

12-1996

# Pine Tree Running Journal Issue No. 1

Roland J. Thibault

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December 1996

Issue Number 1 \$3.00

# PINE TREE RUNNING JOURNAL

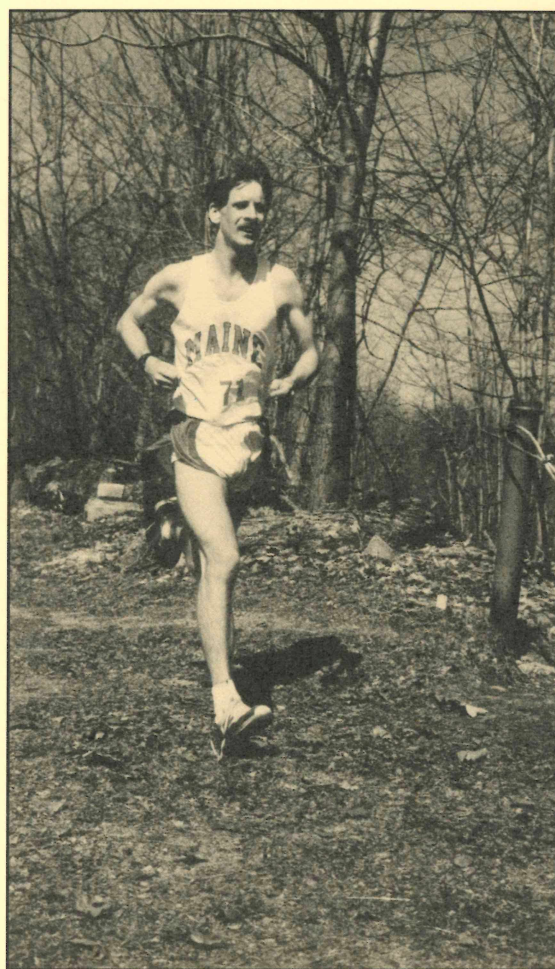
Covering Maine's Endurance Sports

A NEW MAGAZINE  
FOR RUNNERS AND  
ENDURANCE  
ATHLETES

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FEATURING

- \* ROAD RACING
  - \* TRIATHLONS
  - \* HIGH SCHOOL AND  
COLLEGE  
-CROSS COUNTRY
  - INDOOR TRACK
  - OUTDOOR TRACK
  - \* CROSS COUNTRYSKIING
- 



Who Is This Guy?

Pine Tree Running Journal  
67 Church Street  
Westbrook, ME 04092



# PINE TREE RUNNING JOURNAL

## ADVERTISING RATES

### DISPLAY ADS

	Single Issue	Five Issues
1/4 Page	\$40	\$185
1/2 Page	\$75	\$355
Full Page	\$100	\$475
Cover	\$150	\$700

Prices will be adjusted slightly for ads that are not camera-ready.

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Five Issues - \$60

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PINE TREE RUNNING JOURNAL can be found at the following newsstand locations:

**5K SPORTS - FALMOUTH**

Welcome to the inaugural issue of the Pine Tree Running Journal. I have many people to thank for their help and inspiration in what has been a long journey that has resulted in the magazine that you hold in your hands. One thing that you must realize is that this magazine belongs to the Maine running community, and as such, is subject to both the input and assistance of those in the running community, namely you. As a long-standing member of this community, I know that there is an abundance of both input and assistance from which I may draw in the months and years ahead. Feel free to fill out the survey form at the back of the magazine, or talk to me at the races or drop me a line. Feedback can only make this a better magazine, so let me know what you think.

Readers who are familiar with past efforts at running magazines in Maine will notice a slight difference in this magazine, namely the center section devoted to high school running. As a former middle school and high school coach in Westbrook, I feel that high school runners do not often get the recognition that they deserve. They also deserve a volume of their efforts that they may save for future reference (i.e. grandkids, etc.) Hopefully, the Pine Tree Running Journal can fill a few of those gaps while also getting these athletes interested in the road racing community. After all, todays young athletes are the future of running.

Finally, thanks to the following people, without whom none of this would have been possible: "Tireless" Jim McCorkle, Tom Howard, John LeRoy, Doug Moody, the Westbrook High School Cross Country Team, my family, and the many other friends and acquaintances who have given me guidance and support.

Until next month, Keep your feet moving and your eyes on the horizon.

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Gorham Trails 5K  
Angie Abraham 4-Miler  
Forecaster 10K  
Womens Distance Fest.  
Saco Sports and Fitness  
5K and 10K  
Maine Cancer Prog. 5K  
Help Can't Wait 10K  
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**On the Cover:** The publisher in a past race. For those of you who get the joke, sit back and laugh. If not, ask me sometime. As busy as I have been, this may be the last running picture taken of me, anyway.



# CALENDAR OF UPCOMING EVENTS

## December

- 12/7 **Reebok USATF Senior and Junior Cross Country Nationals**  
Stanford University, Palo Alto, California (415) 725-1992
- 12/7 **Jingle Bell Run 5K-** Concord N.H. at 10 AM Benefits the Arthritis Foundation, 2 1/2 Beacon St.  
Contact (800) 639-2113.
- 12/8 **20th Bill Rodgers Jingle Bell Runs-** Boston, Springfield, Taunton, and  
Marlborough. Call (617) 723-5612.
- 12/11 **Maine Track Club Jingle Bell Fun Run** - Everett Moulton 799-2894.
- 12/14 **Jingle Bell Run 10K** - Portsmouth NH at 10 AM. Benefits the Arthritis Foundation,  
2 1/2 Beacon St. Contact (800) 639-2113.
- 12/14 **USATF National Masters 10K Cross Country** - San Francisco, California  
(916) 983-4622
- 12/14 **20th Rocket City Marathon**, Huntsville, Alabama. Entry Deadline December 1,  
1996 (205) 881-9077.
- 12/28 **Fat Ass Fifty, 50 miles/ 50 Kilometers Option.** Brunswick, ME - 7:30 AM. Flat, scenic  
four-mile loop; certified. No fee, no awards, all welcome; bring your own water. Contact:  
Phil Pierce, 79 Waites Landing Road, Falmouth, ME 04105-1939, (207) 781-3769 (h).
- 12/31 **Run Into the New Year 5K** - Keene NH. 11:45 PM Contact Molly Wiese at (603) 357-3906.

## January

- 1/1 **16th Annual Winner's Circle/ Bud Light Hangover Classic 10K/ 5K Road Race.**  
Salisbury, MA 11:05 AM/ 11 AM. Winner's Circle Sports Bar, Rt 110, Salisbury MA.  
Contact: Bob Manning (508) 462-1073 Fax: (508) 396-9240.
- 1/1 **Run 4 New Year's Day 4 miler** - Waltham, Mass. at 11 a.m. Contact the  
Waverley Oaks Athletic Club at (617) 894-8584.
- 1/4 **20th Charlotte Observer Marathon** - 8:00 AM. 10K at 8:30. Call (704) 358-5425.
- 1/5 **Walt Disney Marathon** - Lake Buena Vista, Florida. Call (407) 939-7810.
- 1/10-12 **Dartmouth Relays** - Hanover, NH. Leverone Field House. Contact: Carl Wallin, Dartmouth  
College, Alumni Gym, Hanover NH 03755. (603) 646-2848.
- 1/19 **16th Annual Greater Boston Track Club Invitational** Indoor Track Meet. Gordon  
Track at Harvard University. Meet starts at 9 AM. Call (617) 282-5537.
- 1/25 **Central Maine Striders Banquet** - Waterville. Contact Ron Paquette at (207) 437-9237
- 1/26 **18th Annual January Thaw Road Race** - 4.5 Miles. Noon, Belgrade Central School  
Contact Gene Roy at (207) 465-7296.

## February

- 2/2 **Midwinter Classic 10 Miler** - noon at Cape Elizabeth High School. Contact Don Penta -  
(207) 892-4526; Jeanne Hackett - (207) 766-5026; Ray Shevenell - (207) 799-6219.



# GROUP RUNS

<i>Location</i>	<i>Group</i>	<i>Day/Time</i>	<i>Leaves from...</i>	<i>Contact</i>
Brunswick		Saturdays-8 AM	Brunswick Junior High	John LeRoy 725-8680
Portland	USM Morning group	Daily- 5:45 AM	USM gym	Mel Fineberg 774-8868 Ruth Hefflefinger 797-4625
Portland	Rat Pack	Sundays- 7 AM	Payson Park	Ron Deprez 772-4312 Mike Reali 829-2014
South Portland	S.P. Road Runners	Thursdays-5:30 PM	S.P. High School	Russ Bradley 799-3864 Donna Moulton 799-2894

If there are any group runs that you know of, or if you would like to start a group of your own, please contact the publisher. It is always nice to meet new people while also getting the motivation to run, especially during the dark, cold, and wet months that lie ahead.

## THOUGHTS ON THE RUN

“ PERHAPS THE REWARD OF THE SPIRIT WHO TRIES  
IS NOT THE GOAL BUT THE EXERCISE”

- E.V. COOKER

“SUCCESS IS GETTING WHAT YOU WANT;  
HAPPINESS IS WANTING WHAT YOU GET”

# NEWS & VIEWS

## Pierce Collects a 7th at Twin Cities

**Rob Pierce** of Alfred, ME finished 7th in the Twin Cities Marathon in Minneapolis, Minnesota on Sunday, October 6th in 2:19:56.

## Women's Marathon Site Selected

USA Track & Field has announced that they have selected Columbia, S.C. as the site of the 1997 U.S. Women's Marathon Championships.

## Summertime Road Racing News from Out-of-State

\***Sam Wilbur** of Mattanawcook won the 6th Annual Firecracker 5K in Nantucket Mass. on July 4th. He ran 15:40.

\***Bob Winn** of Wells won the 26th Annual Mattapoisett 5-miler in Mattapoisett, Mass. on July 4th. He ran 25:05 for the win. Former Maine resident **Paul Days-Merrill** finished 8th in 27:07, placing him as the 2nd Masters runner.

\***Katie Payson** of Bath won the 20th Annual Cranberry Classic 10K in Nantucket on June 1st with a time of 39:03. Her brother, **Mike Payson** of Falmouth was the 3rd male in 34:19.

\*Former UMaine standout **Sean Tynan** finished 8th in the 18th Annual Bridge of Flowers 10K in Shelburne Falls, Mass. on August 10th. Sean ran 33:19, almost a minute ahead of Lewistons **Scott Brown** who finished 17th in 34:10. This race served as the USATF 10K Championship race.

\*The USATF 10MILE Championship race, the Yankee Homecoming 10 Miler in Newburyport, Mass. on July 30th, saw another former Maine resident placing very well. **Andy Spaulding**, formerly of Searsport, finished 11th with a time of 51:37. Finishing in 11th place on the womens side was Limericks **Rose Prest-Morrison** in 1:01:44, followed by **Christine Snow-Reaser** in 16th place with a time of 1:02:28. **Russ Bradley** and **Carlton Mendell** fought for 1st and 3rd place in the 70 and over division, running 1:23:15 and 1:28:49, respectively.

