

M A I N E

# **RUNNING & FITNESS**

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MAY, 1995

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# Editor's

The famous Harvard epidemiological study has recently and clearly shown that the more vigorous exercise you do, the longer you will live. The other long-proven health benefits of athletic activity have probably so convinced the readers of this magazine so long ago that this latest report is just icing on our cake.

However, the facts, with this study, are so compelling that it is justified now to ring an alarm in the American public's face. We need to proselytize aggressively, and this magazine will do its part.

We *all* need to help family, friends, neighbors, and strangers to understand that they are quite likely and literally

killing themselves with the typical sedentary American life and the typical diet.

Sure, *we* may be doing the right thing, but we athletes and fitness buffs are not so egotistical that we can enjoy the benefits of being fit as we look on while our loved ones, our friends, and the rest of our society deteriorate.

For, despite the fitness "boom," Americans at large (ahem) are deteriorating. Statistics show they are getting fatter and are engaging in very little exercise.

How can we not stand being fit and healthy while others are not? They, the

unfit and unhealthy, will continue to create a world that is increasingly congested, polluted, stressful, busy, tense, sedentary, etc., and this world literally will be harder for us individually to be fit and healthy in.

But, more important, no man or woman is an island. In the same way that you are unhappy when your child is unhappy, you cannot have the joy of fitness when most others are unfit, are killing themselves. And if you don't have joy, then what good are those extra few years?

Lance Tapley, Publisher & Editor

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## Race Results

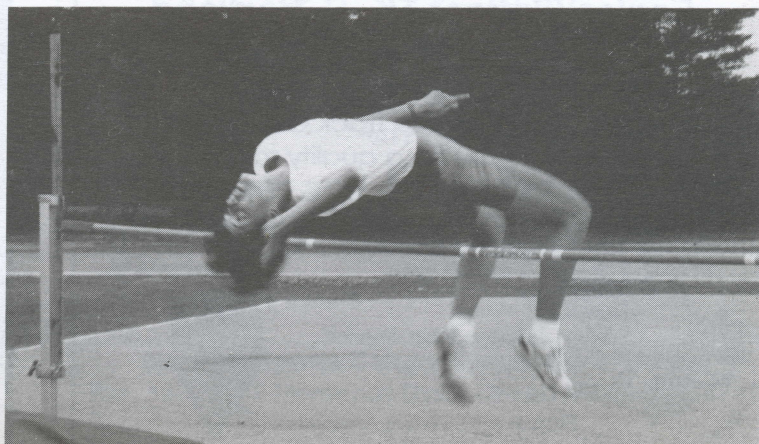
### Running:

H.S. Indoor Track State Meets  
Killarney's 10K  
Boston Primer 15-Miler  
Katahdin Trust 5-Miler  
Presidential 5-Miler  
99th Boston Marathon

### X-C Skiing:

Anderson Memorial 5-Miler  
Sunday River Langlauf 15K  
Rangeley Lakes Loppett 10K, 30K  
Sugarloaf Loppett 15K

Cover: Rob Pierce trains near his new home in Alfred. Photo copyright 1995 by Dennis Ward Welsh.







# Calendar

Boldface type shows races with fliers in magazine.

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

## Running

### May

- 6 **15th Rocky Coast 10K Road Race & Bunny Run**, Boothbay Harbor, 10 a.m., certified, 1-mile bunny run 8:45 a.m., Boothbay Region YMCA, 633-2855, flier April. (+Y)
- 6 10th Children's Museum 5K, Portsmouth, N.H., 10 a.m., 603-436-3853.
- 6 TAMC Health & Fitness Run, 5K, Presque Isle, 10 a.m. (tentative), Mantle Lake Park.
- 7 **17th Heart Marathon and Run**, Fredericton, N.B., noon; also 1/2 & 1/4 marathon & 3-mile walk at 1 p.m., certified, Joel McCarthy, Heart & Stroke Foundation, 110 Crown St., Saint John, N.B., Canada E2L 2X7, phone (506) 634-1620, fax (506) 648-0098, flier April.
- 7 9th Oakhurst Milk Run 4-Miler, South Portland, 10 a.m., fun run 9 a.m., certified, Charles Scribner, 772-5781. (+Y)
- 7 Hash, Hallowell Hash House Harriers, Bowman St., Farmingdale, Greg Crocker, 582-8139.
- 10 Mid-Maine Medical Center Hospital Week 5K, Waterville, 6 p.m., certified, Jane Wherren, 872-4490.
- 13 **Family Crisis Shelter 5K**, Portland, 5K, 9 a.m., certified, Lois Galgay Reckitt, 767-4952, flier April & May.
- 13 A Run For Your Life 5K, Presque Isle, 10 a.m., also 1-mile walk for kids, Larry Tonzi, 532-7548, or Pat Sutherland, 768-2808. (+Y)

- 13 3rd 8K Road Race for Those 50 Years & Over, 11 a.m., Rochester, N.H., 10 a.m. walk, Homemakers of Strafford County, 97 Rochester Hill Rd., Rochester, N.H., 03867.
- 13 **2nd Mum Run 5K**, Bar Harbor, 10 a.m., Mt. Desert Island YWCA, 288-5008, flier April.
- 13 **5th Sports Medicine East 10K Classic**, Skowhegan, 10 a.m., certified, Walter Crockett, 474-7179, flier April.
- 13 **16th York Hospital 5K & Cross-Country Race**, 10 a.m., Robin Cogger, York Recreation Dept., 363-1040, flier May.
- 13 **Close to the Coast 10K**, South Freeport, 10 a.m., certified, Freeport Rotary Club, P.O. Box 552, Freeport 04032, flier April & May.
- 13 Run for Your Life 5K, 1-mile walk, Presque Isle, 10 a.m., Northern Maine Technical College.
- 14 **Coastal Child Care Mother's Day 5K**, Rockland, 8:30 a.m., Wanda 594-2591 or Sarah 594-7721 (eves.), flier April.
- 14 NHSPCA 5K for Kindness, Stratham, N.H., 10 a.m., 1/2-mile kids' race 9:15 a.m., Sue Cobler, 603-772-2921 (Lynn Jennings, race director). (+Y)
- 17 Maine Corporate Track Association meet, 5:30 p.m., location to be determined, 1-mile race open to public, Susan Olson, 770-2516.

## The Maine Track Club



- 20 **5th Woodland Spring Clean-up Road Race**, 5K 10 a.m., 1-mile fun run/walk 10:30 a.m., certified, Mike Boies, 427-6205, flier May. (+Y)
- 20 **Franklin Regional Hospital 5K & 10K Road Race**, Franklin, N.H., 9 a.m., certified, Barbara Blakeley, 603-934-2060 ext. 329.
- 21 **"5K Sports" 5K Race/Walk**, Falmouth, 9 a.m., Jim McCorkle, 781-3134, flier April & May.
- 21 **13th Sugarloaf Marathon & 15K**, marathon start 7 a.m. Eustis, finish Kingfield, registration closes May 13; 15K start Carrabassett Valley, 7:30 a.m.; certified; Chip Carey or Angela Webster, 237-2000; flier April & May.
- 21 **12th East Millinocket Spring Clean-Up 5-Miler & 1-Miler**, 1 p.m., Frank Clukey, 746-3553, flier April. (+Y)
- 21 **Bath YMCA Long Reach 5 Miler**, Bath, 10 a.m., 1-mile fun run 9 a.m., YMCA, 443-4112, flier May. (+Y)
- 26 **Back Bay 5K**, Portland, 7 p.m., certified, Matt Burgess, YMCA, 874-1111, flier May..
- 28 **4th Live Your Dreams 5-Mile Run/3-Mile Walk**, Kennebunk, walk 8:40 a.m., run 9 a.m., certified, Deb Fitts, 967-8514, flier April & May.
- 28 **7th Vermont City Marathon & Marathon Relay**, Burlington, Vt., 8 a.m., certified, 1-800-292-2275, P.O. Box 152, Burlington, Vt., 05402-0152, flier March & April.
- 29 **Monmouth Apple Blossom Races**, Monmouth, 15K & 4.5 miles, 8 a.m., 15K certified, Doug Ludewig, 933-4416 (w), 933-4677 (h), flier May.
- 29 **Seaside Holiday Memorial Day 5K**, Kittery, 9 a.m., Kittery Recreation Department, 439-3800 or 698-5817, flier March & April.
- 31 **Maine Corporate Track Association**, 5:30 p.m., location to be determined, 2-mile run open to public, Susan Olson, 770-2516.

## June

- 3 **Nubble Light Runaway**, 10K, York, 9 a.m., certified, Robin Cogger, York Recreation Dept., 363-1040, flier May.

- 3 **The Eagles Flatfoot 5K & Officer Friendly Youth Runs**, 9 a.m. 100-yard dash, 9:15 a.m. 1-mile fun run, 10 a.m. 5K, certified, Everett Moulton, 799-2894. (+Y)
- 3 **High school track & field regional championships**, various locations, Maine Principals Association, 622-0217. (+Y)
- 4 **Maine Special Olympics Road Race & Fun Run**, 5K, Portland, 9 a.m. road race, 10 a.m. fun run, certified, Micky Boutelier, 839-6030, flier May. (+Y)
- 4 **Camden 10K Road Race**, 9 a.m., also 1-mile fun run, certified, Sarah Andrus, 236-7120, flier May. (+Y)
- 4 **Helen P. Knight 5K**, Caribou, 9 a.m., Downtown Mall.
- 5 **Hallowell Hash House Harriers**, Hallowell Recreation Area, Fred Wingate, 622-3421.
- 10 **High school track and field state championships**, various locations, Maine Principals Association, 622-0217. (+Y)
- 10 **12th Bar Harbor Spring 5K & Fun Run**, 9:45 a.m. fun run, 10:30 a.m. race, MDI YMCA, 288-3511, flier May. (+Y)
- 11 **16th Woody Allen Memorial Road Race**, Norway, 12 noon race, 12:30 p.m. 1-mile fun run, Oxford Hills YMCA, 743-7184, flier May. (+Y)
- 11 **Camp Fire 5K Race/Walk & Youth Fun Run**, Scarborough, fun run 9 a.m., race 9:30 a.m., Camp Fire Hitinowa Council, Pat Sicard, 883-8977, flier May. (+Y)
- 11 **Cobscook Bay 10K**, Pembroke, 10 a.m., certified, Jonathan Aretakis, 726-5858.
- 11 **9th Joseph's 5K**, Fairfield, 8:15 a.m. (certified), & 5th Bruce Ellis Master's Mile, 8 a.m., David Benn, 873-0363.
- 14 **Maine Corporate Track Association meet**, 5:30 p.m., South Portland High School, Susan Olson, 770-2516.
- 16 **Doc's Tavern 3-Miler**, Biddeford, 7 p.m., Ken Dion, 934-2242.
- 17 **Moving Against Domestic Violence 5K**, Presque Isle, also 1-mile walk, 10 a.m., Walmart.

## 17th Annual Bar Harbor

MAINE

## University of Maine Black Bear Track & Field Camp

SEP



- 17-18 **24-Hour Relay for Easter Seals**, South Portland, 1-800-244-3792, flier May.
- 17-18 **USA Track & Field State Junior Olympic Championship** (15-18 year olds) & **Region I Qualifier**, Ron Kelly, 883-2747. (+Y)
- 18 **20th Hampden 8.5-Miler**, 8:30 a.m., Skip Howard, 223-4715.
- 21 **3rd Habitat for Humanity 4-Mile Old Port Road Race**, Portland, 7 p.m., certified, Habitat for Humanity, P.O. Box 10505, Portland 04104, flier May.
- 22 **Pottle Hill Road Run 10K**, Mechanic Falls, 6:30 p.m., 1-mile fun run 6 p.m., Kathleen Caron, 345-3511. (+Y)
- 24 **Maine Cancer Research & Education Foundation 5K Run/Walk**, Portland, 9 a.m., certified, Jayne Soles, 773-2533, flier May.
- 24 **20th Tour du Lac**, 10 miles, Bucksport, 8:30 a.m., Joan Merriam, 469-2019 after 5 p.m.
- 24 **Mapleton Daze Dash**, 6K, Mapleton, 9 a.m., Community Center.
- 24 **Quietside 10K & Kids' Fun Run**, Southwest Harbor, kids' run 8 a.m., 10K 8:45 a.m., Harbor House, 244-3713, or Rick Cegelis, 244-9968. (+Y)
- 24 **12th North Shore Half Marathon**, Swampscott, Mass., 617-595-3224.
- 25 **Gardiner 5-Miler**, 8 a.m., certified, John Schwerdel, 622-4507, flier May.
- 25 **3rd Literacy Volunteers 5K Road Race**, Falmouth, 9 a.m., Judy Moore, 878-3907.
- 28 **Maine Corporate Track Association meet**, 5:30 p.m., South Portland High School, Susan Olson, 770-2516.

## Triathlons, Biathlons

### May

- 21 **9th Spring into Shape**, North Hampton, N.H., 3.4-mile run, 15.5-mile bike, 8 a.m., Image Concepts, 603-929-7074.

### June

- 3 **4th Hilltop Biathlon Series**, Lewiston, 9:15 a.m., 5K run, 15K bike, 5K run (first of two; second race on Aug. 12), Hilltop Community Center, 786-4820, flier April.
- 25 **Budlight-Belgrade Sprint Triathlon**, Belgrade Lakes, 9:30 p.m., .25-mile swim, 13-mile bike, 3-mile run, mini-triathlon 8:45 a.m., Waterville Boys & Girls Club, 873-0684, flier May. (+Y)

## Hiking

### May

- 21 **Owls Head** (4,025 ft.), Franconia Notch, N.H., 18 miles, slow to moderate pace, free, limited to 10, Maine chapter, Appalachian Mountain Club trip, L. Jay Spenciner, (207) 647-3347, or Tom Pettingill, (207) 781-2219.

### July

- 1 **South** (3,569 ft.) and **North** (3,591 ft.) Baldface Mountain on Maine-N.H. border, 10 miles, moderate pace, free, limited to 10, spectacular 4 miles above timberline, Maine AMC trip, L. Jay Spenciner, 647-3347.

We are eager to list hiking trips in our calendar. Please let us know one or two months in advance of your trip.

## Rowing

### May

- 2 **Maine Rowing Association rowing clinic**, Bridgton, 236-7172.
- 13 **Quohog Bay Regatta**, Harpswell, salt water, Henry Bird, 725-6494.

### June

- 10 **Moosehead Rowing Regatta**, Greenville, 4.5-mile course, Betsy Rockwell, 695-2680.
- 24 **Maine Rowing Association rowing clinic**, Brunswick, 236-7172.

## Canoeing/Kayaking

### May

- 6 **Meduxnekeag River Canoe Race**, 15 miles, whitewater, New Limerick, 10 a.m., 532-4048 or 532-9361.
- 6 **Maine Canoe Poling Championships & Clinic**, Bangor, Kenduskeag Stream, Linda Koski or Warren Cochrand, 695-3668.
- 6 **Machias Wilderness Whitewater**, Machias River, Rick Scribner, 255-3313, ext. 204.
- 14 **Mad Caribou Canoe Race**, 10 miles, whitewater, Caribou, Lower Madawaska River, 11 a.m., Caribou Recreation Dept., 493-4224.
- 20 **Moose River Race**, 7 miles, flatwater, Rockwood, Betty Reckards, 534-7383.

### June

- 3 **20th Fish River Run Canoe Race**, 12 miles, whitewater, Plaistead, 1 p.m., Denise Albert, 834-3730.
- 3 **ACA New England Poling Championships**, Greenville, Warren Cochrand, 695-3668.
- 6 **East Penobscot River**, 12.5 miles, whitewater, Medway, Medway Recreation Dept., 746-5008.
- 10 **2nd Great Falls Canoe Race**, 14 miles pros (12:10 p.m.), 8.5 miles amateurs (12 noon), 4-mile recreational course (11:30 a.m.), whitewater, Lewiston, Androscoggin Chamber of Commerce, 783-2249.
- 10 **East Branch Penobscot Canoe Race**, Grindstone, noon, whitewater, Medway Recreation Dept., 746-5008.

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# Cycling Calendar

## Races & Tours

### May

- 6 **Falmouth Road Race**, call Chess or Cheryl at Back Bay Bicycle Shop in Portland for details, 773-6906.
- 7 **Acadia Trust Classic**, road bikes, USCF race, different classes, Portland, 8 a.m., sponsored by Portland Velo Club, call Brian Linscott, 767-5541 (after 8 p.m.).
- 7 **Maine Freewheelers Time Trials**, road bikes, citizens' race, Rte. 116 in Alton, 10 miles out and back, 9 a.m., Ann Mourkas, 862-5990.
- 13 **Monroe Road Ride**, 25 miles, rolling inland ride, visit waterfall, picnic after, meet at Swanville Elementary School, Rte. 141, 2 p.m., leader Doug Crosby, 567-3499.
- 14 **Maine Freewheelers Time Trials**, road bikes, citizens' race, Rte. 116 in Alton, 10 miles out and back, 9 a.m., Ann Mourkas, 862-5990.
- 20 **Acadia National Park Quarter Century ride**, 25 miles on park loop road, eat in Bar Harbor after, meet at Acadia National Park Visitor Center parking lot, 1 p.m., leader Jeff Jones, 848-0722.
- 21 **Mid-Coast Time Trial Series**, road bikes, 15 miles, 9 a.m., Rockport, Sue Butler, 236-3645.
- 21 **Maine State Time Trial Series**, road bikes, Auburn, 20-mile loop, Larry Poulin, Rainbow Cycles, 1-800-244-7576, flier May.
- 21 **Tour de Cure**, bike ride, College of the Atlantic, Bar Harbor, 100K 7:30 a.m., 50K 8:30 a.m., 25K 9 a.m., Laura Santini Smith, 1-800-870-8000.
- 28 **Sebasticook Lake Loop**, 17-mile road ride, a few hills, longer ride possible, meet at Ames Store parking lot, Rte. 2, Newport, 1 p.m., Terry Cowell, 942-4266.
- 28 **14th West Side Ride**, race, 26 miles, Southwest Harbor, 1 p.m., Bob Shields, Southwest Cycle, 244-5856, flier May.
- 28 **Mid-Coast Time Trial Series**, road bikes, 15 miles, 9 a.m., Rockport, Sue Butler, 236-3645.
- 29 **Memorial Day Race**, 20 miles, all divisions, starts in parking lot of Cape Able Bike Shop, Kennebunkport, 4 p.m., 967-4382.

### June

- 4 **Firecracker Classic Road Race**, 25-30 miles, Bangor area, 9 a.m. start, Anne Mourkas, 862-5990.
- 4 **Bike Challenge**, 40 miles, Carrabassett Valley to Farmington, recreational and race divisions, 10:30 a.m., 1-flier May.

