

Maine Running

85¢

& NORBON & SKIBS



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MAINE RUNNING & NORDIC SKIING

Rick Krause, Editor/Publisher
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Cover: Diane Fournier, 32, is a physical education teacher and coach from Topsham, and she has been running road races in Maine as long as any woman. 9 years - one of the originals and, no doubt, here to stay for some time. She is temporarily sidelined with an injury.

Editorial

Since the last issue, I have moved to Plymouth, and my new mailing address is P.O. Box 78, Pittsfield, 04967. My address and phone will always be on page 1. If any of you race directors mail me entry forms, it may be best to send them by some means other than by UPS because first, they will have a difficult time finding me. Furthermore, I am often away during the day when UPS delivers and they will only deliver if there is someone to sign. For contact by phone, the best time to call is between 5:00 and 10:00 PM.

In the last issue, I mentioned about the possibility of an increase in subscription cost because of the rise in paper prices and after doing some figuring, it is now inevitable. I have to go up on the subscriptions to \$12.00/yr., with a cost per copy at the stores at .85¢. I can't make it financially without this increase.

You may have noticed in some past issues that the type has been quite fragmented and at times difficult to read. This problem is caused by a photo-copy machine which one of my printers (Waterville) uses to reduce my originals. It is not the result of my typewriter, and I will continue to try to solve the problem although alternative methods of reduction are much more laborious and costly.

One piece of good news is that the postal service approved my application for a second class permit which is the cheapest method of mailing magazines. Runners World, Running Times, and other "biggies" have second-class mailing permits. It took Rick Bayko a long time to get his permit for Yankee Runner, and I noticed that even New England Running still has a bulk rate stamp which I've had to use up until now.

So far this year, race directors have been quite prompt and dependable in sending in their results. We all appreciate this. It would be helpful if directors would remember to list the top five women separately so that they may be accorded the appropriate points on the individual scoreboard. Often I cannot differentiate between men and women merely by the name. A few race directors have been sending in type-written results, which I greatly appreciate because it saves me time. If the results are typed, however, make it single spaced. Otherwise I'll just have to type the whole thing again. Unfortunately, there will be a few race results which I will never get and consequently no points will be scored in these events because the rule was that if the results were not published for everyone to see, they could not be counted. You people can be of some help if you remind directors of the races you enter to turn in their list of finishers.

It is a real feeling of satisfaction to see the Dean's List growing with every new issue. I hope to have my name on the list before the next issue, as I've obligated myself to measure the July 29th Pittsfield 4.3 Miler, the Bowdoin & Back 10-Miler and the Burnham 4-Miler, all of which will be run by August.

The following exchange took place one morning on my bus route as I dropped off a group of students at Detroit Elementary School.

3rd grade student: "Didn't you say one time that your name was Rick?"

Driver: "Yeah."

3rd grade student: "Well, why does it say Nike on the back of your shoes?"

Keep romp'n ,

Rick Krause



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Road Races



June 30 Tour Du Lac Bucksport 10-miles **
9:00 start. Entry fee- \$1.00 by June 27th; \$2.00 post entry.
Course: rolling hills, 1 loop. Director: Anne Norton, Box 284,
Bucksport, Me. 04416 469-3697

July 1 Bill Cohen 4-Mile Road Race Portland 1:00
at Westbrook College, Stevens Ave. Director: Gene Coffin,
77 Pleasant Ave., Portland, Me. 04103 773-1282

July 4 Four on the Fourth Bridgton 9:00 **
at Bridgton Junior H.S.; \$2.25 entry fee. Directors: Jerry
Levine, Phoebe Levine, RFD 2, Bridgton, Me. 04009 .
647-5629 (office) 647-5478 (home). Maximum entry - 500 runners.

July 4 Thomaston 10,000 Meter Road Race ** 4:30
register in rear of Watts Block on Maine St., Thomaston.
Director: Bob Hillgrove, Box 464, Rockland, Me. 04841
354-8061

July 4 Waterville Rotary Club 6-Mile Road Race 10:30
at the Waterville Airport, Kennedy Mem. Drive, Waterville.
Course: rolling, 1 loop. Director: Dan L'Heureux, 7 Donald St.
Waterville, Me. 04901. 872-8077 (office) 872-7884 (home)

July 4 Eastport 7.2 Mile Road Race Perry to Eastport, point
to point. Flat, with a few gentle rises. 8:30 AM
Register at the Eastport Auditorium. Director: Dale Lincoln,
Box 168, Perry, Me. 04667 726-3907

July 4 Bath Heritage Days Road Races 5-Miler, 1.5-Miler.
10:00 start; at the Bath Armory, Lincoln St. Course (5-miler)
three hills. Director: Alex Wasilewski, Assist. Recreation
Director, Bath Rec. Dept., Box 281, Bath, Me. 04530
443-4761 (office)

July 4 Olympia Sports 3rd Annual 5-Mile Classic Portland
1:00 ; register at Kiley Field, Eastern Promenade, Portland.
\$2.00 entry fee. Director: Dave Galli, Tiffany Lane, Saco, Me.
283-3490

July 4 Whitefield 3-mi. Cross-country & 10 km Road Race
11:00, at Kings Mill Fire Station at corner of Rt. 194 & Town House
Rd. Entry: \$1.00 Director: Allan Toubman, RFD 1, No. Whitefield,
Me. 04353 549-5134 (home)

July 7 Gardiner Festival Days Road Race 8:30 AM
5-Miler, 1-mile fun run. \$2.00 entry. No fee for fun run.
Start and finish at Gardiner Commons. Courses: 5-miler(hilly)
1-mile- mostly flat. Director: Gary Dawbin, 289-2195 (office)
622-9959 (home).



- July 8 Sugarloaf Uphill Climb Sugarloaf Mt., Kingfield
10:15, at Sugarloaf Base Lodge 2600 ft. climb - approx. 3-
miles; entry: \$1.00. Director: Chip Carey, Sugarloaf/USA,
Kingfield, Me. 04947. 237-2000 (office) 265-2273 (home)
- July 8 Camden 10,000 Meter Road Race 9:00 **
register at Harbor Square on Bay View St. , Director: Bruce
Booker, Phidippides, 25 Hammond St., Bangor. 942-3627 (office)
- July 14 Cornish Fair 1st Annual 4-Mile Road Race 9:00
Cornish; starts at the race track at the fairgrounds. No entry
fee. Must pay to enter fair. Director: Bob LaNigra, Rocky
Hill Rd., Saco, Me. 04072 282-3139
- July 14 1st Annual Cooks Corner 4.5 Mile Country Run
Brunswick. 9:30 Register at Sears, Cooks Corner.
\$2.50 pre entry, \$3.00 post entry. Director: Buddy Demont,
130 Portland St., Yarmouth, Me. 04096. 725-8771 (home)
Course: flat, mostly shaded.
- July 14 Windjammer Road Run Boothbay Harbor
6.8-miler, 4.2-miler, 2-miler. 10:00; \$4.00 entry.
Director: Gail McLellan, YMCA, Townsend Ave., Boothbay Harbor,
Me. 04538 633-2855 (office).
- July 15 WGAN Road Race 7.8 miles Portland
10:00 at WGAN, Northport Plaza, Portland. \$2.00 entry.
Director: Dave Silverbrand, 41 Second St., So. Portland, Me.
04106. 799-4729 (home), 797-9330 (office).
- July 15 National AAU Masters 15 Kilometer Championships **
Albany, N.Y. Director: Bill Shrader, 280 State. St., Albany,
N.Y. 12210.
- July 21 Dexter Days 7.2 Mile Road Race **11:00 Dexter
Register and start at Western Auto, center of town.
Course: 1 loop, rolling, 1 1/2 mi. of cross-country
Director: Bob Shank, The Gazette, Rear Main St., Dexter, Me.
04930. 924-7402 (office), 924-3921 (home).
- July 21 Muddy Rudder Run 5.2-miles Yarmouth
9:00 at the Clam Festival, Yarmouth. \$3.00 entry.
Director: Wesley Rothermel Jr., 773-6962 (office),
846-4314 (home).
- July 27 Marathon Sports Fun Run 7:00 PM Saco
run on the beach. No entry. 3 to 5 miles at Bay View Beach
Director: R. Roberge, 934-5390
- July 29 Fitts Tire/Radio Shack 4.3 Mile Road Race
Pittsfield. 9:30 at Fitts Tire Service, Industrial Park,
Pittsfield, 1/4 mi. off I-95 exit. Course: rolling and flat,
1 loop. Director: Gary Fitts, 18 Highland Ave., Pittsfield,
Me. 04967. 487-3392 (home), 487-3116 (office).
- July 29 Northern Lights 2nd Annual 5-Mile Road Race
Farmington. 10:30 at Northern Lights on Rt. 2, Farmington.
Director: Dan Paul, 778-9266

July 29 2nd Annual 'C' Est Si Bon" 4.5 Mile Road Race Lewiston 9:00 also 2-mile fun run. Register at Kennedy Park, Lewiston. 4.5 mile course: primarily flat. Director: Ron Jacques, 244 Central Ave., Lewiston, Me. 04240.783-6279



Aug. 4 The Peoples Bank Road Races
Lewiston 10 km, 5 km, 1-mi. fun run.
11:00 at The Peoples Bank, Lewiston.
\$2.50 entry fee. Director: David Rogers,
The Peoples Bank, 140 Lisbon St., Lewiston,
Me. 04240 784-2981 (office).

Aug. 4 Bowdoin & Back 10-Mile Run to the Coast ** Brunswick
9:00, \$2.00 entry. Course: flat, 1 loop. register at the
outdoor track, Bowdoin College. Director: Dale Arnold, The
Good Sports, 3 Pleasant St., Brunswick, Me. 04011.
799-9949 (office).

Aug. 4 Monson 8-Mile Road Race 10:00 \$1.00 pre entry,
\$2.00 post entry. Director: Rod MacNicholl, Willimantic Rd.,
Monson, Me. 04464 997-3977 (home). Register at Monson
Academy gymnasium.

Aug. 4 Maine Savings Bank Women's 4-Mile Road Race 1:00
at Westbrook College, Stevens Ave., Portland. Director:
Brian Gillespie, 772-3617 (home), 7751416 (office).

Aug. 5 E. Pittston 5.5 Miler 9:00 at the Fairgrounds,
E. Pittston. \$2.00 entry. Director: Dean Crocker, RFD 2,
Gardiner, Me. 04345 582-4972

Aug. 5 Spudland Natural Light Mini-Marathon Presque Isle
13.1 miles; 10:00, register at the Univ. of Presque Isle
campus. Director: Conrad Walton, 35 New Sweeden Rd., Caribou,
Me. 04736 \$2.00 entry. 498-3305 (home)

Aug. 11 2nd Annual Minerva Grange 6 Km Road Race Levant
8:30 register at the Minerva Grange, Levant. Course: rolling,
1 loop. \$2.00 entry. Earle Rafuse, 18 Mount Desert Dr.,
Bangor, Me. 04401 942-3659

Aug. 11 Lovell 5.5 Mile Road Race 10:00 1-miler for
ages 10 and under. register at Lovell True Value Store.
Course: mostly flat with rolling hills. Director: Kevin
McDonald, Box #4, Lovell, Me. 04051 925-1864 (home)

Aug. 12 Winthrop Lions Club Annual Road Races Winthrop
9.3 miler, 4-miler 10:00 Course: (9.3miler) rolling, with
1 1/4 mi. hill at 6 miles out. Register at the American Legion
Hall, at lakeside, Winthrop. Director: George Maxim, Western
Ave., RFD 2, Winthrop, Me. 04364 377-8407

** Wheel-measured courses.

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RUNNING REPORT

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Trefethen's Road Race

Point System



<u>Women</u>	<u>Pts.</u>	<u>Men</u>	<u>Pts.</u>
1. Robin Estey	117.82	1. Ken Flanders	147.38
2. Robin Emery	87.96	2. Hank Pfeifle	56.72
3. Marsha Giglio	67.72	3. James Gildard	53.22
4. Joan Benoit	56.7	4. Andy Palmer	45.86
5. Maria DiBiase	42.08	5. Bruce Freme	37.54
6. Margaret Clapper	38.72	6. Gene Coffin	35.26
7. Barbara Coughlin	37.71	7. Bob Neil	32.63
8. Evelyn Hewson	37.5	8. Paul Oparowski	32.8
9. Jana Lynch	35.9	9. Greg Wardwell	31.0
10. Jane Patrick	28.88	10. Dan Barker	29.32
11. Kim Beaulieu	27.84	11. Ken Graham	28.88
12. Donna Olsen	26.24	12. Ralph Thomas	28.32
13. Barbara Hamaluk	25.28	13. Mike Westphal	26.98
14. Melinda Harriman	24.7	14. Larry Greer	25.7
15. Kelly Hoskins	21.74	15. Scott Brown	23.88
16. Diane Fournier	21.26	16. George Reed	23.0
17. Corey Hills	21.04	17. Bruce Lehane	21.36
18. Marty Thornton	18.46	18. Larry Reed	18.4
19. Nancy Leferriere	15.88	19. Phil Garland	17.04
20. Wendy Thaxter	15.86	20. Stuart Hogan	16.92
21. Cassandra Cobb	14.9	21. Ralph Fletcher	15.7
22. Kathy Hayes	14.64	22. Paul Hammond	15.3
23. Corby Griffin	14.44	23. O. J. Logue	13.34
24. Diane Louder	13.9	24. Fred Judkins	12.94
25. Connie Veilleux	13.16	25. Dave Carlson	12.2

THE MARATHON



June 30 Marathon Beauceron St. Georges, Quebec, Canada 4:30
PM ; Director: Andree Gregoire, Les Jarretts Noirs Olympiques
Inc., 725, 12 e rue, St.-Georges, Beauce Sud G5Y4Z9, Quebec,
Canada.

July 14 Paul Bunyan Marathon *Note change of course.
Orono, Me. 8:00 start. Course: point to point- UMO to Bangor,
flat, rolling, partly shaded. Director: Dick McGrath, Bangor
Daily News, Bangor, Me. 04401. 1-800-432-7964

July 14 Voyager Marathon Ontario, Canada 7:30 AM
Certified course, relatively flat, 2-loops. \$5.00 entry
before July 1st, \$8.00 after July 1st. For information:
Northerners Road Runners Club, c/o Norman Petenaude, Site 20,
Box 25, RR #2, Sudbury, Ontario, Canada, P3E4M9
Phone: (705) 522-5073

Aug. 18 Green Mountain Marathon South Hero, Vt.
8:00 AM; Certified course, mostly flat, gradual hills.
at Folsom School, South Hero. Director: Leighton Walker,
2 Redwood Terr., Essex Junction, Vt. 05452 (802) 878-2322

Aug. 25 Clarence DeMar Marathon at Keene, New Hampshire
8:00 AM, Director: Peter Hanahan, Box 168, Gilsum, N.H.
03448

Sept. 3 Rochester Marathon Rochester, N.Y. 8:00
Certified course, out and back with 14-mile loop, flat to
rolling with three hills. Director: Eugene Osborn, 561 Van
Voorhis Ave., Rochester, N.Y. 14617

Sept. 9 National Canadian Marathon Championship St. John's,
Newfoundland. time(?) Course: flat, certified, scenic.
Director: Chris Pickard, Box 764, Station C, St. John's,
Newfoundland.