## Out-of-State Track and Field News

At the USATF New England Open and Masters Championships at the Solomon Track in Dedham Mass on June 28th and 29th:

\*Former Kennebunk star and Olympic Trials qualifier **Erik Nedeau**, now running for New Balance, won the 1500 with a time of 3:42.32. **Alan Muir** of Portland was the first Master with a time of 4:15.27.

\***Ethan Crain**, of Windham and running for the MIT Track Club, finished 5th in the 5000 with a time of 14:55.98, outdistancing **Scott Brown** of Lewiston who ran a time of 15:12.50, good for 11th place.

## RRCA Roads Scholarship Winner Among Us

**Julia Kirtland** of Harpswell, a U.S. marathon trials qualifier, was one of four runners in the country to be selected for a \$4,000 scholarship from the Road Runner's Club of America. According to Don Kardong, the Chair of the RRCA Roads Scholar Committee, "The intent of this program is to assist top American post-collegiate road runners who...show great promise to develop into accomplished national and world-class road-running athletes." Congratulations to Julia!

Also awarded a scholarship on the women's side was former Waynflete star **Susannah Beck**. Maine should be proud to have two of the four scholarship winners counted as members of our tightknit community.

## Boston Marathon 1997 News

The 101st Boston Marathon will be taking place on April 21st, 1997 with a few changes in the works. A new limit of 15,000 entrants has been put in place, and the entry fee has been raised from \$50 to \$75 for all US runners. Race director Guy Morse has said that the race will retain the athletes' village in Hopkinton, the new logistics at the finish line area, and Sundays 3.5 mile International Friendship Run, which were all put in place for the 100th Boston. Qualifying standards have also remained the same.

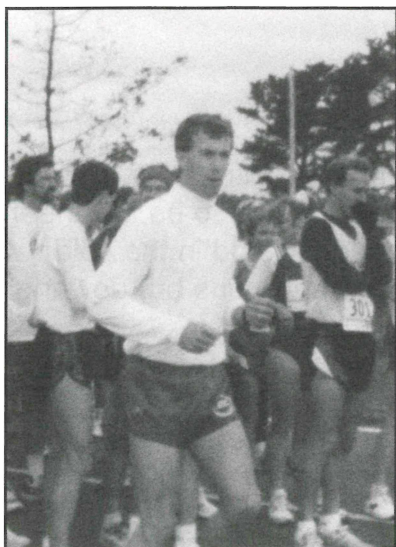
Athletes must run a qualifying time on a certified USA Track and Field marathon course between January 1st, 1996 and February 1st, 1997. Entries will be accepted until February 1st, 1997 or until the cap of 15,000 is reached, whichever comes first.

### Boston Marathon Qualifying Standards

Age	Male	Female
18-34	3:10	3:40
35-39	3:15	3:45
40-44	3:20	3:50
45-49	3:25	3:55
50-54	3:30	4:00
55-59	3:35	4:05
60-64	3:40	4:10
65-69	3:45	4:15
70-over	3:50	4:20



## RUNNER PROFILE - T. J. Hesler



T. J. Hesler has definitely improved steadily over the three years that he has been running. This fall he has set PR's at nearly every distance, with hopes of having a good run at Boston '97. (he has already qualified). A former football and basketball standout at Lewiston High School, T. J. has just recently moved to Gorham for a job teaching Physical Education in the Bonny Eagle school district. He will also be an assistant coach for the Bonny Eagle High School Boys' Varsity Basketball team this winter.

T. J. started running three years ago to stay in shape and to lose weight. Racing soon followed with the urging of his longtime friend Ron Plourde. They have been dueling in races ever since,

with T. J. gaining a slight edge in recent months. The work-ethic and competitiveness developed on the football field and basketball court have served him well, as he is consistently at the front of the field in most road races. Look for T. J. to continue his improvement, and if his times from this fall are any indication, he should be a force to reckon with in the races to come.

### T.J. Hesler's Typical Week:

<u>MON</u>	<u>TUES</u>	<u>WEDS</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
off	4-6 miles	Speed day	4-6 miles	off	6 miles	race/ long run

## RUNNER PROFILE - Nancy Kneeland

Nancy Kneeland of Kennebunk runs for all the right reasons. Most important of those reasons is the way that running makes her feel. Not just physically, but also for the way it makes her feel about herself. As a result of running, Nancy has increased her self-confidence and self-esteem and decreased her race times in the process. What more could one ask for?

The only other thing that Nancy strives to achieve is consistency, and she is doing a pretty good job of reaching that goal. Under the tutelage of Steve Fluet she has learned the importance of rest and the value of each workout. "Everything I do now has a purpose which I think helps add to success." And adding rest to her routine has kept her healthy and on the road to consistent race times.



What does the future hold for Nancy Kneeland? Look for her to toe the line next fall for a possible marathon, and she intends to work on her foot speed on the indoor boards during the winter after that. One thing is for sure, she will continue to run for the positive rewards that running brings to her life. Isn't that the reason that we all run?

### Nancy Kneeland's Typical Week:

<u>MON</u>	<u>TUES</u>	<u>WEDS</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
Weights	Track work	Short run/cross train	Fartlek work	Weights	Long reps	Long run



# TRAINING TIPS

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## Surviving the Winter Blahs

If you are anything like me, the winter months pose a challenge to both your fitness and your sanity. Lack of sunlight, which depresses even the bounciest of personalities, proves to be a danger to those of us who venture out for our runs in the early mornings or late evenings. Add in the cold temperatures and below-zero wind chills and you have a mix that is not only dangerous but downright uncomfortable.

Don't get me wrong, I'm not advocating abandoning your running program until March ( although some of us do ), but other options exist that may have you feeling more motivated and fresher when Patriots Day approaches. After all, there are very few races before then anyway, so who needs to maintain a high level of fitness.

Remember that winter is nature's way of rejuvenating itself, and think of that calm, peaceful feeling that you get on that first day of spring when you don your shorts for the first time and go for a run. Animals hibernate, plants lay protected beneath a blanket of white, and birds fly south. All return in the spring with renewed energy and a zest for life. ( Although the birds are a little tired from the round-trip flight ) The winter months should leave you rested and ready for another year of fast times come spring-time.

So take a break this winter and enjoy what is around you. Catch up on things that you haven't had time for during the busy summer and fall months. Run only when you feel like running and insert other activities that will complement your running. Winter is a perfect time to start that weight training program that you have wanted to start. Cross country skiing is a great activity to build upper-body strength while getting an aerobic workout. If you are feeling adventurous, take a trip to a rock-gym and do some climbing. Not only does it build strength, but it can build character ( which is definitely needed to trust the person who holds your life in their hands )

Finally, if you really must run, enjoy the great races that Maine offers in the winter months like the January Thaw or Midwinter Classic. Or travel out of state to run some indoor track meets. Often times you meet some celebrity figures at these meets and get a chance to race against them. How many of your friends can say that they were lapped by a former Olympian? However you choose to deal with it, the most important thing about training in Maine during the winter months is that you emerge in the spring with a renewed sense of energy and a healthy body. Stay safe on the roads and remember to use these months in the way that nature intended, to heal and rejuvenate.

*Editors note : If you are planning on running a marathon in the spring, disregard this article. Don't you have a long run to do anyway? There are three things you should remember: dress in layers, wear your reflective vest, and run into the wind at the beginning of your run so that it will be at your back when you return.*

# SUMMER FUN RUN SERIES REPORT

by Roland J. Thibault

Do you constantly have a hard time finding someone to run with after work? Can't run because there is no one to watch the kids? Do you have difficulty motivating yourself to run a hard workout in the heat of the summer? The answer to your problems may be found in the Summer Fun Run Series in Falmouth.

The Fun Run Series this year consisted of 5 weeks of runs on the track and trails of Falmouth High School. Participants could choose to run a half-mile, mile, or 5K cross country race, and some even ran all three. The runs took place on Wednesday evenings, and the shorter races were broken into age-group runs so as not to discourage the younger athletes ( or the older athletes! ). The best part of all this was the price. There was no charge to enter. How can you beat that?

As a thank-you to all those who took part and made the series such a success, I have decided to run the results of the series in this issue of Pine Tree Running Journal ( especially so the younger kids can keep the results for future reference ) Also, Jim McCorkle and I would like to thank all of those who helped us with timing, etc. We thoroughly enjoyed giving a little bit back to the running community, and we are hoping to be back again in 1997 with the 2nd Annual Summer Fun Run Series.

## SUMMER FUN RUN SERIES RACE # 1

Falmouth

July 10, 1996

### 1/2 Mile

1	Tom Howard	2:06
2	Zac Laidley	2:07
3	Seth Kimball	2:13
4	Nghia Huynh	2:20
5	Rocco Corsetti	2:58
6	Peter Bastow	3:01
7	Chris Wasileski	3:02
8	Dallas Murray	3:06
9	Chris White	3:16
10	Don Goodrich	3:31
11	Jordan Hale	3:34
12	Deanna Davis	3:44
13	Amanda Todd	3:45
14	Stephen Brown	3:58
15	Christopher Marchet	4:03
16	Jeffrey McCorkle	4:06
17	William White	4:22
18	Bruce Hilfrank	4:35
19	Drew Hilfrank	4:36
20	Michael Tanguay	5:00
21	Jordan Tanguay	5:16
22	Brandon Rolfe	5:19
23	Jonathan Clement	5:20
24	Minnie Weisbeiger	6:08
25	Abby Weisbeiger	7:14
26	Lindsay Gagne	7:19
27	Zachary Tanguay	7:20

### Mile

1	Jeff Conant	4:43
2	Kyle Milliken	5:02
3	Jacob Toman	5:20
4	Pablo Nicolaides	5:36
5	Michael Smith	5:44
6	Kirby Davis	5:51
7	Richard Scribner	6:06
8	Mandy Bowden	6:11
9	Peter Bastow	6:21
10	Jared Adams	6:44
11	Amanda Davis	7:44
12	Aaron Tanguay	7:45
13	Jordan Hale	7:48
14	Bethany McCorkle	8:16
15	Stephen Brown	8:25
16	Amanda Todd	8:35
17	Mark Clinch	8:45
18	William White	8:50
19	Tyler Boucher	9:31

### 5K Cross Country

1	Jeff Conant	16:26
2	Tom Howard	16:43
3	Ryan Fenton	16:59
4	Nghia Huynh	17:08
5	Sam Goodrich	18:15
6	Pablo Nicolaides	18:17
7	Michael Boucher	18:50
8	David Howard	19:01
9	Scott Bennett	19:23
10	Adam Bowden	19:26
11	Daniela Daggy	19:29
12	Richard Scribner	21:00
13	Blake Davis	21:44
14	Jacob Toman	21:57
15	Eric Bowden	21:59
16	Elizabeth Curtis	22:02
17	Kim White	22:22
18	Rocco Corsetti	22:59
19	John Wasileski	23:39
20	Tony Ricci	24:13
21	Harry White	24:50
22	Dennis Morrill	25:09
23	Jessica Croteau	26:50
24	Michael DuBois	27:15
25	Joseph Croteau	27:16
26	David Brown	27:47
27	Mark Clinch	31:58
28	Jan Bastow	38:10