- 11 **Southern Coast Tour de Cure bike ride**, Biddeford, Laura Santini Smith, 1-800-870-8000.
- 11 **Mid-Coast Time Trial Series**, road bikes, 15 miles, 9 a.m., Rockport, Sue Butler, 236-3645.
- 11 **Maine State Time Trial Series**, road bikes, Auburn, 20-mile loop, Larry Poulin, Rainbow Cycles, 1-800-244-7576, flier May.
- 11 **Deer Isle Road Rides**, 20, 40 miles, 1 p.m., meet at Deer Isle Tourist Bureau, Rte. 15, Harrison Clark, 942-7974.
- 16-18 **Trek Across Maine bike ride**, Bethel to Rockland, American Lung Association of Maine, 1-800-458-6472.
- 18 **Mid-Coast Time Trial Series**, road bikes, 15 miles, 9 a.m., Rockport, Sue Butler, 236-3645.
- 24 **Camden Women's Ride**, 15 miles, 11 a.m., Oggibike, J. Rockett, 236-3601.
- 24 **Circumnavigate Sugarloaf**, 80 miles, 2 big climbs, 9 a.m., intersection Rtes. 16 & 142, Kingfield, Bob Borok, 942-2514.
- 25 **Quietside Mtn. Bike Race**, 12 miles, Southwest Harbor, 7:30 a.m., Harbor House, 244-3713.
- 25 **Sugarloaf Mountain Bike Tour de Cure bike rides**, 6, 12, 24 miles, Carrabassett Valley, Laura Santini Smith, 1-800-870-8000.
- 25 **Maine State Time Trial Series**, road bikes, Auburn, 20-mile loop, Larry Poulin, Rainbow Cycles, 1-800-244-7576, flier May.

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## News

# The New Racing Season: What Some Top Racers and Coaches See for 1995

### Christine Snow-Reaser

After a year of troubles chronicled in the February issue of this magazine—a smashed foot, arm, and wrist in three separate accidents—hard-driving Christine Snow-Reaser of Augusta is getting a better range of motion with her wrist and elbow and is starting to win races again—for example, the Togus and the Terrier Trot five-milers in April. (Her husband Rick Reaser came in first overall in the latter race.) To add to her difficulties, early this year she had a miscarriage.

She is training under a new coach, Steve Fluet, after Brian Gillespie and she could not agree on how hard she should push herself. She wanted to do high-mileage, “marathon-oriented” workouts, she said. She is focusing on the Olympic marathon trials in South Carolina next February, for which she qualified last year (2:48:50) before her accidents occurred.

She is also looking forward to the Sugarloaf 15K in May, to the L.L. Bean 10K (she had 1994’s best Maine 10K time next to Joan Benoit-Samuelsen, but in this race last year on the Fourth of July she broke her foot), and to the Maine Half Marathon in October.

### Brian Gillespie

“She has a football mentality,” Gillespie said about Snow-Reaser. She thinks more is better. She wanted to race constantly. She is panicking over the Olympic trials.” She wasn’t following his advice, he said, but they had an “amicable” parting. He had praise for her as a warm person and an “amazing athlete.”

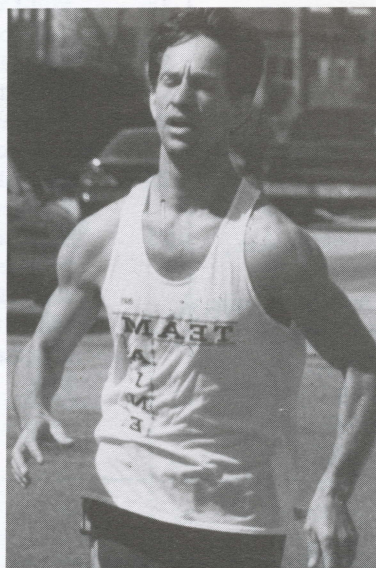
Gillespie, who lives in Portland, continues to coach the Ladies Run to Win team, the Westbrook College women’s cross-country team, and several individuals including Bob Winn, 1994’s top racer (best 10K, four-mile, and five-mile times for a Maine resident). He is pointing Winn toward a late-summer marathon to have him try again to qualify for the Olympic trials.

### Bob Winn

He thinks he might run in the Cincinnati Marathon in August. Winn, of Ogunquit, was the first North American finisher and fifth overall in the Montreal 6 MAINE RUNNING & FITNESS

Marathon last fall, but his time (2:26) wasn’t good enough to qualify (2:22).

He has had some hip problems, he said, which he has treated with physical therapy. He’s doing 50-60 miles a week, whereas he used to do 110-120. Coach Gillespie “keeps the mileage down,” he said. “He knows what I can handle.”



Winn is also looking forward to competing in the USATF national cross-country championships, which will be held in Boston in the fall. Meanwhile, he will decide on races month to month. His long-range goal is to be a knockout masters runner when he hits 40 in three years.

### Steve Fluet

He hadn’t seen Christine Snow-Reaser run yet, but he plans to orient her toward speed until August, have her take a break (if he can), then orient her toward the Olympic trials marathon. Fluet, who also coaches the Maine Track Club and several individuals, emphasizes cross-training, weight training, and the use of heart-rate monitors. Snow-Reaser calls this approach “technical”; he calls it “scientific.”

Fluet, who lives in Cumberland, is a triathlete. With a baby on the way, he is not sure exactly what he will be doing this season, but possibly it will include the September Ironman at Lake Sunapee, N.H. Winner of the Timan in Camden

last year, he is not sure if he will be to defend.

### Edie Dubord

Waterville’s Edie Dubord, who a qualified for the Olympic trials last year and had the best 5K of any woman in state, is looking forward to the big Wc Veterans Games in Buffalo, N.Y., this July, where she will enter the 5,000-m race.

She at first will be concentrating on speed work, then building up the miles. She may do the Joseph’s 5K in June, but has not raced for many months because her brother has been sick and she has taken over much of his work. This has cut into her training time, but she says she now feels “almost in race shape.” She has the additional responsibility of coaching the Waterville High School track team’s distance runners.

### Todd Coffin

He “lost a big part of the summer” when his son was born last year, but 1994’s best Maine 15K runner—and a contender at almost any distance—plans to start racing again in May, possibly first at the Sugarloaf 15K, which he won last year.

It turns out he, too, is aiming at the Olympic marathon trials. He raced the Houston Marathon in January after only eight weeks of preparation and did, for him, a disappointing 2:28, coming in 35th. A marathon in the fall looms as a possibility. An environmental geologist who lives in Bath, he is only logging 50 miles a week, but usually averages 60-80, he says.

### Deb Raszman

She is the top Maine masters woman racer. Last year she was the best 40-plus performer in the 10K and four- and five-mile distances. On April 1, her birthday, she ran 42 miles, matching her age. With an hour or two of breaks waiting for companions to show up, she ran from 5 a.m. to 1 p.m. She has been doing this since she was 30. She plans to use a bicycle when she is 85, she says.



Raszman, of Portland, had planned to do the Maine Marathon in October, but now her plans have changed for reasons she will not disclose publically. "Let's just say that I look forward to distance running without the strain of speedwork. I plan to take it easy," she says with a voice that smiles.

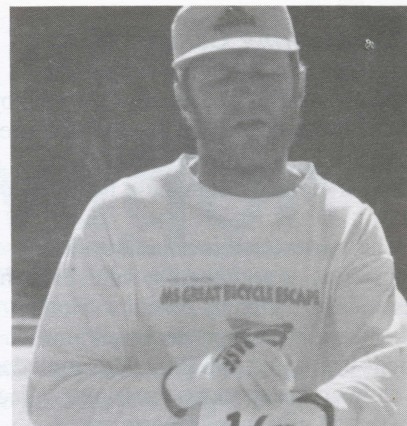


### ***Julia Kirtland***

South Harpswell's Julia Kirtland, who won September's Women's Distance Festival in Portland, qualified for the Olympic marathon trials, and beat Christine Snow-Reaser and just about everybody else except Joan Benoit-Samuelson in some races. She could not be reached for this article, but, in case you haven't heard, she came in third (2:44:05) in the USA Track & Field national championship marathon in February in Columbia, S.C., a dry run for the Olympic trials since it was on the trials course. According to one report, she won \$6,000.

### ***Shaun Keenan***

Although Keenan has not been able to reach the marathon times of runners like Winn and Coffin (his best is a 2:41), he wins his share of Maine races and achieved the distinction this year of being the top Maine finisher in the Boston Marathon with a 2:45.



Keenan, an organic strawberries farmer in Coopers Mills, said he didn't finish "as strong as I had hoped," but, still, he said, his restraint in the beginning served him well. His win was a "surprise." Boston was his 10th marathon. He might try the Sugarloaf Marathon in May. His current goal is to go below 2:40.



## Maine's New No. 1 Racer

# Rob Pierce: a "Mister Mom" ... and a 2:15 Marathoner

by Lance Tapley

"Who is this guy?" they were asking at the state USA Track & Field indoor championships at Brunswick in February when a mystery man in black swept the 1,500- and 5,000-meter events.

They said the same a few weeks later at the March 19 Boston Primer 15-mile road race in Readfield. This newcomer to Maine racing posted a 1:22:53 over a brutally hilly course, coming in over five minutes in front of long-distance specialist Shaun Keenan of Coopers Mills (who in April would become Maine's number-one finisher at the Boston Marathon).

Keenan reported that the new fellow ran with him and talked for seven and a half miles--until Keenan couldn't take the gabbing anymore. Then his companion took off. "He told me this was just a training run," Keenan said, still panting after the race.

And then there was the March 26 Presidential Race 5-miler in Kennebunkport, where Maine's premier 1994 road racer, Bob Winn of Ogunquit, discovered there was, indeed, a New Man in Town.

Winn, the Maine Track Club's Runner of the Year, has become accustomed to winning Maine road races. In some, he may now have to settle for second place. In the Presidential race, his second-place time, 25:52, was over a minute too slow.

The new phenomenon is Rob Pierce, 34, a thin (5-10, 135 pounds), dark-haired man with a perpetual stubble on his face who moved to Maine from Colorado last October, bought a farmhouse in Alfred, and shows every intention of dominating the state's road-racing scene.

However, like many racers of his caliber, his sights are set not on Maine but on national and international races. In early April, for example, as a member of the USATF national marathon team,

he had his way paid to the Athens, Greece, World Cup Marathon. After a virus and sore knees forced him to drop out, he started planning for the Pittsburgh Marathon on May 7.

Although he does well at many distances (he has a 3:45 1,500-meter, a 13:55 5K, and a 28:51 10K behind him), and he talks at taking a crack at the 1996 Olympic 10K trials, he has become a marathon specialist. His best time at the 26.2-mile distance was 2:15:20 in the Columbus Marathon in 1990, but as recently as two years ago in the World Cup Marathon in Spain he did a 2:15:44, coming in first for the United States and ranking him 10th nationally for 1993.

Rob Pierce's running began in Massachusetts with track and cross-country at Needham High School, from which he graduated in 1978 and where he was second in the state in the two-mile distance. He also ran at Indiana University, but was handicapped every year by stress fractures and other injuries from overtraining, he said.

After graduation from college in 1982, his running dropped off and he became a sportswriter on Cape Cod, where he met Susan Field, who had graduated from Bangor High School and gone on to Tufts University in Massachusetts. They moved to Seattle, where she had a job in occupational therapy, got married, and started a family. He worked for a couple of regional sports magazines, raced bikes, and competed in triathlons.

In 1988 he started running seriously again, and got quick fast --"destroying all my college times." His wife's work next took them to Conifer, Colorado, where he had the benefit of high-altitude training. He also joined the New Balance racing team. He described his arrangement with the Maine shoe manufacturer as excellent. He gets free shoes and other gear and, "if I'm running well, travel



Don Penta photo

assistance to races, and, if I am running very well, basically a paycheck." This last level is a goal that has eluded him.

At 34, will he achieve it? Although he claims to feel "very middle-aged," on the other hand he thinks "body-wise I can be the best I have ever been."

He has a training advantage of not having to work at a job "outside the home."

His wife, who picked up an M.B.A. in Seattle, brings in a good paycheck selling rehabilitation services to nursing homes, although her 60-hour-a-week job, which includes a good deal of traveling, keeps her away from home a lot.

Pierce describes his nonathletic work as "Mr. Mom" to their four lively daughters: Katherine, 5, Hannah, 3, Lauren, 1, and Charlotte, 2 months.

"Well, he babysits the girls. He doesn't really take care of the household," his wife Susan, who is blonde and friendly, observes with a wry smile.



Like many an unappreciated househusband, he sees his work with the children as more serious than this. "The reason I am an inconsistent marathoner is the stress of taking care of the kids. One of them always has a cold."

He added during a recent interview: "Yesterday I had sciatica, and I'm sure it was from lifting the kids."

He trains pretty much every day, averaging about 90 miles a week. Right now he is doing a lot of 12- to 14-mile runs at a 5:30- to 6-minute-mile pace, although he also does long runs at an eight-minute mile. His training pace, he says, is much faster in Maine than in Colorado because of the lower altitude.

Once a week he does speed work on a track. During the winter when he and his family were living temporarily in Waterville he did a lot of cross training at the Colby College athletic facilities--swimming, running in the pool, lifting weights, using an exercise cycle.

He has not been plagued much by injuries for years--"not since I grew up and became more intelligent about training." By this he means not overtraining. He gets coaching advice from Pete Pfitzinger of New Hampshire, a two-time Olympic marathoner.

One problem he has is finding training partners. He said he enjoyed very much his chat with Shaun Keenan during the Boston Primer race--the chat that left Keenan exhausted.

For his part, Keenan and other highly competitive racers in Maine seem to welcome Rob Pierce.

"It's exciting to meet someone like that. It's great," said Keenan.

"He's only going to make me run faster," said Bob Winn, although he did sound a bit jealous: "I understand he's supported by his wife." (Winn is a high-school teacher, a coach, and works at a motel at night.)

"It's always good when someone comes along like that," said Winn's personal coach, Brian Gillespie of Portland. "The challenge is good for the whole racing scene."

Pierce, of course, compares himself with national-class racers. Compared to some of them, "I don't see myself as this big success. I'm always looking ahead."

However, in these parts Rob Pierce is definitely a phenomenon. When asked what distinguishes him from the fellow



Rob and Susan Pierce with baby Charlotte, Hannah (with trophy), Katherine (at right), and Lauren (being held by her mother)

*Lance Tapley photo*

who might be a locally good racer but who runs minutes behind his time, he thinks for a second and replies that it must be a combination of natural "ability, hard work, and belief." And: "My

strength is that I don't give up."

And his wife Susan is quick to add: "It's also having a lifestyle that supports you."



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## A National-Level Masters Runner

# Bangor's Masterful Mike Gaige

by Rick Krause

On last Labor Day, 42-year-old Mike Gaige of Bangor blazed to sweet victory in 26:34 at the state's second oldest race, the Bangor Labor Day 5-Miler, to beat, by 10 seconds, his training partner and fellow Bangor High School cross-country coach Pat Sullivan--and collect his third win in this race. Pat Sullivan is nine years younger.

Thirteen years earlier he had smashed the previous course record with a 25:05, and the following year, 1982, won again in 25:09. Since the course was then 5.2 miles, that computes to 4:49 per mile.

Gaige is unquestionably the top male master in the state, producing last year the fastest times in the 5K, 10K, and 5-mile distances.

He grew up in the small, rural town of Canton in north-central Pennsylvania. He never ran in high school. At Lock Haven College in Pennsylvania, his best friend was a high hurdles champion, and at the start of his sophomore year some of the cross-country runners in his dorm saw the pair running together and invited Gaige over to meet the coach. Gaige joined the squad at mid-season.

By the third meet the following year he was the number-one distance runner at the Division III school. He started track as a junior. But by the third meet he'd established himself as the track team's top distance runner.

Gaige, who's six feet and 142 pounds, won the mile in the Pennsylvania conference that season in 4:12, although he has run faster in non-NCAA competition. The following fall, in his senior year, he placed second in the state in cross-country among 13 colleges, including Division II schools.

But progressing from a nonrunner to a national-class runner in two years took a lot out of Gaige. "I beat myself up

pretty bad," he said. He took a year and a half off from running and started fresh into road racing, which Gaige says is very well organized in Pennsylvania.

In early 1980 he moved to Bangor and on his very first lunch hour dropped into the Phidippides running store and met Bob Booker and several other runners. Soon he was training with them.



Within months Gaige had risen to the top of Eastern Maine road racing by winning the classic at Bangor on Labor Day. Gaige says that his 1981 race at Bangor and a five-mile Blueberry Festival race in Machias in 1982 were probably his best Maine races. His course record at Machias, 24:45, still stands. Gaige feels that his strongest distance is probably five miles.

In his younger years, Gaige set personal bests of 14:45 for 5K, 24:15 for five miles; 29:54 for 10K, and 2:28 for the marathon (Casco Bay). He feels that his best asset is the right combination of speed and endurance. He has better speed than most road racers (especially of his age!) with a 52-second quarter-mile and a 1:56 half.

"I really enjoy cross country the most," says the former Maine Runner of the Year. For the past two years he has taken fourth place in the National Masters 8K Cross-Country Championships. In the 1993 race he came in just eight seconds behind Bill Rodgers and was the third New England finisher.

"Last year was very competitive. It was as much fun as it gets. I was with 15 or 20 people the whole way." He loves the course at Franklin Park in Boston. Over the years Gaige's idols have been Bill Rodgers and Frank Shorter, both of whom he has met several times.

For nearly all of his running career, Gaige, who works as a legal assistant in Bangor, has been injury-free. But that suddenly changed a few months from his 40th birthday. Trying to get into shape for his debut as a masters runner, Gaige started tossing the weights around and injured a hamstring. Then last summer he had been training hard for the Falmouth (Mass.) road race and pulled his quadriceps.

"I really haven't been healthy the past couple of years. I really haven't been able to move up to the level I want to run at."

Running for Gaige "is really a family thing," he says. "We are very active." His wife, Beth, runs. His two daughters run. The oldest, Stephany, is a freshman on the Bangor High cross-country team where Gaige is assistant coach to Pat Sullivan.



As he builds up for the cross-country season, Gaige runs about 80 miles a week. During the winter, due to asthma, he has to hold his running to about 20 to 25 miles a week and supplement that with cross training and cross-country skiing.

Gaige and Pat Sullivan had done some training together the summer before the Labor Day race. "We intended to run together [at the Labor Day race] for two or three miles anyway," said Gaige. "I told him basically that the top of that hill is where you make your move. The two fastest miles on the course are four and five." Gaige stuck to his words. Near the three-mile mark at the top of hill he put on a surge.

