

11-1981

## Maine Running Vol. 2 No. 11 November 1981

Robert E. Booker

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NOVEMBER 1981

# MAINE Running

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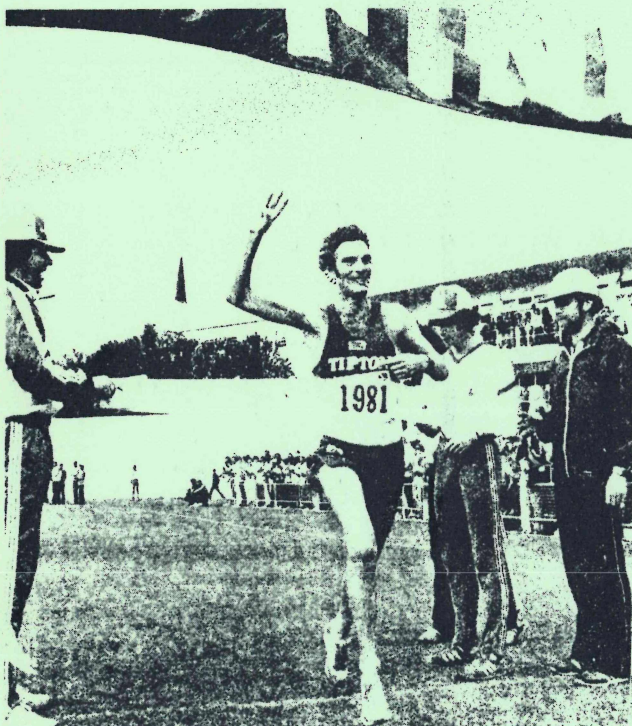




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#### NOVEMBER

- 1-2 Scott Folsom Band
- 3-5 Rollins, Tyoe, & Hobson
- 6-7 As Is
- 8-9 The Outpatients
- 10-11 Clouds
- 12-14 the Drones
- 15-17 Blues Over Easy
- 18-19 Wild Accusations
- 20-22 Fleet Street Shuffle
- 23-25 Attitude Problem
- 26-28 Dr. Hicklick's Cucumber Band
- 29-30 Glen Jenk's Meltdown Band

#### DECEMBER

- 1-2 Cumberland Line
- 3-5 Glyder
- 6-7 Peter Calway Revue
- 8-9 Dawson Gang

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# MAINE Running

P.O. BOX 259, East Holden, Maine 04429 Telephone: 843-6262

November - The last month of racing in Maine for another year. Time to reflect on the past year and look forward to next year. Time to choose the best road racers and recognize them.

This month's cover has most of the very swift on it. The start of Kingfield is always loaded with Maine's premier racers, that's why I use the picture of the 1980 start to introduce the "Pack" each month. Names like Wettlaufer, Lauenstein, Palmer, Operowski, Pfeifle, Chipman and Baird spring to mind when contemplating this year's finest road racers. (All pictured on the cover) But one face is missing from this cover. The face of the toughest runner in the state of Maine in 1981. He's missing because he had just won a marathon 13 days earlier. His name is Rock E. Green.

Here are a few of Rock's accomplishments since last year's Turkey Trot:

Rowdy Ultra Nov 80	1st	5:55:07
Brooks 10 Mile Jan 18	1st	55:23
The Max 10 Mile Feb 15	1st	54:08
Iceberg Marathon Mar 1	2nd	2:31:36
Boston Primer Apr 5	1st	1:23:25
Boston Marathon Apr 20	500th	2:35:10
Maine Coast Mara. May	4th	2:34:17
Rowdies 400 Mile Run May		
Rowdy Ultimate Jun 20-21		
2nd in 24 hour race		124 miles
3rd in 100 Mile race		19:58:14
Bath Heritage Days Jul 4	1st	26:21
Paul Bunyan Marathon Jul 18	3rd	2:30:35
Winthrop Lions 9.08 Aug 9th	2nd	49:00
Good Sports 10 Mile Aug 23	3rd	51:47
City of Presidents Marathon Sep 13		
1st		2:30
Casco Bay Oct 18	3rd	2:25:26

If I've missed a few they hardly matter. I think the point is clear Rock E. Green has been the strongest force in long distance running in Maine in 1981!!

## NOVEMBER CALENDAR

There is still some great racing to do from the all-new Benjamin's 10K to the Gasping Gobbler.

## GEORGE MURRAY

Ed Rice visits with America's top wheel-chair athlete.

## WALK THIS WAY

Steve Vaitones introduces the reader to the sport of race walking.

## THE MAINE LINE

Praise continues to come in about Larry Allen's new column. Good luck in NYC Lar.

## RUNNIN' ON...

Skip's unique style is a relief from all this success garbage.

## BIKING TO OLYMPUS

Joe and John find a nice beach. Still more to come from our Greek travellers.

## LETTERS

## AT THE RACES

## THE PACK

MAINE RUNNING IS PUBLISHED MONTHLY IN BANGOR

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# BENJAMIN'S



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## NOVEMBER CALENDAR

- 1 BENJAMIN'S 10,000 METER ROAD RACE. Abraham Lincoln School, Bangor.  
1st 500 runners. \$5 by mail or \$6 late entry. Hats to all finishers.  
1st certified 10K in Maine. Best all-Maine field this year. Benjamin's  
10K, 24 Parkview Ave., Bangor, Me. 04401.
- 1 RUN FOR YOUR LIFE ROAD RACE. 10 K & 2 Mile Fun Run. Manchester.  
\$3 Pre \$4 Post - \$2 Fun Run. Wheel measured course. Drinks, chowder,  
and showers. Run For Your Life, P.O. Box 94, Manchester 04351
- 1 MAINE AAU/USA CROSS COUNTRY Maranacook Community School, Readfield  
AAU membership plus 25¢. Age Group competition. 2:00 p.m. start.
- 8 WISCASSET 4.5 MILE VETERANS' DAY ROAD RACE. Wiscasset High School.  
1.2 mile fun run. \$3. T-shirt 1st 100 entrants. Fun Run free.  
Don Brewer, Wiscasset Rec Dept, Wiscasset 04578. Flyer in October issue.
- 8 MAINE AAU/USA CROSS COUNTRY Scarborough High School, Scarborough,  
AAU membership plus 25¢. Age Group competition. 2:00 p.m. start.
- 11 2ND ANNUAL VETERANS' DAY ROAD RACES. Half-Marathon & 5 K. Hodgkins  
School, Augusta. \$3 by Nov 4, \$4 after. Free lunch & beer at Elk's  
Lodge after races. Wheel-measured courses. Road Races, c/o American  
Heart Assoc., 20 Winter St., Augusta 04330. See flyer in October issue.
- 15 3RD ANNUAL ROWDY ULTRA 50 MILE RACE. 7:30 a.m. in Brunswick on a  
4.02 fairly flat looped course. \$4 until 7 November and \$5 after  
that. Course records: Rock Green 5:55:07 and Diane Fournier 7:23:39.  
21 out of 29 starters finished last year. Contact Sam Butcher, Box  
445, S. Harpswell, Me. 04079.
- 15 MAINE STATE AAU/USA OPEN AND JUNIOR OLYMPIC CHAMPIONSHIPS, Maranacook  
Community School, Readfield. AAU membership and 25¢. Age group com-  
petition. 10:00 a.m. start.
- 15 ELEVENTH ANNUAL LOST VALLEY 15K. W. Auburn, 10:30 am start. Contact:  
Pete Brigham at 786-2507 or 782-6858.
- 22 CAPE ELIZABETH TURKEY TROT. Maine Runners of the Year awards and  
Outstanding Contribution plaque. Contact Maine Masters TC.
- 26 FIRST CONSUMERS' THIRD ANNUAL GASPING GOBBLER 10K ROAD RACE. Augusta  
Civic Center. \$3, sport socks to 1st 200 in 10K & 1st 50 in 2 mile  
Kent D. Winters, 1st Consumers Savings Bank, 235 Water St., Augusta  
04330. 622-4711 or 622-7787. Certification pending for 10 K. See  
flyer in October issue.

I Know Of No Races Scheduled For The Month Of December!



# walk this way

## AN INTRODUCTION TO THE SPORT OF RACEWALKING

by Steve Vaitones

What comes to people's minds when racewalking is mentioned? Straight-legged running, an unnatural motion, an easy event for those who can't cut it as runners, or a group waddling along in yogurt or bran cereal commercials. However, a little investigation will show that athletes involved in this first cousin to running train and race with the same intensity of runners, differing only in speed and distances.

High speed walking requires strength, endurance, and technique, with top competitors approaching six minutes for a single mile race. There are two walks in the Olympics, 20 kilometers and 50 kilometers. Racers will hold a pace of under seven minutes per mile in the former, and under eight in the latter.

What is walking as opposed to running? Two rules make the difference. Contact with the ground must be maintained at all times, and the supporting leg must be straight when it passes under the body. Losing contact is referred to as lifting, while progressing with a bent leg is known as creeping. When, in the opinion of three judges (when available), a competitor appears to be in danger of breaking the rules, he is given a warning. If the walker is in fact walking illegally, he will be disqualified. One need not be warned first.

Race walking is, in essence, no more than highly refined walking. As one increases their speed from a stroll, the body must move more efficiently. The arms are bent at 90 degree angles to allow them to swing faster, and the swing arc lengthens to accommodate a longer stride. The trunk rotates to increase stride length with the feet walking on a single line as opposed to two parallel lines. Landing with a straight leg allows the leg to be used as a lever to pull forward strongly, and the foot lands on the heel with

the toes up to get an extra inch on the stride. The heel should hit just as the toe on the trailing leg is about to leave the ground, giving rise to the description heel-and-toe walking. All motion is forward and back, a positive forward reaction for each action. Side-to-side motion with the hips, arms, and legs reduces efficiency.

But why walk? For one reason, walkers are less prone to injury. With each step, the force hitting the ground is only  $1\frac{1}{2}$  to 2 times one's body weight as opposed to the three or four times body weight with which a runner lands. Also, with the leg landing straight, the knee is extended and in the most stable position. Walking is a total body sport where all muscles come into play, upper body strength allowing one to power through the end of a long race. Finally, some people are built more for walking, just as there are both thoroughbred horses as well as trotters and pacers.

Once widely popular in the US, walking's popularity has faded somewhat with the running boom. However, long distance walks and walking races are still popular in Europe, even moreso than running. The sport was the forerunner to running, as footmen's races often contested in the 1700's. Ultra long races of up to six days attracted large crowds in the 1800's, with wagering on the outcome not uncommon. Controversy in judging the short races has sometimes given walking a bad reputation, but for the most part it is a gentleman's sport with fair play a prime consideration.

Walking is currently experiencing a re-growth in the US, but lack of knowledge by coaches, and unwillingness by some to accept the event as a legitimate athletic endeavor hinders development.

But walking has many fine athletes nonetheless. National 50 kilo ace Marco Evoniuk has run the mile near 4:10; 10 K record holder Neal Pyke was a 30 flat 10 K runner; and 2 time Olympian Todd Scully has run several sub 2:30 marathons.



The top walkers in the state of Maine are Randy Easter of North Jay, (the first Maine finisher in the National 25 K race held this summer in Lewiston,) John Lafreniere of Lewiston who has built a fine age group program in that city, and Dr. Charles Serratella of Aroostook County who is still active in his 70's after being a national class competitor in the 1930's.

So, for anyone looking for a sensible alternative to running, or for the added challenge of perfecting technique in addition to working on improvement of time, walking is the sport. For further information, you can contact any of the above, or the writer c/o Maine Running. There will be a clinic at the Athletic Attic in Bangor the weekend of the Benjamin's 10K run, which will have a walking division in it.

Steve Vaitones, graduated UMaine-Orono in 78. He placed 11th at the National 50K walk and 5th at the National Sports Festival 50K walk this summer. A resident of Waltham, Mass., he still closely follows the running and walking scene in Maine.

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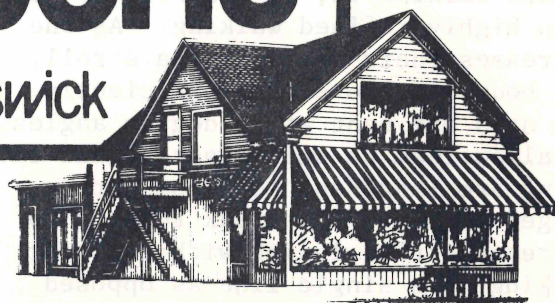
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# George Murray

by Ed Rice

The ridiculously small contingent of four runners stood behind world class, wheelchair competitor George Murray, just across from the Paul Bunyan statue in Bangor, ready to run an ornamental five kilometer (3.1 mile) "race" in honor of Murray's continental push across the United States.

One of the runners wryly cracked: "Maybe we should get a handicap start!"

Just watching Murray push his chair - the few moments he was in view - clearly indicated that the idea was as fitting as it was comically ironic: George Murray's "handicap" in no way hinders him from being a superb athlete.

Larry Allen of Bangor, one of the area's finest runners and the only runner that day who could stay near Murray on the quick tour of Bangor, was very impressed. "He (Murray) snaps his wrists so smoothly...he has a real nice rhythm. I was just barely able to keep up with him on the flats... and on the downhills, forget it!"

After the run Allen recalled that it was almost "magnetic...maybe even almost hypnotic running with him. He moves so smoothly. I found it easier running alongside him than many runners I go out with." Allen said he looked at his stopwatch and timed one mile they did in around five minutes and 20 seconds.

Allen said he particularly enjoyed the surprised look of many people whose puzzled looks were clearly the personification of the question: "What is this guy DOING?"

Allen quickly also noted he saw many, many looks from bystanders of deep respect. "He gave a nice little wave to some people he saw in wheelchairs when we went by the Eastern Maine Medical Center (where a group of people waited outside to honor him with applause). Other people reached out to wave from cars and from the sidewalks too."