# SUMMER FUN RUN SERIES RACE # 2

Falmouth

July 17, 1996

## HALF MILE

1 Tom Howard	2:04
2 Steve Smith	2:16
3 Jeff Dyer	2:24
4 Chris Varney	2:27
5 Jonah Toman	2:31
6 Tony Ricci	2:38
7 Bob Demont	2:52
8 Peter Bastow	2:53
9 Dennis Morrill	2:55
10 Richard Scribner	2:56
11 Bryan Gattis	2:57
12 Chris White	3:09
13 Terry Toman	3:22
14 Mark Clinch	3:25
15 Don Goodrich	3:27
16 Stephen Brown	3:29
17 Sarah Muir	3:39*
18 Ben Sanford	3:42
19 Whitney Morrow	3:48*
20 Tim DeMichiel	3:52
21 Lisa Barker	3:55*
22 Christopher Marchet	4:08
23 William White	4:19
24 Drew Hilfrank	4:22
25 Jan Bastow	4:25*
26 Sarah Hodsdon	5:00*
27 Brian Muir	5:03
28 Ricky Joyal	5:09
29 Beth Joyal	5:22*
30 Adrienne Sanford	5:46*
31 Scott Sanford	5:47

## MILE

1 Ryan Fenton	4:52
2 Brian MacLaughlin	4:53
3 T.J. Hesler	4:56
4 Christine Snow-Reaser	5:12*
5 Michael Boucher	5:19
6 Jacob Toman	5:24
7 Sam Goodrich	5:25
8 Richard Scribner	6:01
9 Rocco Corsetti	6:11
10 Kirby Davis	6:14
11 Bob Hawkes	6:21
12 Peter Bastow	6:24
13 Kim White	6:30*
14 Josh Beaudoin	6:51
15 Bruce Hilfrank	6:59
16 Kristina Grimaldi	7:19*
17 Deanna Davis	7:33*
18 Chris Talbot	7:35
19 Stephen Brown	7:47
20 Ben Schnapp	7:52
21 Mark Clinch	7:59
22 Amanda Davis	8:10*
23 William White	9:12
24 Jan Bastow	10:02*
25 Katie Demont	11:14*
26 Bob Demont	11:16

## 5K CROSS COUNTRY

1 T.J. Hesler	18:02
2 Christine Snow-Reaser	18:58*
3 Scott Spiller	19:08
4 Daniela Daggy	19:15*
5 Scott Bennett	19:19
6 Paul LeBlanc	19:35
7 Tom Howard	19:36
8 Ryan Fenton	19:54
9 Dave Jenkins	20:05
10 Chris Varney	20:13
11 Scott Schnapp	20:24
12 Jacob Morrill	20:45
13 Larry Barker	21:08
14 Jacob Toman	21:33
15 Blake Davis	21:41
16 Kirby Davis	21:54
17 Bridget McLaughlin	21:55*
18 Richard Scribner	21:56
19 Sam Goodrich	21:56
20 John Fenton	23:07
21 Scott Sanford	23:26
22 Rocco Corsetti	23:48
23 Jordan Hale	24:27
24 Dennis Morrill	25:18

# SUMMER FUN RUN SERIES RACE # 3

Falmouth

July 24, 1996

## HALF MILE

1 Tom Howard	2:08
2 Kyle Milliken	2:12
3 David Howard	2:14
4 Michael Payson	2:16
5 Jessie Randall	2:18
6 Allan Muir	2:19
7 Chris Varney	2:25
8 Jeff Dyer	2:34
9 Paul Nicolaides	2:37
10 Tony Ricci	2:38
11 Don Stowell	2:39
12 Kevin Hopkins	2:42
13 Mike Pedneault	2:46
14 Larry Barker	2:47
15 Bob Demont	2:59
16 Gary Davis	3:01
17 Chris White	3:11
18 Don Goodrich	3:24
19 Mark Clinch	3:26
20 Ben Sanford	3:32
21 Iain Eldredge	3:37
22 Galipia Conrad	3:41*
23 Jeffery McCorkle	3:42
24 Stephen Brown	3:45
25 Lindsay Gagne	3:51*
26 Macgill Eldredge	3:52
27 David Howard	3:53

## MILE

28 Amanda Todd	3:55*
29 Ben Schnapp	3:58
30 Mona Kimball	4:00*
31 William White	4:17
32 Drew Hilfrank	4:26
33 Michael Tanguay	4:30
34 Robert Hodsdon	4:30
35 Michael McKinnon	4:34
36 Sara Hodsdon	4:55*
37 Katie Demont	5:04*
38 Jonathan DuBoit	5:14
39 Jordan Tanguay	5:19
40 Lauren DuBoit	6:12*
41 Zachary Tanguay	6:40

1 Jeff Conant	4:32
2 Bob Lacourse	4:35
3 Brian McLaughlin	4:45
4 Allan Muir	4:46
5 Michael Payson	4:47
6 Mark Florenz	4:48
7 Jessie Randall	4:52
8 Bruce Nicholson	4:57
9 Nghia Huynh	5:01
10 Paul Nicolaides	5:07
11 Michael Boucher	5:13
12 Jacob Toman	5:14
13 Don Stowell	5:17

14 Scott Bennett	5:19
15 Mike Smith	5:41
16 Renie Green	5:56
17 John LeRoy	5:57
18 Albert Tanguay	5:58
19 Marlin Conrad	6:28
20 John Eldredge	6:28
21 Cindy LeBlanc	6:42*
22 Gary Davis	6:45
23 Kristina Grimaldi	7:00*
24 Josh Beaudoin	7:01
25 Chris Talbot	7:21
26 Deanne Davis	7:34*
27 Aaron Tanguay	7:42
28 Amanda Davis	7:44*
29 Stephen Brown	7:56
30 Amanda Todd	8:44*
31 Tyler Boucher	8:53
32 William White	9:34

## 5K CROSS COUNTRY

1 Tom Howard	16:04
2 Ryan Fenton	16:35
3 Jessie Randall	16:44
4 Michael Payson	16:58
5 Scott Richards	17:20
6 Nghia Huynh	17:20
7 Allan Muir	17:28
8 Jorma Kurry	17:41

9 Paul Nicolaides	17:45
10 Sam Goodrich	17:50
11 Seth Kimball	17:51
12 Andrew Worth	17:53
13 Bruce Nicholson	17:58
14 John Eldredge	18:02
15 Fred Randall	18:55
16 Adam Bowden	19:02
17 Daniela Daggy	19:07*
18 Brian Milliken	19:24
19 Dennis Smith	19:26
20 Michael Boucher	19:27
21 Chris Varney	19:33
22 Mark Florenz	19:33
23 Larry Barker	20:29
24 Jacob Toman	21:28
25 Scott Baldwin	22:26
26 Karin Kurry	22:51*
27 Dennis Morrill	23:26
28 Mark Clinch	28:43
29 Galipia Conrad	29:05*
30 Marlin Conrad	29:07
31 Noonie Kimball	29:27*
32 Pamela Baldwin	30:20*
33 Alan Baldwin	32:36
34 Lisa Barker	34:08*
35 Whitney Morrow	34:09*
36 Bethany McCorkle	34:10*



# SUMMER FUN RUN SERIES RACE # 4

Falmouth

July 31, 1996

## 1/2 Mile

1	Tom Howard	2:07
2	David Howard	2:11
3	Mchael Payson	2:13
4	Bruce Nicholson	2:17
5	Chris Varney	2:22
6	Rob Craig	2:28
7	Jacob Toman	2:30
8	Patrick Connell	2:40
9	Tony Ricci	2:41
10	Elliot Conrad	2:49
11	Robert Sweet	2:56
12	Richie Chute	3:24
13	Deanna Davis	3:44*
14	Lindsay Gagne	3:53*
15	Kristen Nielsen	4:05*
16	Sarah Muir	4:05*
17	Robert Hodsdon	4:14
18	Joshua Nielsen	4:19
19	Christopher Marchet	4:31
20	Brian Muir	4:44
21	Sarah Hodsdon	4:50*
22	Drew Hilfrank	4:56
23	Jordan Nielsen	6:29
24	Taylor Niebea	6:40

## Mile

1	Alan Muir	4:43
2	Tom Howard	4:45
3	Brian McLaughlin	4:46
4	Bruce Nicholson	5:03
5	Marlin Conrad	5:59
6	Rocco Corsetti	6:03
7	Reni Green	6:07
8	Eric Giddings	6:46
9	Richie Chute	7:18
10	Chris Talbot	7:20
11	Deanna Davis	7:34*
12	Heather Nielsen	7:36*
13	Amanda Davis	7:42*
14	Galipia Conrad	7:46*

## 5K Cross Country

1	Ryan Fenton	16:38
2	Michael Payson	16:43
3	Ken Botting	17:12
4	Marlin Conrad	17:37
5	Rob Craig	18:12
6	Sam Goodrich	18:31
7	Jared Connell	18:45
8	Scott Bennett	18:51
9	Adam Bowden	19:08
10	Chris Varney	19:10
11	Ken Small	19:20
12	Jacob Toman	19:24
13	Dennis Smith	19:24
14	Paul LeBlanc	19:31
15	Patrick Connell	20:12
16	Robert Sweet	21:47
17	Elliot Conrad	24:32
18	Harry White	24:35
19	Clayton Conrad	25:01
20	Rocco Corsetti	25:16
21	Cara Chavez	28:52*
22	John Chavez	28:53
23	Galipia Conrad	31:37*

# SUMMER FUN RUN SERIES RACE # 5

Falmouth

August 7, 1996

## HALF MILE

1	Tom Howard	2:06
2	Tony Ricci	2:06
3	Steve Turner	2:09
4	Elliot Conrad	2:10
5	Josh Beaudoin	2:10
6	Derek Caldwell	2:20
7	Deanna Davis	2:21*
8	Lindsey Gagne	2:22*
9	Stephen Brown	2:23
10	Galina Conrad	2:24*
11	David Howard	2:28
12	Chris Varney	2:40
13	Jacob Toman	2:41
14	Sam Goodrich	2:52
15	Scott Hinckley	2:53
16	Peter Strand	2:56
17	John Eldredge	2:58
18	Robert Hodsdon	3:06
19	Don Goodrich	3:07
20	Chris Marchetti	3:22
21	William White	3:32
22	Drew Hilfrank	3:49
23	Bob Hodsdon	4:03
24	Sara Hodsdon	4:10*

## 1 1/2 MILE

1	Jerome St.Louis	7:42
2	Jeremy Davis	7:55

3	Jacob Toman	8:24
4	Kirby Davis	8:54
5	Robert Hodsdon	9:14
6	Rocco Corsetti	9:34
7	Steve Strand	9:43
8	Unknown	9:50
9	Elliott Conrad	10:25
10	Marlin Conrad	10:26
11	Amanda Davis	11:37*
12	Chris Talbot	11:58
13	Ben Schnapp	11:59
14	William White	13:39
15	Jeffery McCorkle	13:53