"He knew what he was going to do. I knew what he was going to do," said Sullivan, who like Gaige runs for the Sub-5 Track Club in Bangor. "And I couldn't beat him that day. Over five miles or 10K he's awfully tough. He pulled away at three. I let him go, and I was just going to hope to try to make up as much ground in the last mile, and I cut

it, and he was a little stronger than I was."

Sullivan added: "I've never seen him get rattled in a race. He's very comfortable with what he wants to do in a race. Mike is one of the most knowledgeable people I know in distance running. As a competitor, for a guy who's 40-plus, he is still extraordinarily fast." Gaige, he says, can still do 64-second quarters. "He's a wonderful guy, a hell of a runner, and a good friend."

"I'm really looking forward to running at the national level in masters," says Gaige.

*Rick Krause, a veteran writer on Maine running, has been inducted into the Maine Running Hall of Fame.*



# Ouch!



# Maine Road Race Rankings 1994

by Lee Estey

Compilation help from Carol Estey

We have decided to call these "Rankings" instead of "Standings," a word we used last issue when we reported on the 5K and 10K rankings for 1994 road race results. Next issue we will finish 1994 with half marathon and marathon rankings.

To repeat last month's explanation: The old *Mainely Running* gave the 1993 standings by listing each of the best performances for a given distance, even if there were several by the same person. That method, therefore, listed *performances*. We are here listing the top 5, 10, or 20 *racers*--depending on the age category--ranked by their best times of the year. We looked only at USATF certified courses in Maine, but not at all certified-course races because, despite our best efforts, we in some instances just couldn't get the race directors to report the results to us, or ages were not reported.

## 4 Miles Women

### 19 & Under

1. Molly	Dinan	18	23:24	April Amble
2. B.	Lafin	17	25:32	St. Peter's Road Race
3. Rebecca	Goldfine	18	26:53	April Amble
4. Jennifer	Sawyer	18	27:13	April Amble
5. Mara	Kendrick	15	27:36	Four on the Fourth
6. Christine	Spelman	17	27:49	Four on the Fourth
7. Edie	Sloane	18	28:12	Four on the Fourth
8. Erin	Thompson	18	29:04	Four on the Fourth
9. Krissy	Collins	18	29:06	Oakhurst 4 Mile
10. K.	Fischer	18	29:12	St. Peter's Road Race

### 20-39

1. Ann	Bokman	25	22:23	Four on the Fourth
2. Cynthia	Moreshead	20	22:40	Four on the Fourth
3. Sally	Perkins	31	22:51	Four on the Fourth
4. Christine	Snow-Reaser	28	22:59	April Amble
5. Rose	Prest-Morrison	31	23:32	St. Peter's Road Race
6. Charlotte	Thomas	37	23:45	Four on the Fourth
7. Terry	Sutton	32	23:48	April Amble
8. Marjorie	Haney	26	24:13	St. Peter's Road Race
9. Laurel	Valley	31	24:25	Four on the Fourth
10. Gail	Turner	34	24:47	Oakhurst 4 Mile
11. Laura	Webber	27	24:47	York Four on the Fourth
12. Cathleen	Allen	28	25:03	Four on the Fourth
13. Kelly	Rodrigue	30	25:09	Four on the Fourth
14. Rebecca	McGovern	31	25:48	April Amble
15. Jeanne	Hackett	35	25:54	April Amble
16. Anne	Ricardelli	36	25:59	Four on the Fourth
17. Sheila	Hodges	39	26:17	DARE
18. Molly	Ware	21	26:20	Four on the Fourth
19. M.	McCauley	35	26:25	St. Peter's Road Race
20. Laurie	Gaudreau	25	26:28	Four on the Fourth

### 40-49

1. Deb	Raszmann	41	25:35	St. Peter's Road Race
2. Carol	Hogan	43	25:51	St. Peter's Road Race
3. Carol	Weeks	45	26:02	Four on the Fourth
4. Sally	Sundborg	44	27:01	Four on the Fourth
5. Alison	Clark	40	27:15	York Four on the Fourth
6. Linda	Waitkun	41	27:28	Four on the Fourth
7. Nancy	Lund	42	27:42	April Amble
8. Patricia	Robinson	41	27:48	Four on the Fourth
9. Joan	Lee	40	27:54	April Amble
10. Joan	Lavin	46	27:59	York Four on the Fourth

### 50-59

1. Gretchen	Read	51	26:16	April Amble
2. Jerri	Bushey	50	29:49	York Four on the Fourth
3. Nancy	Lovetere	50	31:16	Oakhurst 4 Mile
4. Sally	Swenson	51	31:53	Four on the Fourth
5. Diane	York	50	33:43	Oakhurst 4 Mile
6. Polly	Kenniston	57	33:55	Oakhurst 4 Mile
7. Mary Lou	Dubeau	54	34:00	Four on the Fourth
8. Jean	Thomas	58	34:57	Four on the Fourth
9. Sandy	Utterstrom	50	35:07	Four on the Fourth
10. Sally	Patterson	52	35:08	April Amble

### 60-69

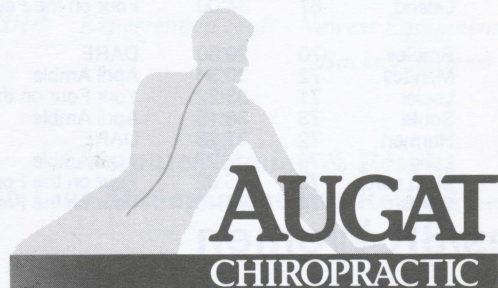
1. Maggie	Solomon	60	30:58	Four on the Fourth
2. Sally	Amory	68	35:30	Oakhurst 4 Mile
3. Shirley	French	61	36:50	Oakhurst 4 Mile
4. Nancy	Hill	61	37:22	Four on the Fourth
5. Nancy	Stokes	67	37:29	York Four on the Fourth
6. Shirley	Dam	60	43:06	Four on the Fourth
7. Bobbie	MacLean	64	45:50	Four on the Fourth
8. Noreen	LeBlanc	62	62:48	Four on the Fourth
9. Martha	Chandler	63	63:36	Four on the Fourth
10. Barbara	Hunt	61	63:48	Four on the Fourth

### 70+

1. Helen	Moller	70	52:39	Four on the Fourth
2. Janet	Miller	76	53:23	Four on the Fourth
3. Margaret	Sawyer	80	58:35	Four on the Fourth
4. Annette	Roundtree	74	58:57	Four on the Fourth

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## 4 Miles Men

### 19 & Under

1. Teague	Dyer	18	21:35
2. Jeff	Conant	19	21:37
3. Clifford	Ginn	18	21:40
4. R.	Hemingway	18	21:42
5. Paul	Johnson	16	22:36
6. Colin	Moore	15	22:45
7. Harry	Delaney	17	23:53
8. Matt	Bailey	14	24:11
9. A.	Hardy	15	24:13
10. Patrick	Cole	18	24:24

### 20-39

1. Colin	Peddie	31	19:33
2. Bob	Winn	35	19:45
3. Rusty	Snow	24	19:51
4. Dan	Verrington	32	20:00
5. Jeff	Young	24	20:11
6. Scott	Brown	36	20:24
7. Ben	Trevor	23	20:26
8. Steve	Sarkozy	26	20:28
9. Kevin	Way	24	20:29
10. David	Weatherbie	26	20:47
11. Casey	Carrolls	22	20:57
12. Todd	McGraw	29	20:59
13. Brent	Leighton	25	21:01
14. Andrew	Black	32	21:05
15. Dan	Dearing	32	21:10
16. Brendan	Sullivan	31	21:15
17. David	Libby	28	21:15
18. Allen	Muir	39	21:22
19. Pete	Bottomley	32	21:31
20. C.	Dauler	22	21:47

### 40-49

1. Ralph	Fletcher	43	21:25
2. Ron	Newbury	44	21:34
3. Leo	Dunn	40	21:34
4. Dennis	Meiver	43	22:17
5. Kevin	McDonald	44	22:17
6. Jim	Toulouse	45	22:27
7. Steve	Reed	46	23:01
8. George	Towle	44	23:04
9. Allen	Reilly	40	23:09
10. Ken	Flanders	42	23:17

### 50-59

1. Charlie	Pratt	52	23:56
2. Chase	Pray	50	24:22
3. Wayne	Lamothe	54	24:26
4. Bob	Payne	56	24:30
5. Lawson	Noyes	52	24:52
6. Richard	Dixon	50	24:59
7. Bob	Coughlin	55	25:04
8. Ray	Shevenell	53	25:24
9. Davis	VanWinkle	53	25:26
10. Wayne	Newton	50	25:30

### 60-69

1. Russ	Connors	61	26:40
2. Hap	Hazzard	62	27:10
3. Lloyd	Slocum	61	27:51
4. Peter	Scontras	65	28:11
5. John	Chandler	67	29:00
6. Hubert	Strom	64	30:58
7. Terry	Overton	60	32:11
8. Ralph	Baxter	62	32:21
9. Dean	Davis	65	32:35
10. William	Leland	67	34:00

### 70+

1. Russ	Bradley	70	29:50
2. Carlton	Mendell	72	30:34
3. Martin	Losier	71	33:22
4. Nelson	Soule	73	36:15
5. Stanley	Harmon	72	37:25
6. Frank	Long	76	44:27
7. Phil	MacLean	73	55:02
8. Allen	Burdier	74	76:40

## 5 Miles/8K Women

### 19 & Under

1. Molly	Dinan	18	29:55
2. Brigitte	Lafin	17	31:56
3. Sarah	Piampiano	13	32:17
4. Robin	Bates	16	32:51
5. Emily	Holdyman	16	33:12
6. Heather	Arsenault	17	33:17
7. Bridget	Foley	17	33:30
8. E.	Valentine	19	37:57

Four on the Fourth  
Four on the Fourth  
York Four on the Fourth  
St. Peter's Road Race  
April Amble  
Four on the Fourth  
Four on the Fourth  
DARE  
St. Peter's Road Race  
Four on the Fourth

Four on the Fourth  
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St. Peter's Road Race

Four on the Fourth  
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April Amble  
St. Peter's Road Race

Four on the Fourth  
Oakhurst 4 Mile  
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Oakhurst 4 Mile  
April Amble  
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DARE  
April Amble  
York Four on the Fourth  
April Amble  
DARE  
April Amble  
Four on the Fourth  
Four on the Fourth

Presidential 5 Miler  
Presidential 5 Miler  
Patriot's Day  
Patriot's Day  
Presidential 5 Miler  
Grant's Dairy Milk Run  
Yarmouth Clam Festival  
Northeast Harbor

9. Sarah	Howard	18	34:29	Yarmouth Clam Festival
10. Cindy	Toner	19	34:55	Potato Blossom 5 Mile

### 20-39

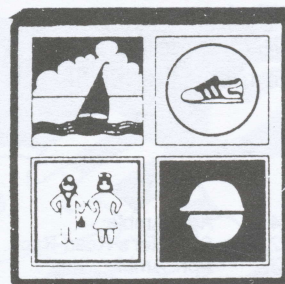
1. Julia	Kirtland	29	28:16	Patriot's Day
2. Christine	Snow-Reaser	28	28:17	Presidential 5 Miler
3. Marty	Shue	25	28:33	Patriot's Day
4. Rose	Prest-Morrison	31	29:12	Yarmouth Clam Festival
5. Terry	Sutton	32	29:46	Patriot's Day
6. Sarah	Redfield	28	29:46	Yarmouth Clam Festival
7. Renee	Rombaut	26	30:08	Presidential 5 Miler
8. Gail	Turner	34	30:15	Yarmouth Clam Festival
9. Renee	Idone	34	30:23	Yarmouth Clam Festival
10. Marjorie	Haney	26	30:32	Yarmouth Clam Festival
11. Kelly	Rodrigue	30	30:46	Yarmouth Clam Festival
12. Donna	Hurley	37	30:48	Yarmouth Clam Festival
13. Jane	Endman	26	31:01	Presidential 5 Miler
14. Carolyn	Meehan	27	31:07	Physical Therapy 8K
15. Marjorie	Graff	27	31:10	Physical Therapy 8K
16. Laurel	Valley	32	31:11	Physical Therapy 8K
17. Ellen	McCurtin	27	31:13	Live Your Dreams
18. Mary	Meehan	28	31:34	Yarmouth Clam Festival
19. Laura	Webber	29	31:44	Live Your Dreams
20. Leslie	Couture	26	31:45	Yarmouth Clam Festival

### 40-49

1. Deb	Raszmann	41	31:15	Yarmouth Clam Festival
2. Carol	Hogan	43	32:05	Physical Therapy 8K
3. Ellen	Bowden	41	32:24	Yarmouth Clam Festival
4. Carol	Weeks	45	32:44	Live Your Dreams
5. Nancy	Lund	42	32:52	Yarmouth Clam Festival
6. Sharyn	Kingma	44	32:58	Physical Therapy 8K
7. Robin	Emery-Rappa	47	33:26	Northeast Harbor
8. Brigitte	Edquid	46	34:08	Yarmouth Clam Festival
9. Kitty	Kelley	47	34:22	Yarmouth Clam Festival
10. Joan	Lee	40	34:32	Presidential 5 Miler

### 50-59

1. Gretchen	Read	51	31:44	Physical Therapy 8K
2. Vivian	Godin	50	36:55	Presidential 5 Miler
3. Jerri	Bushey	50	37:35	Togus 5 Miler
4. Barbara	MacArthur	53	38:09	Yarmouth Clam Festival
5. Elaine	Webster	52	39:51	Patriot's Day
6. Marguerite	Cornford	54	40:21	Presidential 5 Miler
7. Polly	Kenniston	57	41:47	Yarmouth Clam Festival
8. Beth	Birch	52	42:04	Yarmouth Clam Festival
9. Sandy	Utterstrom	52	42:11	Patriot's Day
10. Kathy	Moreau	50	42:26	Yarmouth Clam Festival



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- \* Game Coverage



# 60-69

1. Mead	Brownell	63	43:11	Yarmouth Clam Festival
2. Sally	Amdry	68	45:19	Patriot's Day
3. Libby	Irwin	67	48:16	Physical Therapy 8K
4. Delores	Billings	64	50:10	Presidential 5 Miler
5. Ruth	Hefflefinger	65	50:39	Physical Therapy 8K
6. Leona	Clapper	64	52:12	Run of the Irish

# 70+

1. Mardee	Brown	77	64:19	Togus 5 Miler
2. Mary Helen	Wilson	74	66:49	Peak's Island

# 5 Miles/8K Men

## 19 & Under

1. David	Howe	19	26:13	Patriot's Day
2. Teague	Dyer	18	26:18	Yarmouth Clam Festival
3. Travis	Landreth	17	26:37	Presidential 5 Miler
4. Jamie	Good	19	26:46	Patriot's Day
5. Paul	Johnson	16	26:50	Yarmouth Clam Festival
6. Michael	Mouradian	15	26:51	Yarmouth Clam Festival
7. Michael	Rice	19	27:16	Yarmouth Clam Festival
8. Matt	Lane	16	27:27	Patriot's Day
9. Shaun	Jyawook	19	27:30	Togus 8 K
10. Tom	Howard	17	27:52	Peak's Island

# 20-39

1. Stan	Bickford	31	24:31	Physical Therapy 8 K
2. Bob	Winn	35	24:35	Physical Therapy 8 K
3. Kevin	Way	25	25:07	Yarmouth Clam Festival
4. Jeff	Young	24	25:11	Togus 8 K
5. Todd	Coffin	33	25:17	Physical Therapy 8 K
6. Timothy	Wakeland	29	25:18	Yarmouth Clam Festival
7. Steve	Sarkozy	26	25:28	Yarmouth Clam Festival
8. Henri	Bouchard	33	25:40	Physical Therapy 8 K
9. Andy	Spaulding	23	25:48	Run of the Irish
10. Casey	Carroll	22	25:50	Yarmouth Clam Festival
11. George	Buckus Jr.	27	26:05	Presidential 5 Miler
12. Dan	Dearing	33	26:07	Yarmouth Clam Festival
13. Todd	McGraw	29	26:17	Togus 8 K
14. Michael	Grigware	39	26:20	Yarmouth Clam Festival
15. Shaun	Keenan	32	26:22	Yarmouth Clam Festival
16. Scott	Brown	35	26:22	Patriot's Day
17. Tim	Ensign	31	26:23	Laurie for Legislature
18. Tom	Thibeau	36	26:24	Physical Therapy 8 K
19. Jeff	Conant	20	26:31	Physical Therapy 8 K
20. Pat	Sullivan	33	26:33	Northeast Harbor

# 40-49

1. Mike	Gaige	42	25:49	Physical Therapy 8 K
2. Danny	Paul	40	26:47	Patriot's Day
3. Ron	Newbury	44	27:35	Physical Therapy 8 K
4. Ron	Kozlow	42	27:51	Presidential 5 Miler
5. Bill	McKinstry	46	28:01	Yarmouth Clam Festival
6. Paul	Fagan	41	28:06	Patriot's Day
7. Jim	Toulouse	45	28:24	Patriot's Day
8. Gordon	Scannell	41	28:27	Yarmouth Clam Festival
9. Steve	Reed	46	28:42	Live Your Dreams
10. John	Emerson	41	28:44	Bangor Labor Day

# 50-59

1. Joel	Croteau	50	28:22	Yarmouth Clam Festival
2. Lawson	Noyes	52	29:18	Yarmouth Clam Festival
3. Terry	Clark	50	30:18	Yarmouth Clam Festival
4. Chase	Pray	50	30:40	Togus 8K
5. Bob	Coughlin	55	31:00	Yarmouth Clam Festival
6. Richard	McKenney	52	31:19	Yarmouth Clam Festival
7. Ron	Hoar	55	31:32	Yarmouth Clam Festival
8. Joe	Richards	50	31:33	Togus 8K
9. Peter	Barstow	57	31:46	Yarmouth Clam Festival
10. Bill	Pinkham	51	31:49	Togus 8K

# 60-69

1. Russ	Connors	62	32:03	Physical Therapy 8K
2. Hap	Hazzard	62	32:18	Physical Therapy 8K
3. Carl	Bowen	61	34:14	Togus 8K
4. Oskar	Feichtinger	61	33:35	Run of the Irish
5. Richard	Fedion	60	34:55	Presidential 5 Miler
6. Peter	Scontras	65	35:10	Yarmouth Clam Festival
7. Lendal	Johnson	61	35:52	Potato Blossom 5 Mile
8. Herb	Strom	64	36:56	Yarmouth Clam Festival
9. John	Chandler	66	37:10	Presidential 5 Miler
10. Richard	Cavanaugh	61	37:39	Patriot's Day