Sept. 15 Lake Placid Marathon 12:00 at Paul Smith's,
N.Y. Course: hilly, point to point. Paul Smith's to Lake
Placid. Director: Dr. R.A. Lopez, Lake Placid Sports Council,
Box 951, Lake Placid, N.Y. 12946

Sept. 16 Adam Helmer Marathon at Schuyler Lake Village,
Otsego County, N.Y. 10:00 Sponsor: Chamber of Commerce,

Sept. 23 Dixville Notch Marathon Colebrook, N.H. 12:30
\$3.00 entry. Course: point to point, hilly. Frol to Colebrook.
Certification pending. Director: Rick Tillotson, Dixville
Notch Marathon, Dixville, Notch, N.H. 03576

Colby Women's 3-Miler

April 22 Colby College,
Waterville 115 finishers

1. Debbie Glendinning	18:48
2. Chris Jackson	18:54
3. Natalie Harris	19:57
4. Jennifer Glendinning	20:06
5. Sara Brusila	20:31
6. Jamie Mackentosh	20:45
7. Carol Arness	20:55
8. Laura Littlefield	20:59
9. Debbie Finnette	21:05
10. Caia Clark	21:05
11. Karen Orloff	21:08
12. Cody Harper	21:11
13. Cathy Menard	21:28
14. Andrea James	21:55
15. Lisa LaLiberty	21:57
16. Catie Fulton	22:03
17. Beth Bailey	22:04
18. Mary Boutin	22:08
19. Lisa Ober	22:09
20. Ellen Dunwoody	22:11
21. Sarah Perry	22:14
22. Cindy DelPapa	22:14
23. Ros Fleishman	22:20
24. Janet Wentworth	22:34
25. Sarah Fox	22:35
26. Lisa Smith	22:37
27. Deborah Rowe	22:45
28. Karin Judkins	22:59
29. Lisa Heila	23:00
30. Barb Croft	23:04
31. Sarah Davis	23:05
32. Debbie Ward	23:12
33. Eileen Hallee	23:19

34. Cecilia Pyzynski	23:22
35. Gail Walker	23:21
36. Barb Neal	23:28
37. Dorothy Distelhost	23:28
38. Janet Deering	23:30
39. Tomoko Fukuda	23:37
40. Sue Hadlock	23:50
41. Susan Newkirk-Sanborne	24:00
42. Maria Macedo	24:03
43. Sheri Barker	24:03
44. Jean Shea	24:04
45. Jill Benedict	24:18
46. Felicia Johnson	24:23
47. Linda Hartman	24:26
48. Lin Bushman	24:26
49. Sarah Lickdyke	24:39
50. Kate Pierce	24:46
51. Heidi Missibeck	24:49
52. Sue Poitras	24:57
53. Deborah Pepe	24:59
54. Donna Fabiani	24:59
55. Sandra Lang	25:09
56. Denise Glennon	25:12
57. Tracy Smith	25:19
58. Catie Hobson	25:23
59. Emily Lindeman	25:28
60. Lynn Quincy	25:28
61. Pat Kickson	25:37
62. Katie Wheeler	25:46
63. Alisa Diehl	26:05
64. Carolyn Treat	26:09
65. Janet Irgang	26:12
66. Rona Granholm	26:15
67. Sue Lankton	26:18
68. Cynthia Clark	26:22
69. Betsy Bucklin	26:24
70. Marlin Leschey	26:25
71. Dorothy Stockard	26:29

72. Maral Sucsy	26:33
73. Brigette Raquet	26:34
74. Alexandra Gandolf	26:35
75. Janice Miller	26:39
76. Marta Ruth	27:05
77. Margaret Carlton	27:24
78. Ellyn Montgomery	27:25
79. Dorcas Benner	27:30
80. Margaret Saunders	27:41
81. Janice Seitzinger	27:55
82. Donna Holt	27:57
83. Kim Nickerson	28:03
84. Libby Maynard	28:06
85. Stephanie Wagner	28:16
86. Tina Chen	28:14
87. Mary Beth Whitaker	28:25
88. Lori Douglas	28:38
89. Susan Hartley	28:43
90. Julie Hutchinson	28:43
91. June L'Heureux	28:43
92. Belinda Lawrence	28:45
93. Hilary Sheldon	28:52
94. Faith Bramhall	29:00
95. Susan Mann	29:19
96. Lila Duffy	29:31
97. Athena Andrewx	29:39
98. Kimbo Wadkins	29:40
99. Marcia Nichols	29:53
100. Jane Venman	29:54
101. Jean Sherward	30:05
102. Caren Crandell	30:06
103. Ann Payson	30:29
104. Kathy Kaufman	30:41
105. Ann Renner	31:14
106. Lillian McMullin	31:26
107. Karen Varnum	31:29
108. Kelda Caldwell	31:34
109. Nancy Mackenzie	32:14

110. Sandra Kostron 32:52
 111. Jacie Cordes 34:05
 112. Sarah Roy 34:02
 113. Sue Boktor 39:14
 114. Emily Johnson 39:15
 115. Michele Bonahue 39:15

Barb Neil
 Race director

SHOP'N SAVE 10 km

So. Portland May 26
 126 finishers

1. Gene Coffin 31:33
 2. Scott Brown 32:04
 3. Ralph Thomas 32:36
 4. Sean Keough 33:32
 5. John Keller 33:51
 6. Kenneth Botting 34:00
 7. Robert Coughlin, Jr. 34:39
 8. George Towle 34:48
 9. Richard Mulhern 35:01
 10. Cliff Howe 35:21
 11. Larry Jensen 35:42
 12. Robert Quentin 36:14
 13. Timothy O'Donovan 36:28
 14. Mark Hoffmaster 36:31
 15. Peter Halligan 36:35
 16. Bryan Bettney 36:38
 17. George Johnson, Jr. 36:51
 18. Doug Covell 36:52

19. Wayne Larochelle 36:54
 20. Charles McDonald 37:00
 21. Marty Moran 37:03
 22. Bill Leschey 37:21
 23. Barry Hougate 37:34
 24. Raymond Drovin 37:42
 25. Bob Provost 37:59
 26. Greg Bishop 38:04
 27. Malcolm Lackey 38:10
 28. Tom Allen 38:13
 29. Mike Colerick 38:24
 30. Charlie Gordon 38:27
 31. Carey Wilson 38:41
 32. G'ry Johnson 38:46
 33. David Chamberlain 38:47
 34. Dave Silverbrand 38:51
 35. Michael Towle 38:56
 36. Jeff Huntress 38:58
 37. Bob French 39:17
 38. Ed Connolly 39:22
 39. David Whiting 39:42
 40. George Linnie Jr. 39:51
 41. ? 39:56
 42. Bob Perkins 39:59
 43. Paul Dostie 40:00
 44. Douglas Moody 40:02
 45. Joe Trueworthy 40:03
 46. Norm Linden 40:03
 47. Ted Perry 40:16
 48. John Mazza 40:16
 49. Kevin O'Donovan 40:24
 50. Philip Wells 40:28
 51. Greg Bridgham 40:50
 52. Carlton Comstock 40:55
 53. Paul Chojnowski 41:02

54. William Dalton 41:09
 55. Ted McCarthy 41:17
 56. Robert Mohlin 41:19
 57. Michael Guidi 41:20
 58. David Kayatta 41:23
 59. John Gilligan 41:26
 60. John Boddy 41:28
 61. Robert Currier 41:29
 62. Rick Hansen 41:30
 63. Dennis Fortin 41:36
 64. Joe Debella 41:53
 65. Paul Harmon 41:54
 66. David Dyer 41:58
 67. Frank Morong 42:22
 68. Randy Phillips 42:45
 69. Bill Scaplen 42:58
 70. Larry Barker 43:12
 71. James Gears, Jr. 43:14
 72. Barbara Coughlin 43:32
 73. Fred Hopkins 43:43
 74. Paul Jacobson 44:24
 75. Jeffrey Nichols 44:29
 76. James Chase 44:32
 77. Robert Bennett 44:33
 78. Tom Larose 44:52
 79. David Goodwin 45:01
 80. Tom Allen 45:22
 81. James Gay 45:44
 82. W. Hoyd 45:53
 83. Tom Manning 45:53
 84. Pete Drouin 46:19
 85. Debby Tefft 46:24
 86. David Verrill 46:38
 87. Deborah Hewson 46:40
 88. Jane Dolley 46:42

89. George Gianibas	46:43
90. Kimberly Stevenson	46:53
91. Patricia Trombly	47:29
92. Linda Provost	47:33
93. Kristina Gordon	47:39
94. Edwin Whittaker	48:07
95. Cush Hayward	48:19
96. Michelle Blais	48:37
97. Robert Ayers	48:37
98. Jeff Drew	48:38
99. Douglas Volk	48:53
100. Erik Peterson	49:02
101. Sum Comstock	49:12
102. Mark Gray	49:13
103. John Bryden	49:21
104. Ken Dolley	49:23
105. Ellen Jervis	49:37
106. ?	50:26
107. Warren Hoeller	50:46
108. Robert Dalton	51:14
109. Beverly Steves	51:40
110. Robert MacMath	51:41
111. Barbara Nelsen	51:45
112. Debby Norton	51:46
113. Paul Chamberlain	51:58
114. Mike Powers	52:27
115. Darlene Drouin	53:02
116. ?	53:04
117. Marion Leschey	53:20
118. John Randall	54:13
119. Charles Scribner	55:42
120. Harold Cozens	56:19
121. Carole Grennhalg	56:35
122. Cheryl Cianchette	56:46
123. Mike Savage	57:42
124. Al Palmer	59:49
125. T. Kane	61:17
126. Karen Mank	69:25

BIDDEFORD 15 Miler

May 20 71 finishers

1. Bob Neil	1:18:40
2. Robert Sholl	1:22:36
3. Gene Coffin	1:24:01
4. O.J. Logue III	1:25:09
5. Jim Harmon	1:27:02
6. Rock Green	1:28:13
7. Jean Beaulieu	1:28:33
8. Thomas Doyle	1:28:44
9. Michael Kimball	1:28:53
10. Jim Cotsis	1:29:30
11. Ken Botting	1:29:38
12. Dave Loranger	1:30:01
13. George Henshaw	1:30:03
14. Wayne Clark	1:30:09
15. Mark Blyte	1:30:34
16. Bob Coughlin	1:31:35
17. Marc Lessard	1:31:39
18. Steve Raymond	1:31:52
19. Bob Smyth	1:31:52
20. Bill Flahive	1:32:40
21. Sophocles Cotsis	1:32:52
22. Mike Daly	1:33:45
23. Richard McFaul	1:35:04
24. Peter Yarborough	1:35:11
25. Bob Shaw	1:35:58
26. Sam Sleeper	1:36:54
27. Dale Dorr	1:37:29
28. Ken Rosen	1:37:37
29. Bill Leschey	1:37:54
30. Michael Marino	1:38:13
31. David Delois	1:38:15
32. Peter Lenardson	1:38:28
33. Wayne Lucas	1:39:01

34. Bruce Maxell	1:39:29
35. Jonathan Shill	1:39:47
36. Ronald McCall	1:40:05
37. Ed Malone	1:40:11
38. George Nason	1:40:16
39. Charlie Gordon	1:40:17
40. Thomas Keating	1:40:46
41. Carlton Mendell	1:41:02
42. Mike Gendron	1:41:25
43. Steve Woodsun	1:42:06
44. Ben Zuckerman	1:42:08
45. Guy Furbush	1:42:34
46. Rick Rand	1:42:39
47. Jack White	1:43:43
48. Normand Brunelle	1:43:20
49. John Mazza	1:43:33
50. Robert LaNigra	1:44:25
51. Ted Perry	1:44:47
52. Don Wilson	1:45:21
53. Paul Lachance	1:46:33
54. Frank Levesque	1:47:00
55. Michael Lacroix	1:48:08
56. Robert Currier	1:49:19
57. Kevin Vigneault	1:49:48
58. Dennis Fortin	1:50:26
59. Grace Amoroso	1:50:51
60. Barbara Coughlin	1:50:51
61. Edward Guimette	1:51:37
62. David Plimpton	1:53:03
63. Joel Croteau	1:56:36
64. Roland Morin	1:56:59
65. Debbie Loranger	1:57:08
66. Nancy Dorr	1:57:20
67. Ed Krolicki	1:58:27
68. Skip Clark	2:02:51
69. Sheila Colby	2:07:15
70. Lynda Provost	2:12:50
71. Francine Currier	2:17:16

LINCOLN 10,000 Meters

June 3 47 finishers

Men 15-29

1. Rock Green
2. Jean Beaulieu
3. Michael Kimball

Men 30-39

1. Tom Doyle
2. Wayne Clark
3. Bob Smyth

Men 40-49

1. Bob Coughlin
2. Bill Leschey
3. George Nason

Men 50+

1. Carlton Mendell
2. Ted Perry
3. Edward Ouimette

Womens 15-29

1. Debbie Loranger
2. Lynda Provost

Women 30-39

1. Nancy Dorr
2. Sheila Colby

Women 40 +

1. Francine Currier

Race organizers: Don Wilson
Dave Galli

1. Andy Palmer	Mars Hill	30:29
2. Dan Paul	Farmington	32:46
3. Steven Carle	Princeton	33:05
4. Kevin Kenny	Bangor	33:20
5. Dan Deering	Millinocket	34:03
6. Stephen Kozlovich	Millinocket	34:03
7. Dwight Peters	Winn	35:00
8. Gary Quimby	Newburgh	36:37
9. Richard Bailey	Princeton	37:04
10. Clayton Worcester	Lincoln	37:14
11. Mark Simpson	Farmington	37:37
12. John Trefethen	Ellsworth	37:54
13. Brent Worthing	Howland	38:30
14. Philip McGan	Summit	38:53
15. Robert Booker	E. Holden	39:09
16. Paul Pray	F. Millinocket	39:43
17. Steve Hestetine	Eld Town	40:06
18. Steve Glidden	Lincoln	40:15
19. Jane Cyr	Madawaska	40:19
20. Gilbert Roderick	Bangor	40:37
21. John St. Peter	Green Bush	40:58
22. Carl Stewart	Lincoln	41:03
23. Dean Shea	Millinocket	42:22
24. Allen Stevens	Lincoln	42:50
25. Michele Hallett	Mars Hill	43:07
26. Mike Doore	F. Millinocket	43:30
27. Lester Veilleux	F. Holden	43:50
28. Mary Lynn Cyr	Dedham	43:53
29. Jimmy Votour	Eddington	44:31
30. Donny Smith	Lincoln	44:46