## 5K CROSS COUNTRY

1	Conrad Knutsen	15:47
2	Tom Howard	15:48
3	Michael McGregor	16:06
4	Ryan Fenton	16:26
5	Ken Botting	16:50
6	Marlin Conrad	17:24
7	Mark Florenz	17:25
8	John Eldredge	17:26
9	Rob Craig	17:34
10	Scott McKeough	17:46
11	Randy Perry	18:08
12	Sam Goodrich	18:15
13	Justin Riley	18:19
14	Steve Turner	18:20
15	Adam Bowden	18:20

16	Paul LeBlanc	18:44
17	Chris Varney	18:56
18	Daniela Daggy	18:59*
19	Jacob Toman	19:43
20	Blake Davis	19:51
21	Joel Dunn	20:06
22	Casey Caldwell	20:19
23	Scott Hinckley	20:23
24	Robert Hodsdon	20:32
25	Shawn Bartlett	21:05
26	Clayton Conrad	23:05
27	Richard Scribner	23:17
28	Gilbert LaPierre	23:21
29	Tony Ricci	23:35
30	Dennis Morrill	23:37
31	Unknown	23:43
32	Jeremy Davis	23:49
33	Paul Ruopp	24:01
34	Carrie Crawford	24:03*
35	Roy Crawford	24:04
36	Harry White	24:19
37	Stephanie Hand	24:49*
38	Victoria Hutchinson	24:52*
39	Frank Farrell	25:47
40	Ben Farrell	28:39
41	Mark Clinch	28:40
42	Nicole Guimond	30:06*
43	Michelle Ramiller	30:42*

# BOWDOIN AND BACK 10 MILER

August 18, 1996

## Brunswick

1	Robert Pierce	50:50
2	Byrne Decker	53:49
3	Steve Sarkozy	54:34
4	Pete Bottomley	54:58
5	Stu Hogan	55:43
6	David Weatherbie	55:45
7	Michael Grigware	55:47
8	Michael Payson	55:50
9	Scott Brown	56:03
10	Patrick Sullivan	56:28
11	Guy Segars	57:14
12	Dennis McIver	57:41
13	Ben Lewis	57:48
14	Brian Carlson	58:21
15	Jesse Randall	58:21
16	William Freeman	58:59
17	Robert Diaz	59:03
18	Roland Thibault	59:32
19	John Pollock	59:48
20	Mike McCusker	59:54
21	Peter Hall	1:00:01
22	Adam Tyson	1:00:03
23	Randy Bartlett	1:00:12
24	T.J. Hesler	1:00:13
25	Russell Wogan	1:00:19
26	Michael Hewitt	1:00:28
27	David Burnham	1:00:41
28	Steve Reed	1:00:42
29	Joel Croteau	1:00:56
30	Kevin Gile	1:01:10
31	Steve Kirkland	1:01:19
32	Joe Hewitt	1:01:19
33	Kevin McDonald	1:01:21
34	Donald Hebert	1:01:22
35	Jim Toulouse	1:01:35
36	Rose Prest-Morrison	1:01:39
37	John Eldredge	1:01:45
38	Jerry Mullin	1:02:03
39	Jaime Jackson	1:02:17
40	Michael Reali	1:02:30
41	Christine Snow-Reaser	1:02:36
42	Steve Palmer	1:02:42
43	Fred Lewis	1:02:54
44	Gordon Scannell	1:02:59
45	Nelson Larkins	1:03:12
46	Karla Palmer	1:03:20
47	Michael Moran	1:03:23
48	Duane Hinds	1:03:28
49	Rich McCauley	1:03:31
50	Dan Hutchins	1:03:34
51	Chris Reed	1:03:47
52	David Chamberlain	1:03:57
53	G. Daniel Deniso	1:03:59
54	Bill Reilly	1:04:04
55	Bob Hunt	1:04:04
56	John Tarlino	1:04:09
57	Britt Wolfe	1:04:20
58	Barrett Smith	1:04:21
59	Steve Moriarty	1:04:21
60	Chris Atlee	1:04:23

61	Lawson Noyes	1:04:29
62	James Kilburn	1:04:33
63	David Chamberlain	1:04:40
64	Mike Daly	1:04:51
65	Gerard Conley	1:04:54
66	Stu Palmer	1:04:56
67	Don Stowell	1:04:58
68	Doc Thibeau	1:05:06
69	Michael Boucher	1:05:07
70	Bill Whitmore	1:05:10
71	Bob Coughlin	1:05:18
72	Will Lund	1:05:28
73	William Sproul	1:05:34
74	Jared Legare	1:05:39
75	Josh Rogers	1:05:46
76	Dan Engler	1:05:47
77	Terry Sutton	1:05:48
78	Jacob Toman	1:05:49
79	Paul Gadbois	1:06:05
80	Ken Cotton	1:06:09
81	Ross LaFreniere	1:06:16
82	Paul Davis	1:06:16
83	Andrew MacLean	1:06:20
84	Ronald Deprez	1:06:20
85	Erich Reitenbach	1:06:27
86	R.J. Harper	1:06:36
87	Jerry Allanach	1:06:55
88	Becky McGovern	1:07:02
89	Jean Lamontagne	1:07:07
90	Ed Mendes	1:07:07
91	Fred Randall	1:07:12
92	Dan Kelly	1:07:14
93	John Howard III	1:07:20
94	Gretchen Read	1:07:24
95	George Johnson Jr.	1:07:30
96	R.C. Arsenault	1:07:33
97	Stewart Jordan	1:07:35
98	Michael Gordon	1:07:36
99	Tom Littlefield	1:07:46
100	Alburn Butler	1:07:48
101	Matt Mazuzan	1:07:59
102	Ronald Paquette	1:08:00
103	Julie McGee	1:08:04
104	Brian Moynihan	1:08:05
105	Maureen Sproul	1:08:08
106	Joe Meehan	1:08:14
107	Charlie Poole	1:08:20
108	Jerry Graves	1:08:22
109	Ron Cedrone	1:08:23
110	Al Sproul	1:08:27
111	Bob Bussiere	1:08:35
112	David Legg	1:08:35
113	Rocky Dwyer	1:08:41
114	Ken Buzzell	1:08:47
115	Les Berry	1:08:49
116	Michael Bosse	1:08:53
117	Loren Lathrop	1:08:54
118	Peter West	1:09:01
119	Ann Marie Strohm	1:09:06
120	Vern Demmons	1:09:11

121	Ken Preston	1:09:17
122	Jeff Palmer	1:09:19
123	Rex Holtan	1:09:20
124	Perley Laliberte	1:09:37
125	Jonathan Kelley	1:09:47
126	Eddy Doughty Jr.	1:09:53
127	Brendan Crowe	1:09:57
128	Peter McDonald	1:09:58
129	Paul Lavangie	1:10:01
130	Jonathan Haines	1:10:01
131	Chase Pray	1:10:05
132	Bob McCormack	1:10:11
133	Patrick Fitzmaurice	1:10:14
134	Gary Goss	1:10:15
135	Gregg Wood	1:10:19
136	Jessica Babin	1:10:25
137	David Polito	1:10:36
138	Tom MacGregor	1:10:37
139	Joy Griffin	1:10:40
140	Ellie Tucker	1:10:44
141	Celine Mainville	1:10:53
142	Katie Payson	1:10:54
143	Paul Aceto	1:10:57
144	Sam Goodrich	1:11:01
145	Margie Van Orden	1:11:03
146	Arnie Green	1:11:11
147	Ann Stairs	1:11:15
148	Kevin Mahoney	1:11:15
149	Tom Shorty	1:11:33
150	K. Scott Hinckley	1:11:35
151	Adam Buggia	1:11:36
152	Donald Russell	1:11:38
153	Daniel Rooney	1:11:41
154	Steve Harding	1:11:41
155	Gordon Smith	1:11:48
156	Dalia Hildibrand	1:11:53
157	Rick Hartzell	1:12:04
158	Michael Davey	1:12:10
159	Gail Heinrich	1:12:12
160	Skip Kessler	1:12:13
161	David Benn	1:12:31
162	Nancy Cooper	1:12:32
163	Mark Nowak	1:12:35
164	Bob Gillespie	1:12:39
165	Lou Thibeault Jr.	1:12:42
166	Douglas Hodgkin	1:12:45
167	Matthew Sturgis	1:12:47
168	Neil Weiner	1:12:49
169	Mark Sawyer	1:12:50
170	Jody King	1:12:54
171	Donald Harriman	1:12:55
172	Tony Hess	1:12:57
173	Michael Greenleaf	1:13:09
174	Kim Coombs	1:13:11
175	Peter Coughlan	1:13:11
176	Ross Miller	1:13:13
177	Carrie McCusker-Bra	1:13:14
178	Clyde Coolidge	1:13:30
179	Will Thompson	1:13:31
180	David McKay	1:13:42