Murray, who later noted he "held back" from going as fast as he could so he could enjoy talking to Allen, excused himself and sped on ahead alone not far from the finish in downtown Bangor.

Later, Larry reflected, "I think he just wanted to show people how good an athlete he is, wheelchair or no."

Sitting comfortably in his non-racing chair in his room at the Bangor in-town Holiday Inn, Murray smiled when asked if he had deliberately tried to discourage area runners from participating in the run in his honor. For, in a story in the Bangor Daily News the morning of his arrival, Murray had noted that any runner who wanted to run alongside had better be prepared to do 5:30's per mile, or faster. This appeared after several days of BDN ads encouraged local runners to participate.

Clearly a little mixup in planning.

Murray commented. "This came up in several towns where people wanted to run along. I felt there was one of two ways to handle it: either go through at almost walking pace, with everyone staying together... which is not very representative of how I run, or go through cities the same way I came across country, doing at least six minutes per mile. I decided I wanted to show people what I could do. I mean in some places it almost got ridiculous. One town wanted a marching band to go along."

Murray has clearly known the pain of being vastly under-rated as an athlete.

But even as the bored party of three-piece-suit-clad executives awaited his arrival, blowing tobacco smoke in one another's faces, Murray demonstrated, again, to those who cared to watch that he is a very exceptional kind of athlete. After using his name for several weeks the group of newspaper execs then bought George Murray lunch.

George Murray might have earned distinction on Maine's sporting pages in an entirely different way if a hunting accident at age 14 hadn't put him in a wheelchair for life. A Millinocket native, he was a standout basketball star



and captain of his junior high school team in the early 1960's. Think back a little and the names from that remarkable Stearns High School basketball team that went undefeated for four years easily spring to mind for many Maine natives: Jon MacDonald, Terry Carr, John Madore, Levi Pelletier... led by Coach George Wentworth. The six-foot-five Murray's name could so easily have been etched into the famous litany if only...

But the same tragic fate that befell his father, befell George Murray.

He remembers: "My father could run 26 miles without stopping. He expressed his desire to run the famous Boston race himself, but soon afterwards he was paralyzed in an auto accident. He spent the rest of his life in a wheelchair. I remember telling him I'd run the race for the two of us... I began running.

"In my early teens I began running a trap-line for mink, beaver, otter and muskrat as my father had (his father had been a professional fur trapper-guide and seasonal worker in a paper mill). My trap line was  $7\frac{1}{2}$  miles, and I'd pretend I was running the Boston Marathon. Then one day soon after my 14th birthday, I was running down a hill with my gun on my hip and bang'... my gun went off and shot me in the back... As it turned out, the bullet had struck a vital nerve and I along with my father, was sentenced to a wheelchair."

At first the biggest disappointment was not being able to play basketball. But soon Murray began playing wheelchair sports and, after entering the University of Oklahoma, continued this training. Until the onset of asthma, or, as Murray poignantly suggests, "Asthma, with a capital 'A'...it got progressively worse until I could no longer compete." Several times he was rushed to the hospital with respiratory problems and ultimately he dropped out of school and quit wheelchair sports altogether.

Still, Murray has never been a quitter. "I returned home and spent three

years eating, drinking, sleeping and playing chess," with the goal of one day becoming a master. He studied six to eight hours a day and played at chess clubs three times a week, he remembers. He won a most outstanding player of the year award in 1974 and then moved to Florida, to continue pursuing his chess career.

Yet, in Florida, his asthma got better. He could begin wheelchair sports anew. After training in the shotput, discus, weight lifting as well as basketball, Murray tried a racing chair. He remembers: "For the first time in over 15 years, the wheelchair became a means of expression and a form of freedom, rather than a restriction. I could go as fast in the track chair as some people could run. I loved it!"

Murray met Bobby Hall, the first man to go 26 miles in a wheelchair and then the national marathon champion. Hall helped give Murray the motivation to revive the dream of running the Boston Marathon. He trained for a year, taking second place to Bobby Hall in the Orange Bowl Marathon in Miami, in two hours and 54 minutes -- feeling even better about the result because he raced the last 10 miles on flat tire! He admits he went to the Boston Marathon in 1978 with "great expectations."

He says: "I thought I could win, but wasn't sure. The gun went off, and almost instantly we were going 30 miles per hour on the first downhill." But shortly after the eight mile point he really "started pushin'...For the last 18 miles it was just me, the press van and a couple million spectators. As I reached the summit of Heartbreak Hill, I had a vivid image of my father urging me on, and again I heard myself telling him I would run the race for both of us..."

Then Murray realized even something more special was happening: "I realized the lead runner hadn't passed me yet. In all other marathons the lead runner passed the wheelchair contingent around Mile 16 or 17. I decided, what the hell, I'll go for it. An entire new race began for me. I was going to beat the runners as well." And he did.

Since then George Murray has set one new standard after another for wheelchair



athletes. He pushed across the State of Florida, 160 miles in six days. He was the first to ever record a sub 5-minute mile in a wheelchair, and has set world records in the mile, 1500 meters and 10,000 meters.

In January of 1981 Murray captured the World Wheelchair Marathon Championship in Miami. He has been named "Florida Amateur Athlete of the Year" a first for a disabled person. Today he is perhaps the most well known wheelchair athlete, having made numerous national television appearances as well as being written up in several national magazines.

George Murray's training began with "just running...I didn't really train. I didn't take a watch. It was pretty much a Fartlek workout...I really just liked to run hard."

Today Murray will do up to 120 miles a week, mixing in long intervals and even track work. He notes: "I still like to bust hills, even on long runs."

According to Murray wheelchair race psychology is "really identical" to two-legged runners. "We don't take as much of a pounding on the roads as runners do but everything else is the same." Commenting that he goes in for such practices as carbohydrates-overloading before a marathon, Murray adds that he also goes in strongly for weight training, putting "a little more emphasis on chin-ups and similar upper body work."

In the ranks of wheelchair competition there are five classifications: Class 1, three divisions (A,B and C) involving quadraplegics; Class 2, paraplegics-- with use of arms but not possessing all of their trunk muscles; Class 3, those with disabled portions of the vertebrae but possessing a few more stomach and back muscles; Class 4, lower paraplegics; and Class 5, those who can't play able-bodied sports.

Murray is a Class 3 competitor and he knows that in races involving hills he is at a distinct disadvantage with the Class 5 racers. He remembers that in his 1978 Boston Marathon win he felt he needed at least a two-minute cushion

going into the famous hills from Mile 17-20 (including Heartbreak Hill) in order to win. In that race he had a 10-minute lead going into the hills and ultimately won the race by seven and one-half minutes. The Class 5 competitors have a little more muscle control and their injuries are less disabling, giving them a better opportunity to make time on the upgrades.

Yet George Murray can go very hard...He has a 2:12 marathon on one course where the second half was run into a stiff wind, varying between 20 and 25 mph! He may one day run a sub 2-hour marathon. One has already been turned in by a wheelchair competitor, on a flat course with a 30 MPH following wind. Additionally, Murray has a superb 10-K PR of 27:53.

When George Murray had completed the task of "pushin'" into Bangor, en route to Millinocket, there was really no reason for a ceremonial run through town. Murray had actually put himself out, racing extra hard to get into Bangor at the appointed noon hour. A flat tire had derailed his party...yet he made up for the time loss on his own. Now, after a brief reunion with his mother and friends, a quick drink of water, he lined up with the four runners and set right off again.

There just doesn't seem to be a lick of quit in the man.

Consider that he'd just been involved in the "Continental Quest," an event sanctioned by the U.S. Council for the 1981 International Year of Disabled Persons as proclaimed by the United Nations, begun in Los Angeles on April 10. Murray had wheeled, along with his friend Phil Carpenter, across the entire United States in the first-ever wheelchair continental crossing, officially finishing at the U.N. in New York.

But George Murray had a couple more goals in mind. First off, he wanted to wheel right on up through his native Maine. He was carrying a small vial containing water from the Pacific Ocean (strapped to his racing chair since day one of the trip) which he'd hoped to sprinkle on his much-beloved Mt. Katahdin...still his favorite place in the U.S., he said.



It had been quite a trip across. The duo, often traveling at ungodly early morning hours to avoid the heat of the day, first pushed across the deserts of Arizona and New Mexico. They reached a comical impasse in New Mexico where two feuding Indian tribes had blockaded the available road (they skirted this ticklish situation by scooting, illegally, down a few miles of the nearby Interstate, on the shoulder!) They climbed the Rockies in Colorado, crossed through some flooded roads in the great plains of Kansas, crested the Ozark Plateau in Missouri (the toughest climb of all, Murray said, noting that in some instances one full "push" only netted them a couple of inches), canoed across the Mississippi River (in an Old Town canoe, of course!), toured Kentucky's Bluegrass Country, conquered Appalachia, climbed the Blue Ridge Mountains of Virginia, reached the nation's Capitol and then pushed on through Maryland, Pennsylvania and New Jersey (best receptions of the trip, Murray says) to finally wind up at the United Nations on August 26, 1981.

Whewww!

Yet, when Murray reached Maine, he found he couldn't put the one finishing touch on his monumental trip that he wanted. Aircraft are not permitted in Baxter State Park and so, he could not be flown to the summit of Mt. Katahdin to pour the waters from the West onto his favorite place, in the East. Several people tried to intercede on his behalf, but ultimately George Murray had to pour his little bit of the Pacific into the Kathahdin Stream.

It seems a shame that a man who has accomplished so much, and demonstrated so much courage and determination in proving to be a living inspiration to so many couldn't be granted this one small wish in his own home state...

One wonders where all the three-piece-suit-clad, tobacco-smoking execs disappeared to...when George Murray could have used one small lift?

George Murray has returned to the University of South Florida where

he is majoring in physical education. He will be back soon, however, for a special speaking engagement at the University of Maine. Maybe then someone will be considerate enough to give him a very richly earned ride to the summit of Mt. Katahdin... this man who knows so much about what it takes to get to any summit.





# Maine Line

by Larry Allen

A column devoted to keeping track of those Maine runners who venture to various races around the U.S. and the world.

Fall is the best time for running and racing, especially in New England! The pile of results in this issue reflect that popularity. This month, fall marathons to college x-c and everything in between.

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BOSTON, MA. SEP 19 Saucony Share The Road National 10K Road Race

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Hank Pfeifle showed his condition a week before his big Kingfield win by running a strong 3rd with a good 29:50. Hank is obviously very fit, at Kingfield he was so thin as to be nearly unhealthy, but just right for a fast marathon on November 1 in D.C.

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SPRINGFIELD, MA. SEP 19 Long Meadow 5M

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Andy Palmer also prepared for his kingfield race by running a good race. He won in 24:08, beating the 2nd runner by nearly 90 seconds. Andy is running well despite a difficult transition back into college life as a Grad student.

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QUINCY, MA. SEP 13 City of Presidents Marathon

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Speaking of transitions in lifestyle, Rock Green has succeeded very well, thank you. He is now enrolled in Boston University, working for Bill Rodgers and Co., and he dipped under 2:30 for a marathon win on this two loop course. The temperature was 75 degrees and the shade was scarce, not great for us mere mortals, but this was Rock's 8th marathon this year and his first sub 2:30 since his "windaided" pr 2:26 in New Orleans in 1979. This Rowdie thrives on tough conditions!!

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BOSTON, MA Oct 4 OMNI Freedom Trail 8M

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Bruce Bickford continued his rise to

the top. He placed 2nd to Olympic medalist Rod Dixon (New Zealand), in this, one of America's most prestigious races. Bruce lost contact with Rod in the last ½ mile and lost by only 8 seconds. His time of 36:50 is 4:36 per mile!! Others from Maine also ran very well, Hank Pfeifle was 21st out of a very tough field, he ran 38:40 only 3 seconds behind "Olympic" team member Benji Durden. Ken Flanders of Portland has had a super year, he placed 27th in 39:08. Bob Chasen a Bates College grad '76 and now a Brockton, Mass podiatrist was 65th in 41:31. If you are wondering how you might have done out of 3800, 500th place was 50:59, 1000th place 55:17 and 1500th place 58:33...

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LONDON SEP 27 London to Brighton 53½ Mile

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Darren Billings of Bowdoinham and UMaine travelled to England for this classic fall ultra. He placed 75th out of 175. His "first" marathon took him 3:20. Then he ran into a rainstorm and a range of hills after 40 miles and still hung on for a 7:39:35 - about 8:35 per mile average! The winner, B.N. Fordyce of the Wits A.C. started out at steady 6 minute pace!!, picked it up in the middle and hung on for 6:05's for the last 7 miles. His winning time 5:21:15.

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GAGETOWN, N.B. Oct 11 Oromocto Marathon

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Phil Stuart in only his 3rd marathon placed 2nd with a 2:32, an 8 minute pr. Deke Talbot ran 2:50. Phil and Deke are both Downeast Striders from Machias. Deke calls Phil ubiquitous, I call Phil just plain tough!!

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BOSTON, MA Oct 12 Bonnie Bell National 10K

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A large Maine contingent travelled to this women's race which became the largest race in New England (this year) with 7268 finishers. Marjorie Podgajny (pronounced Păgō - nee), winner of the recent Casco Bay race in 2:49:36, and a new resident of the Portland area, led the way placing 26th in 35:38. (Her husband, Steve, isn't bad either. He ran 2:16 in the Boston Marathon this year. - Welcome to Maine!!)