31. Larry St. Peter	E. Millinocket	44:55
32. Arthur Fraser	Lincoln	45:12
33. Gilbert Martin	Enfield	45:30
34. Audrey Roberts	Old Town	45:58
35. Mike Votour	E. Holden	46:00
36. Thomas Logan	Millinocket	47:00
37. Craig Gordon	E. Millinocket	46:56
38. Chuck Trefethen	Ellsworth	48:31
39. Reginold Toby	Lincoln	50:46
40. Wendell Porter	Lincoln	52:31
41. Nancy Schneider	Millinocket	53:08
42. John Gordon	E. Millinocket	55:02
43. Charles Boynton	E. Millinocket	55:39
44. Jill Boynton	E. Millinocket	57:19
45. Kim Stewart	Lincoln	57:43
46. John VanBuren	Lincoln	57:43

1st woman: Jane Cyr, 24, Madawaska,
1st student: male Kevin Kenny, 17, Bangor
1st student: girl Michele Hallett, 15, Mars Hill
1st mens master: Gilbert Roderick, 46, Bangor
1st womens master: Nancy Schneider, 42, Millinocket
Oldest finisher: Gilbert Martin, 55, Enfield
Youngest finisher: Chuck Trefethen, 12, Ellsworth

Art Fraser
Race director

Maine-Iy Ladies Invitational

Old Orchard Beach June 3 5.135 mi.
74 finishers

1. Terry Hersh	Concord, N.H.	31:11
2. Hope Saltmarsh	Concord, N.H.	32:56
3. Julie Dube	Haverhill, MA	32:59
4. Robin Snyder	Concord, N.H.	33:17
5. Margaret Clapper	Bucksport, Me.	33:26
6. Barb Kelly	White River Jct. Vermont	33:29
7. Sue Drapp	Bridgeport, Ct.	33:41
8. Ann Peabody	Cape Elizabeth	33:43
9. Janice Tate	Concord, N.H.	34:10

10. Karen Speckman	34:25
11. Cyndy Perreault	34:52
12. Janice Rousseau	35:31
13. Linda Emerson	33:58
14. Helen Hamilton	36:00
15. Maureen Murphy	36:11
16. Maggy Beaulieu	36:15
17. Wendy Sayres	36:28
18. Laurie McAleer	36:47
19. Jean Connors	37:08
20. Suzanne Beaulieu	37:09
21. Faye Gagnon	37:12
22. Debbie Loranger	37:37
23. Mary Gardella	38:06
24. Bernadette Nay	38:13

Rye, N.H.



25. Laura Lee 38:13
 26. Patricia Clapper 38:28
 27. Lynda Provost 38:49
 28. Nancy Campbell 38:53
 29. Susan Hayes 39:10
 30. Bonnie Cote 39:14
 31. Barbara Brabson 39:18
 32. Linda MacDonald 39:20
 33. Marleer Lee 39:21
 34. Judy Holmes-Poor 39:21
 35. Elaine Poole 39:41
 36. Mary Gjelten 39:51
 37. Michelle Blais 40:03
 38. Betsy Barrett 40:04
 39. Jane Werner 40:35
 40. Laura Sawyer 40:37
 41. Kristina Gordon 40:50
 42. Beverly Johnson 41:05
 43. Leona Clapper 41:15
 44. Wendy Lee 41:17
 45. Cindy Ward 41:45
 46. Betsy McCarthy 43:32
 47. Ellen Jervis 42:47
 48. Sally Paterson 42:49
 49. Barb McKusick Liscord 42:59
 50. Ginny Peck 43:10
 51. June Burchell 43:12
 52. Janice Green 43:33
 53. Ann Allan 44:03
 54. Peggy Wilson 44:04
 55. Marion Leschey 44:06
 56. Maryann Bailer 44:16
 57. Kris Zuckerman 44:33
 58. Jeanne Berthiaume 44:41

59. Carolyn Cousins 44:45
 60. Kim Armstrong 44:45
 61. Margaret Sayres 45:19
 62. Maryann Jones 45:19
 63. Karen Smith 46:53
 64. Laurie Dube 47:11
 65. Terri Peck 47:18
 66. Anna McGann 47:37
 67. Tracy Delamater 47:40
 68. Kathy Lee 48:20
 69. Liz Dunkerley 48:43
 70. Monna Greenstreet 51:18
 71. Julia Christo 55:19
 72. Constance Collard 56:30
 73. Rita Braley 56:45
 74. Dorothy Wormwood 56:48

Team Championship

1. Turtletown Athletic Club
2. Haverhill High School
3. Marathon Sports Running Club
(host team)

Mother & daughter team: Leona & Margaret Clapper - Bucksport

Bob Provost - Race director

CHILDREN'S FESTIVAL 2.5 MILER

June 3 Portland 93 finishers

1. Brian Gillespie (child's play)	13:11
2. Brian Daly	14:00
3. Brian Bettney	14:06
4. Marty Moran	14:10
5. Charlie McDonald	14:35
6. Finn Kelly	14:40
7. Tom LaRose	14:47
8. Chris Kein	14:50
9. Bill Leschey	14:53
10. Peter Holloway	15:00
11. Phil Wells	15:03
12. Steve Meyers	15:18
13. Carlton Comstock	15:25
14. Ben Minton	15:26
15. David Weatherbee	15:30
16. Bill McKenny	15:31
17. Gerald Cecil	15:32
18. Wayne Lopez	15:32
19. Ted McCarthy	15:33
20. Kevin Kein	15:45
21. Erich Redd	15:48
22. Doug Doggett	15:51
23. Eric Minton	15:55
24. Jim Bartell	15:57
25. Kim Coombs	16:00

Portland Press Herald

Waynflete Spring Fling

May 19 Portland 4-Miles
230 finishers

1. George Reed	19:14
2. Gene Coffin	20:46
3. Scott Brown	21:15
4. Dennis Smith	21:57
5. Jean Beaulieu	22:07
6. Brian Gillespie	22:15
7. Kurt Nielsen	22:21
8. Bob Coughlin	22:40
9. George Towle	22:41
10. Sam Sleeper	22:48
11. Jonathan Gorham	22:50
12. James Kein	23:18
13. Bob Quentin	23:27
14. Jim Alden	23:41
15. Mark Hoffmaster	23:50
16. Elliot Andrews	23:53
17. Bruce Brann	23:56
18. Stephen McKibben	23:57
19. Ken Rosen	24:06
20. Charles McCormack	24:11
21. Bryan Bettney	24:12
22. Bill Leschey	24:14
23. Thomas Bradley	24:16
24. Finn Kelly	24:16
25. Jason Hamilton	24:19
26. Barry Howgate	24:20
27. Joe Bean	24:25
28. Peter Holloway	24:33
29. Marty Moran	24:37
30. Richard Pfeffer	24:41
41. Bob Provost	24:41
42. Richard Sullivan	25:26

43. Jana Lynch	25:27
44. Rick Hansen	25:28
45. Norman Linden	25:30
46. David Houdlette	25:31
47. Melinda Harriman	25:32
48. Kelley Hoskins	25:37
49. John Boothby	25:41
50. Peter Hoskins	25:47
51. Herb Strom	25:48
52. Jon Mitshela	25:51
53. James Jones, Jr.	25:58
54. Angela Adams	26:01
55. Jeremy Morton	26:02
56. Evelyn Hewson	26:06
57. William Whelan	26:07
58. Ken Shone	26:23
59. Michael Gagne	26:26
60. Doug Daggett	26:35
61. Dave Miller	26:41
62. David Dyer	26:49
63. Katrina Harriman	26:52
64. Nathan Morse	26:53
65. Jerry Roberts	26:54
66. Kim Simas	26:57
67. Mike Brennan	26:59
68. Michael Guidi	27:00
69. Charles Frost	27:01
70. Arnold Adams, Jr.	27:04
71. Jeffrey Sanborn	27:07
72. Joe Winston	27:07
73. Albert Dyer	27:10
74. Larry Dyer	27:14
75. Kevin Kein	27:17
76. Dana Packard	27:20
77. John Boddy	27:24

78. Barney Berube	27:27	113. Mark Lavoie	28:53	148. Pam Moulton	30:43
79. Alan Leathers	27:29	114. Sheila Colby	28:59	149. Susan Hayes	30:46
80. Will Leschey	27:30	115. Dan Greenstein	29:05	150. Jeffrey Anderson	30:51
81. Tom LaRose	27:32	116. Robert Berwick	29:05	151. Jane Dolley	30:57
82. Joe Lovejoy	27:33	117. William York	29:07	152. Russ Connor	31:06
83. David Paul	27:34	118. Robert Tanner	29:08	153. Matthew Alcorn	31:10
84. Charles Morse	27:36	119. Michael Givertz	29:14	154. Douglas Volk	31:11
85. Bruce Bowers	27:39	120. Michael Porter	29:16	155. George Gordon	31:12
86. Ben Pratt	27:40	121. Harry Trask	29:18	156. Jeff Dagget	31:18
87. H. Denton Bumgardner	27:40	122. Scott Springer	29:19	157. Justin Lutes	31:27
88. John Massaro	27:41	123. A.R. Houghton	29:22	158. Loyall Sewall	31:29
89. Robert Payne	27:40	124. Ray Bruby	29:25	159. Louise Sullivan	31:35
90. Roberta Holloway	27:41	125. Christine Waterman	29:31	160. Steve Katz	31:42
91. Lucy Fortin	27:50	126. Jonathan Lutes	29:35	161. Laura Sawyer	31:44
92. Patricia Orr	27:51	127. Michael Murphy	29:39	162. John Thomas	31:57
93. Chris Comstock	27:51	128. Alexis Seader	29:40	163. Robert Threlkeld	32:01
94. Daniel Fisher	28:03	129. Roger Bloomfield	29:42	164. Emily Denham	32:04
95. Orlando Delogu	28:07	130. Robin McCarthy	29:43	165. Martha Shur	32:04
96. Miles Parker	28:07	131. Bill Wasson	29:44	166. William Willard	32:09
97. Eric Spijerman	28:08	132. Peter Alcorn	29:51	167. Patty Rosen	32:10
98. Paul Albert	28:09	133. Mary Gjelten	29:53	168. Sue Young	32:18
99. Barbara Coughlin	28:11	134. Amy-Louise Pfeffer	29:57	169. Susan Donovan	32:21
100. Alan Barthelman	28:13	135. Jim Guy	30:06	170. Siobhan Mitschele	32:24
101. Michael Kane	28:15	136. Rodger Twitchell	30:15	171. Steve McPherson	32:26
102. Laura Paine	28:17	137. Jane Ledger Werner	30:26	172. Edie Tucker	32:26
103. Jean Connors	28:17	138. Polly Geifuss	30:27	173. Beverly Johnson	32:32
104. George Higgins	28:17	139. Bruce Campbell	30:28	174. Julia Keane	32:33
105. P. Andrews Nixon	28:18	140. Gordon Holloway	30:31	175. Ken Dolley	32:49
106. Jeff Morton	28:22	141. Michelle Blais	30:31	176. Jim MacDonald	32:58
107. Alan Gibbons	28:24	142. Barbara Sweatt	30:33	177. Charles Thurber	33:04
108. Irene Mulvey	28:29	143. John Parker	30:39	178. Nancy Whitcomb	33:10
109. Donald Berthiaume	28:30	144. Dan Mitschele	30:39	179. Joan Haeger	33:12
110. Mason Pratt	28:32	145. Michael Fox	30:42	180. Marion Leschey	33:13
111. Harry McPherson	28:36	146. Sage Kelly	30:43	181. Hilary Huber	33:26
112. Bill Scaplen	28:40	147. Debbie Noble	30:43	182. Sarah Corey	33:31

183. Paul Rogers	33:59	221. Summer Massaro	39:56
184. Paul Chamberlain	34:02	222. Mary Morse	39:56
185. Heather Mexell	34:03	223. Mark Curtis	40:04
186. Seth Minton	34:07	224. Tony Adams	40:10
187. Diane Churchill	34:21	225. Lynn Franklin	40:35
188. Melissa Crotty	34:39	226. Petra Frankline	40:35
189. Marsha Mitschele	34:44	227. Carson Gregory	43:40
190. Nelson MacLeod	34:45	228. Bronwyn McCarthy	43:47
191. Alan Adams	34:56	229. Ted McCarthy	43:52
192. Jessica Lutes	35:07	230. Becky Smith	44:01
193. Sarah Jane Blake	35:07		
194. Carol Mason	35:08		
195. Heather Corey	35:12		
196. Kim Lafhammo	35:13		
197. Wendy Twitchell	35:14		
198. Cherie Dyer	35:32		
199. Pat Packard	35:38		
200. Barbara Nelson	35:39		
201. Deborah Norton	35:40		
202. Julie Morton	35:40		
203. Charles Anderson	35:58		
204. Peggy Boddy	36:00		
205. Beborah Hewson	36:05		
206. Beverly Steeves	36:05		
207. Rosalyn Randall	36:39		
208. Charles Scribner	37:37		
209. Alton Palmer, Jr.	37:38		
210. Harriet Lutes	38:19		
211. Doris LeBlanc	38:37		
212. Jennifer Lee Doc	38:50		
213. Pauline Gobel	38:51		
214. Jeanne Berthiaume	38:52		
215. Peggy Warren	38:56		
216. Louise Thurber	39:00		
217. Nancy Lariviere	39:19		
218. Kathleen Plimpton	39:31		
219. Christine Anderson	39:41		
220. Cynthia Anderson	39:55		

Sean Kelly
Race director

Gray Road Races

June 9

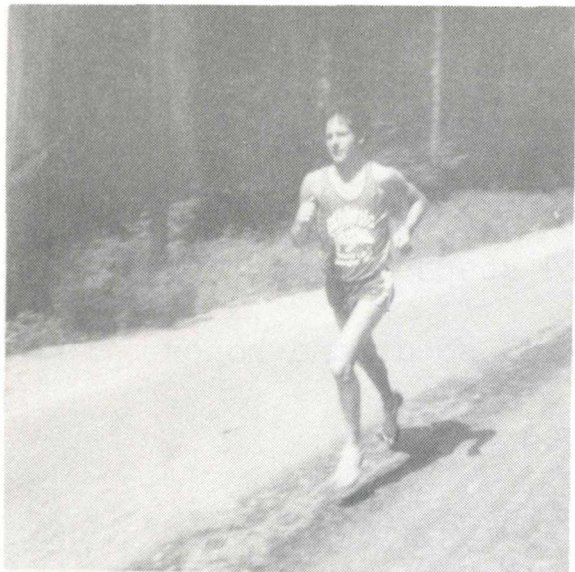
2-Mile

NAME	TOWN	TIME	AGE
1. Paul Hammond	Westbrook	9:45	19
2. Bruce Libby	Gray	10:18	19
3. Ken Hammond	Westbrook	10:21	20
4. Jim Kein	Westbrook	10:44	38
5. Brad Hammond	Westbrook	11:09	23
6. Guy Berthiaume	Gray	11:23	33
7. Bill Whelan	Cornish	11:30	30
8. Russ Murley	Raymond	11:33	14
9. Chris Kein	Westbrook	11:34	13
10. Carl Comstock	Scarboro	11:35	40
11. Norm Linden	Falmouth	11:36	32
12. Len Sanborn	N. Windham	11:37	33

