andrews	35	35:40
23	29:50*	254.	Karen Wood	39	31:29*	290.	Julia Wick	27	33:00*	326.	Pam Sullivan	29	35:40*
27	29:53	255.	Rodney Redstone	34	31:29	291.	Dan Johnson	30	33:00	327.	Cheryl Gilbert	39	35:52*
34	29:53*												
28	29:54*												
31	29:54												

328. Harry Grant	41	36:21
329. Dana Wiggins	32	36:27*
330. Billie Pease	39	36:32*
331. A C Nason	47	36:36
332. Marlene Russell	45	36:56*
333. Ruth Hefflefinger	59	36:58*
334. Beth Michaud	26	37:37*
335. Amy Grupenhoff	22	37:43*
336. Jeannie Larochele	25	37:47*
337. Stephen Monaghan	61	37:47
338. Widgery Thomas Jr.	63	37:50
339. Lloyd Holmes	62	37:53
340. Jim Carroll	78	37:54
341. Gene Cohen	46	38:15
342. Ashley Ryder	58	38:45
343. Bill Schoolcraft	43	38:47
344. Stephen Schwartz	27	38:52
345. Priscilla Seimer	35	39:03*
346. Milford Dube	46	39:05
347. Mike Brewer	38	39:13
348. Robin Norcross	27	39:33*
349. Tom Nelson	39	40:17
350. Joshua Leyden	11	40:36
351. William Rouse	31	40:36
352. Lynn Forsyth	19	40:39*
353. Bob Deschenes	29	40:47
354. Jessica Carlson	13	40:50*
355. Stephany Ruminski	27	41:06*
356. Deborah Lebelle	29	41:57*
357. Frank Long	70	42:02
358. Eric Botler	8	42:05
359. Joel Botler	33	42:11
360. Anthony Harvey	29	42:11
361. James Toal	41	42:14
362. Joe Wildman	50	43:55
363. Joanne Nason	43	48:44*
364. Catherine Coulombe	30	48:59*

365. Cynthia Masterman	27	64:38*
366. Colette Dube	32	66:50*
367. Robert Dube	27	66:51

Results courtesy of Charles Scribner

10th Annual Rangeley Lakes
Moose Run
Rangeley 5.2M(about) May 29

1. John Fitzgerald	26:31
2. Pete Lessard	27:16
3. John Morton	28:53
4. Bill Hine	29:58
5. Jeff Byrne	30:39
6. Steve Russell	32:09
7. Byron Cook	33:57
8. Les Hoekstra	34:22
9. Ray Bryant	34:42
10. Jack Paul	35:59
11. Matthew DeCourt	36:33
12. Stacy Knight	37:28
13. Dexter Eustis	37:29
14. Rick Dodge	38:47
15. Dennis Morrell	38:48
16. Veronica Knight	39:02*
17. Frank Knight	39:41
18. Walter Veto	40:35
19. Susan Kolakowski	40:39*
20. Bob Moore	41:13
21. John Morton Sr.	42:41
22. Jennifer White	42:57*
23. Donald Penta	43:39
24. George Adams	44:18
25. unknown	44:38

26. Patty Jacobs	44:49
27. Seanna Boswell	46:02
28. Yvette Knight	46:16
29. Geogianna Hogarty	46:25
30. Elizabeth Bailey	46:41
31. Sue Hadley	47:29
32. Steve Philbrick	47:43
33. Carolyn Nobbs	47:57
34. Charlie Akins	48:05
35. Nancy Summers	49:12
36. Bob Summers	49:12
37. Pam Ellis	50:02*
38. Maryanne Jamison	52:25*
39. Bill Hamilton	57:36