Karen McCann led the Central Maine contingent by running 38:35 and placing 79th. Others in the field included:

Andrea Hatch, Castine	40:10
Barb Hamaluk, Bangor	41:23
Patty Jacobs, Farmington	41:48
Marty Thornton, Hallowell	42:00
Marion Leschey, Portland	47:00plus
Norj Ahrens, Bangor	48:00plus
Priscilla Schade, Augusta	51:08
Marj Lalime, Waterville	56:39
Pamela White	56:39
Patty Begin	59:51
Norma Mitton	59:30
Priscilla Jolicoeur	60:00
Sue Easter, Farmington	no time avail.

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#### VERMONT OCT 4 10K

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Kurt Lauenstein showed that he was recovering form after his injury problems, by winning this local 10K easily in 31:45 - he won by 90 seconds on "a really tough course".

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#### KEENE, N.H. Sep 20 4th Clarence DeMar Marathon

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A strong Maine field invaded the hometown of the namesake of this race, a seven time winner of the Boston Marathon. Mickey Lackey set a pr of 2:39:21 in placing 3rd. Tom McWalters was close behind with 2:39:45 in 4th; Gary Cochrane 5th with 2:41:50 and Lawson Noyes (Casco Bay director) was 6th in 2:43:23. Lackey, Cochrane and Noyes are Maine Rowdies. Harry Nelson was 18th in 2:49:20; Nelson and McWalters are Central Maine Striders.

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#### OLD NEWS

ALTON, ILL. July 29th 2 Miles X-C

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Karen McCann won this tough, wet 2 mile race in 12:10 beating 121 other women.

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#### DARTMOUTH, MA Aug 30 8 Miles

---

Ken Flanders showed his condition by winning in 41:27, Dan Paul was 2nd in 42:09, Dan Barker ran 43:26.

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#### GLOUCESTER, MA Sep 3 Magnolia 5 Miles

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No one knew who Hank Pfeifle was when he showed up, they found out when he ran

sub 24:00 for 5 miles ( exact time not available). He won easily!

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#### COLLEGE NEWS

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Barbara Rand from Orrington and John Bapst High, and Mary Palmer from Madawaska are both running varsity x-c for St. Anslems College in N.H.

The Boston Globe women's college x-c coaches poll shows Boston University coached by Joan Benoit, ranked #1 in New England, and New Hampshire was 2nd (Maine was ranked 6th). You say, why "was"? Well, Maine should move up following a solid 25-35 upset win over N.H.

Jim Boynton from Ellsworth, and Troy Degolyer from Mt. Desert Island are both members of the Hawthorne College (N.H.) x-c team. Jim won the Mayflower Conference championship title on Sep 19 in 29:18 over the Franklin Pierce College 5.7 mile course. Troy was 7th in 31:09, Jim and Troy were 1-2 on Oct 7th in a tri-meet at New England College.

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#### WINDHAM, N.H. Oct 3 Windham KofC 10K

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Jim Boynton of Hawthorne College found time for an extra curricular 10K and he continued his winning ways with a 34:30.

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#### MARATHON PREVIEW

The following folks are hitting the marathon trail real soon:

#### New York City Oct 25

Mike Gaige, Bangor  
Larry Allen, Bangor  
Gary Allen, Great Cranberry Island  
Barb Hamaluk, Bangor  
Mike Halmo, Orono  
Steve Rainsford, Portland  
Randy Phillips, Portland  
Patty Trombley, Portland  
Mason Smith, Portland

#### Mt. Washington Valley Marathon Nov 1

Bill Hine is headed for this one from Lewiston.

#### Marine Corps Marathon Nov 1

Hank Pfeifle, Kennebunk  
Dave Cunio, Ellsworth  
Carlton Mendell, Portland

Good Luck to everyone!



-----  
BUFFALO, N.Y. Oct 17 Skylon Marathon  
-----

Larry let me tell this one myself.

EDITOR BREAKS 3 HOUR JINX!

I travelled to Buffalo using the free ticket Mike Gaige won at Ellsworth and by driving the 290 miles from Albany (Bar Harbor Airlines western terminus) to Fort Erie, Ontario. I arrived in Canada and bedded down at 1 a.m. the day of the race.

I had heard horror stories of the winds on this course, but at race time it was a comfortable 55 degrees with a gentle breeze behind our left shoulder.

I linked up in the first mile with Molly Thayer of San Francisco who was home visiting her parents and looking for a 2:50. I said what the hell! If I explode I can still easily break 3 hours.

Molly and I breezed through 5 in 31:45; cruised through 10 in 63:36 and then I picked it up. I waved good by to Molly and went for it.

I was already starting to fade when I hit 20 in 2:09. The 21st mile went by in 7:15. I knew I was in trouble!

At 20 I was in 167th place; at 25 I was 200th and I grabbed a fist full of orange wedges and ate them while leaning downhill in the final mile.

I stood on the other side of the finish line and ate even more oranges and watched with pleasure as the digital clock ticked off the many seconds between 2:57:42 and 3 hours. It felt awfully good.

It wasn't exactly a thing of beauty, but at least the deed has been done.

Bob

-----  
LATE NEWS

Watch for the annual edition of Runners World this winter. Bob Wischenia of that magazine will be doing a feature on the Great Cranberry Island 5,000 Meters (June

19, 1982 next year) as a part of their annual article on interesting races in interesting places.

-----  
NEXT MONTH  
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Hard to say, but I'm sure you'll all be out there running - and telling me about it.

Anyone having information about, collegiate high school or open runners from Maine who have run a race (elite or otherwise) outside our borders, please contact me at Athletic Attic, Bangor Mall 04401 or call 207-947-6880.

## Running on...

by Skip Howard

This is the end. I'm burned out. Hammered. Cryin' on the boulevard. Singin' my last song, hummin' my last tune. Nothin' left. Caught me when I was blistered and blown away, didn't ya?

If I haven't caught it, I've thought it, and it still sounds trite and contrived. So, I'm at the end of the road, am I? Nothing to write about related to running, and no words to say it. Just two days after a hard-ass marathon, and I'm whipped, whimpering, wordless, wonderin' just what in hell I'm doin' this for, this runnin' stuff, this endurance trip.

Why, for instance, am I even contemplating the Rowdy Ultra, a 50-Mile race, for God's sake, on the 15th of November, somewhere around Lewiston or Brunswick. I mean, 12 times around a 4-mile loop. You remember Deke's account of it? Hey, I'm not of that caliber, even of my stature, to consider remotely an undertaking of that magnitude. So "why", she asked, "would you want to do something like that?"

- "I don't really know", - an echoed reply, from somewhere, someone else, while I drowned in her eyes. "I guess because I need to test the limits. I enjoy it. Even the pain, the cold, the



heat, the hurt, I love it. I love it all."

I didn't say all of that. Only the best parts. Sure, I'm in a deep purple funk. I procrastinated over long on visiting a dying friend. So now he's passed away, and I made the cliched, stupid blunder of calling to ask how he was, before I went to visit, and his finest kind of woman/wife said quietly -

"Oh, then, you don't know" and forever I'll feel the fool when I see her, and her two lovely daughters. We acted together, we did, and we were all beautiful.

On top of that, the enormous heart of my Main Man is cracked and cracking, and what in hell can I do to help him? What can I say?

That does it. All I can do is run. 5 miles in an hour. Last two down the railroad tracks. Found a broom though. Almost broke my achilles tendons. See, I even screwed that up. So, before I hit the rack, I'm going to stop this ridiculous steam-of-consciousness crap, get something to eat, watch the first game of the Series, get hammered some more, and get a good night's sleep. Hope I can recover in time for the Rowdy. 16's back-to-back with a 10-minute breather for food. Food!! That's what I was going to write about! Food, Food! Glorious food!!

Pasta and pancakes. Crumpets and tea. Coffee and cake. Mayonnaise and mustard and custard and me.

Well, maybe next time.

# Biking to Olympus

by Dr. John Frachella

Installment #5 "Back to the reality of riding our bikes"

In Pelakas, it was getting dark and Joe was tired. He decided to get a room in town but I headed for the beach. I'd heard about Pelakas Beach when we were on the way to Italy.

I got there pretty late and 3 or 4 tents were already pitched. They belonged to some campers who were from Israel, Australia, Canada and Greece. They welcomed me and a nice man whose English was excellent helped me set up my tent. He said he had to leave soon because he had nothing to sleep in and he was there with his girlfriend. I offered to sleep on the sand under a very starry night, while he and his girlfriend had fun in my tent.

When I woke up in the morning, I got a better view of the beach. It was flanked by huge rock cliffs with deep-water coves and bays. At one point on the cliffs a narrow fresh waterfall plunged to the clear blue sea. The campers told me about this being a nude beach and by mid-morning about a hundred people arrived, all without clothes. It became increasingly clear that this was going to be a very interesting day.

Very surprisingly and to the amusement of everyone on the beach, a Greek/Italian film crew arrived by noon to shoot a low-budget porno film. What a circus. I felt like I was on-set in a Fellini movie. Naked tourists and campers watched as photographers and directors ran around with all their clothes on, filming a bunch of fancy ladies who wore nothing but a lot of rouge. Joe and I spoke for a while with the film's fashion photographer who was a very intelligent man capable of much greater things than plastering make-up on models. He mentioned the irony of "living" vs. "making a living" in such a magnificent place as this. To him, fashion photography was an avocation and a chance to make a little money, but his real contribution to the



world of art lay elsewhere in Rome and Zurich.

We basked in the sun, swam and generally enjoyed ourselves all day long with people from every corner of the world. We talked and shared ideas and laughed like hell at the film crew as they ran back and forth along the beach shouting in Italian at each other. It was hilarious, but in truth, we'd had enough.

We left in the late afternoon and it felt good to be back to the reality of riding our bikes. We headed for the western shore of the island (we're still on Corfu for those of you who've lost track) and made it to the base of the mountain of Achilles. We pedalled back and forth on a twisting, up-hill road, 3 kilometers to the temple. There, out of breath and covered with sweat, we saw the statue of the famous Achilles. It was a marble sculpture, larger than life, of a handsome young athlete who was grimacing in pain at an arrow stuck just above his heel. Every runner I've known with an achilles problem was with me then ...Skip, Loomis, The Mulv... they were all there in silence and respect.

We rode off to the town of Corfu where we ate dinner and took a room in a cheap hotel for a good night's rest. In the morning we took the ferry back to Patras, an 8 hour boat trip to mainland Greece.

We met a few folks on the boat who were very interesting. Bob, a young part-Creole Indian from New Orleans, introduced himself in a classic style. "Hi", he said, "I'm on the road now but I've been a bartender on Bourbon Street, I like jazz and I cook good jambolia." He was with 2 young ladies, Vicki and Michelle, from San Francisco and Minneapolis respectively. They'd been travelling together in Rome and northern Italy where they visited art museums and archeological sites. We spoke of shared experiences and the richness of life and the hours soared by.

When we landed in Patras we all got beds at the good-old Youth Hostel. Our old friend, the owner, was glad to see us again and, along with an Australian couple, we all went out for fish at our favorite cafe at the end of the docks. Later, we strolled to

a taverna referred to us by some locals. It was tucked away on a side street in a seldom traveled part of town. Inside there was one room with huge wooden kegs lying on their sides. There were 15 or 20 old men sitting down at small tables drinking the only drink in the house - Retsina. I walked in with a smile but I was scared - I knew we were invading their sanctuary, and besides, three of us were female and this didn't look like a place you'd want to take a nice girl. Quietly and sternly, the old men made room around 2 small tables and they motioned for all of us to sit down. The owner brought a copper pitcher of Retsina and some glasses. (Retsina is a white wine aged in kegs which are lined with pine resin; the pine comes through in a subtle way but the potency comes through like a locomotive.) The men slowly began to smile when they saw how much we enjoyed our first taste of their favorite drink. The owner brought another pitcher to the table with exclamations of "Mr. Cristo! Mr. Cristo!" and a thin man with dark leathery skin, indicated that this one was on him. He kept winking at me implying that I should drink more. One of the men left, came back with a tape recorder and some tapes and another man with a kind innocent face asked the girls to dance. He was a great dancer as he dodged very gracefully between the crowded tables. All 3 girls danced with him at least twice and the wine kept coming and coming. Mr. Cristo ran home to get his 14 year old son who could speak English. He was so proud that his son could talk to the Americans that he was simply beside himself. The son, slightly embarrassed, drank a soda and explained that he had a girlfriend, a pen pal, in Minnesota. He hoped he could go there some day. I told him I thought his father was marvelous and he beamed.

Before we left I took photos and promised to send prints. All the men shook my hand and I felt so much at home, as if these were my people, my very own family.

...To be continued.