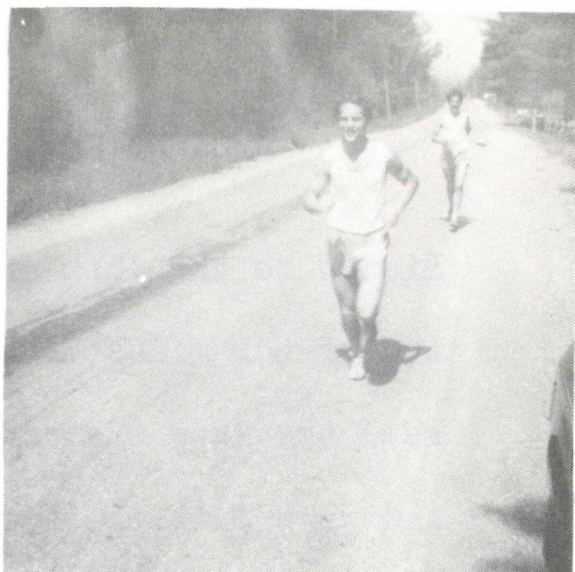


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13. Finn Kelly	Portland	11:37	10	48. Halsey Hewson	S. Casco	14:07	13
14. Glenn Irish	S. Windham	11:38	24	49. Scott Berthiaume	Gray	14:18	12
15. Nate Bray	Westbrook	11:38	17	50. Jim MacDonald	Portland	14:29	26
16. Peter Hoskins	Topsham	11:49	40	51. Kristina Gordon	Yarmouth	14:37	32
17. Phil Wells		11:51	13	52. O.K. Hammond	Westbrook	14:50	54
18. Norm Lewis Jr.	Yarmouth	11:53	15	53. Scott Dyer	N. Windham	14:55	11
19. Krista Burrill	Westbrook	11:59	15	54. Bruce Brasier	Gray	14:56	12
20. Kelly Hoskins	Topsham	12:16	11	55. Ken Mair	Auburn	15:01	33
21. Sean Kelly	Portland	12:21	31	56. Jane Comstock	Scarboro	15:02	17
22. Bob Perkins	Portland	12:21	36	57. Julie Millard	S. Windham	15:02	16
23. Steven Samuel	Westbrook	12:21	14	58. Brian Perkins	Brunswick	15:04	33
24. Kevin Kein	Westbrook	12:25	11	59. Frederick Hayden	Gorham	15:10	37
25. Larry Dyer	N. Windham	12:28	35	60. Pam Lawrason	Cumb. Ctr	15:12	32
26. John Boddy	Portland	12:32	31	61. Deb Whitney	Gray	15:13	15
27. Sam Comstock	Scarboro	12:36	14	62. Norman Fickett	S. Windham	15:22	42
28. Jorcam Dester	Gray	12:38	36	63. Margaret Donovan	Portland	15:25	27
29. Phil Brown	Westbrook	12:39	36	64. Jane Weeks	Portland	15:32	24
30. Charles Litrocapes	Gray	12:50	20	65. Cheri Dyer	N. Windham	15:33	35
31. Bruce Allen	Portland	12:55	43	66. David McKeen	Wiscasset	15:42	16
32. Harry McPhersen	W. Baldwin	13:07	30	67. Ann McNaughton	Portland	15:44	26
33. Dan Barrett	Limerick	13:09	28	68. Wayne Milliken	Falmouth	15:55	29
34. Don Beal	Gray	13:10	16	69. Terry Morris	Portland	15:59	50
35. Jane Dolley	Scarboro	13:10	31	70. Carol Parker	Falmouth	15:59	32
36. Bill McKeen	Wiscasset	13:11	38	71. David Parker	Falmouth	16:04	36
37. Dick McKeen	Lisbon	13:17	32	72. Peggy Boddy	Portland	16:12	29
38. Steve Clark	Gray	13:22	27	73. Stacy Rondeau	Westbrook	16:26	23
39. Bill Quinn	Saco	13:23	23	74. Barbara Ridge	Portland	16:46	24
40. Steve Whitney	Gray	13:38	14	75. Bradley Hoskins	Topsham	16:49	9
41. John Driscoll	Portland	13:42	29	76. Jean Smith	Portland	16:55	30
42. Pauline Hoskins	Topsham	13:45	38	77. Pat McGovern	Portland	17:04	24
43. Norman Lewis Sr.	Yarmouth	13:47	42	78. Charlotte Hewson	S. Casco	17:07	44
44. Maureen Morin	Topsham	13:53	16	79. Connie Kippax	New Glou.	17:23	49
45. Peter Kenny	Gray	13:53	11	80. Gail Lewis	Yarmouth	17:33	14
46. Betsey Barrett	Limerick	14:01	28	81. Travis Kinney	Gray	17:41	9
47. Ken Dolley	Scarboro	14:02	43	82. Kevin Kirbv	Gray	17:47	9

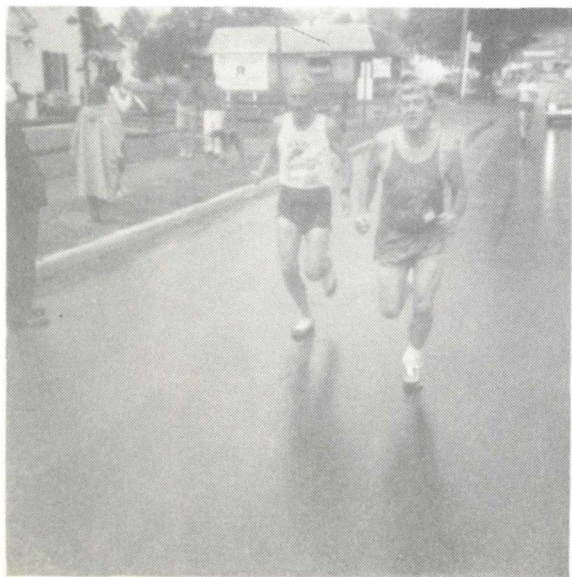


5. Peter Brigham, one of UMO's superb long distance runners, running for the Athletic Attic Track Club with Bruce Freme and Sam Pelletier, here battles the severe heat and humidity on the 16th at Hampden behind his two teammates.

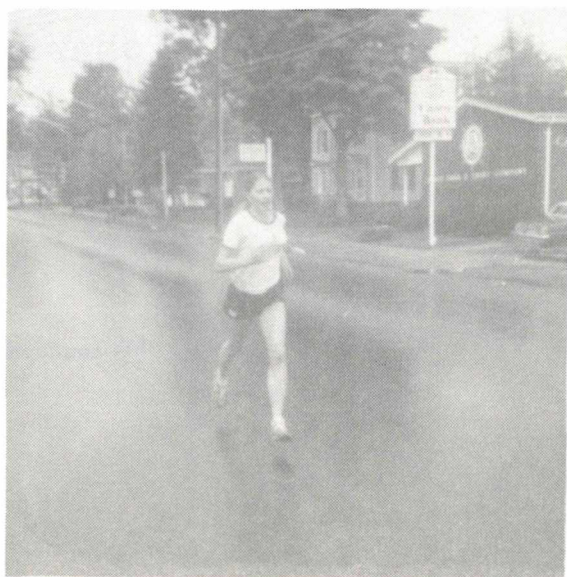


6. Leading Fred Judkins by 20 yards at about 5 miles out, Bill Pike of Orono unleashes his typical, successful, even-paced strategy, putting him well up to the front by the finish.

7. (L-R) Carlton Mendall and Lloyd Cook, both of Portland, near the finish of the Gorham Memorial Day 6-Miler, run in ideal conditions.



8. Evelyn Hewson, who graduated from Bowdoin in May, was the top women runner (as she was in 1978) at the Gorham Road Race. She will be spending part of the summer touring Europe and she hopes to do a good deal of running there.



My Running Shoes

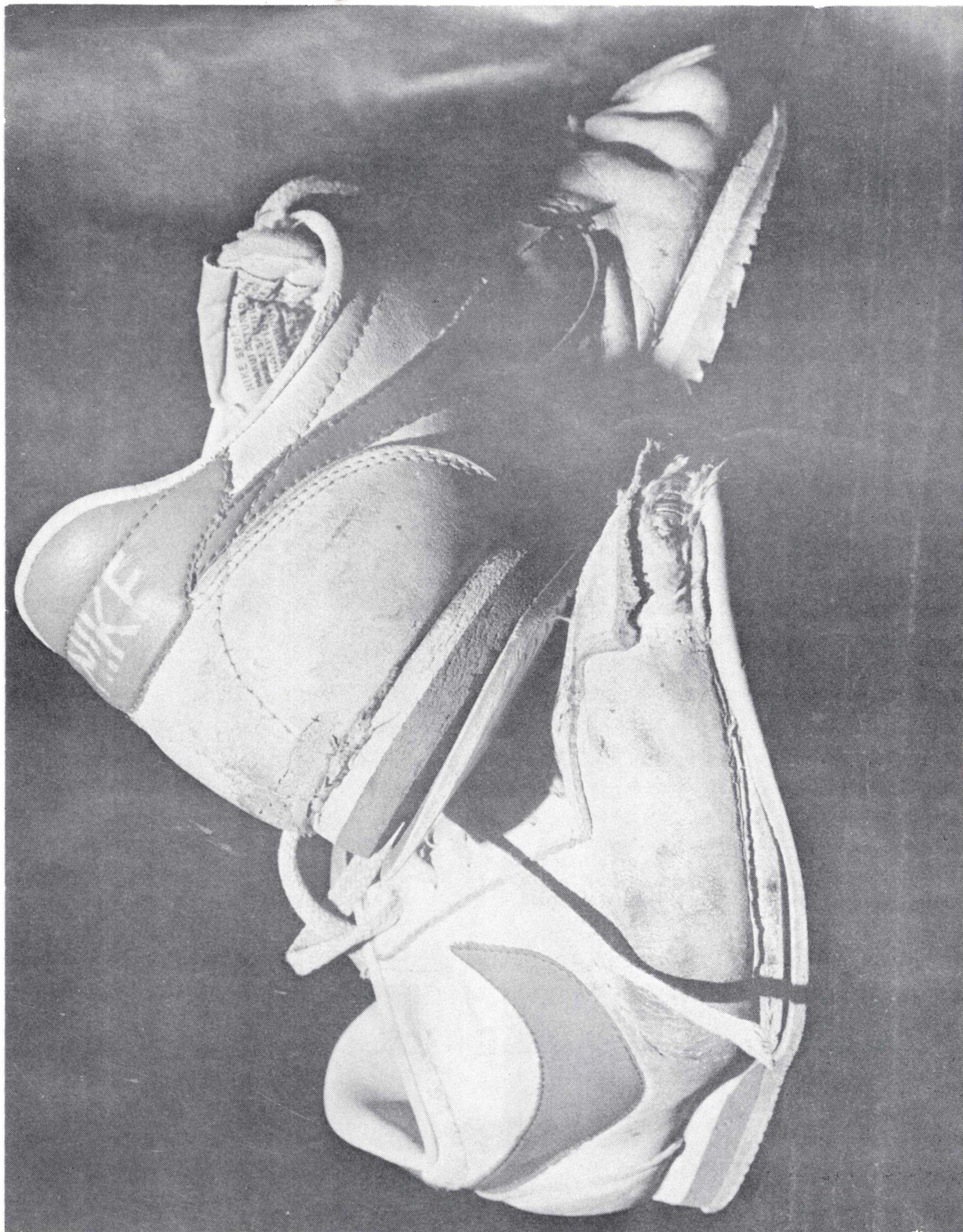
Listen to the look of echoed steps
And of the miles of dreams and sweat and hopes,
Feel the laps that curled the toes
And wore on through to make them old.

The flashy stripes now a sullen red
The white once fresh has rotted dark,
The laces lay shredded from countless attempts...
These shoes have entered their last event.

The soles are worn and weakly attached
Foam rubber peeks through the frayed tongues,
The "Nike" for victory fights a lost battle
As it fades from the heel into an obscure shadow.

Richard B. Kent

Photograph by Michael A. Moxley



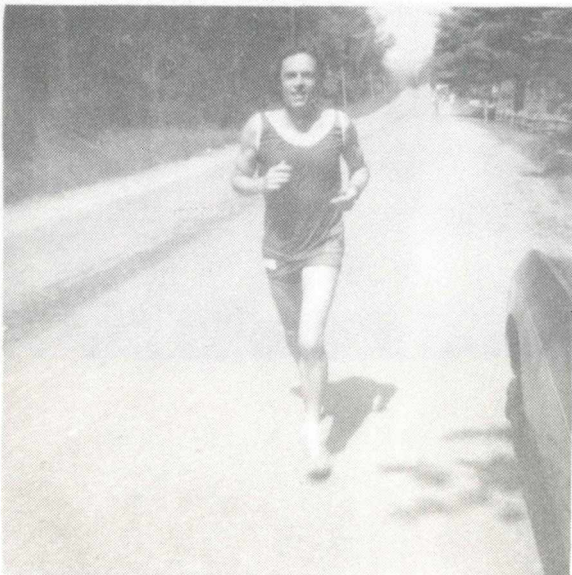


1. Pictured here is Hampden Road Race director and fun run organizer Skip Howard, who has contributed significantly to the growth and quality of LDR in central and eastern Maine.