Results courtesy of Gene Roy
Race Director - Mike Deraps

Sugarloaf 15K
Kingfield May 29

1. Robert Everett	28	47:48
2. Michael McCormick	29	51:20
3. Robert Ashby	19	51:31
4. George Towle	38	51:40
5. Guy Martin	41	52:17
6. Dennis Croteau	37	53:31
7. Dick Balentine	32	53:48
8. Paul Comeau	33	53:56
9. Randy Hastings	33	53:59
10. Scott Noble	19	54:23
11. Mitchell Lovering	28	54:41
12. Joel Croteau	44	54:43
13. Kevin Garry	33	54:52
14. Jerry Crommett	45	54:53

T-Shirts



44:49*	15. Rose Prest-Morrison	25	54:56*	51. Lynn Gentling	36	1:03:34*	87. Clifford Young	39	1:12:08
46:02*	16. Michael Carter	38	55:12	52. Mike LaChance	35	1:03:39	88. Ellen Spring	35	1:12:15*
46:16*	17. Doug Ludewig	48	55:40	53. Dara Jones	31	1:03:40*	89. Tim Tiches	51	1:12:29
46:25*	18. Mark Luebbers	29	55:55	54. John Lunt	28	1:03:54	90. Clinton Goodenow	49	1:12:33
46:41*	19. Ray Johnson	40	56:21	55. Lucia Greenough	32	1:04:30*	91. Jerry Saint Amand	44	1:12:38
47:29*	20. Chris Bean	25	56:28	56. Wayne Newton	43	1:05:07	92. Philip Tinkham	41	1:12:43
47:43	21. Robert Salisbury Jr.	31	56:46	57. Frank Knight	42	1:05:12	93. Rick O'Brien	41	1:12:57
47:57*	22. Dale Riordan	29	56:48	58. Paul Dall	46	1:05:14	94. Robert Lordan	40	1:13:02
48:05	23. Peter Hall	26	56:49	59. Ernie Henderson	45	1:05:22	95. Russell Laste	54	1:13:06
49:12*	24. Bob Craigin	43	57:25	60. Connie McLellan	37	1:05:25*	96. Ronald Cooper	34	1:13:17
49:12	25. Richard Smith	30	57:26	61. Steve Rand	31	1:05:30	97. Daniel Labbe	39	1:14:06
50:02*	26. Phil Dugas	34	57:38	62. Jean Boswell	43	1:05:48*	98. George Ransley	36	1:14:11
52:25*	27. Allan Freese	30	57:42	63. Linda Larue-Keniston	34	1:06:00*	99. Debra Cole	32	1:14:43*
57:36	28. Glen Holyoke	26	57:44	64. Robert Johnson	35	1:06:25	100. Kathy Gagne	33	1:14:56*
	29. Joseph Richards	44	58:04	65. Barbara Kimball	35	1:06:30*	101. Norman Williams	53	1:15:07
	30. James Cox Jr.	32	58:37	66. Colan Davis	33	1:06:31	102. Donald Spear	58	1:15:38