## "THE PACK"

1981 TIN MAN TRIATHLON  
Camden Sep 20th

1. Al Fereshetian	2:23:19
2. Eric De Rivera	2:31:01
3. Skip Howard	2:32:20
4. Dan Campbell	2:33:26
5. Kenny Smith	2:35:04
6. John Frachella	2:35:33
7. Lloyd Ferris	2:36:53
8. Rob Smith	2:39:02
9. Mark Smith	2:39:02
10. David O'Connor	2:39:46
11. Ken Goebel	2:40:29
12. Nick Branch	2:43:02
13. Casey Morton	2:44:06
14. Steve Miller	2:45:56
15. Karl Nocka	2:49:06
16. Jerie Bugbee	2:50:18
17. Andrew Simms	2:51:10
18. Sarah Campbell*	2:54:22
19. Larry Dutch	2:53:10
20. Richard Lermond	2:54:23
21. Frank Marston	2:54:55
22.	
23. Dan Seefarth	3:00:02
24. Parker Johnson	3:00:54
25. Jim Holmbraker	3:01:28
26. Janet Staley*	3:02:18
27. Paul McGurren	3:04:45
28. Tom Mulvey	3:05:39
29. Sam Clark	3:03:27
30. Rolin Morin	3:08:52
31. Richard Cook	3:09:16
32. Barbara Hamaluk*	3:09:52
33. Brendon Curran	3:12:02
34. Chris Daley	3:12:37
35. Andy Phillips	3:13:00
36. Tom Goodridge	3:13:10
37. Tony Washington	3:13:12
38. Scott Novack	3:19:56
39.	
40. Larry Brown	3:24:26
41. Fred Clemens	3:31:38
42. Bob Handleman	3:35:08
43. Greg Furey	3:37:25
44. Ellen Spring*	3:41:11
45. Tom Barrow	3:43:44
46. Madaline Alexander*	3:54:07
47. Peter Brown	4:07:00

Results courtesy of Bill Hughes  
Event Director

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2ND ANNUAL WADDLE/FOURNIER 10 MILER  
Topsham Sept 20th

1. George Towle	58:03
2. William McCulty	58:57
3. Eric McNett	59:29
4. Jim Hanson	61:02
5. Rob Jarrett	62:15
6. R.W. Wells	62:35
7. Dale Dorr	62:51
8. Doug Ware	63:14
9. George Johnson Jr.	63:35
10. Steve Moriarty	64:15
11. Bruce King	67:28
12. Don Bruce	67:40
13. Mike Beaudoin	68:00
14. Diane Fournier*	68:24
15. Rob Hunt	69:06
16. Dan Givens	69:15
17. Matt Waddle	69:29
18. Frank Morang	69:35
19. John Boyne	69:40
20. Bob Laberge	70:06
21. Sam Butcher	70:54
22. Robert Waddle	71:24
23. Brian Ouellette	71:24
24. Bill Higbee	72:01
25. Vernard Lewis	72:24
26. Fredrick Ward Jr.	72:57
27. C.U. Hutchins	73:04
28. Ian Laitala	73:06
29. John Mulrooney	73:18
30. Roger Putnam	73:48
31. David Toothaker	73:55
32. William Fox	74:13
33. Bob Currier	75:04
34. Chris Clemont	76:40
35. Carol Sly*	76:41
36. Peter Hoskins	76:44
37. Bill Mercier	77:34
38. Nancy Bruce*	77:54
39. John Cullen	78:23
40. Evelyn King*	79:35

Results courtesy of Bob Waddle

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JAMES BAILEY 5 MILE RACE  
Gorham Sep 27th

1. Bruce Bickford	24:47
2. Jamie Gildard	26:44
3. Danny Paul	27:14

4. Rick Gildard	27:29
5. Ken Flanders	27:58
6. Werner Pobatschnig	28:02
7. Stanley Bickford	28:12
8. Doug Ingersoll	28:15
9. George Towle	28:17
10. Tom Mitchell	28:43
11. Chuck Keating	29:16
12. Mike Brust	29:21
13. Rob Liche	29:43
14. Stewart Palmer	29:50
15. Lloyd Slocum	30:02
16. Chris Bovie	30:03
17. Bill Funicella	30:13
18. Peter Grant	30:26
19. Richard McFaul	30:30
20. Todd Dresser	30:33
21. Don Barton	30:42
22. Scott Hugo	30:45
23. Jason Hamilton	30:46
24. Bob Sylvia	30:51
25. John Leeming	30:55
26. Steve Olafsen	30:57
27. Jeff Buck	31:02
28. Marty Moran	31:12
29. Peter Connolly	31:13
30. Richard Wells	31:14
31. Steve Palmer	31:16
32. Gerry Myatt	31:17
33. Art Conro	31:25
34. Paul Conley	31:36
35. Ken Curtis	31:47
36. Norman Lewis	31:48
37. Frank Brume	31:49
38. Erich Reed	31:52
39. Joe Slowinski	31:52
40. Bob Smyth	31:58
41. Roger Zimmerman	32:03
42. Kevin Anderson	32:09
43. Pete Hanson	32:23
44. Mike O'Reilly	32:29
45. John Kennie	32:34
46. Stanley Warren	32:53
47. Tom Lindsey	32:54
48. Mike Wilson	33:02
49. George Nason	33:04
50. Kim Beaulieu*	33:04
51. Robert Payne	33:07
52. Robert Lindahl	33:13
53. Doug Moody	33:20
54. Chris Dinan	33:24
55. Larry Frank	33:25
56. Dick Boutet	33:27
57. Chris Comstock	33:28
58. Russell Nappi	33:33
59. M. McAleer	33:39



60. Lawrence Main	33:42
61. Steve Gifford	33:48
62. Jack Bell	33:51
63. Karl Kraft	33:52
64. Bob French	33:54
65. Tony LePore	34:03
66. Mark Fisher	34:12
67. Guy Daigneault	34:20
68. Bruce St. Ours	34:26
69. Arnie Clark	34:43
70. Peter DeTroy	34:44
71. Rob Hunt	34:46
72. Charlie Gordon	34:47
73. Greg Lamb	34:48
74. Mike Beaudoin	34:50
75. Brad Goodale	34:51
76. Bob Laberg	34:55
77. Leonard Sandborn	35:04
78. Cliff Knight	35:09
79. Tom Bennett	35:09
80. Roland Laflame	35:23
81. Bruce Kingdon	35:23
82. Frank Morang	35:28
83. Colin Pomroy	35:32
84. John Johansson	35:34
85. Tom JanKowiak	35:49
86. Phil Richardson	35:58
87. Jim Anderson	36:05
88. Malcolm Pottle	36:06
89. Carleton Mendell	36:12
90. Greg Dugas	36:20
91. Bruce Wood	36:33
92. Lloyd Cook	36:39
93. George Nadeau	36:40
94. Bob Page, Jr.	36:44
95. Bob Sturges	36:50
96. Laurie Jasper	36:54
97. Bruce Allen	37:05
98. Bub Predham	37:07
99. Charles Ouillette	37:07
100. Don O'Grady	37:09
101. Jan Laitala*	37:10
102. Mike Fitzpatrick	37:11
103. Richard Fletcher	37:13
104. Bill Elgee	37:14
105. Frank O'Brien	37:29
106. Julie Sylvia	37:32
107. Eben Beever	37:32
108. Steve Blodgett	37:32
109. Peter Morrill	37:36
110. Dan Chase	37:37
111. Brian LaSalle	37:37
112. Dick Campbell	37:38
113. Charlie Probert	37:53
114. Brian Daly	37:57
115. Gary LeMons	37:59
116. Chris Cash	38:13
117. Robin Everett	38:20
118. Brett Baber	38:20
119. Guy LaFlamme	38:25
120. Richard Kingsley	38:52
121. John Alcorn	38:58
122. Larry Dyer	39:04
123. David Robinson	39:07
124. Cliff Dunphe	39:28
125. Maureen D'Amboise*	39:46
126. Steve Barnes	39:52
127. Cueves	39:56
128. John Quillette	40:12
129. Mike Wright	40:21
130. Michelle Rollins*	40:36
131. Roger Beaulieu	40:42
132. Susan Astle*	40:45
133. J.P. Lavoie	40:46
134. Jeff Stevens	40:50
135. Peter Frederick	40:57
136. Gayle Sternberg*	41:09
137. Ray Cherest	41:28
138. Mathew Bosislo	41:41
139. John Tewhey	42:15
140. James Soule	42:29
141. Cathie Clark*	42:35
142. Sandy Dunbar*	42:35
143. Christine Detroy*	43:07
144. Robert Smith	43:23
145. Donna Demmons*	43:33
146. Susan Pielas*	43:42
147. Susan Vranizan*	43:54
148. Don Spear	43:58
149. Jodie Allen	44:16
150. Ann DesRosiers*	44:45
151. Shellie St. Peter*	45:05
152. John Sakole	45:14
153. Lisa Bouchard*	45:19
154. Don Hemphill	45:27
155. Sharon Peck*	45:56

156. Wilbur Holmes	45:59
157. Sarah Faunce*	46:11
158. Ann Curran*	46:12
159. Lynne Zimmerman*	46:23
160. Tracy Iatesta*	48:19
161. Richard Neuts	50:05
162. Dee Nicely*	53:03
163. Claudia Bosisio*	53:09
164. Janis Denehy*	54:33
165. Virginia Ward*	56:53
166. Bev Blodgett*	57:04

Race results courtesy of Dave Paul  
Race Director

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#### JAMES BAILEY 1.5 MILE RACE

Gorham Sep 27th

1. Bobby Sprague	9:25
2. David Manthorne	9:33
3. David Fritz	9:51
4. Matt Seigal	9:52
5. Tim Berry	10:02
6. Jeff Paul	10:05
7. Kurt Smyth	10:20
8. Lenora Felker*	10:22
9. Charles French	10:24
10. Katti Towle*	10:26
11. Karen Sprague*	10:26
12. Chris Smith	10:30
13. Dan Fenderson	10:32
14. Matt Hyde	10:33
15. David Wakem	10:38
16. Jeff Martin	10:40
17. Peter Tankowiak	10:52
18. Mike Miller	10:52
19. Matt Probert	11:04
20. David Goodwin	11:08
21. Richard McKeil	11:14
22. Teresa Desrosiers*	11:19
23. Steven Towle	11:20
24. Aaron Connolly	11:24
25. John Sweeney	11:32
26. Lori-Ann Towle*	11:36
27. Sarah Berry*	11:38
28. Aaron DiFillipo	11:46
29. Justin Verstat	11:53
30. Brian Walch	11:54
31. Kelley Frazier	12:07
32. Danny Boomttour	12:14
33. Robbie Page	12:15
34. Chris Lavoie	12:20
35. Wendy Ouillette	12:23
36. Mike Westort	13:04
37. Shawn Lindahl	13:16
38. Lora McMullen*	14:01
39. Melinda Garcia*	14:12
40. Jason Pooler	14:19
41. Benjamin Verstrat	14:35
42. Dan Keating	15:27
43. Monica Cook*	15:34
44. Diane Sprague*	16:05
45. Brian St. Pierre	18:45

Results courtesy of Dave Paul  
Race Director

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#### 3RD ANNUAL AUTUMN RUN

Dover-Foxcroft 5K Sep 27th

1. Hank Chipman	15:06
2. Bob Clement	16:31
3. Chris McMann	16:34
4. Thom Amotte	16:37
5. Terry Priest	16:51
6. Warren Dean	16:58
7. Loren Ritchie	17:25
8. Todd Braley	17:31
9. Chris Prickitt	17:32
10. Ray Cooper	17:43
11. Tom Coy	18:18
12. Andrew Gilman	18:18
13. Steve Rainsford	18:33
14. Wayne Champion	18:50
15. Mike Doore	19:14
16. Dave Hager	19:15
17. Steve Smith	20:21
18. Stoddard Chaplin	22:29
19. Paul Gosselin	20:43
20. Butch Phillips	21:03

21. Tim Damien	21:44
22. James Lobdell	22:01
23. George Lobdell	22:06
24. John Kasten	22:13
25. Larry Salvesen	22:49
26. Kim Damien*	22:57
27. Jerry Henderson	23:02
28. Tracy Chaplin	23:19
29. Sunshine Weinrich*	23:29
30. Judy Doore*	23:52
31. David Doore	23:56
32. Carey Clement*	24:48
33. Steve Caplowe	25:17
34. Sheila Chaplin*	25:20
35. Nancy Nicholson*	26:08
36. Mark Laser	26:18
37. Justin Weinrich	26:25
38. Louise Clement*	26:26
39. Kristian Clement*	26:32
40. Jane Dean*	26:52
41. Wayne Smith	27:11
42. Billy Forbes	28:14
43. Laurie Cooper*	28:57
44. Kate Brady*	29:38
45. Vickie Brewer*	29:38
46. Sarah Forbes*	30:59
47. Doris Coy*	31:11
48. Levi Stevens	31:27
49. Bob Pride	31:27
50. Gwen Clement*	31:33
51. Brenda Tilton*	31:57
52. Janet Smith*	34:33
53. Shirley Kozlovich*	34:41
54. April Laser*	35:34
55. Missy Laser*	35:37
56. Jean Chesley*	35:56
57. Stephanie Tilton*	39:10
58. Katherine Forbes*	39:10

Results courtesy of Community Health  
and Counseling Services

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#### N.A.I.A. COLLEGE CROSS-COUNTRY

UNIVERSITY OF SOUTHERN MAINE INVITATIONAL

Gorham 5.1 Mile Oct 3rd

1. Dave Lavellee	SS	27:11
2. Don Thompson	SS	27:11
3. John Keller	USM	27:48
4. Chris Holt	St Joe	28:08
5. Keith Poulin	St Joe	28:14
6. Tom Emery	USM	28:18
7. John Howe	St Joe	28:23
8. Fergus Kenny	St Joe	28:26
9. Steve Dawson	SS	28:52
10. Bob Jacobs	SS	29:03
11. Clint Foxwell	MMA	29:11
12. Dazl Hagar	MMA	29:20
13. Pat Maguire	St Joe	29:26
14. Jim Howard	St Joe	29:55
15. Dennis Smith	USM	30:06
16. Dana Altvater	MMA	30:15
17. Dan Legere	MMA	30:17
18. Jack Egan	SS	30:22
19. Steve Roy	USM	30:42
20. Joe Mocerri	SS	30:55
21. Dave Richards	SS	31:05
22. Roland Perry	Unity	31:08
23. Stan Tuski	Unity	31:11
24. Lester Averill	MMA	31:12
25. Rick Riepl	St Joe	31:13
26. John Connolly	St Joe	31:31
27. Peter Dube	USM	31:34
28. Randy Payson	USM	31:52
29. Kurt Peterson	MMA	32:32
30. Denis Heidenthal	MMA	32:46
31. Greg Burr	Unity	34:12
32. John Perkins	MMA	34:58
33. John Banett	Unity	34:59
34. Pat Johern	St Joe	35:04
35. Bill Kojkeski	Unity	36:13
36. Todd Curtis	Unity	37:58