181	Jon Bates	1:13:46	241	Howard Spear	1:17:23	301	Elaine Galt	1:22:22
182	Dustin Rand	1:13:48	242	John Merritt	1:17:24	302	Norman Sybert	1:22:24
183	Christopher Mayer	1:13:50	243	Tony Monaco	1:17:29	303	Stephen Strand	1:22:33
184	Alan Bailey	1:14:07	244	Eric Cote	1:17:32	304	Michael Mosley	1:22:38
185	Mark Danyla	1:14:13	245	Peter Areson	1:17:37	305	Ed Atlee	1:22:41
186	Phil Cousineau Jr.	1:14:19	246	Tim Merritt	1:17:47	306	John Rothwell	1:22:51
187	William Cookson	1:14:23	247	John Morse	1:17:51	307	Jay Neil	1:22:58
188	Dale Perreault	1:14:24	248	Dan Riley	1:17:52	308	Terry Devereaux	1:23:00
189	Joseph McGovern	1:14:34	249	David Peterson	1:17:58	309	Tony Ricci	1:23:06
190	Peter Merrill	1:14:35	250	Thomas Carll	1:18:04	310	Chris Merrill	1:23:11
191	Nicholas Vail	1:14:37	251	Joan Lavin	1:18:06	311	Julie Holmes	1:23:15
192	Sharon Wibraham	1:14:38	252	Karen Pagnano	1:18:10	312	Ember Brosius	1:23:19
193	Catherin McGuire	1:14:40	253	Rebecca Clark	1:18:16	313	Carl Newton	1:23:20
194	David Roadick	1:14:41	254	Jim Moore	1:18:21	314	Barry Lohnes	1:23:23
195	Dan Hogan	1:14:48	255	Joanna Polito	1:18:27	315	Janet Dana	1:23:26
196	Dick Lajoie	1:14:51	256	Jeanne Desjardins	1:18:29	316	Victor Skorapa	1:23:38
197	David Toothaker	1:14:52	257	John Dyer	1:18:36	317	Ron Chase	1:23:41
198	Louise Desjardins	1:14:53	258	Philip Ortolani	1:18:38	318	James Tash	1:23:44
199	Neal Workman	1:14:55	259	Ellen Spring	1:18:40	319	Mick McCall	1:23:49
200	Walter Webber	1:14:59	260	Brian Dill	1:18:44	320	Mary Coolidge	1:23:53
201	Betsy Barrett	1:15:00	261	Andrew Schachat	1:18:58	321	Gordon Struble	1:23:55
202	Michael Cavanaugh	1:15:01	262	Susan Kayeum	1:18:59	322	Sara-Jean Rizkalla	1:24:06
203	Jim Gott	1:15:03	263	Elizabeth Handy	1:19:04	323	John Cullinane	1:24:06
204	Scott Cushing	1:15:04	264	Rocco Corsetti	1:19:15	324	Linda Riley	1:24:07
205	Hap Hazzard	1:15:13	265	Reggie Sargent	1:19:16	325	Carol Nale	1:24:08
206	Richard Keller	1:15:20	266	Deborah Cassidy	1:19:21	326	Christine Coughlan	1:24:10
207	Bob Brosius	1:15:24	267	Darcie McElwee	1:19:27	327	Stephen Heinz	1:24:15
208	Kathryn Tolford	1:15:32	268	Mark Alex	1:19:27	328	Davis Hart	1:24:43
209	Charles Vadakin	1:15:37	269	Chet Matthews	1:19:29	329	Ralph Butts	1:24:49
210	Andrew McCusker	1:15:40	270	Albert Tanguay	1:19:30	330	Louisa Dunlap	1:24:54
211	Robert Jarratt	1:15:46	271	Alicia Pulsifer	1:19:34	331	Cheryl Gilbert	1:24:58
212	Candace Karu	1:15:49	272	Loretta Wilber	1:19:35	332	Kevin Bushey	1:24:59
213	John Peters	1:15:50	273	Stephen Beale	1:19:36	333	Sherry Carl	1:25:13
214	Julia Drinker	1:15:51	274	Todd Darling	1:19:43	334	Tony Brown	1:25:16
215	Keith Lawrence	1:15:52	275	Cem Giray	1:19:45	335	Michael Giglia	1:25:23
216	Andrew Maney Jr.	1:15:58	276	Brian Plante	1:19:50	336	Don Foshay	1:25:25
217	Scott Fone	1:15:59	277	Clough Toppan	1:19:55	337	Ken Paille	1:25:28
218	Rebecca Raskin	1:16:04	278	Eric Lagios	1:20:02	338	Lucy Diekmann	1:25:29
219	Chip Kelley	1:16:08	279	Don Zillman	1:20:03	339	Chuck Burnie	1:25:31
220	Charlie Spies	1:16:19	280	Arthur Mercurio	1:20:13	340	Raynald Charest	1:25:43
221	Mark Bruns	1:16:34	281	Susan Kolakowski	1:20:14	341	Brenda Costello	1:25:49
222	Beto Krebs	1:16:38	282	Conrad Bernier	1:20:22	342	Kirk Townsend	1:26:01
223	David Toothaker	1:16:44	283	Cindy Aiken	1:20:25	343	Kathy Deupree	1:26:17
224	Brenda Baxter	1:16:45	284	Jim Schoonover	1:20:26	344	Anita Das	1:26:25
225	John Schwerdel	1:16:47	285	Gus Goodwin	1:20:27	345	Susan Leclair	1:26:38
226	Diane Ross	1:16:48	286	Cecile Fontaine	1:20:55	346	Bob Tift	1:26:57
227	Jennifer Hanic	1:16:53	287	Keith Malone	1:21:04	347	Doris Dubay	1:26:59
228	Kim White	1:16:54	288	George Liming	1:21:11	348	Heather Higbee	1:27:00
229	Wade Kavanaugh	1:16:58	289	Bolek Ryzinski	1:21:17	349	William Dana	1:27:01
230	Randy Wing	1:17:02	290	Ellis Merschoff	1:21:20	350	Cathy Burnie	1:27:15
231	Chuck McCall	1:17:03	291	Kris Caterina	1:21:23	351	Harry Katzan	1:27:19
232	Roger Fenn	1:17:03	292	Bill Gerencer	1:21:26	352	Deb Degraff	1:27:23
233	Nancy Miller	1:17:04	293	John Finn	1:21:29	353	Al Carpentier	1:27:44
234	Jeff Preble	1:17:07	294	Ryan Ostebo	1:21:41	354	Dennis Carpentier	1:27:45
235	Christopher Salamon	1:17:10	295	Martha Deprez	1:21:47	355	Michael Denning	1:27:53
236	Jon Wiley	1:17:12	296	Heidi McDonald	1:21:54	356	Martin Ridge	1:27:55
237	John Elliott	1:17:14	297	Rick Yorgey	1:22:08	357	Ruby MacDonald	1:27:58
238	Patti Tableman	1:17:16	298	Michael Dumais	1:22:12	358	Alan Madison	1:28:10
239	Iris Poland	1:17:17	299	Dianne Kazilionis	1:22:18	359	Dan Sobel	1:28:39
240	Kevin Conley	1:17:22	300	Wendy Williams	1:22:20	360	Kathy Bean	1:29:00



361	Robert Sansonetti	1:29:02	385	Keith Kennelly	1:33:02	408	Mary Bushey	1:38:23
362	Ed Haley	1:29:04	386	George Conly	1:33:35	409	Nancy Hewett	1:38:48
363	Jerry Saint Amand	1:29:10	387	Bill Davenney	1:33:36	410	Elizabeth Hoermann	1:38:52
364	Carol Braun	1:29:24	388	Shelley Lathrop	1:33:36	411	Nancy Billias	1:39:15
365	John Gale	1:29:29	389	Linda L'Heureux	1:33:38	412	Martin Szydlowski	1:41:41
366	Diane Covell	1:29:34	390	Maurice Harmon	1:33:38	413	Beverly McCold	1:42:43
367	David Body	1:29:35	391	Liz McCall	1:34:15	414	Brenda Tanguay	1:44:16
368	Bill Higbee	1:29:39	392	Linda Ruman	1:34:38	415	Tanya Rapacz	1:45:08
369	Alex Dobrowolski	1:29:40	393	Connie Towne	1:34:39	416	Andrea Rapacz	1:45:08
370	David Mosley	1:29:50	394	Linda Hornbeck	1:34:44	417	Lila Lohr	1:45:18
371	Roland Kearley	1:29:57	395	Deborah Lapp	1:34:46	418	George Balcom	1:46:04
372	Donavee Pettingill	1:30:14	396	Clair Pagnano	1:34:57	419	Kiera Seekins	1:46:12
373	Holly Hallowell	1:30:17	397	Marilyn Kerney	1:34:58	420	Lynn Simmons	1:47:28
374	Pamela Lajeunesse	1:30:18	398	Debby Nowak	1:35:04	421	Sally Gore	1:47:29
375	Philip Scavotto	1:30:22	399	Judi Siff	1:35:09	422	Neil Gallagher	1:48:43
376	Rebecca Lee	1:30:28	400	David Engler	1:35:10	423	Kathy Davis	1:48:53
377	Robert Cressey	1:30:45	401	Arnold Green II	1:35:12	424	Margot Cundy	1:50:41
378	Michael Detscher	1:31:21	402	Beverly Doughty	1:35:21	425	Douglas Cundy	1:50:43
379	Steve Moskey	1:31:24	403	Lori Schaeffer	1:35:34	426	Fran Brennan	1:51:51
380	Debi Hilton	1:31:29	404	Robert Ittmann	1:36:23	427	Julius Marzul	1:53:24
381	Cecilia Caldwell	1:31:31	405	Lynn Verrill	1:36:35	428	Wayne Olson	1:54:20
382	Dave Bean	1:31:37	406	Michael Dubois	1:38:09	429	Richard Duffey	1:56:24
383	Jean Wilson	1:32:31	407	Kelly Young	1:38:09	WC	Bob Hawkes (WC)	1:06:47
384	Michael Pruynt	1:32:31				RW	Paul Paulson (RW)	2:25:37

### Bowdoin and Back 10 Mile Brunswick 8.18.96 8AM

Another great year for a race that many run as a tuneup for fall marathons. What a better way to test your fitness than to run 10 miles on a flat, scenic course that starts and finishes in one of the finest track complexes in the state. It's also nice to hear your name announced at the finish line after a tough race.

## PINE TREE RUNNING JOURNAL

### CALENDARS

### RESULTS

### RACE APPLICATIONS

### NEWS

### PICTURES

### FOR MAINE'S ENDURANCE ATHLETES

## COMING IN JANUARY

- \* Results from the second half of the cross country season.
- \* More Athlete Profiles and Maine Running Hall of Fame Induction Ceremony Report.
- \* Road Race Results : Maine Marathon and Half Marathon  
Eliot Festival 5K  
Great Pumpkin 10K  
PT8K  
Others
- \* Collegiate Conference Championship Meets.
- \* A Winter Weather Clothing Report.

# GORHAM TRAILS 5K & 2K

**Gorham**

**August 25, 1996**

1	M. Caiazzo	16:13
2	K. Rhoads	16:23
3	R. Thibault	17:02
4	P. Johnson	17:19
5	T.J. Hesler	17:44
6	K. Gile	17:53
7	C. Snow Reaser	17:57
8	J. Taton	18:19
9	K. Pierce	18:42
10	K. Jenkins	18:45
11	C. Peffer	18:49
12	T. Clemence	18:53
13	M. Graff	18:57
14	E. Burns	19:20
15	C. Pray	19:24
16	C. Peffer	19:39
17	J. Trafton	19:43
18	W. Binette	19:44
19	J. Thornton	19:50
20	G. Newell	20:10
21	M. Beudoin	20:38
22	M. Stelmack	20:53

23	M. Murphy	21:00
24	S. Murphy	21:01
25	D. Stuart	21:45
26	R. Phyne	21:56
27	K. Caterina	22:09
28	C. Newell	22:09
29	F. Sepulveda	22:57
30	J. Caterina	23:09
31	H. White	23:29
32	S. Martin	23:44
33	L. Rickett	24:05
34	R. Zan	24:11
35	M. Welch	24:22
36	N. Quint	24:37
37	N. Valerio	24:52
38	V. Ziemann	25:07
39	S. Robbins	25:18
40	L. Dalms	26:02
41	E. Stuart	26:33
42	Q. Fleming	26:49
43	T. Howliek	27:17
44	P. Baldwin	28:50

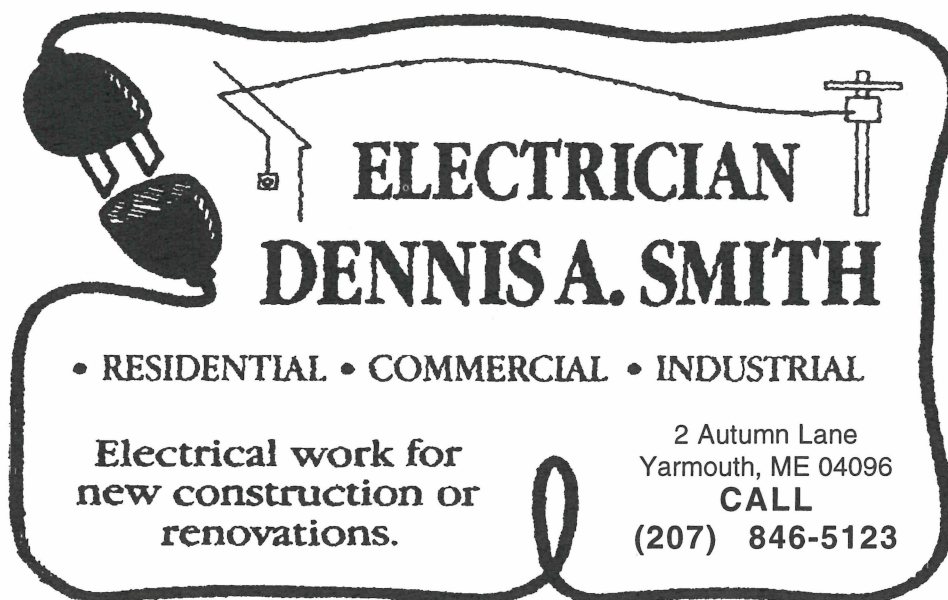
45	M. Fleming	29:10
46	K. McGoderick	29:58
47	D. Esty	32:07
48	K. Esty	32:21
49	F. Newton	32:46
50	S. Newton	32:47
51	A. Baldwin	35:20
52	P. Buckley	36:00