	31. Donald Harden	37	58:49	67. Roland Walker	32	1:07:02	103. Yvette Knight	42	1:15:52*
	32. John Bean	30	59:23	68. Debbie Merrill	32	1:07:10*	104. Connie Towne	49	1:16:03*
	33. Karen Rapallo	30	59:33*	69. Terry Plyer	50	1:07:17	105. Susan Davenney	39	1:16:32*
*****	34. Steve Jones	30	1:00:18	70. Robert Spurrier	40	1:07:42	106. Donnajean Pohlman	37	1:17:25*
	35. Judy Ketcham	31	1:00:26*	71. Wayne Harlow	34	1:07:51	107. Lana Ladd	29	1:17:27*
	36. Kevin Burns	34	1:01:01	72. Lisa Weymouth	22	1:07:53*	108. Richard Thornton	55	1:17:28
May 29	37. Ken Richards	35	1:01:06	73. Clint Merrill	39	1:08:13	109. Suzanne Spences	27	1:18:48*
-----	38. Conrad Labelle	33	1:01:06	74. David Blair	44	1:08:52	110. Bunge Cook	13	1:19:01
8 47:48	39. Michael Greenleaf	35	1:01:08	75. Robert Heald	19	1:09:15	111. Bill Wood	35	1:19:05
9 51:20	40. Thomas Pelletier	32	1:01:27	76. Warren Foye	40	1:09:22	112. Mary Ellen Thatcher	33	1:19:27*
9 51:31	41. Geoffrey Hill	41	1:01:30	77. Joan Merriam	39	1:10:00*	113. Bruce Parker	42	1:19:45
8 51:40	42. Brian Newbegin	19	1:01:32	78. Michael Jeffrey	36	1:10:27	114. Miles Granguist	49	1:19:55
1 52:17	43. Ed Doughty Jr.	39	1:01:33	79. Joseph Conrad	37	1:10:39	115. Byrn Dorion	26	1:19:58*
7 53:31	44. Ruth Hall	30	1:01:41*	80. Warren Newton	20	1:10:42	116. Jim Castle	43	1:19:58
2 53:48	45. Myles Lemieux	46	1:01:49	81. Jeanne Desjardins	30	1:11:21*	117. Mike Farnham	33	1:21:11
3 53:56	46. David Silk	30	1:02:06	82. Jim Pickrell	35	1:11:22	118. Shirley Sirois	41	1:22:10*
3 53:59	47. Paul Hammond	26	1:02:38	83. Vaughn Holyoke	53	1:11:25	119. Lois Kresian	37	1:22:32*
9 54:23	48. Dillon Gillies	49	1:03:11	84. Bill Green	34	1:11:25	120. Robert Merrill	29	1:23:16
8 54:41	49. Jeffrey Nichols	26	1:03:18	85. Kenneth Sirois	41	1:11:29	121. Amy Harper	25	1:23:59*
4 54:43	50. Bill Yates	47	1:03:20	86. Kirk O'Reilly	42	1:11:45	122. Bruce Munger	32	1:24:00
3 54:52									
5 54:53									