# 70+

1. Russ	Bradley	70	37:04	Yarmouth Clam Festival
2. Carlton	Mendell	72	37:21	Live Your Dreams
3. Nelson	Soule	73	43:02	Yarmouth Clam Festival
4. William	Benson	74	44:18	Live Your Dreams
5. Tom	Miller	77	44:39	Northeast Harbor
6. Stanley	Harmon	72	46:22	Patriot's Day
7. Widgery	Thomas	70	55:47	Peak's Island
8. Frank	Long	76	58:12	Patriot's Day

9. Cushing	Hayward	73	60:58	Patriot's Day
10. Albert	Giasson	74	68:44	Patriot's Day

# 15K Women

## 19 & Under

1. Stephany	Gaige	14	83:40	Schoodic
2. Amelia	Jonson	17	84:06	Sugarloaf

## 20-39

1. Joan	Benoit-Samuelsen	37	53:09	Sugarloaf
2. Edie	Dubord	36	54:34	Sugarloaf
3. Carolyn	Meehan	26	60:12	Sugarloaf
4. Mary	Poulin	34	62:20	Sugarloaf
5. Sheila	Hodges	39	62:26	Sugarloaf
6. Heather	McKay	21	63:18	Sugarloaf
7. Sue	Foster	36	63:30	Schoodic
8. Lori	Johnson	35	64:58	Sugarloaf
9. Jan	Semba	35	65:03	Schoodic
10. Nancy	Kneelan	39	65:40	Sugarloaf
11. Anne-Marie	Davee	37	66:09	Schoodic
12. Erin	Ray	28	66:44	Schoodic
13. Allison	Kisch	28	66:49	Apple Blossom
14. Sarah	Andrus	39	67:19	Schoodic
15. Mary	Conry	39	67:45	Schoodic
16. Cathleen	O'Connell	29	68:36	Schoodic
17. Katherine	Tolford	39	69:38	Sugarloaf
18. Colleen	Jackson	33	70:10	Sugarloaf
19. Tina	Michaud	22	70:51	Sugarloaf
20. Jean	Bradley	28	70:52	Schoodic

## 40-49

1. Robin	Emery-Rappa	47	63:42	Schoodic
2. Jane	Rau	44	67:03	Sugarloaf
3. Jennifer	Coffin	42	70:04	Sugarloaf
4. Joan	Merriam	45	72:40	Sugarloaf
5. Harriet	Seekins	49	72:43	Schoodic
6. Nancy	Duffy	41	73:53	Schoodic
7. Nancy	Carey	47	74:36	Sugarloaf
8. Donna Jean	Pohlman	43	75:10	Schoodic
9. Ellan	Spring	41	76:37	Sugarloaf
10. Janice	Doherty	44	77:47	Sugarloaf

## 50-59

1. Louisa	Dunlap	53	76:13	Schoodic
2. Jean	Thomas	58	82:49	Sugarloaf
3. Sandy	Utterstrom	50	83:20	Sugarloaf
4. Mary-Alice	Bruce	55	89:08	Schoodic



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# 60-69

1. Rene	Collins	62	75:32	Schoodic
2. Wendy	Sayre	60	82:03	Sugarloaf
3. Leona	Clapper	64	95:57	Schoodic
4. Ruth	Hefflefinger	65	116:29	Sugarloaf

# 15K Men

## 19 & Under

1. Jonathan	Bunch	17	57:44	Schoodic
2. Barry	Matulaitis	16	58:10	Sugarloaf
3. Parker	Pruett	15	58:52	Schoodic
4. Courtney	Tibbetts	17	58:59	Schoodic
5. Ben	Trafton	16	79:17	Sugarloaf

## 20-39

1. Todd	Coffin	32	48:29	Sugarloaf
2. Giles	Norton	38	50:15	Sugarloaf
3. Shaun	Keenan	32	51:07	Sugarloaf
4. James	Newett	36	51:14	Sugarloaf
5. Tim	Wakeland	29	53:08	Schoodic
6. Tom	Thibeau	36	54:21	Apple Blossom
7. Todd	Murphy	27	54:42	Sugarloaf
8. Tim	Tetreault	24	55:07	Schoodic
9. Gary	Grigel	37	55:37	Sugarloaf
10. David	Drew	39	55:42	Sugarloaf
11. Scott	Ellis	31	55:48	Apple Blossom
12. Randy	Spencer	32	55:49	Sugarloaf
13. Rick	Chalmers	32	56:10	Schoodic
14. Ronald	Plourde	24	56:13	Apple Blossom
15. Doc	Thibeau	39	56:18	Sugarloaf
16. Mark	Hathaway	38	56:26	Sugarloaf
17. Rick	Davee	38	56:39	Schoodic
18. Robert	Brooks	29	56:54	Sugarloaf
19. Thomas	Wells	39	57:08	Sugarloaf
20. Ludo	Bruyere	25	57:28	Apple Blossom

## 40-49

1. Guy	Berthiaume	48	54:45	Sugarloaf
2. Alan	Rielly	40	56:04	Sugarloaf
3. Ray	Johnson	46	56:14	Sugarloaf
4. Michael	Reali	40	58:23	Sugarloaf
5. Ed	Liebfried	44	58:51	Schoodic
6. Ronald	Deprez	49	59:31	Sugarloaf

7. Gary	Larson	49	59:55	Sugarloaf
8. Tom	Menendez	40	60:24	Apple Blossom
9. Tom	Swan	44	60:38	Schoodic
10. Doug	Simonton	41	60:39	Apple Blossom

## 50-59

1. Bob	Payne	55	58:35	Sugarloaf
2. Chase	Pray	50	59:32	Schoodic
3. Bill	Pinkham	51	60:29	Sugarloaf
4. Myles	Lemieux	52	60:42	Sugarloaf
5. Erv	MacDonal	51	60:00	Sugarloaf
6. Doug	Ludewig	54	62:24	Apple Blossom
7. Bill	Yates	53	63:38	Sugarloaf
8. Dale	Dickie	51	63:52	Schoodic
9. Phil	Pierce	52	64:16	Schoodic
10. Frank	Bragg	53	65:11	Schoodic

## 60-69

1. Gerald	Barney	61	62:59	Schoodic
2. Carl	Bowen	61	67:20	Apple Blossom
3. Carey	Tremble	60	70:07	Sugarloaf
4. Ricard	Cavanaugh	61	71:35	Sugarloaf
5. Robert	Goulet	61	71:45	Schoodic
6. Sam	Auerbach	60	75:28	Schoodic
7. Dave	Zasiaw	63	128:59	Schoodic
8. Paul	Paulsen	67	129:34	Apple Blossom

## 70+

1. Russ	Bradley	70	70:13	Sugarloaf
2. Carlton	Mendell	72	73:36	Apple Blossom
3. James	Wainwright	71	88:13	Schoodic

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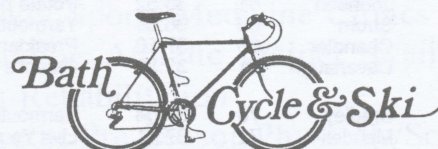
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## 1 Mile

Caribou	Musterd Mile	ME-92014-WN
<b>5K</b>		
Bangor	Run For HOEM	ME-94004-WN
Belfast	Pancake 5K	ME-93012-WN
Biddeford	Northern York YMCA	ME-94002-WN
Cape Elizabeth	Turkey Trot 5K	ME-91001-WN
Caribou	Helen P. Knight 5K	ME-92010-WN
Cutler	Cutler Harbor 5K	ME-89002-GN
Cutler	NAVCOMMU Cutler	ME-90005-GN
Eliot	Eliot Festival 5K	ME-93008-WN

Ellsworth	Spring Fling	ME-94018-WN
Fairfield	Joseph's 5K	ME-92013-WN
Falmouth	Falmouth Forecaster	ME-94016-WN
Gorham	Gorham Trails	ME-93005-WN
Hampden	Terry Fox 5K	ME-94015-WN
Houlton	Houlton Potato Feast	ME-92020-WN
Kennebunk	Animal Shelter 5K	ME-92022-WN
Kennebunk Beach	KBIA 5K	ME-92017-WN
Kittery	Kittery Trading Post	ME-93004-WN
Machias	Sunrise Run for CF	ME-88008-GN
Ogunquit	Ogunquit Fun Run	ME-94008-WN
Orono	Jasmin's 5K Jaunt	ME-91010-GN
Orono	Black Bear 5K	ME-94014-WN
Portland	Back Bay 5K	ME-91008-GN
Portland	Women's Distance Festival	ME-94017-WN
Presque Isle	UMPI Spring Run-Off	ME-92005-WN
Winslow	Dyer Memorial	ME-89011-GN
York	Chowder Run	ME-90002-WN
York	York Day	ME-85014-JMC

## 4 Miles

Bangor	Bangor State Fair 4 Miler	ME-93010-WN
Bridgton	Four on the Fourth	ME-89008-GN
Casco	Casco Day 4 Mile	ME-93009-WN
Portland	April Amble	ME-93001-WN



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Portland	St Peter's Road Race	ME-93011-WN
Portland	Habitat For Humanity	ME-94010-WN
South Portland	Oakhurst 4 Mile	ME-90003-GN
South Portland	South Portland DARE	ME-92012-WN
York	Four on the Fourth	ME-84009-GN

### 8K / 5 Miles

Bangor	Labor Day	ME-85014-GN
Bangor	Grant's Dairy Milk Run	ME-92016-WN
Brunswick	Physical Therapy 8K	ME-91013-GN
Carmel	Run of the Irish	ME-91004-GN
Caribou	Caribou Labor Day 8K	ME-92021-WN
Damariscotta	Oyster Festival	ME-91011-GN
Ft. Fairfield	Potato Blossom 5 Mile	ME-92015-WN
Hallowell	Old Hallowell Days	ME-91009-GN
Houlton	Katahdin Trust Snow Run	ME-92002-WN
Kennebunk	Live Your Dreams 5 Mile	ME-92026-WN
Kennebunkport	Presidential 5 Miler	ME092003-WN
Machias	Blueberry Run	ME-88005-GN
Northeast Harbor	Northeast Harbor	ME-86011-GN
Portland	Portland Boy's Club	ME-91003-GN
Portland	Pat's Pizza	ME-86009-GN
Houlton	Houlton 8K on the 4th	ME-92011-WN
Portland	Peaks Island	ME-92019-WN
Togus	Togus 8K Road Race	ME-93003-WN
Windsor	Common Ground Fair	ME-94013WN

### 10K

Auburn	Country Kitchen	ME-89006-GN
Augusta	Gaspings Gobbler	ME-85012-GN
Boothbay	Rocky Coast	ME-91006-GN
Bridgton	Bridgton Highlands	ME-91008-GN
Camden	Camden 10K	ME-92008-WN
Cape Elizabeth	Turkey Trot	ME-91010-GN

Freeport	L.L. Bean	ME-86005-GN
Freeport	Great Osprey	ME-88010-GN
Kingfield	Kingfield 10K	ME-86015-GN
Pembroke	Cobscook Bay 10K	ME-92007-WN
Presque Isle	First Citizen's Bank 10K	ME-92018-WN
Rockland	Maine Lobster Festival	ME-84001-GN
Skowhegan	Skowhegan Jaycee Classic	ME-92023-WN
South Freeport	Close To The Coast 10K	ME-94005-WN
Waterville	Killarney's	ME-88011-GN
Wilton	Blueberry Festival	ME-87001-GN
York	Nubble Light	ME-86006-GN

### 7.06 Miles

Perry-Eastport	Perry to Eastport	ME-86004-GN
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### 15K

Monmouth	Apple Blossom	ME-89003-GN
Winter Harbor	Schoodic	ME-85013-GN

### 10 Miles

Brunswick	Bowdoin & Back	ME-87004-GN
Cape Elizabeth	Mid-Winter 10-Mile Classic	ME-94007-WN
Hancock	Lobster Classic	ME-89001-GN

### Half Marathon (13.1 Miles)

Bar Harbor	Bar Harbor Half Marathon	ME-90011-GN
Portland	Maine Half Marathon	ME-93014-WN

### 25K

Union-Rockland	25K Championship	ME-87007-GN
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### Marathon (26.2 Miles)

Eustis-Kingfield	Sugarloaf Marathon	ME-89004-GN
Portland	Maine Marathon	ME-93013-WN

### 50 Miles

Brunswick	Maine Track Club Ultra	ME-85011-GN
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## ATTENTION MASTERS!

NOW IS THE TIME for ideas and suggestions for the up-coming road, track, and cross-country seasons. Should we hold the three-mile mixed relay again--two men, one woman, each running a mile on the track at the summer Deering Oaks meet? If there is interest, please let me know. There will be a national masters' cross-country championship again this fall in Boston. The format will remain the same unless we can suggest changes. Kevin McDonald, P.O. Box 4, Lovell, Maine 04051, 925-1864 or 871-8426.





# Race Review

\* asterisks = females

w = walkers

Results are based on information supplied by race directors.

## High School Indoor Track & Field Championships - Feb. 20

### Class B Boys - Colby College - Waterville

#### Shot-put

1	Joey Doore	FOX	47'6"
2	Pat Cotter	CE	43'7.25"
3	Weston Beal	GRE	42'9"
4	Larry Langley	OOB	42'7.25"
5	Craig Jude	ELLS	42'6.5"
6	Sean Murphy	MARS	41'8"

#### High Jump

1	Geoff Getz	GRE	6'0"
2	Kevin DeWildt	MARS	5'10"
3	Shawn Keenan	FOX	5'10"
4	John Crowell	HER	5'10"
5	Mike Pare	OR	5'10"
6	Rob Lopez	SCAR	5'8"

#### 55 M Hurdles

1	Adam Hedgecock	GRE	8.11
2	Lincoln Mills	MDI	8.21
3	Aaron Webber	SCAR	8.40
4	Dana Fish	Mt. V	8.64
5	Gerard Uffleman	BUCK	8.80
6	Tony Rappette	SCAR	9.85

#### 55 M Dash

1	Tom Toye	SCAR	6.64*
2	Craig Sidell	OR	6.80
3	Jessemar Ross	SCAR	6.84
4	Jeff Littlefield	HER	6.96
5	Chris Meier	GOR	7.0
6	Derik Jones	G-NG	7.01

\*Ties State Record 6.4 (Hand Time)

#### Mile Run

1	Mike Caiazzo	GOR	4:24.7
2	Joey Luchini	ELLS	4:25.3
3	Rob Beliveau	SCAR	4:39.3
4	Parker Pruett	SUM	4:43.0
5	Preston Ringo	OR	4:45.9
6	Jay Moor	HER	4:50.7

#### Long Jump

1	Tim Wildes	SCAR	21'5"
2	Kevin Dewildt	MARS	21'2"
3	Derik Jones	G-NG	20'7"
4	Greg Hobbs	SCAR	19'9"
5	Jim McLaughlin	MATT	19'6.25"
6	Kevin Neal	GSA	19'5"

#### Pole Vault

1	Nathan Schontag	MARS	13-6
2	Adam Hedgecock	GRE	12-0
3	Pat Lanpher	MDI	12-0
4	Eric Rose	MATT	11-0
5	Paul Hoftman	GRE	11-0
6	Andy Beekman	ELLS	11-0

#### 600 Yard Run

1	Geoff Getz	GRE	1:17.7
2	Greg Hobbs	SCAR	1:19.1
3	Austin Hardy	WELLS	1:20.2
4	Brennen Bowden	BELF	1:22.3
5	Bill Crocker	MATT	1:22.5
6	Billy Machon	ELLS	1:22.7

#### 1000 Yard Run

1	Geoff Getz	GRE	2:22.4
2	Dana Bellows	ELLS	2:23.9
3	Matt Hennessy	CE	2:29.9
4	Rob Beliveau	SCAR	2:30.5
5	Jay Baltes	OOB	2:30.5
6	Todd Atkins	HAMP	2:31.2

#### Triple Jump

1	Tim Wildes	SCAR	41'9.25"
2	Eddie King	BELF	41'2.75"
3	Zack Gilbert	BELF	40'11"
4	Kevin Dewildt	MARS	40'1"
5	Jim McLaughlin	MATT	39'10.75"
6	Derik Jones	G-NG	39'8"

#### 300 Yard Run

1	Tom Toye	SCAR	32.28*
2	Lincoln Mills	MDI	33.61
3	Jessemar Ross	SCAR	33.96
4	Chris Meier	GOR	34.21
5	Craig Sidell	OR	34.64
6	Kevin Cushman	HAMP	35.07

#### \*New Record

#### 2 Mile Run

1	Mike Caiazzo	GOR	9:42.7
2	Joey Luchini	ELLS	9:58.2
3	Jayson Payeur	MHS	10:16.7
4	Andrew Legere	WELLS	10:29.9
5	Pete Gulezian	GRE	10:35.5
6	Todd Atkins	HAMP	10:41.0

#### 800 Meter Relay

1	Scarborough	1:36.15
2	Orono	1:42.31
3	Winslow	1:42.45
4	Wells	1:42.59
5	Lake Region	1:43.92
6	Gorham	1:44.27

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## Class B Girls - Colby College - Waterville

### Long Jump

1	Katie Getz	GRE	15'10.25"
2	Kristin Stelmok	FOX	15'4"
3	Kerry Ciampaneli	SCAR	14'11.25"
4	Lindsay Carter	MDI	14'10"
5	Rachel VanBuren	MATT	14'9.75"
6	Sarah Clifton	GSA	14'8.25"

### 55 M Dash

1	Kate Toye	SCAR	7.41
2	Jen Shapiro	SCAR	7.63
3	Julie Colpitts	GRE	7.71
4	Sherma Webster	GOR	7.74
5	Lori Hannon	HER	7.75
6	Brooke Deforte	GOR	7.78

### Shot-put

1	Michelle Merrill	F.A.	35'10"
2	Shilo Marden	HAM	33'1.75"
3	Sarah Cotter	CAPE	32'10.75"
4	Codie Johnson	ELLS	30'.25"
5	Celeste Brown	BUCKS	27'9.25"
6	Becky Coy	CAPE	27'8.25"

### 600 Yard Dash

1	Bridget Foley	GRE	1:28.27*
2	Jen Shapiro	SCAR	1:32.1
3	Molly Holmberg	OR	1:32.2
4	Bethany Atkins	HAM	1:34.2
5	Delia VanLoenen	CATH	1:35.5
6	Jackie Maurer	GOR	1:35.7