## 2K

1	Mike Maniscako	5:48
2	Andy Jenkins	6:39
3	Peter Palomaki	7:07
4	Nicholas Cates	8:49
5	Aaron Gile	8:59
6	Jamie Kennedy	10:05
7	Scott McDonald	11:08
8	Theresa Sepulveda	12:59
9	Jennifer Kennedy	13:40
10	Sara Kennedy	14:32
11	Jessica Earnest	14:00
12	Andrew Earnest	15:05

## Gorham Trails 5K and 2K Gorham 8.24.96

Mike Caiazzo, back for the summer from Duke University, used this race as part of his summer training for the fall cross country season. Holding back for the first mile, Mike accelerated at about halfway and never looked back. Christine Snow-Reaser won comfortably, breaking 18:00 for this classic 5K course through the neighborhoods of Gorham.



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## ANGIE ABRAHAM SCHOLARSHIP RUN 4-MILER

**Portland**

**August 26, 1996**

WC Robert Hawkes	24:51	27 James Grumbine	26:43	54 Ronald Chase	29:48
1 Roland Thibault	21:51	28 Richard Scribner	26:44	55 Harry White	30:31
2 George Towle	22:41	29 Charles Ramsay	27:07	56 Andrew Daisle	30:54
3 Ryan Martin	22:49	30 Bruce Brasier	27:12	57 Robert Bartlett	31:11
4 Sam Goodrich	23:03	31 Kevin Ferguson	27:14	58 Larry Mahoney Jr.	31:21
5 Brian MacLaughlin	23:05	32 Peter West	27:15	59 Ralph Carpenter	31:25
6 Hayden Towle	23:29	33 Tanya Horne	27:22*	60 Christine Barth	31:34*
7 Patrick Gwinn	23:55	34 Michael Caiola	27:24	61 Paul Halvorsen	31:45
8 Michael Martin	23:56	35 Jacob Toman	27:25	62 Carolyn Stead	31:56*
9 Don Stowell	24:09	36 James Whiton	27:25	63 John Clark	31:59
10 Lawson Noyes	24:15	37 David Eyerman	27:26	64 William Nyhan	32:09
11 Christopher Hall	24:19	38 Josh Ney	27:27	65 Katie Barton	32:12*
12 John Marble	24:22	39 Tony Ricci	27:53	66 Carlton Mendell	32:19
13 Dan Kelly	24:29	40 Rocco Corsetti	27:57	67 Bob Cushman	32:23
14 Jerome St.Louis	24:39	41 John Keeley	28:02	68 Liz Coyne	32:28*
15 Harvey Barlow	24:41	42 Rachel Greenberg	28:05*	69 Polly Keniston	32:29*
16 Dave Howard	24:43	43 R. Davis Hart	28:18	70 Ali Kuzmickas	32:31*
17 Joseph Doane	24:46	44 Travis Brennan	28:24	71 J. Trevor Hughes	32:34
18 Nancy Kneeland	25:12*	45 Eric Nevers	28:25	72 Scott Nelson	33:27
19 Taylor Marble	25:13	46 Gil Forbes	28:31	73 Heather Mitivier	34:12*
20 Mike Kress	25:25	47 Connie Hallett	28:36*	74 Jen Campbell	34:12*
21 Paul Aceto	25:29	48 Roxanne Huff	28:40*	75 Marisa Veroneau	34:53*
22 John Rolfe	25:45	49 Nicole Belanger	28:43*	76 Sheila Grace	34:55*
23 Jim Watson	25:48	50 John Griffin	29:14	77 Jen Arich	35:02*
24 Martin Keen	26:07	51 James Bass	29:38	78 Willie Davis	35:09
25 Bridget MacLaughlin	26:19*	52 Matt Luccarelli	29:39	79 Alexis Krech	35:12*
26 Steve Fluet	26:22	53 Bryn Carlson	29:43*	80 Joseph Croteau	35:18
				81 Kristin Griffin	35:39*
				82 Lori Ferguson	35:40*
				83 Joe Coyne	35:56
				84 Richard Kress	36:09
				85 Marge Parsons	36:51*
				86 Joan Theriault	37:38*
				87 Meghan Brawer	37:38*
				88 Erin Coyne	37:46*
				89 Evan Beck	37:47
				90 Claire Cutting	38:19*
				91 Brian Campbell	39:09
				92 Victoria Hutchinson	40:28*
				93 Bruce Koharian	40:30
				94 Debbie Amoroso	43:14*
				95 Tori Finnemore	43:15*
				96 Lindsay Ross	43:18*
				97 Larry Rayner	45:41
				98 Donald Penta	46:04
				99 Michaelanne Rosenzweig	50:50*

Angie Abraham Scholarship Run - 4 Miles. Portland 9 AM 8.25.96

The proceeds from this race go to a scholarship fund for a Deering High School Student in the name of Angie Abraham. Angie was a Deering High student athlete who succumbed to cancer a few years back. The Deering High Cross Country and Track teams definately made their presence known at this event, as did many alumnus and teachers.

## FALMOUTH FORECASTER 10K

Falmouth

August 31, 1996

1	Bob Winn	31:38	36	Matt Mazuzan	42:36	71	John Cullinane	50:38
2	Byrne Decker	32:40	37	Peter Coughlan	42:41	72	Russ Bradley	50:47
3	Michael Payson	33:49	38	Mark Genesio	43:24	73	Larry Dwyer	50:47
4	Randall Weiner	34:40	39	Sandra Weiner	43:55	74	Nancy Goldstein	50:48
5	Guy Segars	34:46	40	Phil Cousineau	44:08	75	Nancy Quint	50:48
6	Allan Muir	35:23	41	William Cookson	44:17	76	Kelly Wood	51:26
7	Chuck Jepson	35:35	42	Keith Lawrence	45:17	77	Gary Harris	51:26
8	Roland Thibault	36:18	43	Keith Malone	46:11	78	Alet Dobrowolski	51:27
9	Robert Fast	36:35	44	Dale Rines	46:16	79	Richie Garrett	51:29
10	Bruce Nicholson	36:43	45	Wayne Jacobs	46:21	80	Richard Tozier	51:39
11	Rob Craig	36:49	46	Kim White	46:30	81	Susan Cox	51:59
12	Dan Hoffman	37:12	47	John Rolfe	46:32	82	Mindy Mulligan	52:07
13	Ludovic Bruyere	37:45	48	Toby Dilworth	46:51	83	Bob Boothe	52:25
14	Marc Jeton	37:55	49	Bruce Brasier	46:52	84	Brian Locke	52:31
15	Will Lund	38:14	50	Art Porter	47:11	85	Peter Lee	52:35
16	Britt Wolfe	38:25	51	Richard Evans	47:27	86	Nick Valerio	52:47
17	Daniel Deniso	38:27	52	Nancy Minor	47:40	87	Leslie Shaw	52:59
18	Bill Reilly	38:32	53	Joe Healy	47:59	88	Maureen Callnan	
19	Tom Menendez	38:40	54	William Gerencer	48:00	89	Michael Denning	53:51
20	Michael Boucher	38:59	55	Arthur Mercurio	48:05	90	Dave Clark	53:58
21	David Fenichel	39:04	56	David Fitz	48:16	91	Suzanne Hurwitz	55:06
22	Don Stowell	39:06	57	Lisa Belisle	48:27	92	Jill Szopinski	55:20
23	Steve Moriarty	39:20	58	Sophia Payson-Rand	48:32	93	Beth Wilson	56:04
24	Paul Davis	39:39	59	Maunce Harmon	48:32	94	Paul Lavender	
25	Laurel Valley	39:40	60	Marjorie Adams	48:44	95	Melissa Hillard	56:57
26	Ray Kellett	39:46	61	Don Russell	48:45	96	Wendy Berthiaume	57:43
27	Gail Turner	39:53	62	Christine Coughlan	49:03	97	Linda Heureux	57:56
28	Richard Mulhern	40:00	63	Roger Smith	49:20	98	Lindsay Fox	58:13
29	Ken Cotton	40:16	64	Dave Kimball	49:44	99	Jennifer McGeoghegan	58:24
30	Andrew McLean	40:36	65	Robert Sansonetti	49:45	100	Sandy Utterstrom	58:25
31	Larry Barker	40:47	66	Brandon Bonsey	49:50	101	Carol Montgomery	58:35
32	Dick Graves	40:59	67	Harry White	49:50	102	Meg Albright	1:02:16
33	Loren Lathrop	41:09	68	Tom Alexander	49:57	103	Julius Marzul	1:03:35
34	Tom MacGregor	41:14	69	Steve Perry	50:29	104	Hillary Arris	1:10:35
35	Al Sproul	41:21	70	Berton Cleaves	50:30			

### Forecaster 10K - Falmouth 9 AM 8.31.96

This is one of the publishers favorite courses since it winds through the back roads of Falmouth. It is not an easy course, with large hills at 5K and 5 miles. Despite the hills, runners still run fast times on it. Bob Winn cruised to a one-minute victory over Byrne Decker, while womens' winner Laurel Valley had a tougher time with Gail Turner. The Forecaster does a nice job of covering this race in its weekly paper. The results are printed along with a lot of pictures. Results courtesy : Nancy Lund



# SACO SPORTS & FITNESS 5K/10K RACES

Saco

September 15, 1996

## 5 K

1	Stu Hogan	34	16:15
2	Mark Batchelder	38	16:46
3	Ken Botting	36	16:58
4	T.J. Hesler	27	17:00
5	Ronald Plourde	27	17:01
6	Michael Lansing	14	17:18
7	Carl Moulton	38	17:24
8	Kevin Gile	38	17:42
9	Roland Thibault	28	17:52
10	Sally Perkins	33	17:53*
11	Hayden Towle	38	18:01
12	Nancy Weis	36	18:39*
13	Paul Rogers	44	18:52
14	Carol Hogan	45	18:58*
15	Brendan Dagan	14	19:09
16	Mark Bell	40	19:14
17	Bob Hawkes (WC)	74	19:39
18	Lloyd Slocum	62	19:44
19	Ann Stairs	27	20:17*
20	Derry Rundlett	50	20:30
21	Andrew Puttick	19	20:34
22	George Boudreau	33	20:41
23	Jessica Andrews	21	20:47*
24	Aaron Fox	17	21:03
25	Kate Myers	36	21:17*
26	Charles Cahill	53	21:18
27	Helen Corriveau	33	21:27*
28	Mark Colwell	17	21:52
29	Brendan Lanahan	18	21:53
30	Kenny Keil	18	22:01
31	Sam Kane	31	22:30*
32	Denise Goodwin	32	22:43*
33	Garth McLellan	19	22:55
34	Jordan Laghmett	17	23:22
35	Jeremy Tanis	19	23:39