DAWSON REALTORS

HASKELL's

123. Jeannie Ross	31	1:25:12*	11. Robert Brainerd	25	2:56:33	47. Steven Hightower	27	3:12:38
124. Gary Fessler	43	1:25:13	12. David Goff	29	2:58:00	48. Gary Grigel	31	3:12:43
125. Gary Palmer	36	1:26:19	13. Thoams Egan	42	2:58:15	49. Michael Doore	42	3:13:16
126. James Bowse	40	1:26:19	14. Michael Simoneau	40	2:58:38	50. Peter Flaherty	41	3:13:23
127. Barbara Tufts	44	1:27:14*	15. Joseph Meehan	41	2:58:41	51. Steven Doarn	36	3:14:11
128. Terri Morris	59	1:27:21*	16. Daniel McCarthy	39	2:58:49	52. Claude Coulombe	51	3:14:14
129. Frank Soares	41	1:27:48	17. Conan Deady	26	2:58:58	53. Daniel Bowse	32	3:15:33
130. Bob Bassett	60	1:28:16	18. Bob Coughlin	49	2:59:00	54. Larry Taylor	42	3:17:41
131. Alan Bing	47	1:28:48	19. Joseph Kaiser Jr.	31	2:59:24	55. Martin Schiff	49	3:17:43
132. Beverly Strout	36	1:29:07*	20. Alfred Mignacca	33	3:02:12	56. David Green	30	3:18:39
133. Acetta Bond	29	1:29:07*	21. Edward Lynch	43	3:02:13	57. William Clayton	18	3:18:45
134. Elaine Plyer	49	1:30:53*	22. Philip Pierce	46	3:02:58	58. David Hevner	30	3:20:04
135. Stanley Paton	43	1:33:27	23. Newell Lewey	29	3:03:35	59. Thomas Tetu	40	3:20:27
136. Erik Kobischen	32	1:35:43	24. Richard Berkley	47	3:04:11	60. Darlene Higgins	47	3:20:54*
137. Verne Pinney	39	1:36:59	25. Dennis Timmons	38	3:04:26	61. Ronald Trippett	45	3:22:29
138. Elaine Pechow	40	1:40:25*	26. George Monaghan	38	3:04:39	62. Frank Lorey	59	3:22:34
139. Ruth Hefflefinger	59	1:44:07*	27. Bob Manning	32	3:04:50	63. Carleton Mendell	66	3:23:04
140. Lyndon Flowers	31	1:54:44	28. William Sylvester	40	3:05:13	64. Richard Daley	32	3:23:10
			29. William Pine	36	3:05:59	65. Barry Hammer	30	3:23:13
			30. Donald Best	33	3:06:01	66. William Davenney	43	3:23:58
			31. Larry Scofield	39	3:06:57	67. Cynthia Berliner	25	3:24:40*
			32. Jan Loen	42	3:07:19	68. James Duval	54	3:24:48
			33. Michael Daly	43	3:07:47	69. Jo Marchetti	45	3:24:52*
			34. Robert Nagle	29	3:08:26	70. Roy Morejon	45	3:25:18
			35. Richard Traiser	43	3:08:59	71. John Smith	37	3:25:57
			36. Kenneth White	40	3:09:09	72. Ronald Brennan	55	3:26:00
			37. Rusty Dewsnap	29	3:10:17	73. Mona Cerveney	39	3:26:35*
			38. David Welch	29	3:11:00	74. Barry Konet	41	3:26:40
			39. Stanley Roy	29	3:11:19	75. Jeffrey Hull	26	3:26:52
			40. Peter Daly	51	3:11:26	76. James Booth	42	3:27:40
			41. Christopher Curwen	38	3:11:31	77. Robert Vogt	45	3:28:07
			42. Peter Cashion	47	3:12:02	78. Ray Arsenaault	43	3:28:17
			43. Kenneth Power	35	3:12:15	79. Martin Traiser	43	3:28:22
			44. Edward Miller	38	3:12:17	80. Gary Larson	43	3:28:48
			45. Donald Wilson	40	3:12:36	81. Robert McCarthy	25	3:29:10
			46. Steven Ross	33	3:12:37	82. James Lajeunesse	32	3:29:24

Results courtesy of CMS

Sugarloaf Marathon
Kingfield May 29

1. Paul Merrill	33	2:34:48	31. Larry Scofield	39	3:06:57
2. Jim Toulouse	40	2:37:59	32. Jan Loen	42	3:07:19
3. Toby Skinner	43	2:42:40	33. Michael Daly	43	3:07:47
4. Bruce Ellis	36	2:47:25	34. Robert Nagle	29	3:08:26
5. Robert Kahn	38	2:47:56	35. Richard Traiser	43	3:08:59
6. Frank Donovan	44	2:50:12	36. Kenneth White	40	3:09:09
7. Steven McGrath	33	2:50:38	37. Rusty Dewsnap	29	3:10:17
8. Timothy Mallin	29	2:51:55	38. David Welch	29	3:11:00
9. Kent MacDonald	33	2:55:18	39. Stanley Roy	29	3:11:19
10. Kham Haleudeth	28	2:56:32	40. Peter Daly	51	3:11:26
			41. Christopher Curwen	38	3:11:31
			42. Peter Cashion	47	3:12:02
			43. Kenneth Power	35	3:12:15
			44. Edward Miller	38	3:12:17
			45. Donald Wilson	40	3:12:36
			46. Steven Ross	33	3:12:37