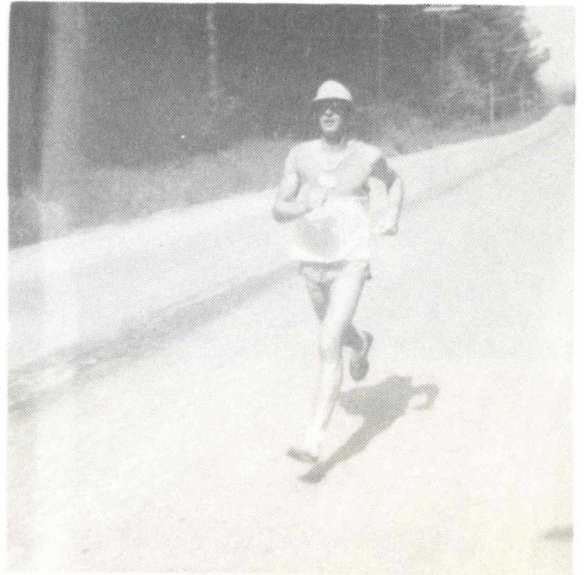


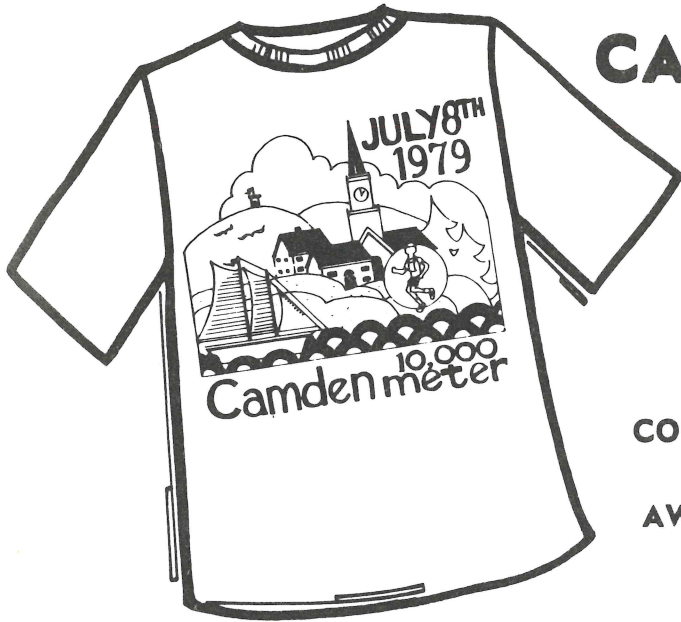
2. Bruce Freme and Sam Pelletier, both roommates from Old Town, lead the Hampden race by 250 yards here at about 5 miles out. They tied for first place.

3. Dr. John Trefethen, a dentist from Ellsworth, is the originator of the Trefethen Point System. Jackie Trefethen is also an excellent road racer.



4. Ken Remsen of the Central Maine Striders, is an athletic director at the Bangor YWCA and is a consistent high finisher in central and eastern Maine road races.





CAMDEN 10,000 METER RACE

WHEN: Sunday, JULY 8, 1979 8:30 a.m.

WHERE: Camden, Me. — Picturesque coastal schooner port.

SPONSORS: Phidippides & Camden Herald.

COURSE: Out & back, scenic harbor views, wooded paved road, 1 mile dirt, rolling hills.

AWARDS: Trophies —

- | | |
|--------------------|---------------------|
| 1st Overall | 1st Under 14 Girl |
| 1st Woman | 1st Camden Finisher |
| 1st Master Men's | Last Place |
| 1st Master Women's | Mean Runner |
| 1st Under 14 Boy | |

Also, a random drawing of gifts from these area merchants:

- | | |
|--------------------------------|-----------------------|
| "Thar She Blows" | The Waterfront |
| Robin's Nest | Maine Sport |
| Haskell & Corthell | The Village Jardinere |
| Leather Bench | The Winemporium |
| Peter Ott's Tavern | Country Colonials |
| Hodgman's | Camden Harbour Inn |
| Perspectives | The Sandpiper |
| The Owl & the Turtle | Harborside Shop |
| The Bay View St. Garage | Kaleidoscope |
| S.S. John Wanamaker Restaurant | Pine Tree Shop |
| The Admiral's Buttons | |
| J.C. Curtis | |

Any other Area Merchants who wish to donate gifts please contact Bruce Booker 236-4074 7:30 p.m.

ENTRY FEE: \$3.00 (includes T-shirt)
Registration

FEATURES: Aid stations — water
Splits
Finish times

Bring your family to our beautiful town and run with Jeff Galloway, Amby Burfoot and Joan Benoit and make a day of it.

ENTRY FORM

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge **Phidippides** and **Camden Herald** for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

(Parent's signature if under 18 years of age)

Signature** _____

Shirt Size: S M L XL (circle one)

Print Name _____

If you would like souvenir T-shirt only, send \$3.00 and T-shirt size to address below, or return entry form marked: T-Shirt Only

Address _____

RETURN ENTRY WITH REMITTANCE TO: (Entry Fee \$3.00)

Club or School Affiliation _____

Bruce Booker
Penobscot Ave.
Camden, ME 04843

Age _____ Division Entering _____

TEAM MEMBERS _____

(if entering as 3-member team)

3rd Annual 5 Mile Classic



When: 4th of July 1979

Where: Kiley Field — Eastern Promenade, Portland, Maine

Prizes: 25" COLOR TELEVISION FOR FIRST INDIVIDUAL FINISHER (5 mile) (donated by **Olympia Sport Center**)

COMPLETE STEREO SYSTEM FOR FIRST FEMALE FINISHER (5 mile) (donated by **Radio Shack**)

Trophies 2nd — 10th open division

Running Shoe of your choice to the winners of the following divisions: (donated by **Olympia Sport Center**)

First Male Finisher 30-39

First Female Finisher 16-19

First Male Finisher 40-49

First Female Finisher 20-29

First Male Finisher 50-59

First Female Finisher 30-39

First Male Finisher 60-up

First Female Finisher 40-up

Course Records — George Reed 24:48 — Joan Benoit 28:22

Trophies to runner-up in each division

Special awards to the following:

First Male 15-under

First Female 15-under

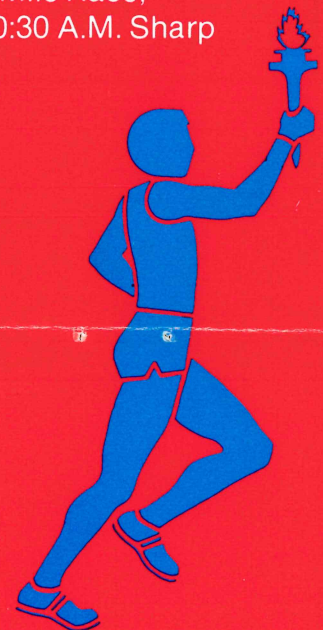
First 200 lb. finisher

Special Race for Novices: 10:30 A.M. Sharp.

All age groups plus first Male and Female Finisher under 10 years, First Male and Female 11-13 years, First Male and Female 14-15 years.

Trophies for first finisher in each group.

Time: 11:30 A.M. Sharp!
Wednesday, July 4th, 1979
1 Mile Race,
10:30 A.M. Sharp



Tee-shirts will be given to first 500 entrants!!
(donated by **All Star Deli - Maine Mall**)

Entry fee: \$2.00 (make check payable to Olympia Track Club)

Send entries to: Olympia Sport Center 207 Maine Mall So. Portland, Maine 04106

Entries close: Saturday, June 30th, 1979 Pre-registrations may be picked up at Olympia Sport Center on Monday or Tuesday

Name _____ T-shirt size S M L XL
Address _____ City _____ State _____
Signature _____ Age _____ Club _____
1 mile 5 mile

In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and officials for any and all injuries suffered by me in the Olympia Sport Center 5 mile classic 1979 Fourth of July Road Race.

5 Mile Classic

11:30 A.M.

Leave Kiley Field on Eastern Promenade, turn right onto Fore Street, turn right onto India Street, turn right onto Congress Street, turn left onto North Street, turn right onto Eastern Promenade back to Kiley Field (2½ miles)
Repeat course for 5-mile race.

1 Mile Novice

10:30 A.M.

Leave Kiley Field (at Montreal Street) turn right onto Quebec Street, turn right onto North Street, turn right onto Eastern Promenade to finish line.



1ST ANNUAL WOODY ALLEN
MEMORIAL ROAD RACE
Sponsored by the Oxford Hills Area YMCA
10 Kilometer Race
2 Mile Run

Date: Wednesday, July 25, 1979

Time: 6:30 p.m. - 2 mile run
7:00 p.m. - 10 km. race

Registration: By mail or at 6:00 p.m. on race date

Fee: \$1.50 for 2 mi. run
\$2.00 for 10 km. race

Free T shirts given to first 50 registrations

Divisions: (Separate for men and women)
18 & under
19-29
30-39
40 & over

Awards: 10 km. race
1st 5 to finish
1st 3 to finish in each category

2 mile run
1st, oldest runner, youngest runner
Certificates given to all participants

Make checks payable to Oxford Hills Area YMCA, P.O. Box 208, Norway, Me.
04268

Registration Form

In entering this event, I, my heirs and assigns, waive all rights and claims against the Oxford Hills Area YMCA and race officials. I certify that I am in adequate physical condition to enter the race for which I am registering.

2 mile run _____ 10 km. race _____

Name _____ Age _____

Address _____ Phone _____

Signature (parent or guardian must
sign if under 18)

THE FIRST ANNUAL MOLLYOCKETT - ROTARY 10,000 METER ROAD RACE

DATE: SUNDAY, JULY 22, 1979

REGISTRATION: BY MAIL OR 8:45 - 9:30 on Race Day

STARTING TIME: 10:00 A.M.

STARTING LOCATION: MAIN STREET, BETHEL, MAINE

COURSE: A SCENIC VILLAGE AND COUNTRY COURSE PAST GOULD ACADEMY, THROUGH MAIN STREETS OF TOWN AND THEN OUT INTO THE COUNTRY. SOME HILLS BUT NOTHING EXTRA STEEP. THE COURSE IS WHEEL MEASURED; ALSO A GOOD SPECTATOR COURSE.

SHOWERS AVAILABLE TO BOTH MALE AND FEMALE COMPETITORS

ENTRY FEE: \$3.00 - \$3.50 POST ENTRY
FIRST FIVE FINISHERS OVERALL

AWARDS:

MEN

WOMEN

15-29 first 2 places

15-29 first 2 places

30-39 first 2 places

30-39 first 2 places

40-49 first 2 places

40-49 first 2 palces

50- & over first 2 places

50- & over first 2 places

A MOMENTO OF THE RACE WILL BE PROVIDED TO ALL FINISHERS

EARLY REGISTRATION: John R. Gasser - Race Director
23 Main Street
Bethel, Maine 04217
207/824-2114

***** RACE IS OPEN TO ALL RUNNERS *****

OFFICIAL ENTRY FORM

In consideration of this entry being accepted, I hereby for myself, my heirs, administrators, executors, and assigns, waive and release any and all rights and claims for any damages whatsoever, from whatever cause that I may have against the organization host of this event, it's agents, representatives, successors, assigns or sponsors from all actions, causes of action, claims and demands, damages and costs, including but not limited to any and all types of injuries suffered by me as a participant in the 1979 Mollyockett/Rotary 10,000 Meter Road Race to be held in Bethel, Maine on July 22, 1979.

NAME: _____ AGE: _____ MALE: _____ FEMALE _____
(Day of Race)

ADDRESS: _____

SIGNATURE: _____ PARENT SIGNATURE _____
(if under 18 years old parent signature required)

REGISTRATION FEE: Please make checks out to The Rotary Club of Bethel.

FIRST ANNUAL CORNISH FAIR STAMPEDE!

◆ ◆ ◆ ◆ 4 MILE RACE & 1.5 MILE FUN RUN ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

SPONSORED BY **CORNISH FAIR**

In conjunction with

MARATHON SPORTS RUNNING CLUB

WHEN: ➔ Saturday, July 14, 1979
1.5 Mile Fun Run.....starts 8:15 a.m.
4 Mile Race.....starts 9:00 a.m.

WHERE: ➔ Start and Finish inside Cornish Fairgrounds in front of Grandstand. Fairgrounds are on left side of Route 25, heading west out of the village. Dressing rooms and showers will be available at high school.

DIVISIONS

&
AWARDS: ➔ 1.5 Mile Fun Run - Open to everyone! Certificates stating distance and elapsed time to all finishers. Course wheeled and flat. No trophies awarded.

4 Mile Race - Course wheeled with 2 hills. Divisions for males and females as follows:

14 and under.....	
15-18.....	1st Place - Trophies
19-29.....	2nd Place
30-39.....	& - Merchandise awards
40-49.....	3rd Place
50 and over.....	

FREE HEADBANDS to the first 50 Fun Run and first 100 4 Mile Race Registrants!

ENTRY FEE: ➔ NO FEE TO RACE-JUST NORMAL ADMISSION FEE TO FAIRGROUNDS!
Admission fee: \$2.50 adults - all day
\$1.50 children under 12 - all day
Bring the entire family! You will be permitted to leave the fairgrounds and re-enter any time during the day of the race.
See reverse side for more information about fair events!

SEND ENTRY BLANK TO: MARATHON SPORTS RUNNING CLUB, 154 MAIN STREET, SACO, ME 04072
DO NOT SEND MONEY! PAY WHEN ENTERING FAIRGROUNDS

ENTRY FORM
CORNISH FAIR STAMPEDE
JULY 14, 1979-CORNISH MAINE

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

NAME.....AGE.....SEX.....



MAINE CHAPTER
NATIONAL MULTIPLE SCLEROSIS SOCIETY

694 Main Street ~ Westbrook, Maine 04092
Area Code 207 ~ 854-9111



Dear Racers:

The Maine Chapter of the National Multiple Sclerosis Society is forming a MS Racing Team in the state of Maine. To become a team member, you must recruit sponsors who will sponsor you for any NON-PLEDGE race in which you participate.

Each team member will receive a T-Shirt with the "MS Racing Team" logo imprinted and the satisfaction of knowing that you have helped the MS Society with their patient service program and the research to find a cause and cure for this mysterious disease, which affects over 6,000 Maine citizens.

You must collect \$10.00 or more in pledges to become a team member. The MS Society will send you your T-Shirt as soon as we receive your sponsor form and pledges.

When you decide to join the "MS Racing Team", please collect your pledges within ten days after the race. Send to: MS, 694 Main Street, Westbrook, ME 04092.

Thanks for becoming a member of this very important team.

Sincerely,

Chairman
MS Racing Team





MS

For the benefit of the
 MAINE CHAPTER
 NATIONAL MULTIPLE SCLEROSIS SOCIETY
 694 Main St.
 Westbrook, ME 04092

NAME _____ STREET _____ CITY _____

PHONE _____ AGE _____

CLUB NAME _____ RACE _____

SPONSORS NAME (Please Print)	STREET OR RFD	CITY or TOWN	ZIP CODE	PLEDGE Per Mile	TOTAL PLEDGE	PAID

TOTAL MILES

TOTAL PLEDGES PER MILE

TOTAL OF ALL PLEDGES

Please collect as many pledges as possible at the time of signup; this will save you call-backs.



PLEASE XEROX AND GIVE ONE TO YOUR FRIENDS...

SIGNED _____

FIRST ANNUAL
BLUE HILL DAYS
10 KILOMETER ROAD RACE

Date: Sunday, July 29, 1979

Registration: By mail or 10:45 a.m., on race day

Starting Time and Location: 11:30 a.m., at Blue Hill Town Park

Course: Steep hill first mile. Rest of course fairly level. Second half of course follows shore road with some of the most beautiful scenery in Maine. We hope to be wheel measured by race time.

Entry fee: \$2.00 per person

Awards: First, second and third place, male and female, \$20.00, \$15.00 and \$10.00 gift certificates at Phidippides

First 3 finishers in Masters' Division (over 40), oldest finisher, youngest finisher and first Blue Hill finisher, all to receive lobster dinners on the shore.