\*New Record

### Mile Run

1	Bridgett Laffin	WELLS	5:26.6
2	Rebecca Ryan	GREE	5:29.0
3	Robin Bates	WINS	5:32.3
4	Jen Roberts	OR	5:33.8
5	Amy Wadman	SCAR	5:46.3
6	Joy Cranshaw	CAPE	5:48.1
	Tinia Dyer	WINS	5:52.2

### 1000 Yard Run

1	Bridget Foley	GRE	2:51.4
2	Bethany Atkins	HAM	2:53.7
3	Andrea Piette	SCAR	2:54.5
4	Bridget Laffin	WELLS	2:55.6
5	Laurie Roberts	OR	2:57.6
6	Renae Desimone	GRE	2:59.6

### High Jump

1	Frederique Boura	HAM	5'2"
2	Kate Getz	GRE	5'0"
3	Liz Chambers	OR	5'0"
4	Dani Mills	MDI	5'0"
5	Brooke Deforte	GOR	5'0"
6	Kayleen Waindle	GOR	4'8"

### 2 Mile Run

1	Jen Roberts	OR	11:53.0
2	Rebecca Ryan	GRE	11:55.2
3	Laurie Roberts	OR	11:58.1
4	Andrea Piette	SCAR	12:24.9
5	Kate McNamara	GOR	12:29.8
6	Robin Bates	WINS	12:37.4

### 300 Yard Run

1	Kate Toye	SCAR	37.55*
2	Kristen Stelmok	FOX	37.75
3	Jen Shapiro	SCAR	38.66
4	Kerry Ciampaneli	SCAR	39.39
5	Alison Liberty	GRE	40.07
6	Sarah Clifton	GSA	40.61

\*New Record

### Triple Jump

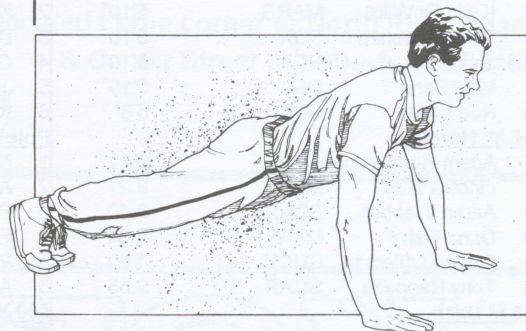
1	Frederique Boura	HAMP	34'1.75"
2	Rachel VanBuren	MATT	34'1.5"
3	Beth Hovencamp	FOX	32'1.25"
4	Heidi Churchill	FOX	31'10.5"
5	Lindsay Carter	MDI	31'10"
6	Briana Lemieux	GRE	31'4.25"

### 880 Yard Relay

1	Gorham	1:54.01
2	Hampden	1:56.87
3	MDI	1:57.84
4	Orono	1:58.0
5	Greely	1:58.37
6	Catherine McAule	1:58.85

### 55 M Hurdles

1	Kristen Collins	SCAR	8.84
2	Frederique Boura	HAM	8.86
3	Kerry Ciampaneli	SCAR	9.10
4	Stacy Carter	MDI	9.31
5	Ellen Tierney	CATH	9.34
6	Christine Shorey	GOR	9.39
	Angel Graham	J.B.	9.69
	Melyssa Belletti	SCAR	9.81



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## Class A Boys - Bates College - Lewiston

### 55 Meter Dash

1	Sibley, Andy	Old Town	6.76
2	D'Andrea, Joe	Portland	6.79
3	Habina, Rich	Brunswick	6.88
4	Udomsay, Sam	Westbrook	6.97
5	Damboise, Chuck	Cony	6.99
6	Aimers, Jason	Mt. Ararat	7.01

### 300 Yard Run

1	Sibley, Andy	Old Town	33.31
2	Allen, Jesse	Cheverus	33.42
3	Toothaker, Ryan	Cheverus	33.91
4	D'Andrea, Joe	Portland	34.00
5	Feldman, Dan	Mt. Ararat	34.08
6	Fitzgibbon, Ed	South Portland	34.63

### 600 Yard Run

1	Allen, Jesse	Cheverus	1:15.49
2	Toothaker, Ryan	Cheverus	1:15.76
3	Fitzgibbon, Ed	South Portland	1:20.01
4	Smith, Brian	Deering	1:20.72
5	Feldman, Dan	Mt. Ararat	1:20.95
6	Robinson, John	Brunswick	1:20.98

### 1000 Yard Run

1	Ly, Thinh	Biddeford	2:20.97
2	Stevens, Mike	Biddeford	2:25.36
3	Frank, David	Cheverus	2:26.68
4	Rogerson, John	Bangor	2:27.05
5	Buggia, Adam	Brunswick	2:29.61
6	Hallett, Mike	Biddeford	2:30.67

### 800 Meter Relay

1	Cheverus	1:38.49
2	South Portland	1:38.61
3	Brewer	1:38.83
4	Mt. Ararat	1:38.98
5	Portland	1:39.33
6	Edward Little	1:40.14

### 55 Meter Hurdles

1	Allen, Jesse	Cheverus	7.92
2	Willis, Mike	South Portland	8.00
3	Audette, Adam	Deering	8.02
4	Choi, Chhul	Biddeford	8.08
5	Pawson, Brent	Brewer	8.32
6	Begin, Bill	Edward Little	9.40

### Mile Run

1	Lacourse, Bob	Biddeford	4:32.25
2	Howard, Tom	Westbrook	4:34.29
3	Staples, Mat	Brewer	4:36.82
4	Moore, Steve	Brunswick	4:36.87
5	Frank, Dave	Cheverus	4:43.62
6	Moore, Matt	Brewer	4:50.96

### Two Mile Run

1	Howard, Tom	Westbrook	9:58.47
2	Moore, Steve	Brunswick	10:03.83
3	Lacourse, Bob	Biddeford	10:08.47
4	Sastre, Conrad	Thornton Academy	10:14.81
5	Trautz, Tyson	Cheverus	10:14.83
6	Staples, Mat	Brewer	10:19.90

### Long Jump

1	Mortley, Mike	Portland	21-1
2	Sibley, Andy	Old Town	20-9
3	Pohl, Holger	Mt. Ararat	20-6 1/2
4	Nouchntg, Sang	Portland	20-5 1/2
5	Damboise, Chuck	Cony	20-2
6	Habira, Rich	Brunswick	19-11 1/2
6	Goody, Bryan	Old Town	10-0

### High Jump

1	Holger, Pohl	Mt. Ararat	6-2
2	Trinh, Son	South Portland	6-0
3	Lamb, Bob	South Portland	6-0
4	Bogan, Tony	Bangor	5-10
5	Pawson, Brent	Brewer	5-10
6	Thompson, Jeff	South Portland	5-10
7	Hilton, Josh	Skowhegan	5-10

### Shot-put

1	Valliere, Rich	Deerfield	50'-7"
2	Moyes, Eric	Bonny Eagle	49'-2"
3	Freeman, Skip	Kennebunk	47'-7 1/4"
4	Jones, Burnham	Old Town	46'-0"
5	Page, Adam	Nakomis	46'-8 1/2"
6	Burgess, Andy	Thornton	49'-4 1/2"

### Triple Jump

1	Mortley, Mike	Portland	43-5
2	Pohl, Holgar	Mt. Ararat	43-2
3	Phelan, Pete	Brewer	41-7 1/4
4	Nouchntng, Sang	Portland	41-3
5	Damboise, Chuck	Cony	40-11 1/2"
6	Brogan, Tony	Bangor	40-10

### Pole Vault

1	Caristi, Tony	Bangor	11-0
2	Tannehill, Bryan	Ed Little	11-0
3	Gregoire, Jon	Brunswick	10-6
4	Carter, Casey	Brewer	10-6
5	Mills, Nate	South Portland	10-0

## Class A Girls - Bates College - Lewiston

### 55 Meter Dash

1	Corey, Jill	Portland	7:28
2	Goodwin, Cuyler	Mt. Ararat	7:36
3	Striligas, Stella	Biddeford	7:47
4	O'Sullivan, Zoey	Edward Little	7:61
5	Tikander, Audrey	Oxford Hills	7:64
6	Roy, Theresa	Old Town	7:68

### 300 Yard Run

1	Goodwin, Cuyler	Mt. Ararat	37:98
2	Striligas, Stella	Biddeford	38:94
3	Jenkins, Marisha	Mt. Ararat	39:27
4	Kinsman, Jaica	Thornton	39:93
5	O'Sullivan, Zoey	Edward Little	40:18
6	Forrest, Shelly	Westbrook	40:47

### 600 Yard Run

1	Neault, Briana	Biddeford	1:31.49
2	Jenkins, Marisha	Mt. Ararat	1:32.22
3	Foley, Meghan	Thornton	1:33.58
4	Piper, Jenny	Brewer	1:35.64
5	Holmes, Elizabeth	Old Town	1:36.20
6	Barry, Meghan	Deering	1:39.20

### 1000 Yard Run

1	Goodwin, Cuyler	Mt. Ararat	2:43.76
2	Berube, Kristen	Biddeford	2:53.77
3	Pierce, Elizabeth	Thornton	2:57.06
4	Browne, Elizabeth	Nakomis	2:58.33
5	Stevens, Nichol	Old Town	2:58.57
6	Swett, Amanda	Brewer	3:00.30

### 800 Meter Relay

1	Biddeford	1:51.37
2	Thornton	1:54.25
3	Old Town	1:54.37
4	Westbrook	1:55.07
5	Bonny Eagle	1:58.09
6	Brewer	1:58.37

### 55 Meter Hurdles

1	Motil, Nichole	Thornton	8:67
2	Foley, Meghan	Thornton	8:89
3	Tikander, Audrey	Oxford Hills	9:06
4	Binette, Nicole	Biddeford	9:07
5	Reed, Rebecca	Westbrook	9:10
6	Larrierriere, April	Biddeford	9:42

### Mile Run

1	Richardson, Jenna	Westbrook	5:19.72
2	Stevens, Nichole	Old Town	5:23.74
3	Berube, Kristen	Biddeford	5:28.84
4	Russo, Val	Mt. Ararat	5:30.47
5	Cooper, Sarah	Thornton	5:33.57
6	Larrierriere, April	Biddeford	5:46.86

### Two Mile Run

1	Murica, Addie	Thornton	12:18.31
2	Welsh, Laura	Westbrook	12:20.04
3	Berube, Kristen	Biddeford	12:32.28
4	Macdugli, Danielle	Mt. Ararat	12:39.47
5	Balistreri, Jenn	Biddeford	12:43.74
6	Swindells, Vicki	Cony	12:45.79

### Long Jump

1	Foley, Meghan	Thornton	16'2 1/2"
2	Chapin, Caroline	Morse	15'9 1/2"
3	Welch, Kristin	South Portland	15'8 3/4"
4	Ladakakos, Jaime	Thornton	15'3 1/2"
5	Crimmons, Missy	Brunswick	14'8 1/2"
6	Dietrich, Christine	Morse	14' 8 1/2"

### High Jump

1	Motil, Nichole	Thornton	5" 4"
2	Reynolds, Jen	South Portland	5' 2"
3	Darling, Nicole	South Portland	4' 8"
4	Oulette, Kellie	Westbrook	4' 8"
5	Harrington, Amy	Morse	4' 8"
6	Young, Rachael	Brewer	4' 8"

### Shot-put

1	Tostevin, Allison	Morse	36'8 1/4"
2	Corey, Jill	Portland	34'5 1/2"
3	Kinsman, Jaica	Thornton	33' 9"
4	Gradie, Jamie	Messalonske	33'4 3/4"
5	LaPlante, Carole	Gardiner	33' 0"
6	Fish, Missy	Westbrook	32' 1"

### Triple Jump

1	Chapin, Caroline	Morse	34' 11"
2	Motil, Nichole	Thornton	34' 4"
3	Tikander, Andrea	Oxford Hills	33' 0"
4	Novotny, Jaime	Kennebunk	32' 9"
5	Welch, Kristin	South Portland	31' 1/2"
6	Kahill, Erika	South Portland	30'11 1/2"

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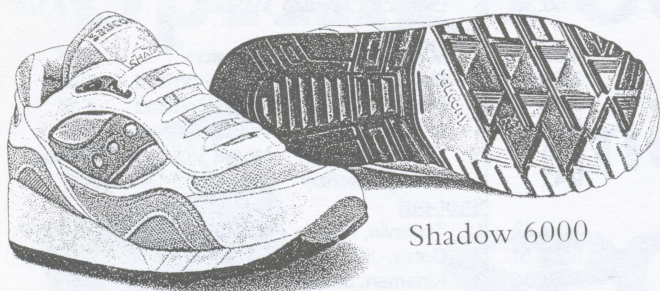


# Killarney's 10K-Waterville-Mar. 5

It was so foggy the cars' lights were on. It was relatively warm—the temperature in the 20's—but the dampness added a special chill to the air. Nevertheless, the runners were enthusiastic. Brent Leighton won by 17 seconds, but the dramatic finishers were Dan Dearing and Tom Thibeau, second and third, with Dan just pulling ahead in the last few hundred yards. Guy Berthiaume, 49, broke his own masters' record despite, he said, "carrying a lot of extra poundage." Ludo Bruyere, 25, did a PR. Even though he had skied cross-country for three hours the previous day and felt "dead." He just was strong, he felt, from all his ski racing. Many stayed around in the Holiday Inn (the race finished in the parking lot) for a clinic on heart-rate monitors given by triathletes Steve Fluet and David Crawford. (LT)

1 Brent Leighton	25 Kennebunk 33:21	31 Jeff Preble	41 Manchester 42:12	61 Mike Butler	43 Waterville 47:47
2 Dan Dearing	33 Lisbon Falls 33:38	32 Rick Bowen	39 Waterville 42:15	62 Mark Daiute	42 Wiscasset 47:52
3 Tom Thibeau	36 Gardiner 33:40	33 Bob Brosius	42 Wayne 42:18	63 John Schwerdel	49 Augusta 48:18
4 Shaun Keenan	33 Coops Mls 34:17	34 Peter Bastow	58 CumbrlndCr 42:28	64 Judy Harris	40 Skowhegan 48:31*
5 Stephen Fluet	36 Cumberland 35:19	35 Tony Hess	46 Oakland 42:29	65 Russ Bradley	71 CapeElizabeth 48:32
6 Dave Drew	30 Litchfield 35:39	36 Phil Pierce	53 Cumberland 42:30	66 DennisDalheim	48 Wayne 48:52
7 Ludo Bruyere	25 Augusta 35:44	37 Brian Pickard	39 Waterville 42:35	67 Melissa Fecteau	18 Greene 49:50*
8 Shawn Jyawook	20 Unity 35:56	38 Vance Stephnson	34 Brunswick 42:43	68 Louisa Dunlap	54 Belfast 50:17*
9 Guy Berthiaume	49 Augusta 36:19	39 Joe Johnson	39 Waterville 42:48	69 Carlton Mendell	73 Portland 50:56
10 Randy Hastings	40 Farmington 37:00	40 David Benn	49 Waterville 42:58	70 Ed Atlee	55 Augusta 51:08
11 Fred Karter	45 Waterville 37:36	41 Pete Davidson	31 Waldoboro 43:17	71 John Edmondson	54 Augusta 51:08
12 Rusty Taylor	43 Houlton 38:09	42 Jon Chapin	34 Oakland 43:20	72 Janet Hutchinson	35 Waterville 52:20*
13 Paul Fagan	42 Camden 38:15	43 Gregg Wood	36 Litchfield 43:28	73 L. Mark Kibler	40 Thorndike 52:57
14 Bill Dubord	47 Waterville 38:21	44 Dane Dwyer	37 Bath 43:29	74 Dennis Morrill	55 Portland 53:20
15 Doc Thibeau	40 Mt. Vernon 38:26	45 David Crawford	45 CumbrlndCr 43:44	75 Dean McCaslin	37 Winslow 53:25
16 Derek Veilleux	16 Benton 38:48	46 Dale Dickie	52 BrwnvleJct 44:17	76 Linda Wood	39 Edgecomb 53:26*
17 Gary Larson	49 Dvr-Foxcrt 39:03	47 Chip Bauer	38 Rockport 44:23	77 Gary Bouchard	39 Waterville 53:49
18 R. Prest-Morrison	32 Limerick 39:34*	48 Joe Ewings	25 Houlton 44:38	78 Paul Dall	53 BthbyHrbr 54:08
19 Bob Strout	39 Bangor 39:49	49 Keith Holland	39 W.Rockport 44:45	79 Alissa Fuller	18 Albion 56:07*
20 R.J. Harper	48 Farmingdale 40:23	50 Ken Cotton	45 Bristol 44:56	80 James Woodwrth	38 Bangor 59:55
21 Frank Fogg, Jr.	34 Union 40:39	51 Jim Moore	51 Waterville 45:03	81 Lisa Simm	38 Waterville 60:18*
22 Joe McGurn	46 Rockland 41:00	52 Michael Greenleaf	43 Wilton 45:05	82 Deb Pepe	52 Waterville 60:51*
23 Donna Hurley	37 SprceHead 41:13*	53 Nancy Lagin	45 Starks 45:09*	83 Donna Shackford	57 Bangor 62:10*
24 Scott Holt	30 Topsham 41:15	54 Skip Pratt	41 Hinckley 45:13	84 Tim Smith	48 Vienna 65:05
25 Laurel Valley	32 Hiram 41:20*	55 Alice Lee	31 Albion 45:31*	85 Mark Clinch	38 Gorham 67:12
26 Douglas Terp	33 Waterville 41:33	56 Brian Altwater	39 Percy 46:00	86 Judy Dickie	53 BrwnvleJct 67:57*
27 Mark Johnston	41 Augusta 41:43	57 Tom Coy	51 Piscataquis 46:06	87 Shirley Fenlason	59 Oakland 74:05*
28 Julie Lagin-Nasse	15 Starks 41:45*	58 Bob Gillespie	56 Benton 46:15	88 Julius Marzul	68 Gorham 84:06
29 Mary Meehan	29 Topsham 41:54*	59 Angela Edgecomb	27 Caribou 46:35*		
30 Jeff Jones	45 Bangor 42:10	60 Kitty Kelley	48 Portland 47:43*		