36	Jay Zanleoni	19	23:40
37	Pete Martel	26	23:43
38	Nate Clarke	19	24:05
39	Brian Laing	19	24:10
40	Jared Page	18	24:11
41	Joni Farrenkoph	32	24:48*
42	Abby Green	27	24:55*
43	Randall Menough	33	25:07
44	Lisa Labonte	32	25:12*
45	Paul Nadeau	50	25:27
46	Richard Gorman	17	25:30
47	Ellen Della Torre	32	25:34*
48	Jeff Berube	20	25:36
49	Joyce Gauthier	31	25:47*
50	Eric Fish	14	25:51
51	B.J. Stephens	18	26:15
52	Brenda Bell	36	26:23*
53	Daniel Pullen	34	26:55
54	Eddie Caissie	19	26:56
55	Tom Garman	19	26:59
56	Bernie Zimmerman	40	26:59*
57	B.J. Chamberlain	51	27:16*
58	Ken MacAuley	52	27:19
59	Mary Nadeau	50	27:25*
60	Thomas Decker	52	27:33
61	Elizabeth McGee	15	28:05*
62	Chad Stewart	19	28:41
63	Tim Grigsby	15	28:43
64	Mike Hogan	18	29:44
65	Elaine Grella	33	30:14*
66	Josh Engle	18	31:27
67	Pat Buckley	58	33:08*
68	Donald Penta	50	34:10
69	Albert DesHaies	67	34:54

## 10K

1	Michael Payson	33	33:22
2	Jeffery Tidd	31	35:01
3	Jaime Jackson	28	35:57
4	Donald Hebert	32	36:18
5	Dan Works	36	36:24
6	John Gagnon	29	37:25
7	G. Daniel Deniso	35	37:35
8	Bill Reilly	49	37:51
9	George Towle	46	38:28
10	Paul Aceto	30	39:54
11	Jamie Chamberlain	32	40:21
12	Larry Barker	47	40:24
13	Jeff Crocker	32	41:15
14	Ronald Paquette	45	41:15
15	Michael Beaudoin	54	41:47
16	Bob Bussiere	37	42:17
17	Rosalyn Randall	46	43:27*
18	Nancy Clark	38	43:45*
19	Kimberly Cooke	35	43:50*
20	Ron Hill	57	43:50
21	Paula Foley	42	44:30*
22	Tom Grella	35	46:56
23	Trisha Conley	39	47:22*
24	Rodger Smith	50	47:24
25	Joel Rhymmer	35	47:54
26	Robert Jolicouer	59	47:59
27	Richard Caron	43	49:00
28	Nicholas Valerio Jr.	63	50:01
29	Steve Robbins	36	53:19
30	Christin Burnham	22	53:25*
31	Don Burnham	55	53:25
32	Ron Michaud	49	54:02
33	Donna Moulton	48	1:05:14*

## Saco Health and Fitness 5K/10K Saco, 9.15.96

This was a great first time event that donated its proceeds to a great cause, a young girl with a rare disease. Both courses were fairly flat, being run on the roads in and around the Saco Industrial Park. Noted performances were turned in by Carol Hogan with a sub-19:00 5K at 45 years old; Michael Lansing, a 14 year old, who ran 17:18; and check out the 20th place finisher in the 10K, none other than Ron Hill, a former Olympian from New Zealand, who was vacationing in the area.



Legend Ron Hill, Nancy Clark, and Kimberly Cooke



Jamie Chamberlain

# HIGH SCHOOL REPORT

Welcome to the premier edition of the Pine Tree Running Journal's High School Report. I have always seen the need for a magazine that covers the high school running scene in Maine, and hopefully this will serve to fill that need. In the coming months, look for previews of upcoming seasons, a calendar of upcoming meets, profiles of athletes, training tips, news about former Maine high school athletes now competing collegiately, and plenty of results.

Since this is the first issue, you will notice that some of the results are limited. With time constraints I haven't been able to get full results of meets, and so I have been depending on newspaper coverage for results. In the future, I will make an effort to publish as many entire results as is possible with time and space constraints. To do so I will be depending on meet directors, coaches, and athletes to get full results to me since it is difficult to keep track of all the scheduled meets in a state as large and spread out as Maine is. Other than that, I will get to as many meets as possible and track down any missing results, as time allows.

By now the cross country season has ended and many of you are preparing for the indoor track season. Look for coverage of all conference, regional, and state cross country meets in the January issue, as well as previews of the upcoming indoor track season. Until then, enjoy the magazine and keep your eyes on your goals.

P.S. If you see me at the meets, let me know what you think of the magazine. Input is greatly appreciated.



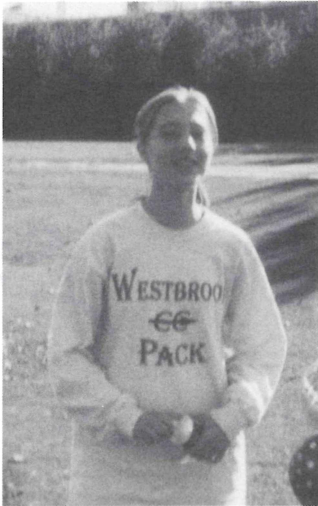
## In This Section:

- 18** Athlete Profiles:  
Brad Bannon- South Portland  
Vickie Black - Westbrook
- 19** Coaches Corner : Surviving the First Practice
- 20** Bill Chandler Relays: A Pictorial
- 21** Keeping Pace: A report on College Athletes from Maine
- 22** Results: Thornton Relays  
Central Maine Invitational  
Seacoast Invitational  
Camden Invitational  
Regular Season Meets  
up to Sept. 27th





## RUNNER PROFILE - Vickie Black



Vickie Black could be a contributing member of most high school cross country teams in the state. She usually finishes in the top 15 or 20 runners in most meets, with times that most runners only dream of. Unfortunately, Vickie usually has 5 of her Westbrook teammates in front of her in those races. And those 5 runners have been in front of the high school junior for the four years that she has competed for Westbrook teams. So, she has been a displacement runner on a team that rarely has needed a displacement runner.

Most people would be discouraged in a situation like this, but Vickie continues to work hard and understands her role on the team. Her work ethic drives the team in both practices and

meets, and her contribution to the team goes deeper than just scoring points or displacing. She is an invaluable member of a good team.

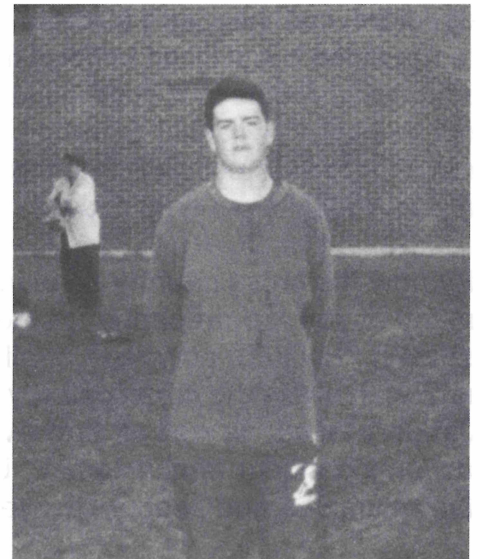
Vickie proved just how invaluable she is in a meet in Auburn on October 18th ( full results next week ). With top runner Jessica Mayol sidelined with an injury, Vickie needed to be a scoring fifth place runner to ensure a Westbrook win. She did better than that by placing eighth overall, finishing as the third Westbrook runner. The non-contributing member keeps contributing.

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## RUNNER PROFILE - Brad Bannon

Don't accuse Brad Bannon of taking it easy. The South Portland High School junior is most certainly a workhorse. His coach and teammates will attest to that, as will the many runners that he leaves in his wake on the track and trails. With personal bests of 4:50 for the mile and 16:43 for 5K cross country, Brad has definitely been at the front of a lot of track and cross country meets.

When asked to name the race that he prefers, Brad will tell you that the outdoor mile suits his personal style best. "It's the toughest race. Too short to be distance, too long to be a sprint. It takes a great deal of focus." A focus that he develops with a mix of speedwork and long runs, and a habit of viewing his season one race at a time. He has done just that this past cross country season, a season that many coaches and athletes would view as a success.



Besides being the number one runner on his team, Brad is also the leader of a young, developing group of runners. His work ethic and determination make him a great role model for the younger athletes, and these characteristics serve him well in every practice and race. Watch for Brad in the upcoming indoor track season as he looks to continue to improve on his mile time. He will be the one with the determined look on his face as he focuses on each step on the way to the finish line.

# COACHES CORNER

Training Tips for High School Athletes

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## A Survival Guide to the First Practice

by Roland Thibault

Thanksgiving is over and now it is time to get back into shape after your short break following the fall sports season. Maybe you have done no running for the past month and now it is time for the first indoor track practice of the season. You still feel as though you are in shape so you push hard for the first workout of the season and revel in the fact that you haven't lost any fitness after a month of Twinkies and Beavis and Butthead re-runs.

The problem, of course, appears the following morning when you start to feel those aches and pains that weren't there this fall. If you aren't careful these minor pains can develop into shin splints or worse problems. You can blame it on the harder indoor surface ( which of course is usually concrete ), or on the month of inactivity, but many of these problems appear because of a lack of stretching. Muscles that have been inactive are tight muscles, which become tighter with sudden or prolonged exertion.

There are several ways to deal with this problem. First of all, don't get discouraged. Realizing why you hurt will help you to heal and avoid such problems in the future. Indoor track requires a great deal of stretching and stretching should be the most important part of your workout. Muscles must be ready to deal with the harder surfaces, so stretch them and massage them. The colder weather outside also tightens your legs so keep them warm.

In time your muscles should respond and you will return to the fitness level that you enjoyed this fall without the pain. You may even consider strengthening your muscles with a little weight-training. Remember that the best medicine is preventative medicine, so set yourself up next season by doing a little light running and stretching prior to the first practice. Your body will thank you and you will be back to a higher level of fitness in a faster amount of time. It may even prevent a season-ending injury, so keep stretching!

### Some Tips on Stretching:

- \* Don't stretch cold muscles, always warm them up with light running first.
- \* Never bounce when stretching, always ease into a stretch and hold it.
- \* Stretch after a workout since it is easier to stretch a muscle that is already warm.
- \* Always let your coach know when you feel pain so that they can deal with it and get you back to a healthy status.
- \* Never stretch injured muscles. There is a difference between tight muscles and muscles that are injured.