Sponsor: Blue Hill Chamber of Commerce

After race, runners can cool off in salt water with a swim at the Town Park beach. Bring the family. Enjoy Blue Hill's annual clam bake on the shore. Plenty of clams, lobsters, chicken and hot dogs for everyone amid folk singing, games, and mass confusion.

OFFICIAL ENTRY FORM
BLUE HILL DAYS
10 KILOMETER ROAD RACE

In consideration of your acceptance of the entry, I do hereby release the Blue Hill Chamber of Commerce, its members, officers and directors, the Town of Blue Hill, and the Race Director, Barry K. Mills, for any injuries sustained as a result of my participation in the Blue Hill Days 10 Kilometer Road Race.

Signature _____

Name (print) _____ Age on race day _____

Address _____

Signature of Parent or
Guardian if under 18 _____

Please note: Only one prize will be awarded per person.
Detach this form and please mail with \$2.00 entry fee to:

Barry K. Mills
Box D
Blue Hill, ME 04614

For further information call:
374-2846 (Business)
374-2256 (Home)

PAUL BUNYAN MARATHON

SATURDAY, JULY 14, 1979

Sanctioned by the Maine Association of Amateur Athletic Union
Sponsored by the Bangor Jaycees and the University of Maine at Orono

ENTRY FEE
\$4.75 before 6/27/79
Non-refundable
must accompany entry

\$7.00 LATE FEE
6/27/79 to
midnight 7/8/79

26 MILES, 385 YARDS

AVERAGE RACE WEEKEND
WEATHER FOR PAST
6 YEARS—68 DEGREES
POINT TO POINT RACE

7:45 AM START

☆ AWARDS ☆

Overall Winner receives the Marathon Victory Trophy from the University of Maine at Orono. Men's and Women's Champions are recipients of official Paul Bunyan Ceramic Statues from Greater Bangor Chamber of Commerce.

Bunyan cups awarded to the top 40 finishers. Ribbons to 41st through 50th place. Mugs to top ten women finishers.

Special awards to top two finishers men's and women's division 40 and over. Plaque to top 2 finishers over age 55. Team Award. Post-Race honors for competitors.

A GREAT PLACE TO VISIT — VACATIONLAND

For motel/hotel lodging or tourist information, write: Greater Bangor Chamber of Commerce, 55 Washington St., Bangor, ME 04401 or note on registration.

ACCOMMODATIONS: Available through the University of Maine at inexpensive rates to competitors in Marathon. Lodging and meal reservations can be made no later than Friday, July 6. Information and forms obtained by calling Area Code 207-581-2186 - or writing THE NEWS.

SPECIAL FEATURES: POST-RACE PREFRESHER, Babe, the Blue Ox T-Shirts to all participants, certificates to runners who complete the course in 4 hours or less.

MAIL REGISTRATION TO: Paul Bunyan Marathon, Director, c/o Bangor Daily News, 491 Main St., Bangor, Me. 04401.

Bangor International Airport, the longest strip on the eastern seaboard is serviced by Delta Airlines, Bar Harbor Airlines or Atlantic Central Airlines and is only 11 miles (as is the Greater Bangor-Brewer Area) from the race site.

The right to reject any entry or to issue special invitations is reserved.

ENTRIES CLOSE JULY 9, 1979—No entries will be accepted without proper fee and completed form.

Amateur Athletic Union of the United States Official Entry Blank—No entry will be received except upon this form complete with A.A.U. No. and entry fee. Enter me in the Paul Bunyan Marathon on Saturday, July 14, 1979.

In consideration of your accepting this entry, I hereby waive and release any and all right and claim for damages I may have against the Bangor Publishing Co., the Maine Association of the Amateur Athletic Union, Meet and Marathon Officials, the University of Maine in Orono, towns in which the race is contested, their representatives, successors and assigns, for any and all injuries suffered by me in said event. I also give permission for the free use of my name and or my picture in any broadcast, telecast, or other account of this event.

I attest and verify that I am over 16 years old and physically fit and sufficiently trained for the completion of this marathon of over 26 miles and my physical condition has been verified by a licensed medical doctor.

Print name in full _____ Age _____
St. Address _____ Phone _____
City/Town _____ State _____
Zip _____ Sex _____ M _____ F
Date of Birth _____ City & County Birth _____
Occupation _____
Official A.A.U. or C.T.F.A. Club represented _____
A.A.U. or C.T.F.A. number _____
T-shirt (Check one) () Small () medium () Large () Extra Large
Team Entry (List team name and names of 3-6 team runners: only first three will count in scoring) _____

Have you run a marathon before? _____ How many? _____

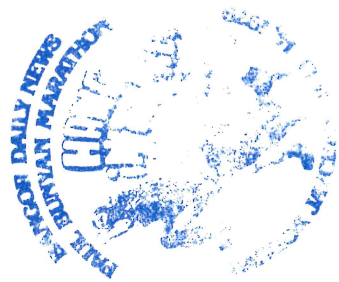
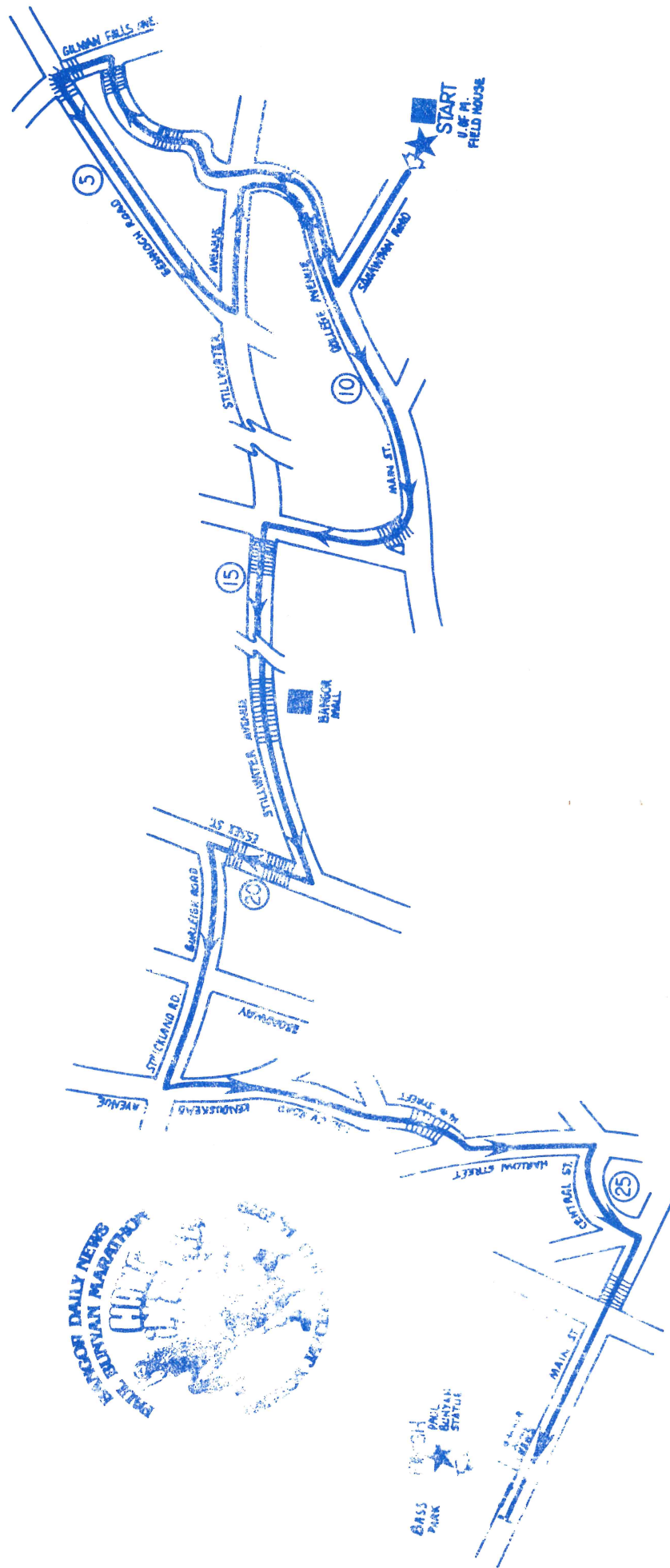
Best time _____ Where? _____

Signature _____

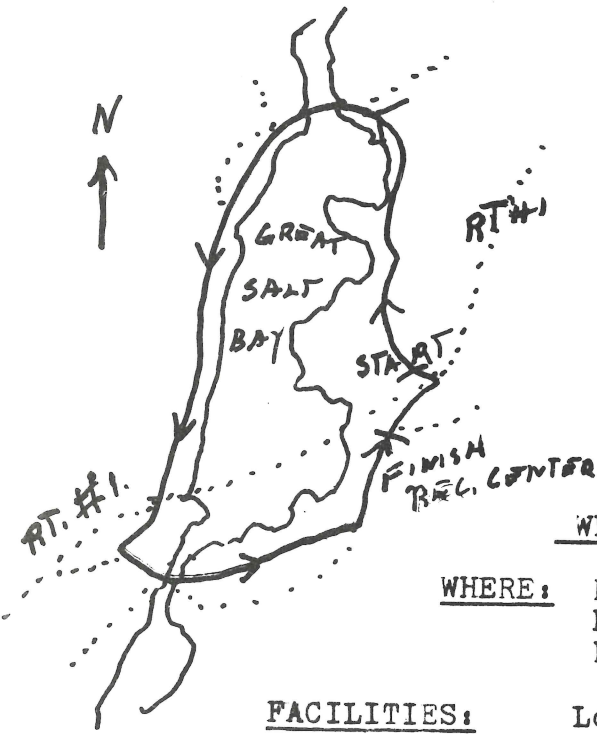
If under 18, parent's signature _____

() Check here if tourist, recreation or housing information is desired.

ROUTE MAP WILL BE MAILED APRIL 30, 1979



BASS PARK
PAUL BUNYAN STATUE



"FIRST ANNUAL ROTARY RUN FOR THE OYSTER"

AT THE
DAMARISCOTTA RIVER
OYSTER FESTIVAL
10,000 METRE (6.2 MILE) ROAD RACE

WHEN: Saturday July 14th. at 9:30 A.M.

WHERE: Registration, Parking and Finish at Round Top Dairy, Business Rt.#1 North of town. START, Phone Co. parking lot off Rt. # 1.

FACILITIES: Locker rooms, rest rooms and showers (bring towel) at Registration Point and Finish, located at the REC. CENTER across from Round Top Dairy.

COURSE: A beautiful scenic countryside and town run, around the 6,000 year old Oyster Shell Heaps. During the first 4 miles the Great Salt Bay is in view. The last 2 miles are through Beautiful Downtown Newcastle- Damariscotta.

FREE LOGO
"T" SHIRTS



FOR 1ST 100
ENTRIES

AWARDS: Raw Oysters to all finishers!!!
First, second and third place trophies awarded in the following Men and Women age groups:

- 0-13
- 19-29
- 30-39
- 40-49
- 50 & over.

Sponsored by
Damariscotta-
Newcastle
ROTARY

Certificates to ALL finishers!!!

OFFICIAL ENTRY FORM

Please enter me in the First Annual Damariscotta River Oyster Festival
RUN FOR THE OYSTER Road Race. PHONE: _____

NAME: . _____ AGE: _____ SEX () M, () F

ADDRESS: _____
No. & Street City State Zip

In consideration of this entry blank being accepted, I, for myself, my heirs, executors, administrators, waive and release all rights and claims for personal damages I may have against officials and race sponsors.

Signature _____ If minor, Parent or Guardian sign.
\$2.00 to "Fast Oyster" P.O. Box 405 Damariscotta, Me. 0 4543

83. Debra Clark	Gray	18:07	27
84. Kathy Winslow	Portland	18:07	28
85. Dannie Quinn	Saco	18:27	24
86. Lucy Ellis	Portland	18:56	28
87. Ann Comstock	Scarboro	19:26	15
88. Tom Kinney	Gray	19:58	11
89. Gail Flint	Portland	19:58	30

AWARDS

First	Paul Hammond
Second	Bruce Libby
Third	Ken Hammond
First Gray	Guy Berthiaume
First Woman	Krista Burrill
Oldest	O.K. Hammond
Oldest Gray	Jorcam Dester
Youngest	Bradley Hoskins
Youngest Gray	Travis Kinney
1st (10-25)	Brad Hammond
1st (26-40)	Jim Kein
1st Over 40	Bruce Allen

8.7 Miler

NAME	TOWN	TIME	AGE
1. Ralph Fletcher	Auburn	49:44	28
2. Scott Whitney	Gray	48:19	21
3. Ralph Thomas	Gardiner	49:10	43
4. Neil Lash	Danville	50:10	37
5. George Towle	Gorham	53:01	29
6. John Noyes	Kennebunk	53:01	37
7. Gary Cochrane	Topsham	55:32	37
8. Wayne Clark	Portland	55:42	32
9. Darren Billings	Bowdoinham	55:50	19
10. Greg Nelson	Gardiner	56:32	31

11. Peter Keliher	Gardiner	56:39	39
12. Bill Gayton	Topsham	57:10	39
13. Malcolm Lackey	Portland	59:57	34
14. Carey Wilson	Cumb. Ctr.	60:45	34
15. Steve Woodsum	S. Portland	60:54	23
16. Dan Goff	Auburn	61:05	30
17. Dave Whiting	Bath	61:30	42
18. Dave Silverbrand	S. Portland	61:56	32
19. Lloyd Cook	Portland	63:54	45
20. Brian Flanders	Portland	64:54	37
21. Doug Daggett	Standish	65:06	31
22. William Dalton	Andover Ma.	66:02	36
23. Peter Lawrason	Cumb. Ctr.	66:25	32
24. Dave Verrill	Gray	67:30	22
25. Eric Norton	Auburn	67:40	21
26. Peter Rovnak	S. Portland	67:49	24
27. Ed Irish	Delaware Oh	68:22	29
28. Peter Legge	Biddeford	68:49	33
29. Fred Hegemeister	Portland	69:29	45
30. Orlando Delogu	Portland	69:44	42
31. Wally Rotz	Lewiston	70:16	30
32. Guy Berthiaume	Gray	70:59	33
33. Michael Guidi	Windham	72:08	25
34. Larry Barker	S. Portland	72:12	30
35. Ed Krolicki	Portland	74:15	41
36. Paul Janeczko	Auburn	74:35	33
37. Sue Hayes	Cape Eliz.	75:24	17
38. Albert Utterstrom	Falmouth	76:34	37
39. James Guy	S. Portland	77:16	26
40. Douglas Volk	Portland	81:34	30
41. Jean Connors	Cape Eliz.	82:05	17
42. Joyce Cook	Portland	82:44	41
43. Heidi Hansen	Gray	85:44	17
44. Charles Litrocapes	Gray	85:46	20
45. Jason Wilson	Gray	90:32	12

AWARDS

First -Ralph Fletcher
 Second -Scott Whitney
 Third -Ralph Thomas
 First Gray -Dave Verrill
 First Woman -Sue Hayes

Oldest -Lloyd Cook
 Oldest Gray -Guy Berthiaume
 Youngest -Jean Connors
 Youngest Gray -Jason Wilson
 1st (10-25) -Darren Billings
 1st (26-40) -Neil Lash
 1st Over 40 -Dave Whiting

John Kirby
 Race director

Note: Ralph Fletcher's first place time in the 8-mile race is correct as given. He was awarded 1st because of an error in the course.