#### Team Results

St. Joseph's College	37
Salem State College	40
USM	70
Maine Maritime Academy	80
Unity College	144

Results courtesy of Ziggy Gillespie  
St Joe's Coach



2ND ANNUAL AUTUMN GOLD  
STATE CHAMPIONSHIP 20K ROAD RACE  
Ellsworth Oct 3rd

1. Mike Gaige	1:07:28
2. Jim Newett	1:09:07
3. Henri Bouchard	1:11:15
4. Eric Ellis	1:11:40
5. Mickey Lackey	1:12:05
6. Dan Cake	1:13:45
7. Duane Young	1:13:57
8. Steve Holmbraker	1:14:01
9. Gary Cochrane (M)	1:14:13
10. Bion McFadden	1:14:44
11. Bart LeVasseur	1:17:50
12. Vaughn Holyoke	1:18:34
13. Norman Hawes	1:18:49
14. Dave Cunio	1:19:18
15. Cliff Hatfield	1:19:37
16. Martin Donlon	1:20:22
17. Tom Swan	1:20:32
18. Charlie Nichols	1:20:46
19. Richard Everett	1:20:53
20. Deke Talbot	1:21:05
21. Skip Howard	1:21:25
22. Larry Rich	1:21:39
23. Robin Emery*	1:22:28
24. Dick Fisher	1:22:53
25. Bill Sayres	1:23:44
26. Steve Palley	1:24:29
27. Dennis Bates	1:24:30
28. Bob Jolicoeur	1:24:37
29. Tom Scagliarini	1:24:45
30. Paul Connor	1:25:09
31. Grace Amoroso*	1:25:13
32. Glenn Matot	1:25:21
33. Glenn Geiser	1:25:42
34. Henry Williams	1:25:46
35. Matt Ewing	1:26:03
36. Ray Giglio	1:26:20
37. Jeff Brochu	1:26:22
38. Glen Miles	1:26:30
39. Lori Michaud*	1:26:39
40. Steve Lagasse	1:26:46
Brad Margeson	1:26:46
42. David Comeau	1:26:52
43. Carl Pierce	1:27:06
44.	
45. Diane Lounder*	1:27:59
46. Ken Awalt	1:28:03
47. Brenda LoPetro*	1:28:10
48. Gary Barrett	1:28:16
49. Frank Bednar	1:28:19
50. Dave Chase	1:28:49
51.	
52. Marsha Giglio*	1:29:09
53. Richard Higgins	1:29:29
54. Bob Milliken	1:29:47
55. Carlton Mendell	1:30:31
56. Ed Raymaker	1:30:36
57. Tony Beardsley	1:30:41
58. Roger Putnam	1:30:45
59. Taylor Weatherbee	1:30:56
60. Wendy Sayres*	1:31:06
61. John Linscott	1:31:35
62. Sharon Kingma*	1:31:41
63. Vicky Vendrell*	1:32:07
64. Doug-Denny Brown	1:32:59
65. Cliff Fletcher	1:33:17
66. Jo Comeau*	1:34:25
67. Andrew Seeley	1:35:02
68. Joanie Rhoda*	1:35:12
69. Martin Schiff	1:37:24
70. Charles Mein	1:38:05
71. Tim Parritt	1:38:29
72. Deedra Beal*	1:38:46
Anne Loiselle*	1:38:46
Robert Cote	1:38:46
Jeff Lancaster	1:38:46
76. Peter Swanson	1:39:06
John Condon	1:39:06
Glen Holyoke	1:39:06
79. Ken Hodsdon	1:39:38
80. Gerrard Loiselle	1:42:28
81. Aurelle Ouellette	1:42:52
82. Debbie Williams*	1:43:24
Bill LoPetro	1:43:24
Theresa Lawlor*	1:43:24
Mary Lynn Cyr*	1:43:24
86. Kevin Purcell	1:43:46
87. A. Wesley Williams	1:44:44
88. Don Osborne	1:44:54
89. Todd Lapointe	1:46:09
90. Dawn Fraser*	1:46:13
Lori Holyoke*	1:46:13

92. Gail Schade*	1:47:40
93. Peter Pelletier	1:51:39
94. Peter Curran	1:55:01
95. Erik Mattson	2:09:40
96. Shirley Kozlovich*	2:17:42
97. Sudden Sam Ouellette	2:18:49

Results courtesy of Bob Booker  
Race Director

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POLICE PURSUIT 4.2  
Waterville Oct 3rd

1. Brian McCrea, Brewer	23:47
2. Ray Cormier, Hampden	24:11
3. Buster Dweley, China	25:40
4. Bill Pinkham, SW Hbr	25:42
5. Terry Cousins, Ellsworth	26:37
6. Joel Merry, Bath	26:47
7. Dan Kelly, Hallowell	27:08
8. Paul Guerin, Bangor	27:22
9. Dave Freeman, Cape Liz	27:38
10. Dave Giroux, Blue Hill	27:51
11. Harold Savage, Rumford	28:06
12. Sheila Hodges*, Hampden	28:17
13. Paul Irgang, Waterville	28:36
14. Gerry Scott, Brewer	29:00
15. Normand Guay, Lewiston	30:32
16. Todd Savage, Rumford	30:46
17. Steve Giorgetti, Wtvl	31:50
18. Keith Richardson, Wtvl	32:01
19. John Struk, Rockland	32:31
20. Bill Manducca, Hallowell	33:12
21. Dan Melvin, Lewiston	34:36
22. Sue Savage*, Rumford	35:22
23. Jim Banks, Portland	35:54
24. Buddy Cousins, Ellis	36:10
25. Stephanie Selya, Bruns	38:49
26. Elaine Cousins*, Ellis	39:15
27. Patricia Flanders, Yar	39:39
28. Maureen Guerin, Bangor	40:13
29. Bruce Flanders, Yarmouth	41:07
30. Anita St. Onge, Hallowell	41:22
31. Theodor Short, Fairfield	42:05
32. Jeannine Manducca, Hallowell	42:54

Results courtesy of Paul Guerin  
Bangor PD

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JAYCEES FOLIAGE FOOTRACE 5 MILER  
Augusta Oct 4th

1. Todd Hews	28:35
2. Mark Dorian	29:01
3. Kevin Jenkins	29:48
4. Jason Cakouros	30:03
5. Glenn Joseph	30:37
6. Greg Nelson	30:39
7. Warren Dean	31:07
8. Robert Clark	32:16
9. Greg Durgan	32:24
10. Joe Carter	32:53
11. Bill Leschey	32:58
12. Mike Thompson	33:02
13. Dick Hegarty	33:25
14. Martin Weiss	33:26
15. Jim Robertson	33:47
16. Tim Dean	33:54
17. Bryce Butterfield	34:05
18. Tom Doten	34:14
19. Jeff Hachey	34:29
20. Martin McAleer	34:42
21. Neil Cronkhitte	34:57
22. John Schwerdel	34:58
23. Regis Beaulieu	35:04
24. Dave Teimann	35:06
25. Mike St. Laurent	35:12
26. Andrew McGilvery	35:47
27. Gary Okeary	35:53
28. Jeanne Lewis	36:10
29. Bob Day	36:38
30. Ken Smith	36:45
31. Cliff Olsen	36:59
32. David Stresser	37:19
33. Mark Plummer	37:23
34. Steve White	37:29
35. Dick Abramson	38:06
36. Chris Goodwin	38:11
37. Don Abram	38:23
38. Walter Taylor	38:45

39. Maureen D'Amboise*	38:47
40. Mary Jane Day*	38:54
41. Suzanne Olson*	39:19
42. Neil Chesley	39:20
43. Guy Cumber	40:13
44. Steve Cree	40:34
45. Dave Courtenay	41:21
46. John Olsen	41:32
47. Dick Theberge	41:47
48. Byron Bennett	41:57
49. Ingrid Scott*	42:23
50. Robert Bolich	42:52
51. Laura McNeish*	47:12

2-Mile Fun Run

1. Walter McKee	12:26
2. Lee Cumber	15:16
3. Steve Schroender	15:31
4. Kathy Carter*	16:07
5. Ellen Spring*	16:19
6. Sheila Robertson	16:26
7. Ken Murphy	18:37
8. Brenda Lucas*	18:57
9. Penney Lucas*	19:54

Results from the Maine Road Ramblers

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BLUE OX CO-OP 5 MILER  
Bangor Oct 10th

1. Mike Gaige	25:53
2. O.J. Logue	26:45
3. Steve Johnston	27:27
4. Dan Buck	27:40
5. Phil St. Pierre	29:11
6. Cliff Hatfield	30:21
7. Rick Everett	30:44
8. Skip Howard	31:19
9. John Frachella	31:27
10. Larry Allen	31:39
11. Gary Byrd	32:30
12. Tom Mulvey	32:35
13. Charlie Nichols	32:38
14. Jeff White	32:43
15. Jeannie Lewis*	34:32
16. Paul Guerin	34:42
17. Dick Harshman	35:08
18. Paul Pellitier	35:47
19. Craig Boyd	35:55
20. Jeff Dorer	36:15
21. Betsey Russell*	36:23
22. Joe Fandlestein	36:24
23. Paul Cassidy	37:19
24. Ken Hodson	38:55
25. Kurt Meenburg	39:21
26. Verana Deschane*	39:23
27. Carol Graham*	39:57
28. Larry Van Peursem	39:57
29.	
30. Lisa Page*	42:04
31. Kate Roseberry*	43:47

1 Mile Race

1. Kellie Connor	7:13
2. Andy Macho	8:25
3. Chris Rafuse	9:25
4. Kevin Lorer	11:10
5. Kelley Graham	11:34
6. Michelle Reynolds*	11:35
7. Andrew Howard	12:23
8. Heidi Howard*	13:00
9. Andrew Graham	13:02

Results courtesy of John Frachella  
Race Director

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LINCOLN FALL CLASSIC  
Lincoln 5K Oct 11th

1. Chris Bowie	15:56
2. Mark Viollette	16:25
3. Mike Cole	16:34
4. Robert Farmer	16:53
5. Loren Ritchie	17:26
6. Randy Gifford	17:30
7. Jerre Boss	17:33
8. Gene Farmer	17:44
9. Earle Albert	17:57



10.	David Nantkes	18:02
11.	Todd Thurlow	18:08
12.	Tim Barker	18:18
13.	Alan Stevens	18:22
14.	Howard Dentrement	18:24
15.	Henry Pietras	18:27
16.	Mike Nantkes	18:28
17.	Roy Carter	18:29
18.	Owen Kozlovich	18:36
19.	Mike Doore	18:39
20.	Jerry Burleigh	18:41
21.	Brian Leonard	18:46
22.	Guy Stevens	18:47
23.	James Turner	18:49
24.	Mike Salvato	18:50
25.	Wally Gray	18:52
26.	Brent Larlee	18:57
27.	Dan Crocker	19:02
28.	Don Smith	19:18
29.	Dave Theoharides	19:21
30.	Ricky Shaw	19:21
31.	Paul Guerin	19:31
32.	Dick Niles	19:36
33.	Maynard Brown	19:38
34.	Tony Gagnon	19:38
35.	Kevin McLaughlin	19:58
36.	Dean Shea	20:02
37.	Brian Sullivan	20:08
38.	Arthur Frazer	20:21
39.	Patrick Boss	20:28
40.	Chris Ranco	20:32
41.	Ivan Porter	20:59
42.	Chris Hyde	20:59
43.	Dale Rhoda	21:10
44.	Lisa Hesseltine	21:10
45.	Wendell Porter	21:10
46.	Darrell Toothaker	21:23
47.	Sean McCahill	21:37
48.	Sandy Tash*	21:39
49.	Fay Fogg*	21:42
50.	Tom Logan	21:42
51.	Frank Doherty	22:00
52.	James Pettit	22:09
53.	Joe Gallant	22:19
54.	Lorri Davis	22:25
55.	Richard Cole	22:29
56.	Aurele Ouellet	22:34
57.	Sherwood Hyde	22:35
58.	Shari Nantkes*	22:38
59.	Alfred Dana	22:50
60.	Melissa Nantkes*	22:59
61.	Carleton James	22:59
62.	Forrest Seavy	23:05
63.	David Doore	23:07
64.	Richard Hamm, Jr.	23:08
65.	Dianne Tash*	23:11
66.	Deanna Wade*	23:26
67.	Judy Doore*	23:28
68.	Sabrina Leavitt*	23:28
69.	Sara Kozlovich*	23:32
70.	Jamie Osgood	24:06
71.	Lori Sirois*	24:21
72.	Vicki Stevens*	24:32
73.	Nancy Schneider*	24:43
74.	Shannon Hurd*	24:55
75.	Leslie Gordon*	25:03
76.	Maurice Hesseltine	25:18
77.	Laurie Landry*	25:22
78.	Michelle Johnson*	25:56
79.	Jerry Richards	25:56
80.	Jeff Leiberhmann	25:57
81.	Bonnie Porter*	25:59
82.	rob Ritchie	26:11
83.	Derek Crocker	26:22
84.	Penny Nash*	26:34
85.	Lisa Lindquist*	27:02
86.	Jane Theoharides*	27:02
87.	Maureen Guerin*	27:17
88.	Jason Hannegan	27:31
89.	Mary Jean Emery*	27:44
90.	Laurie Merritt*	27:48
91.	Tommy Van Buren	28:12
92.	John Van Buren	29:22
93.	Kelly Davis	29:22
94.	Josephine James*	29:54
95.	Sudden Sam Ouellet	30:31

Results courtesy of M. Salvato  
Race Director

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### 3RD ANNUAL FALL FOLIAGE 5.5 MILER Southwest Harbor Oct 11th