RUN ONE

3:12:38	83. Alan Leathers	45	3:29:29	121. Ann Tassinari	33	3:50:39*
3:12:43	84. Rosalyn Randall	38	3:29:31*	122. Max Ward	40	3:50:49
3:13:16	85. Brian Alward	48	3:30:12	123. Ronald Burham	38	3:51:33
3:13:23	86. Roalnd Fontaine	38	3:30:26	124. Lorne MacDonald	43	3:52:12
3:14:11	87. Hubert Strom	58	3:30:45	125. Ralph Asplund	46	3:52:20
3:14:14	88. Leslie Margolin	33	3:30:58*	126. William Aughton	47	3:53:28
3:15:33	89. Peter Papadoulos	47	3:30:59	127. Pamela O'Neal	32	3:53:37*
3:17:41	90. Stella McCormick	29	3:31:13*	128. David Schmidt	49	3:54:13
3:17:43	91. Leon Hadariis	36	3:32:11	129. Elaine Regina	29	3:55:09*
3:18:39	92. Craig Wilson	39	3:32:32	130. Edward Bond	31	3:55:12
3:18:45	93. Joe Curley	50	3:32:44	131. David Benn	42	3:55:31
3:20:04	94. Harry Nasse	54	3:32:48	132. James Gilford	31	3:59:08
3:20:27	95. Patrick Sullivan	34	3:33:32	133. Jorge Paz	49	4:00:45
3:20:54*	96. Oliver Holt	41	3:34:02	134. Eileen Curley	40	4:01:16*
3:22:29	97. Bruce Maxell	38	3:34:06	135. Allan Toubman	40	4:01:43
3:22:34	98. Thomas Looby	50	3:34:07	136. Buck Dube	54	4:02:33
3:23:04	99. William Ferrara	45	3:35:15	137. Garrett Plech	18	4:03:13
3:23:10	100. Thomas Caron	38	3:35:51	138. Jim Nelson	38	4:03:33
3:23:13	101. Bruce Bell	49	3:35:57	139. Mike O'Brien	30	4:03:33
3:23:58	102. Robert Dow	43	3:36:45	140. Prescott Verrill	43	4:03:53
3:24:40*	103. Lawrence Gentile	47	3:37:18	141. Thomas Bennett	27	4:04:18
3:24:48	104. Philip Kay	43	3:37:22	142. Mary Tiches	47	4:04:37*
3:24:52*	105. James Dufresne	27	3:37:32	143. Kenneth Moro	33	4:05:22
3:25:18	106. Ron Paquette	47	3:37:51	144. Michael Lacroix	31	4:06:22
3:25:57	107. David Slobodin	49	3:38:36	145. Ed Chiruk	58	4:09:26
3:26:00	108. Michael Kelly	43	3:39:52	146. Priscilla Schmidt	47	4:10:35*
3:26:35*	109. Ken Brennan	43	3:41:28	147. Mark Alex	28	4:15:26
3:26:40	110. Nancy Lagin	38	3:42:05*	148. Bill Kane	36	4:17:38
3:26:52	111. John Hayes	39	3:42:17	149. Sally Paterson	46	4:19:00*
3:27:40	112. Kimberly Konieczny	25	3:42:39*	150. Deborah Clark	29	4:19:19*
3:28:07	113. Steven Grande	34	3:42:56	151. Joe St. Hilaire	41	4:20:27
3:28:17	114. David Wheaton	35	3:43:41	152. Loren Lathrop	39	4:21:43
3:28:22	115. Hadley Austin	29	3:44:10	153. Randy Butler	36	4:22:42
3:28:48	116. Rudy Bergeron	58	3:45:03	154. Pamela Loen	37	4:25:03*
3:29:10	117. Robert Bremner	29	3:45:58	155. Denise Payette	25	4:26:56*
3:29:24	118. Ken Sylvester	43	3:45:59	156. Joan Beskenis	41	4:48:44*
	119. Dan Dwyer	35	3:46:55	157. Roderick Langmeier	35	4:56:45
	120. Leo Jones	49	3:50:24	158. Daniel Van Duser	32	4:56:45