Bob Rice Memorial 5-Miler

June 10 Cape Elizabeth 183 finishers

1. Larry Reed	24:26	32. Sean Keogh	29:19
2. Hank Pfeifle	24:32	33. David Timoth,	29:29
3. Ken Graham	24:39	34. Rick Mulhern	29:29
4. Mark Kimball	25:49	35. Steve Roy	29:34
5. Deam Kimball	26:05	36. Robert Quentin	29:42
6. James Goodberlet	26:09	37. James Kine	29:53
7. Tony Esposito	26:20	38. Donald Sanborn	30:01
8. Ken Flanders	26:25	39. Larry Jenson	30:04
9. Robert Packard	26:26	40. Richard Mcfaul	30:13
10. Ralph Thomas	26:39	41. Mike Marino	30:16
11. Dan Norton	26:43	42. Harold Pratt	30:18
12. Stewart Hogan	26:57	43. Richard Chalmers	30:20
13. Werner Pobatsching	27:00	44. Peter Haligan	30:24
14. Scott Whitney	27:03	45. Bud Cahill	30:28
15. Gene Coffin	27:10	46. Wayne Larochele	30:28
16. Andre Benoit	27:13	47. Bob Provost	30:30
17. Brad Brown	27:15	48. John Keegan	30:32
18. Paul Means	27:19	49. Peter Bastow	30:34
19. Joan Benoit	27:26	50. Jeff Smith	30:35
20. Kenneth LaVallee	27:37	51. Mark Hoffmaster	30:37
21. Jesse Leeman	27:53	52. Bryan Bettney	30:40
22. Doug Taylor	28:04	53. Dave Smith	30:42
23. Jean Beaulieu	28:16	54. Marty Moran	30:48
24. Kurt Neilson	28:32	55. Kathy Hayes	30:50
25. Cliff Howe	28:32	56. Lloyd Slocum	30:55
26. John Keller	28:39	57. Linda Welzel	31:05
27. Bob Coughlin	28:47	58. Joe Bean	31:07
28. Kenneth Botting	28:54	59. Ed Malone	31:14
29. Rollin Trotter	28:58	60. Charles MacDonald	31:16
30. Sophocles Cotsis	29:02	61. Peter Yarborough	31:19
31. Roger Rittmaster	29:12	62. Robin Wstey	31:20

62. Bruce Maki	31:23	101. Julie Greene	33:50	139. David Simpson	38:02
64. Peter Holloway	31:26	102. Jeff Marshall	33:51	140. Mike Esposito	38:09
65. Thomas Meschinelli	31:29	103. Dave Garriepy	33:52	141. Neil Esposito	38:19
66. Martin Weiss	31:32	104. Kevin Kine	33:53	142. Will Leschey	38:19
67. David Bailer	31:55	105. John Mazza	33:57	143. Sheila Colby.	38:22
68. Jim Amfilo	31:48	106. Frank Morong	34:03	144. Carol Trottier	38:28
69. Tom Pellitier	31:51	107. Marsha Giglio	34:11	145. Cathy Walz	38:34
70. Katrinka Leschey	31:52	108. Phil Harmon	34:14	146. Marty Desmarais	38:38
71. Bill Leschey	31:54	109. Dick Baker	34:19	147. Denny Morrill	38:39
72. Mike Towle	31:56	110. Dave Dyer	34:19	148. Amory Houghton	38:39
73. Kevin Vigneault	31:57	111. Arnold Clark	34:43	149. Sandy Brown	38:40
74. Brian Daly	32:05	112. George Bell	34:43	150. Kim Stevenson	38:41
75. Joe Esposito	32:05	113. Tom LaRose	34:47	151. Debbie Noble	38:43
76. John Tarling	32:16	114. Pam Moulton	34:49	152. Debbie Hewson	38:56
77. Mike Townsend	32:09	115. George Linnie, Jr.	35:00	153. Coreen Leavitt	38:58
78. James Babo	32:17	116. Pete McDonald	35:04	154. Scott Carlisle	39:06
79. Ted Perry	32:20	117. Alan Leathers	35:09	155. James Lohmeyer	39:07
80. Jason Hamilton	32:24	118. Chris Comstock	35:14	156. Jim Carroll	39:14
81. Doug Howe	32:27	119. John Massaro	35:21	157. Lynda Provost	39:15
82. Rick Haynes	32:30	120. Roger Pike	35:44	158. Ken Dolley	39:20
83. Ann Peabody	32:34	121. Fred Hopkins	35:46	159. Dave Goodwin	39:32
84. Steve Woodson	32:34	122. Rob Fillion	35:52	160. Sue Smith	39:42
85. Kim Beaulieu	32:35	123. Do·na Maki	35:55	161. Steve Katz	39:49
86. Ed Connolly	32:36	124. Barbara Coughlin	36:02	162. Eetsy Barrett	40:09
87. Mike Russell	32:37	125. Bruce Allan	36:07	163. Michelle Belis	40:15
88. Robert Gieries Jr.	32:56	126. Dan Barrett	36:10	164. Bruce Campbell	40:19
89. Mike Colrick	33:01	127. Tom Roberge	36:18	165. Cush Hayward	40:26
90. David Whitting	33:07	128. Allison Leavitt	36:23	166. Mike Fox	41:32
91. Corey Hills	33:11	129. Conrad Welzel	36:51	167. Dave Verrill	42:00
92. Norm Linden	33:25	130. Marjorie Adams	36:52	168. Bev Johnson	42:14
93. Carl Comstock	33:29	131. Joe Hammond	37:01	169. Gayle Hutchinson	42:36
94. Carlton Mendell	33:35	132. James Chase	37:02	170. Joe Connolly	42:44
95. Joe LaRose	33:40	133. Raques Lavallo	37:10	171. Marion Leschey	43:12
96. Ray Giglio	33:41	134. Ed Irish	37:12	172. Sandra Steele	43:17
97. Fred Downs	33:43	135. Albert Dimillo	37:18	173. Nelson McClean	43:48
98. Earnest Abrahamson	33:45	136. Jane Dolley	37:23	174. Jon Chalmers	44:16
99. Art Chapman III	33:49	137. Jennifer Baker	37:40	175. Jane Howe	44:34
100. Don Lebreque	33:50	138. Roger Dwyer	37:54	176. James Roach	45:22

177. Willard Gillette 45:30
 178. Cris Thurber 47:29
 179. Chuck Thurber 47:29
 180. Ellen Spring 48:05
 181. Meredith Smith 48:16
 182. Charles Scribner 48:16
 183. Ellis Cotes 49:08

Gene Coffin
 Race director

23

SOUTHWEST HARBOR 6-Miler

May 27 52 finishers

1. Mike Westphal 30:27
 tie
 2. Jon Howland
 3. Ralph Thomas 32:31
 4. James Westphal 32:59
 5. Gary Allen 34:13
 6. John Trefethen 34:51
 7. Dick Hudson 34:56
 8. Harold Pratt 35:12
 9. Jacques Marchand 36:01
 10. David Thurlow 36:06
 11. Henry Williams 36:11
 12. Forrest Hart 36:27
 13. Richard Fisher 37:07
 14. Mike Gordon 38:07
 15. Richard Cornyear 38:44

16. Bob Milliken 38:50
 17. Mike Beaudoin 39:14
 18. Jackie Trefethen 39:14
 19. John Marshall 39:26
 20. Mike Kelley 39:27
 21. Brian Higgins 40:09
 22. Harry Benquist 40:10
 23. Richard Davis 40:13
 24. Richard Barter 40:33
 25. Gary Davis 40:39
 26. Sandy McFarland 40:58
 27. Ed Raymaker 41:06
 28. Lou Charlett 41:23
 29. Charles Lerner 41:31
 30. Susan Lawrence 42:26
 31. Kathy Sarns 42:48
 32. Norman Fitzgerald 43:08
 33. David Roundy 43:23
 34. Carol McVicar 43:45
 35. Susan Reid 44:25
 36. Jackie Digenmaro 45:21
 37. Joe Eggert 45:53
 38. Chuck Trefethen 46:02
 39. Reg Hudson 46:19
 40. Ed O'Connell 46:52
 41. Joan Allen 46:58
 42. Larry Allen 46:58
 43. Terri Hill 48:51
 44. Cheryl Davis 49:04
 45. Alston Beal 49:30
 46. Wendy Roundy 53:33
 47. Debbie Blount 53:55
 48. May Helen White 53:58
 49. John Diggs 55:09
 50. George Tuttle 56:17
 51. Lynn Jebbia 57:55
 52. Debra Hamilton 1:01:53



Race results
 Jon Howland

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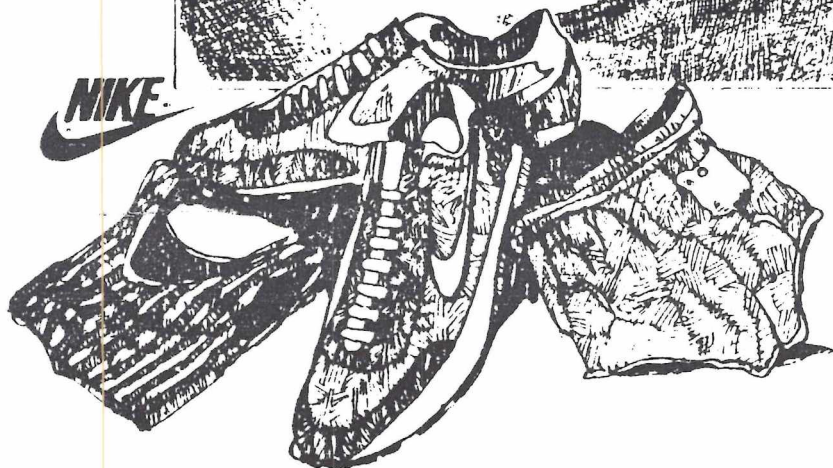
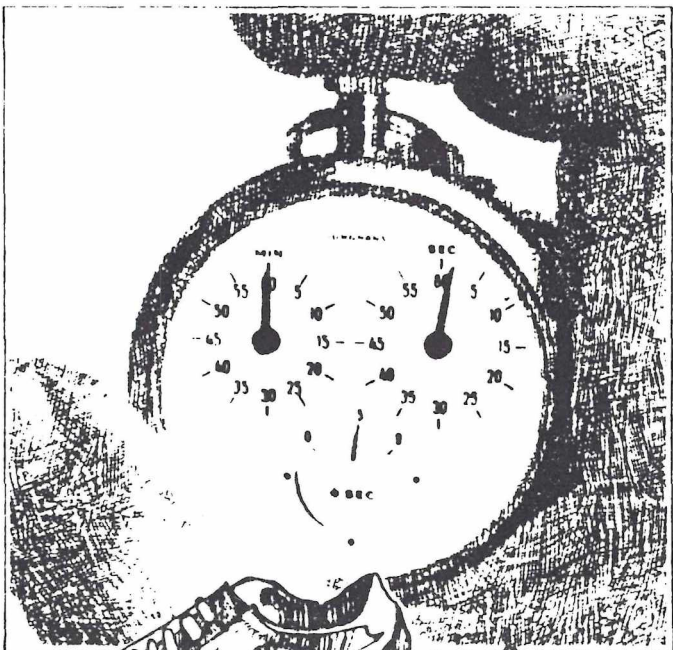
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 FASTRAK – MARATHON
 KEDS – T-RACER



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 ADIDAS – TRX, DRAGON
 NIKE – LADY WAFFLE TRAINER, ROAD-
 RUNNER, OCEANIA, SENORITA
 CORTEZ
 OSAGA – KT-26, FEATHER, TRAINER
 PUMA – ROCKETTE
 FASTRAK – MARATHON, FOXY LADY
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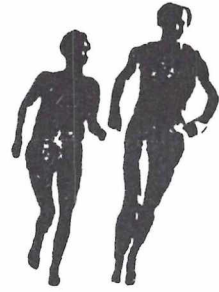
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Hampden - Weatherbee-McGraw School, 9:30 ,
Sundays. Skip Howard, P.O. Box 562,
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Bucksport - Bucksport High School, 9:30,
Sundays. Tim Emery, Bucksport Rec. Dept.,
Bucksport, Me. 04416

Brunswick- Longfellow School, Longfellow Ave., 9:30, Saturdays

Augusta - Augusta Civic Center, 10:00, Sundays, Kathleen Abbott,
Augusta Recreation Dept., Cony St., Augusta, Me. 04330

Caribou- Caribou High School, 9:00, every other week, on Sundays.
Conrad Walton, 35 New Sweden Rd., Caribou, Me. 04736

Portland - Bonny Eagle High School, 6:00 pm, Sundays,
Tom Linsey, 286 Ray St., Portland, Me. 04103

Thomaston- Thomaston High School, 10:00, Sundays. Sterling LeBlac
Phone: 596-6932

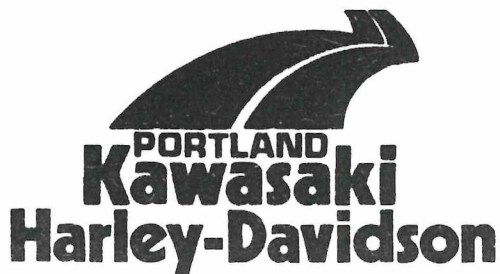
Freedom- Every Sunday at 9:00. Sponsored by the Goosepecker Ridge
Runners. Location varies each week. For information, contact either
Jim Green at 382-6156 or Jim Reed at 382-6127.

ATTENTION Race Directors

Entry forms which are to be inserted in
copies of MR & NS should be on 8 1/2 by
11" paper. The forms may be handled in the
following ways:

1. Mail in any number of copies up to the
total circulation number (for this, call 257-2291
- cost - \$10.00
2. Mail one copy of your entry form, which
will be reproduced and inserted in all copies
of the magazine - cost-\$10.00 plus 3¢
per sheet printed. Colored paper also avail-
able. Under this arrangement I should have
the original copy at least one week prior to
the next issue date which is every third
3. In either 1 or 2 above, you may have me
insert your entry in the copies going to
subscribers or to the stores or both.
4. Enclose check with form (s).

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(cont. from pg.8)

In any cases where there is a tie for 1st place, each of the two runners will get the same number of points, that is, the sum of the points of each of the two will be divided by 2.