1.	Mike Gaige	27:44
2.	Jamie Gildard	27:52
3.	Rick Gildard	27:52
4.	Steve Fredrick	30:29
5.	John Howe	30:29
6.	Chris Holt	30:29
7.	Doug Graves	30:59
8.	Phil St. Pierre	31:22
9.	Arnold Amoroso	31:40
10.	Brian Mc Grea	31:53
11.	Gregg Gray	31:55
12.	James Westphal	32:02
13.	Rolf Westphal	32:05
14.	Ray Cormier	32:20
15.	Bill Curran	32:51
16.	Larry Frank	33:06
17.	David O'Connell	33:12
18.	John Trefethen	33:16
19.	Robin Emery*	33:30
20.	Glenn Matot	33:37
21.	Tom Scagliarini	33:38
22.	Neil Fry	33:51
23.	Glen Guiser	34:03
24.	Glen Miles	34:05
25.	Bill LoPetro	34:06
26.	Jeff Brochu	34:07
27.	Tim Parritt	34:07
28.	Dave Chase	34:24
29.	Bill Pinkham	35:23
30.	Grace Amoroso*	35:54
31.	Clifford Noyes	36:18
32.	Dennis Trott	36:35
33.	Richard Davis	36:52
34.	Gordon Young	37:03
35.	Bill Ellsmore	37:06
36.	Dan Chase	37:08
37.	Theresa Lawlor*	37:10
38.	Debbie Williams*	37:12
39.	Brenda LoPetro*	37:12
40.	Mary Lynn Cyr*	37:16
41.	Howard Richard	37:30
42.	Lona Wright*	37:54
43.	Anne Loisel	38:30
44.		
45.	Martin Schiff	38:38
46.	Fred Merrian	38:39
47.	Brian Worcester	38:50
48.	Ron Hunter	39:40
49.	Steve Roberts	34:07
50.	Deidra Beal*	39:47
51.	Susie Chaplin*	40:44
52.	Rhonda Reed*	40:45
53.	Felice Worcester*	40:52
54.	Ellen Theriault*	41:24
55.	Lori Holyoke*	41:29
56.	Frazer Simpson	42:02
57.	Jerry Bryan	42:03
58.	Guy Dunbar	42:41
59.	Judy Trefethen*	42:55
60.	Ellen Hunter*	43:24
61.	Edward O'Connell	43:45
62.	Jimmie Davis	43:57
63.	James Boyer	43:58
64.	Dawn Viricei*	44:30
65.	Lisa Cyr*	44:30
66.	Dave Weatherall	44:51
67.	Dale Richardson	45:16
68.	Rick Graves	46:56
69.	Cheselle McGee*	46:56
70.	Paula Dunbar*	47:10
71.	Robert Theriault	48:18
72.	Sid Salvatore	52:16
73.	Vernon Ellsmore	56:06
74.	Charlotte Gill*	66:23
75.	Diana Gallagher*	66:36

Results courtesy of Marty Lyons  
Race Director

### N.A.I.A. CROSS-COUNTRY North Windham 4.5 Mile Oct 17th

1.	John Keller	USM	23:35 *
2.	Keith Poulin	St. Joe's	23:40
3.	Chris Holt	St. Joe's	23:55
4.	John Howe	St. Joe's	24:04
5.	Fallon	Suffolk	24:09
6.	Tom Emery	USM	24:34

7.	Fergus Kenny	St. Joe's	24:38
8.	Peter Dube	USM	24:49
9.	Jim Howard	St. Joe's	24:50
10.	Dennis Smith	USM	25:03
11.	Pat Maguire	St. Joe's	25:24
12.	Steve Roy	USM	26:20
13.	John Connolly	St. Joe's	26:29
14.	Rick Riepl	St. Joe's	26:31
15.	Randy Payson	USM	26:33
16.	Kasanoff	Suffolk	26:42
17.	Grealish	Suffolk	26:46
18.	Sallaway	Suffolk	27:05
19.	Callahan	Suffolk	27:26
20.	Zecha	Suffolk	28:12
21.	Cosgrove	Suffolk	28:43
22.	Keohan	St. Joe's	30:26
23.	Ferreila	Suffolk	33:18
24.	Stinson	Suffolk	35:19
25.	Costa	Suffolk	36:10
26.	Riley	Suffolk	36:10

\* Breaks course record 23:44 held by  
Chris Holt of St. Joe's

#### Teams

St. Joe's College	25
USM	37
Suffolk University	75

Results courtesy of Ziggy Gillespie  
St. Joe's Coach

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### THIRD ANNUAL KINGFIELD 10K Kingfield Sep 26th

1.	Hank Pfeifle	29:29
2.	Andy Palmer	29:56
3.	Mike Gaige	30:11
4.	Paul Operowski	30:17
5.	Kurt Lauenstein	30:25
6.	Kim Wettlaufer	31:00
7.	O.J. Logue	31:47
8.	Hank Chipman	32:09
9.	Bill Hine	32:54
10.	James Babb	33:23
11.	Larry Deans	33:29
12.	Greg Parlin	33:35
13.	David Baird	33:38
14.	Phil Stuart	33:45
15.	Larry Allen	33:59
16.	Dan Cake	34:06
17.	Greg DiBiase	34:09
18.	Todd McGraw	34:20
19.	Gary Allen	34:22
20.	Jeff Bengtsson	34:28
21.	Steve Dunlap	34:31
22.	Larry Burkett	34:41
23.	Richard Aishton	34:50
24.	Mike Cole	34:57
25.	Robert Booker	35:00
26.	Mark Violette	35:02
27.	Mark Hoffmaster	35:13
28.	Richard Smith	35:21
29.	Bob Coughlin	35:22
30.	Scott Scott Johnson	35:31
31.	Deke Talbot	35:40
32.	Gene Roy	35:41
33.	Richard Stuart	35:43
34.	Eric Ellis	35:48
35.	Dennis Bates	35:49
36.	Robert Hagopian	35:57
37.	Tim Rensem	36:04
38.	Don Reimer	36:05
39.	Sam Merrill	36:09
40.	Dick Balentine	36:20
41.		
42.	Steve Moriarty	36:22
43.	James Kein	36:28
44.	Michelle Hallett*	36:34
45.	Mendell Blood	36:35
46.	Bob Clement	36:41
47.	Mark Simpson	36:47
48.	Reginald Lesperance	36:44
49.	Steve Harriman	36:53
50.	Dean Rasmussen	36:56
51.	Don Sanborn	36:58
52.	Paul Doody	37:01
53.	Warren Dean	37:15
54.	Dave Alley	37:40
55.	Allen Presby	37:43
56.	Peter Lessard	37:44



57. Loren Ritchie	37:47	153. David Blair	43:46	249. Wade Chipman	50:43
58. Don Andrus	37:51	154. Bret McNutt	43:51	250. Kathleen Saufl*	50:44
59. Jon Wescott	37:51	155. Rich Floyd	43:52	251. Tracey Turner*	50:51
60. Ben Venskus	37:52	156. Tom Kahl	43:54	252. Jim Redding	51:06
61. Kevin Burns	37:56	157. Craig Boyd	43:55	253. Errol Dearborn	51:13
62. Caleb Bryant	38:00	158. Ray Bryant	44:06	254. Walter Dickhaut	51:18
63. Mike Simoneau	38:04	159. Winfield Robinson	44:07	255. William Lahaye	51:27
64. Bill Leschey	38:19	160. Tom Noonan	44:12	256. Dan Smith	51:37
65. Ron Burton	38:27	161. Paul Guerin	44:18	257. William Tozier	51:42
66. Harvey Rohde	38:32	162. Mary Palmer*	44:20	258. Rodney Ellis	51:45
67. Mike Hanley	38:43	163. Robert Caron	44:27	259. Avis Ingalls	51:50
68. Robert Nicholson	38:47	164. John Winn	44:31	260. Mark Barney	52:17
69. Ray Cooper	38:50	165. Mike O'Connor	44:31	261. Walter Christie	52:29
70. Jeffrey Austin	38:53	166. Kevin O'Connor	44:33	262. Jane Lahaye*	52:29
71. Bill Yates	38:54	167. Roy Silliker	44:36	263. Mike Savage	52:31
72. Bill LoPotro	38:55	168. John Hyde	44:38	264. Greg Tobias	52:32
73. Richard Everett	38:57	169. Peter Minnchan	44:40	265. Ellen Spring*	53:09
74. Phil Kay	39:00	170. Julie Mathieu*	44:41	266. Joe Poulin	53:11
75. Andy Lilburn	39:01	171. Ernie Gilbert	44:45	267. Kathy Abbott*	53:19
76. Adrian Lilburn*	39:02	172. Peter Pelletier	44:46	268. Pamela White*	53:20
77. Martin Weiss	39:07	173. Shepard Golub	44:47	269. Sarah Roy*	53:24
78. Ray Peritz	39:10	174. Liz Hinkley*	44:50	270. Paula Doyon*	53:31
79. Vincent Bilello	39:12	175. Dan Carpenter	45:00	271. John Preble	53:37
80. Karen McCann*	39:13	176. Walt Harris	45:01	272. Jean Peattie*	53:40
81. Tony Leperc	39:14	177. Lawrence Pixley	45:03	273. tathy Hazelton*	53:45
82. Andy Goodwin	39:24	178. Kim Bishop*	45:04	274. Bruce Goulette	53:52
83. Gary Chretien	39:30	179. Fred Montgomery	45:10	275. Donald McRae	53:59
84. Steve Barber	39:38	180. James Lowery	45:12	276. Barbara Cram	54:00
85. Albert Fortin	39:42	181. Larry Turner	45:13	277. Anthony Carello	54:01
86. Dennis Hayes	39:44	182. John Carville	45:15	278. Patricia Lowery*	54:11
87. yaul Connor	39:47	183. Kevin Purcell	45:23	279. Peter Larsen	54:14
88. Jeff Brown	39:49	184. Jim Bowse	45:32	280. Gary Keilty	54:16
89. Sterling LeBlanc	39:52	185. Gordon Sanford	45:40	281. Janyce Boynton	54:22
90. Ben Milster	39:55	186. David Minnehan	45:47	282. David Robinson	54:23
91. Ken Eaton	39:58	187. Steve Burt	45:48	283. Jeanne Shay*	54:23
92. Doug Adams	39:59	188. Neil tronkhite	45:50	284. Cyndi Corey*	54:34
93. Ron Paquette	40:03	189. Suzanne Olson*	45:53	285. Steve Mierzykowski	54:34
94. Scott Dixon	40:14	190. Paul Dall	45:56	286. Deana Vance*	54:41
95. Tim Dean	40:23	191. L.J. Casey	45:56	287. Debbie Hall*	54:42
96. Don Arsenault	40:31	192. Jeannette Laplante*	46:05	288. Maryjane Stafford*	54:43
97. John Easler	40:37	193. Chris Dige	46:05	289. Sandra Peters*	54:46
98. Robert Patterson	40:34	194. Jim Meldrum	46:06	290. Betty Constantine*	55:09
99. Blair Dwyer	40:43	195. Bob Boynton	46:10	291. Lori Howell*	55:12
100. Walt McKee	40:54	196. Roger Williams	46:13	292. Susan Maciejewski*	55:33
101. Bob Garrett	40:56	197. Tom Currier	46:14	293. Ellie Rohde*	55:42
102. Blanchard Hupper	40:56	198. Tom Stone	46:19	294. Sandy Roberts*	55:49
103. James Moore, Jr.	41:02	199. James Lee	46:23	295. Kathy Lawrence*	55:58
104. David Comeau	41:09	200. Walter Taylor	46:32	296. John Olson	56:14
105. Wes Caro	41:16	201. Jack Dirkman	46:35	297. Mary Jean Brock*	56:23
106. Gilbert Roderick	41:22	202. Brian Wood	46:39	298. Jane Rothermel*	56:31
107. Cleon Cook	41:22	203. Joan Welch*	46:43	299. Don Cheever	56:32
108. Steve Meiz	41:24	204. Norj Ahrens*	46:48	300. Robin Lee Seavey*	57:19
109. Ron Bonnevie	41:25	205. Tim Savage	46:49	301. Harold Maciejewski	57:20
110. Chris Kein	41:29	206. Lou Champagne	46:52	302. Charles Krula	57:21
111. Alan Sabaka	41:31	207. Chris Goodwin	46:52	303. Peggy Clark*	57:22
112. Adam Barnard	41:32	208. Robert Maloney	46:53	304. Kathy Miles*	57:23
113. Diane Lounder*	41:33	209. Gary Lossaro	47:04	305. Carole Baldwin*	57:52
114. Bruce Wheeler	41:35	210. Robert Newell	47:04	306. Jane Dean*	57:54
115. Harrie Price, IV	41:39	211. Richard Sabol	47:04	307. Leslie Morrill	58:10
116. Mary Ann Shick*	41:42	212. Roger Lightbody	47:05	308. Maureen Dunn*	58:47
117. Brenda LoPotro*	41:45	213. Marion Leschey*	47:08	309. Dot McCann*	59:13
118. Jeff Gosselin	41:50	214. Leona Clapper*	47:16	310. Marjory Lalime*	59:41
119. Kevin Kein	41:57	215. Donna Jean Pohlman*	47:28	311. Norma Mitton*	59:42
120. Gary White	41:58	216. Roger Poulin	47:29	312. Irene Purcell	60:17
121. Brian Hallsey	41:59	217. James Ippolito	47:39	313. Rodney Philbrick	60:19
122.		218. Tina Hinkley*	47:43	314. Virginia Smith*	60:45
123. John Horton	42:04	219. David Ledew	47:43	315. Maureen Guerin*	60:46
124. H. Alan Mooney	42:06	220. Rustin Shill	47:44	316. Sue Eastler*	60:58
125. Patty Jacobs*	42:13	221. Shawn Lander	47:51	317. Tom Eastler	60:59
126. Dan Dwyer	42:13	222. Marvon Hupper	47:51	318. Mary Perry*	61:10
127. Delinda Smith*	42:15	223. John Hilton	47:56	319. John Dill	62:30
128. Ken Sylvester	42:23	224. Terry Henry	47:58	320. Marcel Poulin	64:26
129. Wes Wisse	42:31	225. Jim McDevitt	47:59	321. Jeanne Pernice*	64:44
130. peter Smith	42:41	226. Roger Smith	48:01	322. Joan Meldrum*	65:28
131. Mike Austin	42:41	227. Ted McCarthy	48:14	323. James Smith	65:46
132. Karla Neit*	42:46	228. Wayne Cerson	48:26	324. Sudden Sam Ouellet	65:48
133. Roger Wing	42:47	229. Judy Bjorn*	48:26		
134. Jo Comeau*	42:58	230. Aurele Ouellet	48:45		
135. Bruce Gamage	42:58	231. Poppy Thacher*	48:45		
136. David Tiemann	42:59	232. Kathy Christie*	48:52		
137. Jerry Simpson	42:59	233. Jack Blake	48:53		
138. John Morton	43:03	234. Abby Silliker*	49:01		
139. John Shaw	43:11	235. Donna Stevens*	49:11		
140. Richard Pires	43:12	236. John Franson	49:20		
141. Dan Daily	43:18	237. Ralph Baldwin	49:26		
142. Dave Hughes	43:20	238. David Vitalo	49:32		
143. John Peters	43:21	239. David Allen	49:38		
144. Daniel Sullivan	43:23	240. Charles Clapper, Jr	49:44		
145. Eric Bowen	43:29	241. Steve Grenon	49:46		
146. Clifford	43:30	242. Gail Schade*	49:53		
147. Olson	43:31	243. Robert Fancy	50:01		
148. David Spooner	43:34	244. Scott Verrill	50:09		
149. Lona Wright*	43:36	245. Maria Waelndner*	50:10		
150. Mark Leonardi	43:38	246. Lee Rhine	50:17		
151. David Rohde	43:43	247. Roger Lightbody	50:38		
152. Bryant Laverdiere	43:46	248. Richard Schade	50:41		