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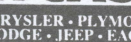
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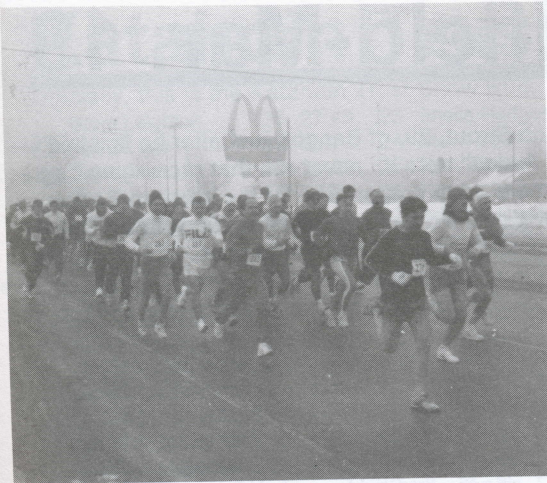
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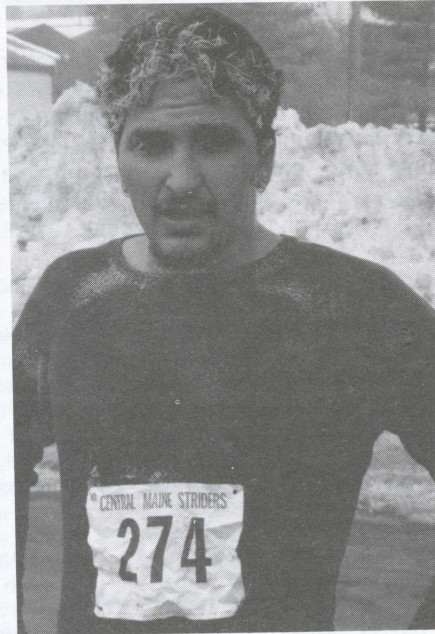


# Killarney's 10K - Waterville - Mar. 5

*Lance Tapley photos*



Misty start under the golden arches



Shawn Jyawook, Unity College



David Crawford, triathlete



Frosted Bob Gillespie



Judy Harris



winner Brent Leighton & Laurel Valley



Peter Bastow beating Phil Pierce



Jeff Jones, Jeff Preble, Rick Bowen, Bob Brosius



Greg Wood & Dane Dwyer



# Boston Primer-Readfield-Mar. 19

## 15 Miles

"I've run over 500 races, and that was the toughest race I can remember," said Bob Strout, 39, of Bangor, just after he finished this hilly, long course. "Wall-to-wall hills," complained Joe McGurn, 46, of Rockland. "I don't care if I never run that race again," agreed his friend Donna Hurley, 37, of Spruce Head. Now you know why this is considered a good preparation for the grueling Boston Marathon, just about a month away. It was only a training run for Rob Pierce, but also his debut in the Maine road-racing scene. Shaun Keenan, who finished second, said Pierce ran with him for quite a few miles and was very inclined to chat. But when Shaun "had to start concentrating on the race," Pierce said good-bye and finished over five minutes ahead of him. It was a sunny, relatively warm day, but with ice fishermen still active on Lake Maranacook. The Maranacook School proves a nice headquarters for apres-race festivities. (LT)

1 34 Rob Pierce	Alfred	1:22:53	21 46 Joe McGurn	Rockland	1:43:40	41 32 Ken Mashke	Lisbon Falls	1:55:16
2 33 Shaun Keenan	Cooprs Mills	1:28:16	22 51 Chase Pray	Greene	1:44:06	42 41 Jeffrey Preble	Manchester	1:56:59
3 33 Pete Bottomley	Cape Eliz	1:29:41	23 37 Donna Hurley	Spruce Head	1:44:10*	43 45 Ken Cotton	Bristol	1:57:12
4 37 Thomas Bennett	Portland	1:31:52	24 47 Ray Johnson	Gardiner	1:45:02	44 42 Bob Brosius	Wayne	1:58:11
5 36 Jonathan Aretakis	Pembroke	1:32:47	25 47 Russ Petelle	Drby Line NH	1:45:38	45 48 Gene Roy	Oakland	1:58:25
6 36 Tom Thibeu	Gardiner	1:33:08	26 40 Michael Corbin	Carroll Pk.	1:46:22	46 45 Jim Bright	N.E. Harbor	1:58:48
7 44 Michael Dubois	Rochstr, NH	1:33:25	27 48 Joe Meehan	Gardiner	1:46:31	47 35 Mark Alex	W. Rockport	1:59:36
8 36 Newell Lewew	Veazie	1:34:09	28 33 Kelley Cullenberg	Farmington	1:47:38*	48 29 Katrina Bisheimer	Bangor	1:59:48*
9 29 Tom Tecu	Portland	1:34:18	29 31 Alan Burke	Farmingdale	1:47:38	49 35 Jan Semba	Bangor	2:01:27*
10 26 Ludovic Bruyere	Augusta	1:35:11	30 48 Vern Demmons	Warren	1:50:55	50 36 Amanda Russell	Bristol	2:01:50
11 35 Brian McCrea	Freeport	1:35:16	31 38 Barry Fifield	Gray	1:51:25	51 29 Erin Ray	Bangor	2:02:09*
12 49 Mike Cameron	Winthrop	1:38:31	32 46 Robert Spurrier	Exeter, NH	1:52:21	52 60 John Howe	N. Waterford	2:09:54
13 31 Jay Flaker	Portland	1:39:11	33 53 Phil Pierce	Falmouth	1:52:46	53 54 John Edmondson	Augusta	2:10:09
14 39 Bob Strout	Bangor	1:39:29	34 52 Dale Dickie	Brwnvle Jct	1:53:44	54 55 Ed Atlee	Augusta	2:10:13
15 40 Dick Hosington	W. Frmgtn	1:41:44	35 44 Scott Davis	Buckfield	1:53:52	55 73 Carlton Mendell	Portland	2:11:23
16 37 David Simano	Augusta	1:41:54	36 49 David Benn	Waterville	1:53:57	56 42 Ellen Spring	Thomaston	2:14:25
17 38 Johanne Brus	Quebec	1:42:05*	37 52 Cliff Olson	Hallowell	1:53:59	57 54 Louisa Dunlap	Belfast	2:14:25*
18 40 Doc Thibeu	Mt. Vernon	1:42:29	38 29 Gregory Dorr	Bangor	1:54:30	58 44 Donna Pohlman	Albion	2:29:31*
19 31 Kelly B. Rodrigue	Lewiston	1:42:35*	39 36 Bill Case	Lubec	1:54:43	59 53 Ron Paquette	Albion	2:29:32
20 39 Bob Poirier	Minot	1:43:09	40 56 Clyde Coolidge	Rllngsfrd NH	1:54:56			

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# Katahdin Trust 5-Miler-Houlton-Mar. 25

Officially, this is the Katahdin Trust Snow Run. There is also a relay and a 3-mile walk.

1 Brent Leighton	25 27:43	23 Sheila Hodges	40 33:36*	45 Stephen Porter	43 36:14	67 George Richardson	47 39:26
2 Patrick Lee	39 28:11	24 Steve Scott	48 33:43	46 David McCluskey	24 36:25	68 Carlton Mendell	73 40:35
3 David Tree	40 29:02	25 Tom Reddon	39 33:44	47 Brenda Bailey	32 36:32*	69 Eileen Jordan	52 40:44*
4 P.J. Gorneault	16 29:12	26 Kenny Cushman	25 33:52	48 Jeffrey Martin	34 36:46	70 Brenda Tree	40 40:49*
5 Peter Snow	25 29:13	27 Danny McNeill	47 33:59	49 Jennifer Phillips	22 36:49*	71 Mia Chabot	15 40:15*
6 Jamie Good	20 29:46	28 Eunice Phillips	44 34:05*	50 Fred Putnam	52 36:55	72 Carol Scott	43 41:20*
7 Rusty Taylor	43 30:24	29 Meghan Roushorn	19 34:18*	51 Bill Trewin	41 36:56	73 Brian Pelletier	29 41:29
8 Bob Strout	39 30:36	30 Mark Hymers	46 34:19	52 Dick Miles	40 36:58	74 Sue Porter	35 42:01*
9 Paul Lamoreau	34 30:52	31 Ervin Macdonald	52 34:22	53 Ben Barr, Jr.	40 37:08	75 Rick Goodwin	43 42:21
10 Frank Stapleton	51 31:07	32 Doug Swallow	44 34:23	54 Gene Ross	59 37:27	76 Earlene Neureuther	15 44:24*
11 Lou Lainey	48 31:13	33 Joe Ewings	25 34:41	55 Harry Drost	45 37:35	77 Sharon Edwards	39 45:10*
12 Larry Tonzi	48 31:40	34 Brent Bailey	33 34:56	56 Bob Abrams	38 37:56	78 Art Thompson	61 45:26
13 Jonathan Sprague	15 31:47	35 Paul Lavoie	46 34:58	57 Carolyn LaBrecque	33 38:02*	79 Joel Oliver	37 45:44
14 Frank McElwain	40 31:56	36 David Jones	42 35:08	58 Jeffrey Alden	11 38:17	80 Holly Arato	39 45:49*
15 R. Prest-Morrison	32 32:03*	37 Dale Dickie	52 35:02	59 Bruce Alexander	48 38:46	81 Ruth Folchman	39 45:55*
16 Gary Feeney	50 32:09	38 Peter Cuff	38 35:14	60 Walter Goodrich	47 38:57	82 Mitzi McKenney	35 45:56*
17 Dennis Arpin	42 32:40	39 Tyna Perreault	22 35:28*	61 Jane Jeffrey	24 38:58*	83 Misty Gentle	20 45:57*
18 James Tucker	50 33:14	40 Joe Vaillincourt	20 35:29	62 Joe Beasley	55 39:01	84 Joseph Porter	21 45:58
19 Mary Bartlett	26 33:17*	41 Wolfgang Steffe	36 35:30	63 Clint Cushman	54 39:03	85 Paul Adams	47 45:59
20 Roy Alden	40 33:25	42 Bob Marquis	54 35:54	64 Jessica Black	18 39:39*	86 Nancy Smith	45 47:30*
21 Robert Dow, Jr.	50 33:29	43 Eleanor Anderson	18 36:07*	65 Andrew Mabry	44 39:40	87 Steve McQuarrie	47 48:16
22 Fred Ludwig	34 33:34	44 Angela Edgecomb	27 36:13*	66 Ellen Daggett	28 39:56*	88 Art Fraser	57 49:51
						89 Dale Violette	39 52:03

Please send your results to us at *Maine Running & Fitness* on computer disk. One of the goals of the new management of the magazine is to get results published faster. It delays the process to have us input from hard copy if you have results on computer. So, in addition to hard copy, please send us a disk (3.5-inch or 5.25-inch). We will return the disk if you request. We use *Microsoft Word for Windows 6.0*. But we can convert from some popular word-processing programs. Please write on the disk the name and version number of the word-processing program you have used and whether you used a PC or Apple (usually, Mac) computer. Please send home town of racers along with place in race, both names, age, and finishing time. And don't forget bib numbers. We need them to identify racers if we have taken photos at your race.

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# Presidential Race 5-Miler-K'Port-Mar. 26

## Kennebunkport

1 Rob Pierce	34 Alfred	24:45	72 Larry Barker	45 So. Portland	33:12	143 Sara Carpenter	25 Prtsth, NH	36:13*
2 Bob Winn	36 Ogunquit	25:52	73 Brian J. Flynn	34 Portland	33:15	144 Peter Small, Jr.	25 Portland	36:17
3 Tom Howard	18 Westbrook	27:09	74 Chip Kelley	33 CpeElzbeth	33:17	145 John Sweeny	36 Wells	36:18
4 Brent Leighton	25 Kennebunk	27:21	75 Will Terrill	24 Portland	33:18	146 Larry St. Peter	50 Scarboro	36:23
5 Mark Dudley	35 Dover, NH	27:29	76 Ronald Paquette	43 Biddeford	33:19	147 John Chandler	67 Laconia, NH	36:32
6 Thomas Watkins	36 Milton, NH	27:36	77 Richard Barry	17 Newcastle	33:24	148 Charles Navin	43 Prtsth, NH	36:33
7 Ronald Thibault	27 Westbrook	27:48	78 Laurie Gaudreau	26 BarrngtnNH	33:25*	149 Ronald Paquette	53 Albion	36:34
8 Eric Goodwin	19 Cumberland	27:54	79 Carol Weeks	46 Ogunquit	33:26*	150 Harry Carter	58 Blkstne, MA	36:35
9 Donald Avery	40 Groton, MA	27:54	80 Leslie Couture	26 Biddeford	33:28*	151 Gary Howard	52 Conway, NH	36:35
10 Chris Lincoln	25 Nobleboro	28:10	81 Steve Grande	40 SndownNH	33:31	152 John Eriksson	44 Fitchbrg, MA	36:36
11 Jeff Tidd	29 Saco	28:11	82 Brian Geiger	35 Rchster, NH	33:32	153 David Luff	37 Newton, MA	36:37
12 Paul Johnson	17 W.Buxton	28:25	83 Paul Lessard	37 Biddeford	33:33	154 David Knox	54 Knnbunkprt	36:37
13 Kevin Gannon	30 Wakefield	28:33	84 Katie Reid	19 Knnbnpkpt	33:34*	155 Robert Green	47 Gorham	36:38
14 Bill Derosier	32 Scarboro	28:39	85 Michael Beaudoin	52 Limerick	33:35	156 Rebecca Wallace	22 Gray	36:39*
15 David Drew	30 Litchfield	28:41	86 Ginny Steckowych	33 PortsmthNH	33:37*	157 Daniel Profenno	34 Portland	36:39
16 Paul Goransson	41 Eliot	28:47	87 Janine Franco	40 Mnchstr, NH	33:40*	158 Mark Bruns	36 Gray	36:41
17 Brett Michaud	38 Newflds, NH	28:54	88 Will Lund	39 Falmouth	33:41	159 Joseph Boyle	55 E.Rch, NH	36:42
18 Randy Hastings	40 Farmington	28:58	89 Peter Bastow	58 CmbrrldCtr	33:43	160 Diane Petipas	40 Gilford, NH	36:43*
19 Guy Segars	34 Brunswick	29:09	90 Nancy Cooper	40 Falmouth	33:48*	161 Stephanie Ives	25 Portland	36:44*
20 John DeAngelo	40 Plymth, MA	29:16	91 Christopher Small	19 E.CandiaN	33:51	162 Geof Finkels	39 New Sharon	36:45
21 Seth Harrow	24 Portland	29:33	92 James Boivert	38 OldOrchBc	33:54	163 Elizabeth Scribner	24 Portland	36:46*
22 Pierre Martel	23 So. Portland	29:34	93 Dave Merrill	40 No.Harpswll	33:57	164 Peter Cole	32 Kennebunk	36:47
23 Tom Cross	36 Strath NH	29:43	94 Caroline Merrill	27 No.Harpswll	33:58*	165 Faye Lowrey	51 Berwick	36:52*
24 Randy Spencer	33 Farmington	29:46	95 Karen MacKenzie	29 Kennebunk	34:00*	166 William Beaman	46 York	36:57
25 Michael Dinehart	38 Kennebunk	29:52	96 Joey Nelson	15 Kennbnpkpt	34:01	167 Conrad Welzel	41 Saco	36:59
26 Stacy Knight	25 Sanford	29:55	97 Scott Hamilton	44 N.Wterboro	34:02	168 Alex Pantaz	27 Yarmouth	37:01
27 Steve Friel	24 Wilton	29:58	98 David Benn	49 Waterville	34:02	169 George Worth	21 Cumberland	37:06
28 David Root	25 StkbrdgMA	30:00	99 Gerald Conley	40 Portland	34:17	170 Vivian Godin	51 Wnsckct, RI	37:07*
29 Chuan Napolitano	17 Wells	30:02	100 Kenneth Lemoult	31 Portland	34:19	171 Joe Fletcher	34 Durham, NH	37:13
30 Sally Perkins	31 Bllngm, MA	30:03*	101 Nancy Lund	43 Falmouth	34:20*	172 Ralph Butts	34 Gray	37:17
31 Michael Reali	41 CpeElizaeth	30:09	102 Neil Martin	52 Portland	34:21	173 John Watson	51 Portland	37:18
32 Paul Rogers	43 OldOrchBc	30:21	103 Mark Boucher	36 So. Portland	34:23	174 Richard Caron	41 Saco	37:20
33 Gary Kamienieski	38 HamptonNH	30:22	104 Chrisoph Reidel	24 Kennebunk	34:25	175 Susan Monnelly	36 Nashua, NH	37:22*
34 Matthew Tilbury	30 HamptonNH	30:27	105 Brian Chamberlain	39 Dover, NH	34:27	176 Susan Bennett	28 Danvers, MA	37:24*
35 Cris McDonald	31 Saco	30:28	106 Paul Leblanc	30 Saco	34:28	177 Dan Fitzgerald	35 Portland	37:25
36 Jim Bunnell	30 Portland	30:48	107 Allan Carlisle	43 Springvale	34:35	178 Sarah Marble	27 Saco	37:32*
37 Terry Sutton	33 Portland	30:52*	108 John Burne	33 Bath	34:38	179 John Given	44 Raymnd, NH	37:34
38 Lawson Noyes	53 Kennebunk	31:02	109 Larry Kinner	45 OldOrchBc	34:39	180 Michael Libby	35 Portland	37:35
39 Kevin Bergeron	41 Rchster, NH	31:14	110 Hap Hazard	63 SoFreeport	34:39	181 Sarah Parrot	36 So. Portland	37:36*
40 Paul Gadbois	41 Saco	31:22	111 Keith Holland	39 W.Rockport	34:44	182 Daniel Defrees	40 E.Rch, NH	37:36
41 Robert Dunfey	43 York	31:26	112 Eric Lagios	35 So. Portland	34:53	183 William Sproul	37 New Glcstr	37:37
42 Peter Leonard	40 EKngstnNH	31:27	113 Paul Stroud, Jr.	47 Cranston, RI	34:54	184 Todd Bollen	40 Lynn, MA	37:40
43 Carl Hefflefinger	34 AmherstNH	31:31	114 Bob Brosius	42 Wayne	34:58	185 Daniel Huff	16 Knnbnpkpt	37:50
44 Tom ODonoghue	46 Newton, MA	31:34	115 Chip Moson	25 Portland	34:59	186 Jack Cameron	34 York	37:52
45 Roger Clements	40 York	31:40	116 Peter Heslam	28 Concord, NH	34:59	187 Arthur Slo One	39 Eliot	37:56
46 Terry Clark	50 Windham	31:48	117 Daniel Glynn	37 Prtsth, NH	35:04	188 Joan Reynolds	39 Arrowsic	37:57*
47 Bob Coughlin	56	31:50	118 Don Kalapinski	44 Raymnd, NH	35:06	189 Jonathan Dietz	48 CpeElzbeth	37:59
48 Patrick Nelson	16 Saco	31:54	119 Paul Conner	33 Saco	35:07	190 Alan Maddaus	49 Rexford, NY	38:04
49 Mary Meehan	29 Topsham	31:56*	120 Clayton Churchill	36 Falmouth	35:11	191 Maureen Sproul	38 NewGlcter	38:05*
50 David Vasta	47 Havrhill, MA	32:01	121 Heidi Dinehart	37 Kennebunk	35:12*	192 Penny St. Louis	30 Portland	38:05*
51 Rex Holtan	43 Portland	32:03	122 Karl Brantner	40 Kennebunk	35:12	193 Edward Jaccoma	38 Kennebunk	38:06
52 David Lane	39 CtrCnwyNH	32:09	123 Carrie Croft	35 So. Portland	35:17*	194 Richard Bellemare	37 Lewiston	38:07
53 Richard Adams	33 CntcookNH	32:10	124 Gordon Smith	36 Portland	35:21	195 Jack Davies	40 York	38:08
54 Paul Casey	40 Saco	32:15	125 Bob Bussiere	35 Lewiston	35:28	196 William Harrison	40 Brunswick	38:13
55 R. Prest-Morrison	32 Limerick	32:16*	126 Larry Wilson	44 WNWbryMA	35:30	197 William Kindred	24 Biddeford	38:15
56 K. Scott Hinckley	37 Brunswick	32:19	127 Jonathn Goldberg	42 Kennebunk	35:33	198 Tom Petipas	41 Gilford, NH	38:16
57 Sumner Weeks, Jr	46 Portland	32:20	128 James Longo	38 LnddrryNH	35:37	199 Jim Estes	45 Portland	38:17
58 Jack Casey	41 Topsfld, MA	32:23	129 Bob Reid	48 Knnbnpkpt	35:46	200 Patti Tableman	36 Portland	38:18*
59 Patrick Fay	35 WinchstrM	32:25	130 Kurtrick Schlott	41 Derry, NH	35:47	201 Robert Hamilton	46 Rchster, NH	38:19
60 Sean Casten	23 BrooklineMA	32:28	131 Dale Rhines	43 Gorham	35:51	202 Russell Royce	49 Gilmntn, NH	38:25
61 Winthrop Hayes	39 Kennbnpkpt	32:35	132 Tim Kinne	44 Cumberland	35:52	203 Larry Godbout	43 Lynn, MA	38:30
62 Ross Pickering	55 Drwsvle, NH	32:36	133 Kitty Kelley	48 Portland	35:59*	204 Ann Ludwig	38 OldOrchBc	38:38*
63 Ed Doughty, Jr.	46 Gray	32:43	134 James Macvane	35 HmptnFNH	36:01	205 Dan Reed	34 Bath	38:43
64 Laurel Valley	32 Hiram	32:45	135 Donna Just	38 E. Holden	36:02*	206 Unknown		38:45
65 Carlos Philbrick	42 Dayton	32:47	136 Paul Fitzgerald	58 Revere, MA	36:04	207 Ronald Roy	45 Sanford	38:47
66 Brigitte Laflin	18 No.Berwick	32:55*	137 David Eldridge	30 Sanford	36:05	208 Alicia Pulsifer	24 Portland	38:48*
67 Adam Bowden	14 Cumberland	33:00	138 Leigh Minor	25 OldOrchBc	36:08*	209 Maggie Solomon	61 Conway, NH	38:49*
68 Eric Lariviere	30 WlfrFlsNH	33:03	139 Amy Pierce	24 StkbrdgMA	36:09*	210 Tom Collins	57 Sanford	38:52
69 Gretchen Read	52 Portland	33:05*	140 Rebecca Raskin	27 Portland	36:09*	211 David Morfleet	46 Kennebunk	38:53
70 Ellen Bowden	42 CmbrrldFrs	33:06*	141 John LeRoy	58 Brunswick	36:12	212 Kristen Hanson	29 Wells	39:06*
71 Anne Hendry	38 Scarboro	33:09*	142 Mark Nicoletto	29 Wrcstr, MA	36:13	213 Steve Robbins	34 Hollstn, MA	39:08