Results courtesy of CMS

6th Annual Marsh Stream Stampede 10K

Monroe May 30

1. Tom Thibeau	30	33:57
2. Alex Hammer	22	34:32
3. Guy Berthiaume	42	34:40
4. Cliff Rogers	29	35:44
5. Richard Lanzi	22	36:16
6. Steve Holmbraker	28	36:54
7. Fred Karter	58	37:09
8. Rodney Furr	24	37:27
9. Rob Erskine	18	38:18
10. Peter Heslam	21	39:07
11. Alan Burke	24	39:52
12. Lee Allen	33	40:14
13. Rick Copley	15	40:18
14. John Palmer	31	40:23
15. Larry Frank	32	40:31
16. Ray Quimby	37	40:40
17. Larry Rich	40	40:45
18. JoAnn Nealy	27	40:48*
19. Dale Cross	27	41:54
20. Richard Cummings	50	42:01
21. Mike Marsankis	21	42:22
22. Andy Spaulding	17	42:35
23. Karen Fields	16	42:39*
24. Karl Brantner	33	42:50
25. Mitch Spaulding	19	42:54
26. Kenneth Hooper	38	43:02
27. Brian Horne	32	43:34
28. John Hwalek	33	43:45
29. Joe Bennett	30	44:26

30. John Nale	38	44:36
31. Jon Cox	34	45:10
32. Jerry Saint Amand	42	45:33
33. John Rubino	42	46:14
34. Douglas Stevens	28	46:22
35. Bruce Fowles	48	46:34
36. David Samuelian	41	46:40
37. Risto Saloranta	38	47:15
38. Gary Pearse	16	47:48
39. Glenn Montgomery	40	47:53
40. Timothy Richardson	39	47:56
41. Harriet Seekins	43	48:09*
42. Bruce Spaulding	41	48:10
43. Cindy Stephenson	27	48:57*
44. Stanley Drinkwater	47	49:07
45. Sam Auerbach	54	49:54
46. Don Osborne	66	50:28
47. Annie Blumer	32	50:59*
48. Stacie Smith	18	51:23*
49. Jake Gilbert	49	55:16
50. Frederica Laponte	49	57:11*
51. Vernon Brown	51	57:14
52. Derek Thurston	16	57:39
53. Scott Kennard	10	59:26
54. Charles Clapper	58	59:45
55. Leona Clapper	58	59:51*

Results courtesy of Bill Dopheide

Peter Ott's 10K		
Camden	June 5	

1. Dan Dearing	32:40	
2. Harold Stairs	33:26	
3. Stephen Carle	33:45	
4. Mike Labossiere	34:21	
5. Dan Buck	34:27	
6. George Towle	34:34	
7. Dennis Croteau	35:03	
8. John Smith	35:14	
9. Gordan Hartwell	35:26	
10. O.J. Logue	35:42	
11. Bill Hine	36:03	
12. Steve Holmbraker	36:06	
13. Hugh McLean	36:18	
14. Gary Colen	36:59	
15. Al Sproul	37:07	
16. Rob Erskine	38:04	
17. Mike Simoneau	38:21	
18. Michael Thompson	38:38	
19. Jim Schwellenbach	38:59	