Results courtesy of Chip Carey  
Race Director Extra-ordinary

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FOURTH ANNUAL CASCO BAY MARATHON  
Portland, Falmouth, Cumberland, Yarmouth  
Oct 18th

1. Kurt Lauenstein	2:20:16.4
2. Dan Vogt	2:24:37
3. Rock Green	2:25:26
4. Gene Coffin	2:30:29
5. Steve Dexter	2:30:48
6. Werner Pobatschnig	2:32:06
7. Myron Whipkey	2:32:40
8. Ralph Fletcher, Jr.	2:32:52



9.	O.J. Logue, III	2:33:28	104.	Fran Richards*	3:01:20	199.	Mike Schwenk	3:14:44
10.	Bryan Kuprewicz	2:34:47	105.	John Dudley	3:01:20	200.	Tom Downing	3:14:47
11.	Anthony Jackson	2:36:42	106.	Don Sanborn	3:01:47	201.	Joe Lovejoy	3:15:11
12.	David Baird	2:37:14	107.	Bill Nichols	3:02:03	202.	John Cyr	3:15:19
13.	Eric Ellis	2:37:20	108.	Dick Armstrong	3:02:10	203.	John Courtney	3:15:26
14.	Dana Knowlton	2:38:06	109.	Richard Henrikson	3:02:28	204.	John Leeming	3:15:41
15.	Ken Letourneau	2:39:02	110.	Harry Taylor	3:02:34	205.	Arthur Warren	3:15:45
16.	Gary Cochran	2:39:19	111.	Edwin Farrell	3:02:34	206.	Bruce Bell	3:15:46
17.	Marty Levenson	2:40:11	112.	Dan Johnson	3:02:36	207.	Terry Johnson	3:15:48
18.	Stephen Mulhern	2:40:16	113.	Brian McCrea	3:02:44	208.	Larry Whipkey	3:16
19.	James Babb	2:40:28	114.	Dennis St. Hilaire	3:02:53	209.	Christine Anderson*	3:16:01
20.	Larry Deans	2:42:00	115.	Bill Hall	3:03:01	210.	Mike Degan	3:16:09
21.	Steven Weiner	2:42:10	116.	Mike McKenna	3:03:25	211.	Cindy Lowry*	3:16:16
22.	John Ottaviani	2:42:40	117.	Peter Bastow	3:03:49	212.	Don Andrus	3:16:34
23.	Douglas Foote	2:43:13	118.	Hanson Robbins	3:04:07	213.	Benjamin Zuckerman	3:16:42
24.	Stephen Ransom	2:43:17	119.	Ben Fudge	3:04:17	214.	Bob Peterson	3:16:46
25.	Joe Santosuosso	2:43:18	120.	Dick Kamlenski	3:04:29	215.	Tom Walsh	3:17
26.	Keven McDonald	2:43:41	121.	Robert Quentin	3:04:43	216.	Charles Drew	3:17:04
27.	Richard Harper	2:45:14	122.	Dave Smith	3:04:56	217.	Orlando Delogu	3:17:05
28.	Douglas Cralb	2:45:35	123.	Bob Nicholson	3:05:00	218.	Bill Yates	3:17:07
29.	Gino Valeriani	2:45:49	124.	James Strickland	3:05:03	219.	Steve Olafsen	3:17:12
30.	Bill Hine	2:45:51	125.	James Fee	3:05:13	220.	Suzanne Gardiner*	3:17:23
31.	George Liming	2:46:23	126.	Frank Morong	3:05:18	221.	James Vitale	3:17:25
32.	Jeffery Kelly	2:46:45	127.	Ken Curtis	3:05:20	222.	James Toulouse	3:17:34
33.	Gregory Parlin	2:46:51	128.	Robert Crosswell	3:05:33	223.	Newton Towle	3:17:34
34.	Lloyd Ferriss	2:46:53	129.	Dan Dilts	3:05:41	224.	Anthony DeLuca	3:17:36
35.	Bruce Trigg	2:47:27	130.	Dick Sabine	3:05:48	225.	Dewain Wallace	3:17:42
36.	Kenneth Newsome	2:47:41	131.	Don Jackson	3:05:50	226.	Frank Ferland	3:18
37.	Thomas Egan	2:47:44	132.	Ben Venskus	3:05:50	227.	Mike Haroz	3:18:08
38.	Dick McFaul	2:48:06	133.	James Moore	3:06:00	228.	Arthur Chapman	3:18:10
39.	Brad Hammond	2:48:57	134.	John Applin	3:06:06	229.	Louis Nocca	3:18:22
40.	Andrew Hyde	2:49:04	135.	Bill Scaplen	3:06:08	230.	Arnold Adams	3:18:24
41.	Robert Coughlin	2:49:05	136.	Edward Pound	3:06:17	231.	Mike Korek	3:18:31
42.	James MacDougall	2:49:11	137.	Ray Shevenell	3:06:28	232.	Tom Flynn	3:18:37
43.	Gene Roy	2:49:13	138.	Diane Fournier*	3:06:47	233.	Joe Watz	3:18:42
44.	Woodard Openo	2:49:18	139.	Dick Erbe	3:06:51	234.	Blanchard Hupper	3:18:45
45.	William McCully	2:49:29	140.	Bob Jolicoeur	3:07:01	235.	Richard Everett	3:18:49
46.	Majorie Podgajny	2:49:36*	141.	Dean Warden	3:07:09	236.	Tim Jones	3:18:54
47.	Edward Hollidge	2:49:40	142.	Carl Cuchetti	3:07:12	237.	Dave Cunningham	3:18:56
48.	Phillip Walsh	2:50:22	143.	Neil Schutzman	3:07:38	238.	Roger Dutton	3:18:59
49.	Larry Bedrosian	2:50:32	144.	Ken Rosen	3:07:45	239.	Wesley Rothermel	3:19:05
50.	Jim Picard	2:50:57	145.	Lee Nicely	3:07:53	240.	Guy LaFlamme	3:19:12
51.	Robert MacDougall	2:51:01	146.	John Tarling	3:07:54	241.	Peter Gerdine	3:19:15
52.	Russell Conners	2:52:16	147.	John Archacki	3:08:12	242.	Jack Hastings	3:19:25
53.	Christopher Moosey	2:52:18	148.	Peter Flaherty	3:08:17	243.	Guy Berthiaume	3:19:28
54.	Daniel Cake	2:52:40	149.	Louis Thibeault	3:08:28	244.	Dorothy Helling*	3:19:28
55.	Richard Sobie	2:53:11	150.	Mike Marino	3:08:35	245.	Roger Smith	3:19:42
56.	Ronald Paquette	2:53:17	151.	Jerrold Allanach	3:08:58	246.	Franklin Woodard	3:19:43
57.	Dean Rasmussen	2:53:40	152.	Sam Boothby	3:09:05	247.	Ray Fournier	3:19:44
58.	Donald Starr	2:54:16	153.	John Gardell	3:09:07	248.	Peter Orthmann	3:19:50
59.	Arnold Clark	2:54:17	154.	Bernard Baker	3:09:21	249.	Robert Lanigra	3:20:08
60.	Kimberly Beaulier	2:54:19*	155.	Tom Swan	3:10:12	250.	Bob Hunt	3:20:11
61.	Roger Zimmerman	2:54:22	156.	John Myatt	3:10:15	251.	Alan Rogers	3:20:27
62.	Richard Maiman	2:54:26	157.	John Fischer	3:10:16	252.	Andrew Bunl	3:20:28
63.	Joel Croteau	2:54:27	158.	Ed Morin	3:10:19	253.	Curtis Cole	3:20:36
64.	John Opolski	2:54:52	159.	Martin Donlon	3:10:26	254.	John Peterson	3:20:42
65.	Gary Wright	2:55:01	160.	Don Bruce	3:10:26	255.	Robert Yoffe	3:20:49
66.	Karl Meltzer	2:55:22	161.	James Canino	3:11:00	256.	Jim Demint	3:20:50
67.	Gerry Chester	2:55:26	162.	George Nason	3:11:12	257.	Thiemann Ackerson	3:21:01
68.	Daniel Oliveira	2:55:35	163.	Dick Colburn	3:11:14	258.	Bruce St. Ours	3:21:09
69.	Robert Frial	2:55:36	164.	Robert Gilman	3:11:21	259.	John Moncure	3:21:13
70.	Mark Violette	2:55:37	165.	Tom Carll	3:11:32	260.	James Collins	3:21:23
71.	Steven Woods	2:55:43	166.	Ray Cooper	3:11:36	261.	Rick Lynch	3:21:23
72.	David Basque	2:55:52	167.	Arthur Grove	3:11:39	262.	Mark Regan	3:21:34
73.	Hubert Strom	2:56:33	168.	John Pierce	3:11:40	263.	Robert Randall	3:21:34
74.	Stephen Woodsum	2:56:35	169.	Dave Laude	3:11:41	264.	Curtiss Shigo	3:21:53
75.	Phil Lussier	2:56:49	170.	Robert Patterson	3:11:43	265.	Bruce King	3:22:05
76.	Anthony Lombardo	2:57:17	171.	Joe Trueworthy	3:11:48	266.	Patrick Coleman	3:22:33
77.	Joseph Busa	2:57:18	172.	Larry Rich	3:11:51	267.	Roger Burns	3:22:35
78.	Dennis Krause	2:58:15	173.	Rick Smith	3:11:54	268.	Barbara Coughlin*	3:22:36
79.	Daniel Healey	2:58:15	174.	Charles Pellegrini	3:11:57	269.	John Howe	3:23:03
80.	Edwin Sprague	2:58:41	175.	George Prescott	3:11:58	270.	Wes Card	3:23:08
81.	Mike Daly	2:58:42	176.	John Salisbury	3:12	271.	Gary Barrett	3:23:18
82.	Carl Reetz	2:58:52	177.	Bruce Perry	3:12:09	272.	Charles Conley	3:23:32
83.	Robert Jarratt	2:59:24	178.	Charles Shea	3:12:16	273.	Richard Campbell	3:23:35
84.	Curtis Ellis	2:59:24	179.	Loren Ritchie	3:12:22	274.	Betsey Schumacker*	3:23:49
85.	Vaughn Holyoke	2:59:25	180.	Pete Galle	3:12:25	275.	Roland Moulin	3:24:01
86.	Michael Colerick	2:59:15	181.	Bob Smyth	3:12:27	276.	Bruce Rutter	3:24:01
87.	Mark Simpson	2:59:26	182.	Charles Nichols	3:12:28	277.	Walter Perrin	3:24:20
88.	Bill Agnoletti	2:59:37	183.	Wayne Lopez	3:12:46	278.	Frank Hemphill	3:24:23
89.	Barry McLaughlin	2:59:48	184.	Deborah Farmer*	3:12:58	279.	Gary Weber	3:24:23
90.	Stephen Palley	2:59:55	185.	Tom Hyde	3:13:15	280.	John Pluto	3:24:29
91.	James Paterson	3:00:13	186.	Steve Jordan	3:13:18	281.	Gary Allen	3:24:29
92.	Lenny Hatch	3:00:38	187.	John Kelly	3:13:32	282.	Henson Groat?	3:24:39
93.	Burton Haggett	3:00:39	188.	Jim Alexander	3:13:33	283.	Gregory Blanchette	3:24:39
94.	Darren Billings	3:00:40	189.	Cliff Letty	3:13:39	284.	Gary Hamilton	3:24:49
95.	Paul Dean	3:00:51	190.	Gerald Cecil	3:14:05	285.	John Dorsey	3:25:09
96.	Robert Payne	3:00:53	191.	Tom Allen	3:14:10	286.	Doug Moody	3:25:13
97.	Mark Jose	3:00:56	192.	Bob Hagopian	3:14:11	287.	Tom Wells	3:25:13
98.	Anthony Lepore	3:01:03	193.	Tom O'Connor	3:14:14	288.	Dale Perreault	3:25:24
99.	Roger Foster	3:01:05	194.	John Roberts	3:14:22	289.	Bill Seekins	3:25:43
100.	Clifford Olson	3:01:06	195.	Jacob VanDeKrol	3:14:25	290.	Allan Herschiag	3:25:49
101.	Carol Roy*	3:01:11	196.	Wally McDonald	3:14:35	291.	Arthur Swenson	3:25:51
102.	Robert Cannata	3:01:12	197.	Brian Milliken	3:14:39	292.	Ralph Fowler	3:26:01
103.	Mike Coughlin	3:01:20	198.	Richard Marino	3:14:41	293.	Gary Chretien	3:26:13