# Presidential Road Race - 5 Miles Kennebunkport - March 26

*Don Penta photos*



Rose Prest-Morrison



Who is this man?



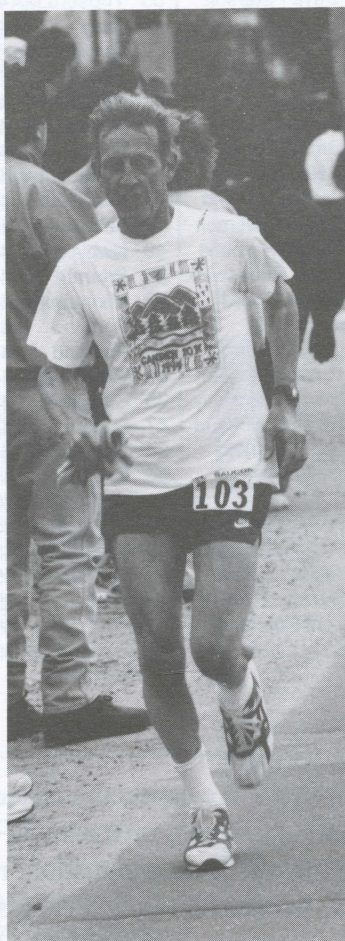
Mike Reali



winner Sally Perkins from Mass.



Mary Meehan hardly looks tired



But Lawson Noyes does



Who is this woman?



214 Russ Bradley	71	CpeElizabeth	39:09	280 Laura Steele	16	Knnbunkprt	42:04*	344 Barb Grillo	38	Kennebunk	45:20*
215 Rodney Redstone	41	So.Portland	39:10	281 Joe Hepp	44	Kennebunk	42:18	345 Kathy MacDonald	42	Berwick	45:24*
216 Orlando Delogu	58	Portland	39:18	282 Sarah Plummer	28	Wiscasset	42:19*	346 Marc Brunelle	37	Kennebunk	45:28
217 Sandra Hodnett	47	Kennebunk	39:21*	283 Jen Hamel	26	Portland	42:22*	347 Kim Weiland	39	Kennebunk	45:37
218 Michael Monahan	26	Marblhd,MA	39:24	284 Greg Parker	37	N.Waterbro	42:24	348 Nicole Bernabo	25	Newport,RI	45:40*
219 Sonia Monahan	25	Marblhd,MA	39:27*	285 Bruce Bergen	53	Kennebunk	42:26	349 Frank Spurr	30	Portland	45:46
220 Bill Wood	42	Harrison	39:35	286 D. D'Entmont	15	Kennebunk	42:36*	350 Jane Rasmussen	58	TnantsHrbr	45:48*
221 Jim Garnham	47	Peabody	39:36	287 Dan D'Entremont	44	Kennebunk	42:36	351 Elaine Pechow	47	Brkline, MA	45:52*
222 Francis Beaudoin	44	Kennebunk	39:38	288 Jack Kronberg	37	Standish	42:37	352 Sarah Digiacomo	14	Saco	45:59*
223 Judy Leonard	32	EKngstnNH	39:40*	289 DJ Pohlman	44	Albion	42:40*	353 Nancy Glaser	42	Epsom, NH	46:10*
224 Dick Cavanaugh	62	Freeport	39:42	290 Allison Covy	37	Prtsmth, NH	42:50*	354 Alan Milliken	40	Portland	46:22
225 Robert Hoefer	28	Ogunquit	39:42	291 Patricia Bruns	40	Portland	42:52*	355 Donna Eldridge	30	Sanford	46:30
226 Stephanie Schlott	15	Derry, NH	39:50*	292 Russell Conn	41	W.Nwn,MA	42:53	356 Pat Fry	57	Conway,NH	46:33*
227 George Conly	46	CpeElizabeth	39:51	293 Linda Wood	40	Edgecomb	42:55*	357 Annette Elowitch	52	Portland	46:34*
228 Tom McDonough	42	Kennebunk	39:51	294 Larsja Peterson	47	TngsbroMA	42:57*	358 Gregory Smith	33	Portland	46:37
229 Michael Beaman	13	York	39:53	295 Adrienne Turner	36	W.Buxton	42:58*	359 Rachel Hartstone	26	Brkline, MA	46:39*
230 Jerri Bushey	50	York	39:55*	296 Michael Wright	39	So.Portland	43:01	360 Craig Dgiammarino	31	Newton,MA	46:39
231 William Ferreira	44	Knnbnkprt	39:59	297 Polly Kenniston	58	Scrborough	43:04*	361 Cheryl Gilbert	46	Bath	47:19*
232 Steve Perkins	28	Kennebunk	40:02	298 Robert Morrison	53	Wrcster,MA	43:07	362 Kathy Bois	38	Kennebunk	47:24*
233 Chris Rolfe	32	Falmouth	40:03	299 Robert Crowley	48	Kennebunk	43:08	363 Christa Curtis	63	Durham,NH	47:54*
234 Lisa McDonald	34	Moody	40:03*	300 Ember Brosius	15	Wayne	43:11*	364 Ernie Cooper	51	Hollis, NH	48:08
235 Liz Errico	35	Dover, NH	40:05*	301 Bridgette Bartlette	16	Winthrop	43:11*	365 Sarah Shattuck	33	Wlfboro,NH	48:29*
236 Michele Yergeau	25	Dover, NH	40:07*	302 Renee Violette	25	Cumberland	43:18*	366 Darcee Mahhar	25	Portland	48:42*
237 Bob Grillo	39	Kennebunk	40:08	303 Greg Hearn	13	Kennebunk	43:19	367 Kathrine Pelletreau	27	Portland	48:43*
238 Anthony Laboa	30	OldOrchBc	40:09	304 Walter Hearn	44	Kennebunk	43:20	368 George Clement	48	Mrrsvle,VT	48:48
239 Carlton Mendell	73	Portland	40:16	305 Ragel	26	PortlandOR	43:25	369 Elite			48:53
240 Nikki Kagan	37	Portland	40:18*	306 Paul Kotzampaltir	24	Biddeford	43:26	370 Dianne McCorkle	35	Falmouth	48:56*
241 Casey Billings	18	Falmouth	40:31*	307 David Conley	55	Portland	43:33	371 Brian McGrath	56	Knnbunkprt	49:12*
242 Hillary Billings	41	Bangor	40:31*	308 Julianna Dixon	24	Portland	43:34*	372 Barbara Brosius	43	Wayne	49:17*
243 Katherine Crowley	15	Kennebunk	40:33*	309 Sally Strazdins	61	N.HmptnNH	43:37*	373 Marie Rodgers	39	Ipswich,MA	49:20*
244 Kenneth Folsom	69	Salem, NH	40:39	310 Lane Nielsen	48	KnnbnkBch	43:37	374 Suzanne Bibeau	28	Smrville,MA	49:20*
245 Mark MacDonald	34	Rye, NH	40:48	311 David Bois	38	Kennebunk	43:38	375 Carol Pearson	50	Prtsmth, NH	49:21*
246 Joseph O'Donnell	44	Falmouth	40:55	312 Robert Couture	53	Saco	43:39	376 Marge Parsons	44	CmbrlndCtr	49:28*
247 Paul Michaud	37	Kennebunk	41:02	313 Matthew Sturgis	26	NewGlster	43:46	377 Maggie Soule	53	Yarmouth	49:47*
248 John Maxell	39	Standish	41:06	314 Cindy Bolles	31	Portland	43:53*	378 Linda Metzger	52	Cpe Elizabeth	50:11*
249 Eric Meador	47	No.CrwnyNH	41:11	315 Scott Sprague	32	Hudson,MA	43:54	379 Valerie Scheron	29	Bylston, MA	50:14*
250 Mary Kinball	41	Knnbnkprt	41:12*	316 Steve Henson	45	Prtsmth, NH	43:59	380 Mary Dgiacomo	40	Saco	50:20*
251 Brent Graham	25	Portland	41:13	317 Dave Peterson	53	Tngsbro,MA	44:01	381 Pamela Kinner	35	OldOrchBc	50:23*
252 Ron Perry	57	Knnbnkprt	41:16	318 Beverly Doughty	43	Gray	44:05*	382 Mel Fineberg	59	Portland	50:24
253 Erin Daly	22	Seabrk, NH	41:23*	319 Paul Worth	52	Cumberland	44:12	383 Nancy Modern	42	Prtsmth, NH	51:05*
254 Jon Martin	26	Amhrst,MA	41:24	320 Herb Hoppe	52	Portland	44:12	384 Judi Hastings	37	Farmington	51:56*
255 David Spofford	44	Kennebunk	41:28	321 Rhonda Lane	41	CtrCwnyNH	44:21*	385 Carol Perry	47	Knnbunkprt	52:16*
256 Andrew Haslam	31	So.Portland	41:28	322 Deborah Luff	37	Newton,MA	44:26*	386 Dolores Billings	64	CpePrpose	53:50*
257 Marilyn Gelish	40	Kennebunk	41:29*	323 Brian Brown	37	Gray	44:27	387 Dennis Thayer	48	Knnbunkprt	54:16
258 Brian Wormwood	43	CpePorpos	41:30	324 Peter Sutcliffe	45	Kennebunk	44:28	388 Jonathan Shill	52	Kennebunk	54:16
259 Diane Reed	29	Bath	41:36*	325 James Hodnett	47	Kennebunk	44:34	389 Patty Beach	37	PolndSprng	54:21*
260 Kaylen Weiland	15	Kennebunk	41:38*	326 David Anderson	52	Falmouth	44:35	390 Marie MaQuire	44	Lyman	54:48*
261 Don Kent	42	Portland	41:39	327 Robert Rymsha	49	NwbyprrtMA	44:37	391 Bill Vaughan	53	Lewiston	55:20
262 Phil Cousineau	42	Portland	41:39	328 Carol Ruesswick	35	Prtsmth, NH	44:39*	392 Elisabeth Fine	31	E.Bostn,MA	55:36*
263 Brenda Lewis	33	GrovindMA	41:40*	329 Lynne Gobeil	42	Kennebunk	44:40*	393 Ruth Hefflefinger	65	Portland	55:59*
264 Mike Denning	49	Yarmouth	41:41	330 John Gale	39	Portland	44:45	394 Debby Mountford	40	Kennebunk	56:08*
265 Alana MacDonald	46	Eaton, NH	41:42*	331 Sally Paterson	53	Portland	44:46*	395 Donna Moulton	46	So.Portland	57:57*
266 Thor Nilsen	47	CpeElizabeth	41:43	332 George McLean	51	West Bath	44:50	396 Vic Nunan	52	Kennebunk	58:31
267 Richard Joyal	31	Barnvid,NY	41:44	333 Edward McNelly	25	Oxford	44:54	397 Jeff Kimball	52	TwksbryMA	60:52
268 Ronald Read	52	Portland	41:45	334 Roland Michaud	47	Saco	44:58	398 David Delaney	37	Portland	61:41
269 James Canney	26	Rchster, NH	41:46	335 John Kennett	54	Scrborough	44:59	399 Cynthia Cannone	30	Norway	61:41*
270 Steve Burris	45	Lee, NH	41:48	336 Judith Kane	36	Limington	45:00*	400 Gary Zerola	23	Lynn, Ma	63:59
271 Donna Hoyt	35	Tilton, NH	41:49*	337 Sandy Utterstrom	51	W Falmouth	45:05*	401 Carol Kimball	48	TwksbryMA	64:25*
272 Richard Snyder	58	TwksbryMA	41:51	338 Beth Thompson	35	W. Buxton	45:07*	402 Tracy Huff	14	Knnbunkprt	65:37*
273 Steph Paterson	24	Durham,NH	41:54*	339 Mark Lafountain	28	Topsham	45:09	403 Donna Kidder	36	Shirley, MA	66:50*
274 Ed McDonough	53	Yarmouth	41:55	340 Jim Woodsum	41	York Beach	45:11	404 Susan Johnston	39	Shirley, MA	66:51*
275 Abigail Holman	32	Portland	41:57*	341 Suzanne Roy	40	Saco	45:12*	405 Patti Forest	35	Ayer, MA	66:53*
276 Ben Jones	25	Rchster, NH	41:57	342 Toni Robinson	40	Pownal	45:15*	406 C. Hemenway	40	Shirley, MA	66:54*
277 Henry Griffin	32	Portland	42:00	343 Sally Gore	32	Freeport	45:19*	407 Margaret Kidder	40	Ayer, MA	70:12*
278 Albert Schlitter	56	Orange,CO	42:01					408 Vicky Hill	37	Shirley, MA	73:33*
279 Frank Drigotas	31	Kennebunk	42:03					409 Kathy Kidder	39	Ayer, Ma	73:33*

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



# 99th Boston Marathon-April 17

## Maine Residents' Results

### Men

302	Shaun Keenan	Coopers Mills	2:45.05
504	Matt Archambeau	Bucksport	2:51.31
516	Joseph Noel	So. Berwick	2:51.43
562	Shawn Jyawook	Unity	2:52.38
569	Peter Hagerman	Gardiner	2:52.48
631	Jason Bologna	Norridgewock	2:53.58
733	Stafford Soule	So. Freeport	2:55.54
829	Michael Reali	Cape Elizabeth	2:57.16
942	Stephen Reed	Wiscasset	2:58.50
949	Robert Brooks	Portland	2:58.56
1082	Lou Lainey	Island Falls	3:00.44
1104	Jim Marchese	Eliot	3:01.06
1146	Newell Lewey	Veazie	3:01.50
1160	Thomas Bennett	Lewiston	3:01.59
1204	Marlin Conrad	No. Yarmouth	3:02.33
1363	Gordon Scanell	No. Yarmouth	3:04.31
1427	Mike Mendonca	Sinclair	3:05.26
1583	James Flaker	Portland	3:07.27
1732	Rick Hinds	West Buxton	3:09.05
1750	Alburn Butler	Portland	3:09.18
1793	J. Esty-Kendall	Bangor	3:09.41
1827	Robert Dunfey	York	3:10.08
1954	Alan Stockley	Lincoln Center	3:11.48
1971	John Mollica	South Portland	3:11.58

2231	E. Reitenbach	No. Waterboro	3:14.25
2371	Paul Goransson	Eliot	3:16.11
2382	Robert Gierie	Springvale	3:16.17
2397	Bob Payne	Raymond	3:16.23
2510	Joe McGurn	Rockland	3:17.32
2514	David Torrey	Veazie	3:17.35
2656	Al Sproul	Chamberlain	3:18.51
2771	Paul Lessard	Biddeford	3:20.00
2814	Mark Steege	Standish	3:20.27
2862	Michael Corbin	Springfield	3:20.55
3377	William Pride	York	3:25.36
3409	Tom Trytek	Lewiston	3:25.52
3410	Philip Pierce	Falmouth Foreside	3:25.52
3466	Joe Hayes	York	3:25.56
3479	Paul Gadbois	Saco	3:26.34
3548	Robert Jordan	Ellsworth	3:27.10
3729	Bob Coughlin	Scarborough	3:28.49
3833	John McMillin	South Gardiner	3:29.45
3863	Brian Hamel	Presque Isle	3:29.58
4118	Steven Jacobsen	Kennebunk	3:32.34
4182	Bill Whitmore	Portland	3:33.13
4187	Harry Nelson	North Yarmouth	3:33.17
4460	Mark Nowak	Topsham	3:36.10
4694	Clifford Olson	Hallowell	3:38.33
4994	Clifton Smith	No. Vassalboro	3:41.36