The current point totals include all road races up to and including the weekend of June 9-10th, except for the following road races: The April Amble (Apr.28th), the Gorham 6-Miler (May 28th), and the Rockland Merchants 10 km (June 2nd).

How the points are figured:

1st place = 10 pts.	The points are multiplied by the number of finishers in the race, divided by 100. Example: in a race with 71 finishers, this number is divided by 100, equaling .71. Then, .71 is multiplied by 10 pts. (if 1st place, 8 pts. if 2nd place, etc.) to equal the points for that one race. A running total will be kept as the year progresses, listing the top 25 men and women in the state.
2nd place = 8 pts.	
3rd place = 6 pts.	
4th place = 4 pts.	
5th place = 2 pts.	

Letters

Dear Rick,

Enclosed find \$10.50 for 1 year of Maine Runner & NS. As Rick Bayko's assistant with the sadly lamented Yankee Runner for the past year, I have a great appreciation of what goes into putting a mag together. I like the unpretentiousness of MR & NS. Just because something is unpretentious, that does not necessarily mean that it is of less than high quality.

I am looking forward to racing in Maine more often as the races in Boston area become more and more glutted rat-races. Keep the battle going and perhaps I shall run into you to say "hello" some time in the near future.

Yours truly,
Peter Wallan
Stoughton, Massachusetts

Dear Rick,

Here are the Maine runners in the June 3rd Rochester N.H. 15 km, which was also the NEAAU Men's Masters Championships. These are the only Maine runners I know of: 9th- Sean Keogh, age 23, Me.Track Club 52:39; 44th- Bill Sayres, age 47, Androscoggin Harriers, 59:35; 116th- Phil Harmon, age 57, Me. Masters, 1:10:32. 166 finishers. Warm, 70 degrees.

Before the race Stan Moulton suggested we join the NEAAU so we could compete in their prize categories, and recommended we talk to Fred Brown who was at the race. When we introduced ourselves, Fred's first question was whether there was anything

going on in road racing in Maine, followed by a comment as to what a great misfortune it was to Maine running when Roland Dyer was killed. This was certainly true, but to his credit he laid a good foundation and the sport has recovered and grown since then. Fred Brown seemed unaware of this or unwilling to acknowledge it. We then asked him about joining NEAAU so as to compete for the masters awards, but were told we were ineligible on two grounds (1) We couldn't have "two cards," i.e. a Maine and NEAAU both., (2) We live in Maine and have a Maine address. Fred indicates that some people had N.H. or Mass. mailing addresses so that they might be eligible to join NEAAU. Well, I thought this was an astounding conversation, but the message seemed clear enough. I think it would be nice if bickering bureaucracies could bury the hatchet so runners could get on with the business of running, but the attitude I heard expressed at Rochester on Sunday gave me little hope.

Sincerely,

Bill Sayres

Dear Rick,

I'm the guy from Arizona who wrote you a while back asking you for information on races in Maine in June. I want to thank you very much for the information that you sent me as well as for the copy of your newsletter which you sent. Because of the information that you sent I was able to participate in the 5th Annual Bob Rice Memorial 5-Miler in Cape Elizabeth yesterday. I found it very exciting to compete in a road race in the state of my origin. I got out of it everything I could have hoped for. I came in 9th in 26:26 with Ken Flanders 8th in 26:25 and Ralph Thomas 10th in 26:40. I got to meet Joan Benoit who was 19th. Since I am Arizona's top masters runner (I'm 42) I felt that the battle between me and Thomas was significant. I had someone point him out to me before the race. I was a little disappointed that when the masters division leaders were given, neither Thomas nor I were mentioned. I guess it was because we were in the top 12 overall. There were 200+ runners. . . .

Bob Packard

Dear Rick & Maine Women Runners,

On May 6th I ran in the Avon National Championships 30 km in Springdale, Ohio. It was quite an experience for me (green as I am) I was very fortunate to get the opportunity to go - so many Maine women runners would have represented the state better than me. Well, as I ran along the 18.6 mile course and heard people from the crowds yell "go Patty, from Farmington, Me.", I had to respond "but I grew up in Cincinnati"! The cheers I received made the expenditure of energy worth every calorie. Although I only maintained about an 8 min. 3 sec. pace, I was pleased, and so was my big brother who



is head of a laboratory in Avon Cosmetics.

The course had many hills, the weather was a pleasant 50-60 degrees at 9:00 AM and the race was so well organized and executed. I met Marty Cooksey and Kathy Switzer at the clinic the night before the race. (My heart beat faster then, than any workout I've ever had!)

I left the Avon awards ceremony that afternoon on a real cloud, feeling very lucky to have been amongst some of the best women runners in the U.S. I wish Joan Benoit could have gone. K. Switzer said she invited Joan to come. However, I was told that Avon has offered to send Joan to the International Avon Championships Sept. 22, '79 in Waldniel, W. Germany. It will be a full marathon sponsored by Avon with help from Dr. Ernst Van Aaken.

The best long distance women runners of the world will meet there to prove women can do it too. Who needs the Olympics anyway?

Avon has made it happen - so has Katherine Switzer - they're great.

Besides receiving a beautiful first quality T-shirt, the 30 km finishers got medallions and Avon skin lotion. It was truly a first class race - I'm sorry more women didn't get to experience it.

Seiko had 2 large clocks along the route which gave your time and how far behind the leader you were.

Sincerely,

Patty Jacobs
Farmington

Dear Rick,

I would like to make a few comments concerning the Trefethen Point System. I personally feel the system is unfair and hurting the growth of our sport. This point system is structured only for the elite runners, and actually out-of-state runners. How would you like to see "Maine Runner of the Year" award given to a runner from Mass. who shows up to our five largest races? It can happen quite easily. What about the other 40-50 races and the Maine runners who supported our program by running in almost every race? If any runner can score points, he or she can slowly catch up to the better runners who don't run all the races. This would also help promote the fields in races. Any point system should be structured to include all runners, and closed to Maine runners only.

The current system is a catch 22 situation to our state's top runners. A Flanders or Benoit cannot score points for races outside of Maine, but it allows an out-of-state runner to score in our rankings, and take away points from Maine's top runners. Our top runners should not be discouraged to travel out of state for much needed exposure and high level racing.

In 1974, I originated the "Runner of the Year". It was intended to give a male and female runner statewide recognition in our sport. I based my decision on race participation and performance. Because the program has grown so big, it is not as easy as it was in 1974 to decide on such an award.

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I would suggest the Runner of the Year Awards be given in two classes.

(1) Runner of Year - male & female - resident of Maine competing successfully both on a state and out of state running.

(2) Outstanding Contribution - male & female competing on a statewide basis.

I think this is fair to the elite runner who is representing our state nationally, and to the runner who is not quite to that level of running, but running in our state to a high degree. It would not be such a problem to pick runners for these awards.

I thank Mr. Trefethen for his time and interest, but his system is not the answer. We need a point system, so that all Maine runners can be part of their own program. The Rollie Dyer System was fair to everyone. Please write and share your views concerning this area. If enough interest, I will explain the Dyer Point System in later issue.

Brian T. Gillespie

Dear Rick,

I thought you'd appreciate seeing this little piece of stupidity.

Bill Barker

dear Abby

by Abigail van Buren

1979 by Chicago Tribune-N.Y. News Synd. Inc.

DEAR ABBY: KEEPING FIT IN SAN MATEO asked why so many motorists are abusive to joggers. (Someone yelled at him: "Hey, you jerk, get off the street - what are you trying to prove?")

You should have mentioned that most joggers jog down the center of the street, paying no attention to traffic signals and behaving in general as though they owned the street!

If a passing motorist honks his horn and signals for the jogger to move over to the side of the road, the jogger pays no attention whatsoever.

My sympathy is with the motorist - not the jogger!

KANSAS

DEAR KANSAS: My mail has been running 50 to 1 in favor of the motorist. Read on:

DEAR ABBY: Thanks for a chance to sound off about joggers. They are a terrible nuisance. Why must they use the streets to jog? What's wrong with jogging in parks? Or on a football field? Joggers not only endanger their own lives, but they cause motorists to swerve to avoid hitting them, endangering others.

Joggers run right down the middle of the road, darting in front of oncoming cars so they don't have to break their stride or slacken their pace. They are a hazard to all motorists. Why can't they run on sidewalks and obey the traffic rules like pedestrians? Better yet, why don't they do as I do and jog at home (in place) in my living room?

I'm as health-conscious as the next guy, but I'm no exhibitionist.

STUDIO CITY HEALTH NUT

DEAR ABBY: My husband LOVES to look at female joggers. They turn him on! He gets so excited when he sees a woman jogging he can hardly keep his car under control. He says there is something about the rhythm of the female body bobbing up and down that excites him. So far, he hasn't run off the road or hit another car or a pedestrian, but I'm afraid his luck will run out soon.

He can hardly wait for summer — when joggers wear less and show more.

Me? I wish they'd outlaw all jogging in city streets!

ANTI-JOGGERS

DEAR ABBY: I'd like to get in my two cents' worth about runners and joggers. If it's exercise they want, why don't they go to a gym or exercise at home? It's a lot healthier. Those half-naked show-offs run on heavily traveled streets under the pretense of "keeping fit," while they fill their lungs with exhaust from cars and buses.

Not to mention the punishment they give their feet, ankles, knees and hips. I've had it with those exhibitionistic idiots!

KEEPING FIT IN PRIVATE

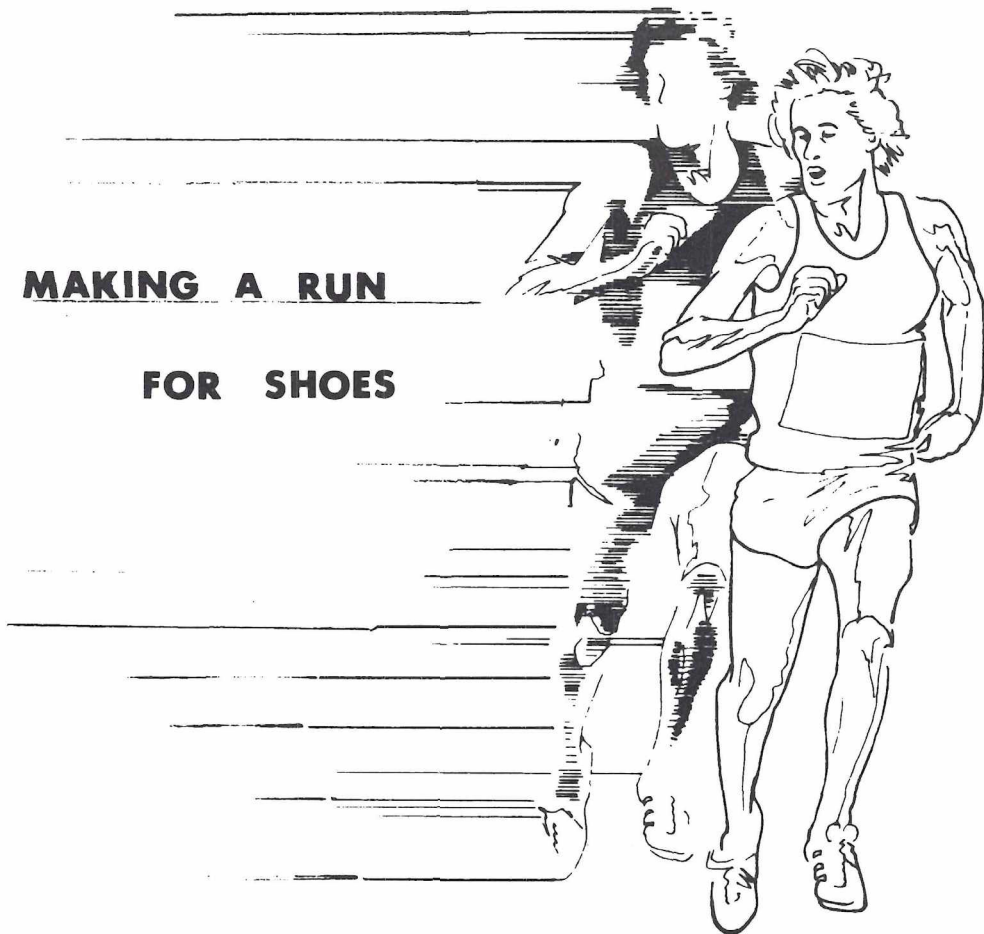
DEAR ABBY: I'll tell you why I hate joggers. Because they ignore traffic signals, run in front of cars and create a real traffic hazard for motorists. Many times I have had to slam on my brakes to avoid hitting a jogger. I've also had to quickly swerve, nearly hitting another car. Joggers do not belong on the streets with automobiles. And the same goes for bicycles. Motorcyclists at least operate at the same speed as automobiles. Bicycles and joggers do not.

MAD IN WESTMINSTER

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Bowdoin 10 Mile Road Race Aug.	Dale Arnold Director Cliff Hopkins
Bucksport Tour Du Lac 10 Miler July	Anne & Steve Norton-Directors
Camden 10,000 Meter Road Race July	Bruce & Bob Booker-Directors
James Bailey 5-Mile State Cross-Country Championships at Gorham- Sept.	Dave Paul Director
Bar Harbor 13.1 Miler Sept.	Dennis Jenkins Director
Casco Bay Marathon Portland Sept.	John Noyes Director
Maineac 10,000 Meter Road Race, Bangor Oct.	Norm Boucher Director
Freebranch Run 7-Miler Bridgton, Dec.	Jerry Levine Race director
Lost Valley 15-Kilometer Road Race Auburn Oct.	Bill Sayres Race director
The Great Pumpkin Race Camp Ellis Nov. 6 & 1.5 milers	
Goosepecker Ridge Run Freedom 8 & 2 milers May	Jim Green
Monmouth 15 Kilometer Road Race May	Dennis Grover Race director
Maine-ly Ladies Invitational 5-Mile Road Race June Old Orchard Beach	?
Androscoggin Harriers Club Invitational - Lewiston- May 10 Kilometers	George Liming

(cont.)

Roland Dyer Memorial 10 Km Road Race
March Portland

Dennis Morrill
Steve Ross

Lewiston Rec./Lamey-Wellehan Races
1-mile, 2-mile, 5 Km, 10 km. April

Peter Marczak
Race director

Junior Turkey Trot - Auburn
Nov. 2.7 miles

Peter Marczak
Race director

Thomaston 10,000 Meter Road Race
July

Bob Hillgrove
Race director

American Red Cross 10-Miler
Bangor May

Jerry Farlow

Four on the Forth - Bridgton
July

Phoebe Levine
Jerry Levine
Race directors

AAU TRACK BOSTON June 6

Steeplechase

1. Greg Meyer 8:31
2. Bruce Bickford 8:35

Womens 1,500 Meters

1. Joan Benoit 4:26
2. Lynn Jennings

Mens 10,000 Meters

1. Dick Mahoney- Bob Hodge
29:45
10. Ken Flanders 31:14

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