294. Kevin Kenney	3:26:12	389. Alan Sabaka	3:41:19	484. Sandra Utterstrom*	3:59:50
295. Ronald Strickmaker	3:27	390. Charles Grover	3:41:20	485. Katherine Pfeiffer*	4:00:17
296. Faye Gagnon*	3:27:05	391. Robert Waddle	3:41:22	486. Ann Costa*	4:02:06
297. Stan Kaszynski	3:27:21	392. Dennis Walch	3:41:26	487. Stewart Richmond	4:03:18
298. Paul Conner	3:27:33	393. Martin Rogers	3:41:28	488. Joyce Goodie*	4:03:25
299. Paul Trusiani	3:27:52	394. Mike Bassi	3:41:32	489. Anne Geller*	4:03:52
300. Joe Grimland	3:27:55	395. Carl Sanborn	3:41:32	490. Michael Fitzpatrick	4:04:42
301. Linda Woodward*	3:27:56	396. Dave Morgan	3:41:33	491. O.K. Hammond	4:05:11
302. David Body	3:28:06	397. Roy Lee	3:41:34	492. David Sherry	4:05:42
303. Arthur Cunningham	3:28:14	398. Jeanne McDonald*	3:41:42	493. Barry Bachrach	4:06:56
304. Dan McMahon	3:28:19	399. Robert Hill	3:41:45	494. Tia LaMarre*	4:07:03
305. Priscilla Reinersten*	3:28:31	400. Albert Hanlon	3:41:46	495. Randall Staples	4:07:17
306. Ray Arsenault	3:28:32	401. Willis Ingram	3:41:55	496. Celeste Perkins*	4:08:12
307. Teri Scatchard*	3:28:45	402. Jeff MacDougall	3:42:12	497. Peter DeCourcy	4:08:43
308. James Chase	3:28:49	403. Mark Danyia	3:42:25	498. Wesley Williams	4:09:05
309. Roger Pike	3:28:55	404. Robert Maloney	3:43:14	499. Brian Dante	4:10:02
310. Udo Rauter	3:28:58	405. George Bourgeois	3:43:33	500. Edward Malone	4:10:10
311. George Brady	3:29	406. Gerard Jalbert	3:43:40	501. Donald Brewer	4:11:10
312. Norman Major	3:29:05	407. Tim Clough	3:44:09	502. Robert Handy	4:12:51
313. Jeanette LaPlante*	3:29:10	408. John Titus	3:44:10	503. Harold DeVou	4:13:12
314. Paul LaChance	3:29:30	409. Hugh McCormick	3:44:28	504. Rick Strout	4:13:33
315. Mike Ryan	3:29:31	410. Ti- Anderson	3:44:44	505. Mary Schendel*	4:13:50
316. Carol Bickford*	3:29:47	411. Mike Levasseur	3:44:48	506. Ron Leonard	4:14:14
317. Karl Kraft	3:29:55	412. Maura McDermott*	3:44:56	507. Bruce McFarland	4:14:15
318. Robert Gauthier	3:30:03	413. Cindy Andrews*	3:45:16	508. Shane Blair	4:14:16
319. Joan Sayres*	3:30:15	414. Scott Kehoe	3:45:17	509. Peter Puiford	4:14:23
320. George Higgins	3:30:21	415. Mark Agan	3:45:37	510. Mike LaCroix	4:14:46
321. Donald McDade	3:30:40	416. George Roth	3:45:45	511. Pete Rabbitt	4:15:19
322. William Conn	3:30:41	417. Linda Rafferty*	3:45:45	512. Madeline Tomlin*	4:16:12
323. Garrett Clough	3:30:51	418. Carol Sly*	3:45:58	513. Penny MacCullum*	4:16:24
324. Bonnie Proulx*	3:30:56	419. Laurie Walker	3:46:01	514. Bob Murray	4:18:30
325. John Barnes	3:30:57	420. David Malony	3:46:12	515. Charlie Frair	4:19:09
326. Bruce Gultard	3:31	421. James Lowery	3:46:13	516. Tom Pierce	4:19:40
327. Mark Dorsey	3:31:28	422. Mark O'Flynn	3:46:31	517. Richard Campbell	4:20:01
328. Kristina Gordon*	3:31:43	423. Roger Williams	3:46:33	518. John Hopkins	4:21:32
329. Frank Knight	3:32:10	424. Catherine Conrade*	3:46:45	519. Peter Monaco	4:22:21
330. Evelyn King*	3:32:12	425. Mike Robinson	3:46:47	520. Albert Utterstrom	4:25:08
331. Frank Bednar	3:32:34	426. Tom Marienson	3:46:49	521. Jack Oppen	4:31:30
332. Robert Mahlin	3:32:39	427. Robert Rosenberg	3:46:52	522. William Hughes	4:31:32
333. Sandra Wyman*	3:32:52	428. Bill McKenzie	3:47:07	523. Steve Wesner	4:33:30
334. Ray Loosen	3:32:53	429. Bill Mercier	3:47:16	524. Howard Bishop	4:34:19
335. John Mulrooney	3:32:55	430. Robert Eaton	3:47:22	525. Julia Nichols*	4:35:25
336. Richard Celler	3:32:55	431. John Willis	3:47:37	526. Gerry Nichols	4:35:26
337. Lynne Fuller*	3:32:56	432. Danny Farley	3:47:39	527. Ray Gladman	4:38:21
338. Mike Spadinger	3:32:59	433. Elizabeth Meiklejohn*	3:47:51	528. Eleanor True*	4:40:51
339.		434. Joe Wishcamper	3:48:07	529. Carol Calhoun*	4:45:30
340. Donald Anthony	3:33:02	435. Ray Bryant	3:48:10	530. Peter Curran	4:45:38
341. Patty Jacobs*	3:33:03	436. Kevin Purcell	3:48:43	531. David Harris	4:47:15
342. Ray O'Neal	3:33:10	437. Robert Boynton	3:48:44	532. Susan Cardova*	4:48:24
343. Charlie Gordon	3:33:32	438. Alton Wardwell	3:48:51		
344. John Conley	3:33:40	439. Peter Holloway	3:48:56		
345. Paul LaPointe	3:33:53	440. John Crolley	3:49:12		
346. Bruce Wood	3:33:55	441. Richard Higgins	3:49:14		
347. Matt Gilligan	3:34:01	442. Keith Kawalczyk	3:49:12		
348. Richard Dudley	3:34:08	443. Mark Allegretta	3:49:27		
349. Edward Quimette	3:34:16	444. John Bland	3:50:20		
350. Richard Gilmore	3:34:17	445. Joe Tacka	3:50:26		
351. Julius Marzul	3:34:37	446. Dennis Kaszynski	3:50:39		
352. Peter Roper	3:34:41	447. Edward Krolicki	3:50:54		
353. Tim Wachil	3:34:43	448. Mike Wartman	3:51:01		
354. Jim Bishop	3:34:45	449. Larry Dutch	3:51:31		
355. Richard Nadeau	3:34:46	450. Sally Paterson*	3:51:48		
356. Leon Hadjaris	3:35:19	451. Christine Tuttle*	3:52:19		
357. Susan Whitney*	3:35:20	452. Gary Folsom	3:52:51		
358. Brian Perkins	3:35:53	453. Peter Carmichael	3:53:26		
359. David Trussell	3:35:56	454. Howard Atherton	3:53:30		
360. Philip Call	3:35:59	455. Nancy Bruce*	3:53:46		
361. Dan Bryant	3:36:15	456. Allan Toubman	3:54:01		
362. Cliff Fletcher	3:36:21	457. Martha McGilpin*	3:54:01		
363. Chris Miller	3:36:23	458. Robert Clemons	3:54:08		
364. Robert Hunt	3:36:23	459. Allan Bissett	3:54:14		
365. Robert Milliken	3:36:35	460. Rosalyn Randall*	3:54:31		
366. James McCloskey	3:36:46	461. James Grady	3:54:32		
367. Mike Arsenault	3:36:57	462. David Bergson	3:54:57		
368. Tim Loisel	3:37:01	463. Rudy Plummer	3:54:59		
369. Gil Roderick	3:37:21	464. Norman Crossman	3:55:35		
370. Robert Burke	3:37:54	465. Jeff Hadley	3:55:38		
371. Beth Pfeifle*	3:37:57	466. Alburn Butler	3:55:45		
372. Leonard Mulligan	3L38:27	467.			
373. John Gale	3:38:41	468. Virginia Nichols*	3:56:04		
374. Brian LaSalle	3:38:46	469. Philip Harmon	3:56:34		
375. Howard Berwind	3:39:03	470. Joe Mahaney	3:56:38		
376. Don Celler	3:39:16	471. Jeff Preble	3:56:46		
377. Mike Frost	3:40:13	472. Stoddard Chaplin	3:57:46		
378. Edgar Gagnon	3:40:18	473. Bob MacLaughlin	3:58:12		
379. Kathryn Tolford*	3:40:24	474. Tom Poirier	3:58:19		
380. John Shaw	3:40:33	475. Ralph Estes	3:58:26		
381. Nicholas San Martino	3:40:41	476. Jean Goldfine*	3:58:47		
382. Joshua Bradford	3:40:48	477. Tom Mikolajewski	3:58:49		
383. Robin Everett*	3:40:49	478. Lee Roper	3:58:53		
384. Albert Burt	3:40:50	479. Christine Clothier*	3:58:58		
385. David Conarie	3:40:54	480. Richard Coleman	3:59:15		
386. Richard Meyer	3:41	481. Debby Sawyer*	3:59:25		
387. Steve Moody	3:41:06	Steve Ross	3:59:28		
388. Jane Dolley*	3:41:09	483. Edward Meyers	3:59:30		

Results from the Portland Press  
Herald

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DEKE TALBOT, SKIP HOWARD, JOHN  
FRACHELLA, ED RICE, WENDY  
SAYRES, NORMA MITTON, MARJ  
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GREETINGS BY MID DECEMBER.



# Letters

Dear Bob,

A selection committee of local area runners chose the following list as Aroostook Runners of the Year

Criteria for selections was as follows:

1. Must be a resident of Aroostook County.
2. Improvement over the year or from last year.
3. Participation in road races.
4. Running ability.
5. Contribution to road racing.

Men's Division - CONRAD WALTON  
Women's Division - NANCY JACKSON  
Jr. Boy's (17 + under) DAVID MANGUS  
Jr. Girl's Michelle Hallett  
Jr. Masters Men - DAN BONDESON  
Jr. Masters Women - Carole McElwee  
Masters Men - HERM PELLEITIER

Unfortunately we did not have a senior masters division.

Yours in running,

Sam Hamilton

## At the races

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Jaycees Foliage Footrace  
Augusta Oct 4th

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Fifty-one runners completed the five mile Jaycees Foliage Footrace held October 4th on a hilly course combining both road and cross-country racing at the University of Maine at Augusta. Todd Hews of Fairfield led the field with a time of 28:35, holding a comfortable edge over second place finisher Mark Dorian of Lewiston. Jeanne Lewis of West Rockport led the women, coming in 28th overall, with a time of 36:10.

In the two mile "fun run" cross-country race, Walter McKee of Wayne won in a time of 12:26, and Kathy Carter of Winthrop led the women,

finishing in 16:07

All proceeds were donated by the Augusta Jaycees to the American Cancer Society. The race was co-sponsored by the Augusta Area Jaycees, the Maine Road Ramblers, and WABK Radio.

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ST. JOE'S FINISHES REGULAR SEASON 19-0

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USM's John Keller set a course record of 23:35 for St. Joe's 4.5 mile course. St. Joe's Keith Poulin 23:40 was also under the old mark of 23:44 held by Chris Holt of St. Joe's, who finished third.

Coach Brian "Ziggy" Gillespie's team will next compete October 31 in the N.A.I.A. District Five Regionals at USM-Gorham Campus. The winning team and top five individuals will advance to the N.A.I.A. Nationals to be held November 21st in Kansas City.

St. Joseph's College  
News Release

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FALL FOLIAGE RACE  
Southwest Harbor 5.5 Miles Oct 11th

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A perfect fall day and a turnout of seventy-five runners marked the success of the third annual Fall Foliage Race in Southwest Harbor on Sunday.

A course record was set by Mike Gaige of Bangor with a time of 27:44. Lamoine's Robin Emery won the women's division in 33:30 making a record of twenty-one wins and one loss in road races this year.

Jimmie Davis age 10 of Ellsworth received a special medal for being the youngest runner. Another special award was given to Neil Fry of London, England for being the runner from farthest away.

Medals were awarded Bill Pinkham and Rhonda Reed who were the first male and female Southwest Harbor residents to finish.

Marty Lyons



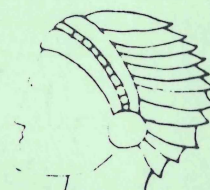
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THE  
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