5021	Edward Miller	Hallowell	3:41.56
5320	Peter West	Wiscasset	3:44.57
5622	Thomas Carl	Gray	3:48.40
5806	Rick Fecowicz	Freeport	3:51.25
5970	Scott Cushing	Brunswick	3:53.43
6176	Carlton Mendell	Portland	3:56.21
6378	Thomas Brennan	Calais	3:59.04
6578	Robert Kramer	Portland	4:02.07
6628	Doc Thibau	Mount Vernon	4:02.53
7219	Robert McArtor	Freeport	4:15.23
7591	Stephen Berube	York	4:25.15

### Women

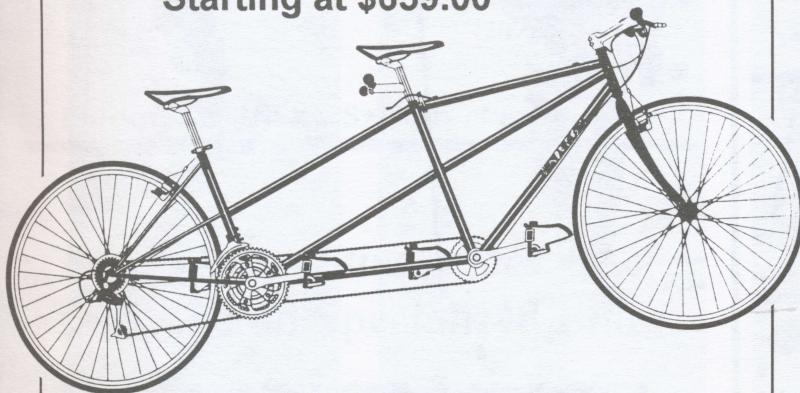
1064	Donna Hurley	Spruce Head	3:00.28
5399	Karen Fuller	Kennebunk	3:46.04
5437	C. Mendonca	Sinclair	3:46.31
5945	Ellen Spring	Thomaston	3:53.20
6121	Karen Pagnano	Waldoboro	3:55.41
6126	Amanda Russell	Edgecomb	3:55.49
6377	Rene Collins	Brewer	3:59.03
6519	Donna Holtby	Fryeburg	4:01.02
6609	Cecile Fontaine	Portland	4:02.34
7090	Louisa Dunlap	Belfast	4:12.19
7659	Rosalyn Randall	Portland	4:27.50
7860	Mary Bradley	Kittery	4:35.31

For updates on preparations for the 100th Boston Marathon in 1996--who has qualified, who hasn't--read *Maine Running & Fitness*.

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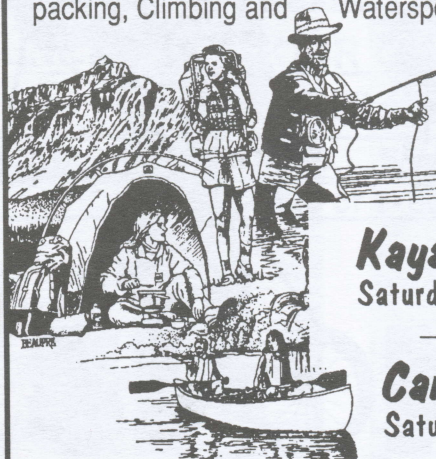
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## X-C Ski Races

# Anderson Memorial-Caribou-Feb. 26

### 5 Miles

Despite frigid wind-chill at the Caribou Ski Trails, 62 racers and recreational cross-country skiers participated in the 20th Annual Henry Anderson Memorial Ski Race/Tour. This event commemorates the late Henry Anderson from New Sweden who started making home-made skies in 1926 and 1927 while working on his farm. Each participant in this year's event received an illustrative lapel pin of the Anderson emblem, which was enscribed on all of Henry Anderson's skies, as well as a chance to win a complete ski package donated by the Ski Shop of Van Buren and over \$100 of ski accessory items. The overall winners of the 5-mile race were Paul Cyr of Fort Kent and Connie Mendonca of Cross Lake with times of 26:52 and 30:26 respectively. The winner of the ski-package raffle was Norman Page of Limestone. Winner and sole participant of the 1/4-mile youth fun ski was Courtney Francis, in the 7-8 age division, with a time of 7:39. (Mike Mendonca)

Division	1st Place	Time	Runner-Up	Time
males 10 & under	Kendall O'Ragan	46:28	Jeffery St. Peter	49:50
females 13 & under	Anna Sprague	36:12	Elizabeth Lagerlof	49:05
males 11-13	Bjorn Lagerlof	37:55	John Anderson	40:57
females 14-18	Leah Grant	31:36	n/a	
males 14-18	Jon Sprague	27:28	Steffen Allen	31:27
males 19-39	Jim Park	29:13	David Buzzel	33:18
females 19-49	Bonnie Cyr	33:55	Lisa Jepson Wahlstrom	41:45
males 40-49	Dennis Arpin	27:53	Frank McElwain	31:32
females 50-59	Linda Page	37:28	Ruth Hare	47:45
males 50-59	Ben Paradis	32:17	Bob Sprague	33:02
females 60-69	Ruth Ross	51:42	n/a	
males 60-69	Lendal Johnson	32:20	Eddie Ouellette	37:46
males 70 & over	Ralph Ostlund	36:19	Dick Holms	49:24

*Others competing:* Mike Macfee, 34:25; Norman Page, 34:39; Mark Michaud, 35:20; Paul Grant, 35:51; Christian Margeson, 36:59; Bob Marquis, 37:05; Lucas Peterson, 37:42; Don Peters, 39:10; Bill Francis, 39:29; Kirsten Margeson, 39:31; Emmett Ross, 40:30; Mary-Beth Francis, 42:05; Glenn Peterson, 42:17; Jack Phelan, 43:22; Ronald Gallagher, 43:47; Barb Brehm, 44:07; Bud Jepson, 44:25; Derek Jepson, 44:32; Barbara Gallagher, 47:27; Malcolm Hare, 47:46; Lehrle Kieffer, 48:15; Valerie Peterson, 48:23; Jeff Wahlstrom, 50:16; Clyde Jepson, 50:22; Mike Briggs, 53:25; Tony Stephan, 56:44; Rod McIntyre, 57:39; Haley Jepson, 57:49; Brent Jepson, 57:58; Ann Jepson, 57:59; Diane Dubois, 63:45.



Denis Arpin of Grand Falls, N.B.



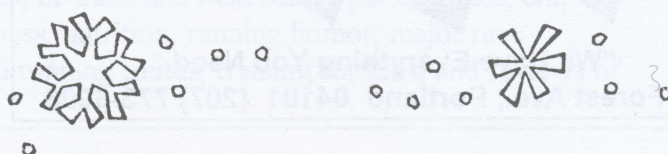
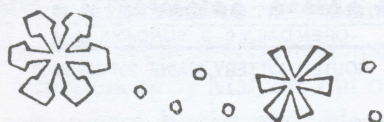
Courtney Francis, fun ski winner



Paul Cyr, winner, Ft. Kent



Connie Mendonca, 1st female



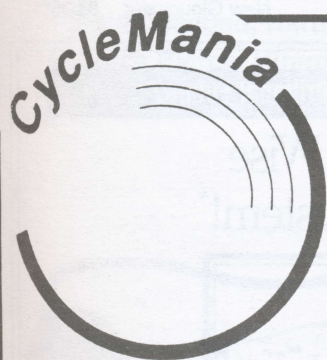
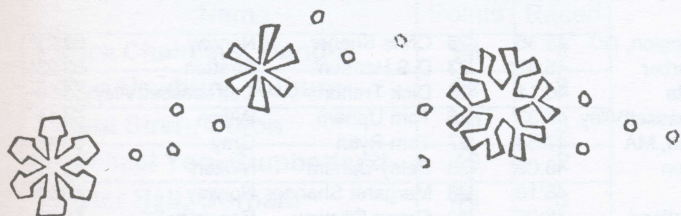


# Sunday River Langlauf-Mar. 4

The 23rd Annual Langlauf Tour and Race was held at the Sunday River Cross Country Center on Saturday, March 4. A sunny and warm day was enjoyed by all, especially the 38 racers who found the packed-powder course a real challenge. The start of the 15K course was in Ketchum, and the ambitious field of racers made their way uphill to enter the Jordan Bowl area of the Sunday River resort. Following a trek through the woods to the Aurora Peak Road, skiers and snowshoers alike toured along Ridge Run, entering the woods for the downhill to the center. The final stretch down the Two-Sled trail brought participants to a boisterous welcome at the finish line.

A word to the wise from a well-seasoned pro was overheard at the finish as he allowed that next year he wouldn't have pancakes for breakfast again. "I lost a lot of time making trips into the woods, now, I'll tell you." Another racer shared her feelings at being passed on the uphill by the snowshoers; but, she added with a smile, "I burned 'em on the downhill." All participants and spectators alike enjoyed the sunshine and snow, and the prize table was loaded with a variety of goodies donated by participants and the center.

1 Brian Carlson	39:39	11 Peter Merrill	46:51	21 C. Rowbottom	56:07*	31 Maggie Galbreath	1:18:37*
2 David Freedman	40:13	12 Ethan McCusker	47:36	22 Andrew Sims	56:32	32 S. Berghuis	1:18:38*
3 Doug Armstrong	40:27	13 Scott Bridges	48:34	23 Aims Coney	56:59	33 John Mason	1:21:04#
4 Chris Bartos	41:29	14 Richard Saltonstall	49:30	24 Charles Cary	59:24	34 Dillon Gillies	1:21:04#
5 Paul Corrigan	41:30	15 Andy Brenner	49:40	25 John Reuter	59:30	35 Erlon Blood	1:27:48
6 Don Maclov	42:13	16 Seth Smith	49:57	26 Joe Hardy	1:00:04	36 Betsy Saltonshall	1:28:41*
7 Mark Florenz	43:08	17 James Reuter	51:40	27 David Greenleaf	1:02:37	37 Tony Mourkas	1:30:15
8 Michael Yeo	43:09	18 Bruce Gridley	52:26	28 Richard Davidson	1:03:21	38 Brenda Bailey	1:50:31*
9 Barry Fifield	45:47	19 Rima Cathrop	53:10*	29 Julia Reuter	1:04:13*		
10 Greg Seitz	46:51	20 Ryan McBurney	53:41	30 Michael Beaudoin	1:06:55		#snowshoer



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# Rangeley Lakes Loppett - Mar. 11

## Rangeley

### Men's 30K Freestyle

1 Dan Works 1.26	6 Cris Dorion 1.37	11 Jeff Foltz 1.53	15 Jeff Foster 2.10
2 David Freeman 1.26	7 Vic Laport 1.41	12 Dick Trafton 1.54	16 David Larson 2.25
3 Paul Corrigan 1.31	8 Nate Woody 1.42	13 Dick Hoisington 1.55	17 Dick Hale 2.33
4 Raul Siren 1.32	9 Peter Merrill 1.45	14 Doug Smith 1.57	18 David Koenka 2.36
5 Ludvic Bruyere 1.37	10 Bob Salesi 1.50		

### Women's 30K Freestyle

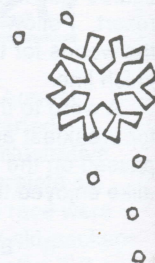
1 Suzanne Taylor 2:25	2 Jan Corrigan 3:17	3 Nancy Kettle 3:34	
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### Men's 10K Freestyle

1 Ben Trafton 32:29	4 Ben Hoisington 41:03	7 Gregg Silloway 51:43	10 Robert Masterman DNF
2 A. Masterman 32:30	5 Brian Arsenault 42:52	8 Richard Thompson 52:35	11 Tom Ryan DSQ
3 Dirk Stewart 39:04	6 Lars-Erik Siren 43:22	9 Brent Quimby 54:58	

### Women's 10K Freestyle

1 AmndaThompson 49:21	2 Patty Merrill DNF		
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# Sugarloaf Loppett-15K-Mar. 26

This was originally scheduled for two days, one classic, the other freestyle, but they were combined into one freestyle event. The formal title is the Leprechaun Loppett.

1 Justin Freeman Lewiston 40:10	12 Ken Woodard Washington, DC 45:36	23 Chris Shaner Norway 52:23*
2 Dan Woak Auburn 40:33	13 Sue Foster Bar Harbor 45:41*	23 D.S.Hansen Stratton 52:23*
3 Will Sweetsea Auburn 40:57	14 Ludovic Bruyere Augusta 46:11	25 Dick Trafton CarrabassetVley 53:50
4 Carl Johnson Bar Harbor 41:03	15 Ben Trafton CarrabassetVley 47:33	26 Tom Upham Wilton 54:11
5 Ron Newbury Auburn 42:18	16 Wes DeNering Ashland, MA 47:54	27 Tom Ryan Gray 58:48
6 Raul Siren Solon 42:36	17 Sarah Dominick Lewiston 48:09*	28 Betsy Upham iWilton 60:21*
7 Chris Dorian Orono 43:41	18 Nate Woody UMO 48:10	28 Margaret Shanner Norway 60:21*
8 Bob Hamel Lancaster, MA 44:42	19 Peter Merrill So. Portland 48:20	30 Gregg Silloway Rangeley PIt. 65:07
9 Mark Danyla Auburn 44:51	20 Mark Onufay Boxford, MA 50:18	31 Sandra Thaxter Newburyport, MA 65:12*
10 Mike Sinoneau Jay 45:14	21 Jeff Foltz Rangeley 51:03	32 Bert Kettle Rangeley 66:54
11 Peter Hall Gorham 45:28	22 Jim Pigeon Lincoln, MA 51:04	33 Nancy Kettle New Gloucester 84:35*

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## 1995 Rankings

# Maine X-C Ski "Challenge"

By Ludo Bruyere

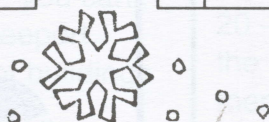
With 15 races to take results from, we figured that we had enough information to come up with a Maine cross-country ski ranking which we will call a "challenge" for racers to respond to in future years. Our own challenge was to find a way to make these results meaningful and to stay fair. Since times were hardly comparable race-to-race, we decided to create a point assignment system based on the skier's category and rank at the event (female or male and classic or freestyle). For example, if you are ranked third in a female classic event where 20 women competed, you earned 17 points. The first woman earned 20 points and the last 1 point. Below, each top-10 racers' chart shows the total points earned in the selected races and the number of races that each racer attended.

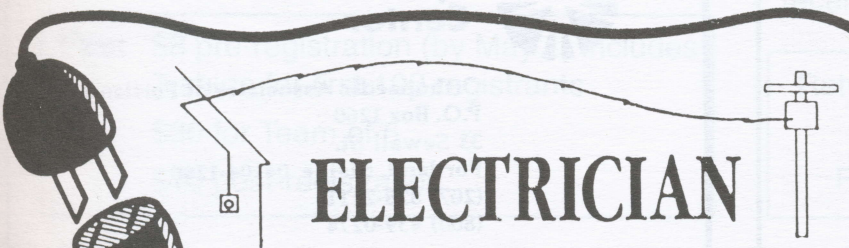
These results are based on the following races: Troll Valley 10K, Sugarloaf 32K, Bethel 15/10/5K, and Acadia 11K for classic-style events, and Carter 5K, Hampden 15K, Troll Valley 10K, Troll Valley 15K, Bangor 19K, Acadia 11K, Orono 15K, Troll Valley 20/40K, Sunday River 15K, Rangeley 10/31K, and Sugarloaf 15K for freestyle (skate-skiing) events. In some cases, we did not have hometown information.

### Men - Women Classic-Style Rankings

	Name	Points	Raced
1	Rick Chalmers, Bangor	98	4
2	Ron Newbury, Auburn	82	3
3	Raul Siren, Solon	70	3
4	Michael Yeo, Cumberland	49	2
5	Peter Hall, Gorham	48	3
6	Karl Jonhson, Bar Harbor	47	2
7	Dan Works, Auburn	41	2
	Paul Corrigan, Hartland	41	2
9	Bruce Bierce, Hiram	40	2
10	Bob Salesi, Penobscot	35	1

	Name	Points	Raced
1	Susan A. Foster, Bar Harbor	19	2
2	Roberta Sharp	13	1
3	Julie Griffin	12	2
	Lorry Danna, Bingham	12	1
5	Kathy Bierce, Hiram	10	2
	Dorcas Wonsavage, Wilton	10	1
7	Anthea Schmid, Carrabasset	8	1
	Kate Thompson	8	1
9	Margot Haertel	7	1
10	Isabelle Karl	6	1





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## Men - Women Freestyle Rankings

	Name	Points	Raced
1	Ludovic Bruyere, Augusta	156	6
2	Dan Works, Auburn	127	5
3	Rick Chalmers, Bangor	103	3
4	Bob Salesi, Penobscot	102	4
5	David Smallwood, Brewer	97	3
6	Brian Frost, Augusta	94	4
7	Paul Corrigan, Hartland	91	5
8	Raul Siren, Solon	89	4
9	Chris Dorion, Orono	85	4
10	Bret Vicary, Old Town	81	3

	Name	Points	Raced
1	Susan A. Foster, Bar Harbor	57	3
2	Alice Goodwin, Brunswick Susan O'Brien, Hampden	46	3
4	Heather Decker, Mt Blue	34	1
5	Anthea Schmid, Carrabasset Meg Logan, Bangor	33	1
7	Jennifer Shultz, Old Town	32	1
8	Lisa Kingsbury, Hampden Karen Kemble, Milford	31	2
10	Kathy Lyons, Orono	30	1

Congratulations to all the skiers! Let us know of any omissions, corrections, and suggestions. Look for more news on this ski challenge in the annual December nordic skiing issue of *Maine Running & Fitness*.

*Ludo Bruyere is a French native who coached and skied at the University of Strasbourg before moving to Augusta with his American wife Nicole. He works for TechKnowledge Inc., a computer consulting firm. He also races on the roads.*

- **Take photographs.** If you wish us to publish photos of racers along with the results, please provide the runners' names, try to imitate our format, and provide the pictures in black-and-white, if possible. *We also want to begin a regular feature of prize-winning-type photography of Maine people involved in the sports this magazine covers. So send in your best photos along with caption material.*



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