20. Jeff LaRochelle	39:09
21. Alan Burke	39:12
22. Jeff Libby	39:17
23. Matt LeVasseur	39:23
24. Chris Hilton	39:30
25. Kevin Mooney	39:30
26. Gerry Mirabile	39:42
27. Tug Kellough	39:43
28. Biff McGilpin	39:44
29. Erik Maurer	39:56
30. John Palmer	40:11
31. Dick Cummings	40:35
32. JoAnn Nealey	40:48*
33. Roy Morris	40:50
34. Parker Johnson	40:56
35. Andrew Sims	40:56
36. Carl Reilly	41:03
37. Dave McManus	41:06
38. Thomas Amory	41:11
39. Bub Predham	41:16
40. Sumner Weeks	41:18
41. Jeff Pelicani	41:19
42. Skip Howard	41:20
43. Brian Newbegin	41:21
44. Lawrence Rich	41:32
45. John DeHart	41:38
46. Dennis Poulin	41:39
47. Holly Montgomery	42:05
48. Robert Whisenant	42:15
49. Karl Brantner	42:16
50. Greg Learnard	42:18
51. Gary Lloyd	42:23
52. Carol Weeks	42:42*
53. Jeff Sullivan	42:48
54. Ron Cote	42:54
55. Alan Edmond	42:57
56. Manny Norse	43:11
57. Larry Hess	43:12
58. Bob Rosenberg	43:19
59. Richard Davis	43:23
60. Donald Sanborn	43:30
61. unknown	43:34
62. Brenda Collins	43:37*
63. Ken Sylvester	43:39
64. Paul Dall	43:43
65. Ken Hooper	43:46
66. Perry Gates	43:55
67. Ted Dishner	44:08
68. Linwood Thorndike	44:25
69. Douglas Wood	44:30
70. Etienne Perret	44:41
71. Brad Smith	44:47
72. Carleton Mendell	45:01

73. Sarah Andrus	45:08*
74. Mike Skaling	45:56
75. Scott Galipeau	46:16
76. Sam Mitchell	46:26
77. Winifred Wood	46:56
78. Bruce Fowles	47:19
79. Jurgen Swentzer	47:19
80. Bob Rheault	47:27
81. Carlene Sproul	47:30
82. unknown	47:36
83. Erin Brennan	47:45*
84. Jim Annis	47:53
85. John Bly	47:57
86. Amanda Russell	48:04*
87. Susan Kolakowski	48:05*
88. Rosemary Oldread	48:08*
89. Ellen Spring	48:24*
90. Barney Appleton	48:26
91. Nicky Hupper	48:28*
92. David Manning	48:37
93. Stanley Drinkwater	49:06
94. Tom Mapleton	49:09
95. Kim Tarnower	49:36*
96. Theresa Hainer	49:43*
97. Tom Severance	49:46
98. Sally Harwood	49:58*
99. Jerry Saint Amand	49:58
100. unknown	50:12
101. Fred Russ	51:12
102. Robert Jackson	51:13
103. Sue Yarsinske	51:24*
104. Pete Brown	51:36
105. William Kasabuski	51:37
106. David Gould	51:49
107. Cliff Fletcher	53:03
108. Jim Butler	53:03
109. Gary Fessler	53:40
110. Mary Bass	53:47*
111. Dominic Cacciola	53:57
112. Dianna Burke	54:19*
113. Gus Lookner	55:51
114. Sandra Faunce	56:04*
115. Sarah Hughes	56:05*
116. Marie Socha	56:57*
117. Lucy Goulet	57:40*
118. Paul Quijano	57:40
119. Val Gates	61:18

Results courtesy of Paul McGurren

The Revolution Is Over!

While Nike is singing the praises of their revolution, let us introduce you to something that really deserves the term.

The Energy Return System from Reebok. ERS.®

This system actually saves a significant amount of the energy you put into running. . .and then returns it to you just when you need it most.

No other shoe has ever been designed to do this. That's why Reebok® World Trainer with ERS actually returns up to 30% more energy per millimeter of compression than either the Nike Air Max or the Tiger Gel.

What's more, this energy return is accomplished with no loss in either cushioning or stability. In fact, the World Trainer surpasses most shoes on both counts.

Lots of everyday objects have natural energy

return systems. Springs. Pogo sticks. Diving boards. But no running shoes did.

The challenge was to put such a system into a running shoe that would propel the runner on his way.

Our Energy Return System is basically a series of tubes in the midsole. Six tubes under the ball of your foot. Four under your heel.

These tubes are made of one of the most resilient materials on earth. DuPont Hytrel.® It's the same stuff they make car bumpers out of.

When your foot strikes the ground, the Hytrel tubes store up the energy. As your foot rolls forward, the tubes return to their original shape and release the energy.

Kinds of like a spring being sprung!



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