**BILL CHANDLER RELAYS**  
 September 5, 1996  
 Greely High School, Cumberland



**Start of the Girls' Race**



**Ryan Toothaker of Cheverus rolls to a fast time**



**Rob Beliveau of Scarborough**



**Lindsay Scott of Gorham**



**Junior Varsity Boys' Start**



**Out on the Course**



# KEEPING PACE

*News from former Maine High School Harriers at local and out of state Colleges.*

\***Katherine Chabot** (Livermore Falls) and **Sara Richard** of the University of Maine at Presque Isle finished 1-2 in the NAIA Northeast Invitational on September 14. The 5K course was run at the University of Maine at Augusta, site of the Maine High School State Meets. Chabot ran 20:53 for the win, followed closely by Richard in 21:04.

\***Shawn Jyawook** of Unity College finished 11th in the NAIA Northeast Invitational at Augusta with a time of 30:30 on the 8K course, leading his team to a 3rd place finish.

\***Aaron Balistreri** (Biddeford) of USM won an 8K at the University of New England meet on September 21st. Aaron ran 28:15 to finish 21 seconds ahead of **Greg Lavertu** of the University of Maine at Presque Isle. **Shawn Jyawook** of Unity was third, 2 seconds behind Lavertu. In the womens meet, it was another 1-2 finish by **Chabot** and **Richard** of UMPI, with times of 19:50 and 19:58, respectively, for the 5K course.

\***Rodney Hemingway** (Dixfield) of Tufts finished 8th on September 21st in a 3 team meet at Bates College in Lewiston. He ran 27:05 for the 5 mile course.

\***Jeff Conant** of Falmouth has been the captain of the Lynchburg College Cross Country Team in Lynchburg, Virginia. Conant is a senior at the school.

\*At the URI Invitational in Rhode Island on September 14th, four UMaine athletes with Maine high school ties ran excellent times on a 5K course. **Nichole Stevens** (Old Town) was 11th in 19:34, **Jaclyn Maurer** (Gorham) was 16th in 20:03, **Addie Myrick** (Thornton Academy) was 20th in 20:31, and **Kristina Dube** (Edward Little) was 32nd in 21:12.

\* **Kara Patterson** (Falmouth) of Colby College won the UMass-Dartmouth Invitational on September 21, running 18:17 for the 5K course. Patterson's Colby team placed 2nd to Brown in the meet.

\* **Amanda Brewer** (Thornton Academy), a UMaine freshman, finished 9th overall in a meet versus Northeastern at Orono on September 29th. Amanda ran 20:35 for the tough 5K course. Her teammates, previously mentioned, led the UMaine team to a strong win. Their places and times were : 2nd **Stevens** 19:10, 3rd **Maurer** 19:46, 7th **Myrick** 20:01, and 10th **Dube** 20:41.

## THANK YOU THANK YOU THANK YOU

Thank You to all who have made this first issue possible. Most importantly, I would like to thank all those people who have had faith in me and my mission to bring this magazine to fruition. The response and support I have been getting has helped me get through the rough spots of building the magazine from the ground up. Look for the magazine to improve in the months to come as I learn what needs to be changed ( and become better at what I have been having trouble with, like photography). I will take those of you who have offered up on your offers to give help where it is needed. The January issue will continue to bring you training tips and results from a race-filled October, so look for it in a mailbox or newsstand near you.

## PINE TREE RUNNING JOURNAL

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# September 12, 1996 at Falmouth

Boys: Cape 33, Gorham 52, York 57, Falmouth 90

Girls: Gorham 36, Cape 46, Falmouth 53, York 89

3.0 Miles

## BOYS

1	Mouradian	Gor	16:46
2	Rivard	York	17:00
3	Hall	Cape	17:18
4	Cousins	Fal	17:42
5	Bailey	Gor	17:43
6	Spaulding	Cape	17:52
7	Lunt	Cape	17:58
8	Doughty	Cape	17:59
9	Stickney	Cape	18:00
10	Wakelin	Cape	18:01
11	Drew	York	18:07
12	Woods	York	18:13
13	Ewing	York	18:19

14	Burns	Gor	18:22
15	Downing	Gor	18:44
16	Bastide	Fal	18:46
17	Wehmeyer	Gor	18:48
18	Kempton	Cape	18:54
19	Riseman	Gor	19:06
20	Connelly	Fal	19:07
21	Mackey	York	19:08
22	Mullen	York	19:12
23	Eazer	York	19:13
24	Beamen	York	19:20
25	Perry	Fal	19:21
26	Shaw	York	19:46
27	Banks	Fal	19:47
28	Goggins	Fal	19:47

## GIRLS

1	Wilcox	Fal	20:34
2	Schulz	Gor	20:34
3	Lavoie	Gor	20:40
4	Fowler	Cape	21:19
5	Harris	Cape	21:28
6	Brewster	Gor	21:32
7	Cote	Fal	21:58
8	Klain	Fal	22:11
9	Scotton	Cape	22:18
10	Mojzak	Gor	22:32
11	Newcomb	Cape	22:47
12	Yesue	York	22:56
13	Chapman	York	23:08

14	Lascelles	York	23:10
15	Scott	Gor	23:11
16	Hobson	Fal	23:14
17	Toulouse	Cape	23:21
18	Douglas	Gor	23:32
19	M. Tizon	Cape	23:46
20	Philbrick	Gor	23:48
21	Vasquez	Fal	24:05
22	Brogan	Fal	24:05
23	White	Cape	24:13
24	A. Tizon	Cape	24:14
25	Caffrey	York	24:15
26	Gulliver	Fal	24:17
27	Johnson	York	24:18
28	Boardman	York	24:22

# September 13, 1996 at Fryeburg

Boys: Yarmouth 49, NYA 58, Traip 74, Fryeburg 78, Freeport 86, Lake Region ns

Girls: Yarmouth 33, Fryeburg 40, Traip 52, Freeport ns

3.1 Miles

## BOYS

1	Gagne	NYA	19:06
2	Connolly	Tr	19:19
3	Connel	Ya	19:33
4	Bennett	Ya	20:09
5	D. Maguire	Fre	20:12
6	B. Dagan	Fry	20:17
7	Card	Fry	20:19
8	Alexander	NYA	20:24
9	Estes	Tr	20:30
10	Shelton	Fre	20:34
11	Voss	Tr	20:37
12	Hodsdon	Ya	20:43
13	McCortley	LR	20:47
14	Roop	NYA	20:48
15	Richardson	Ya	20:52
16	Fox	Fry	21:16
17	Conti	Ya	21:17
18	Kuhn	NYA	21:20
19	Nale	Ya	21:21
20	Geiger	NYA	21:23
21	Ortiz	Fry	21:24
22	McIntire	NYA	21:25
23	McGuire	Fre	21:36
24	Deveau	Fre	21:44

25	Belisle	Ya	21:45
26	Eslinger	Tr	22:06
27	Brewer	Fre	22:02
28	Gensheimer	Ya	22:21
29	Richard	Tr	22:22
30	R. Maguire	Fre	22:29
31	Hatch	LR	22:31
32	Hutchinson	Ya	22:38
33	Roberts	LR	22:41
34	Hays	NYA	22:57
35	Stegaman	Ya	22:58
36	Beverage	Fry	23:11
37	Stuart	Fry	23:12
38	Devries	Tr	23:13
39	Dyer	Ya	23:14
40	Soule	Fre	23:25
41	D. Dagan	Fry	23:30
42	Myers	NYA	23:31
43	Wennberg	Tr	23:38
44	Kelley	Fre	23:43
45	Libby	Fre	23:50
46	Hall	Fre	23:51
47	Robbins	NYA	26:21
48	Henthorn	Fre	27:41
49	Bergeren	Fre	20:35
50	Litchfield	Tr	30:32

## GIRLS

1	Estes	Tr	22:59
2	Reilly	Fry	23:02
3	Richards	Fry	23:37
4	Erkkinen	Ya	24:35
5	Barker	Ya	24:41
6	Woods	Fry	24:47
7	Williams	Ya	26:14
8	Boddy	Ya	26:21
9	Berghuis	Ya	26:42
10	Hill	Tr	26:43
11	Cole	Fry	27:41
12	McCarthy	Fre	27:59
13	Gould	Tr	28:06
14	Ahern	Ya	28:21
15	Hamel	Tr	28:22
16	Wertz	Fre	29:17
17	Cookson	Tr	30:30
18	Rofford	Ya	30:40
19	Flohr	Tr	32:40
20	Degrandire	Fre	34:24
21	Posks	Ya	35:31
22	Ridlon	Fry	36:30
23	Libby	Fre	36:45

# CENTRAL MAINE INVITATIONAL MEET

## at Waterville

### September 14, 1996

<b>GROUP 1</b>			Glin Bayer	OH		<b>GROUP 1</b>			Lori Temple	Brun	25:58
Ebel A. Knopp	Mar	15:46	<b>GROUP 6</b>			Jenna Richardson	Wtv	19:06	<b>GROUP 6</b>		
P.J. Gorneault	Car	15:53	John Wade	E	17:36	Hannah Wright	Mor	20:04	Danielle Hawkes	Brw	23:05
Ethan Higbee	MtA	16:09	Ben Horsington	MtB	17:48	Rachel Bodkin-Rubino	Brw	20:13	Erica Rice	Med	23:10
Mike Rumney	Bel	16:30	Paujo Bornstein	Mar	17:54	Erin Welch	Bel	20:35	Molly McMorrow	Wtv	24:03
Glen Gilchrest	MtB	16:31	Brent Brockway	Law	18:07	Stephanie Newell	Lin	21:08	Megan Heffenrager	Bel	24:58
John Pollock	Brun	16:38	Jeremy Gray	Con	18:07	Natasha Lightford	Law	21:16	Amanda McConvey	MtA	25:05
Steve Flagg	Lin	16:42	Aaron Morse	Brun	18:09	Danielle MacDougal	MtA	21:24	Martha Yates	MtB	25:13
Brett LaMasi	Mor	16:46	Nick Lister	Car	18:10	Melissa Mansir	Con	21:30	Marge Wood	Mor	25:52
Aaron McMorrow	Wtv	16:51	Jeff Brandshaw	OH	18:31	Lucy Dickmann	Brun	21:40	Jessica James	Law	25:56
Scott Pawlowski	OH	16:52	Frank Martin	Brw	19:00	Anna Sprague	Car	21:42	Cathryn Christianson	Brun	26:08
<b>GROUP 2</b>			AndyCaron	MtA	19:03	<b>GROUP 2</b>			Tiffany Wiley	Car	27:13
Josh Galduch	Mar		<b>GROUP 7</b>			Megan Caldwell	MtB	19:59	<b>GROUP 7</b>		
Jon Sprague	Car		Jason Pierce	E	17:30	Vanessa Allen	Mor	20:09	Jen Ouellette	Wtv	23:59
Russell Savage	Brun		Nate Priest	Mar	18:12	Amy Potvin	Bel	20:32	Ellen Simmons	Med	24:12
Paul Lantz	MtA		Justin Harkins	Law	18:14	Mackenzie Johnston	Car	21:22	Caitlin Elseasor	Brun	24:13
Dickie Harding	Law		Aaron Prill	Brw	18:34	Amy Allen	Brw	22:04	Katie Wagner	MtB	24:25
Jeremy Smith	MtB		Lucas Peterson	Car	18:43	Shannon Jegars	Brun	22:11	Amanda Swett	Brw	24:33
Shaun Burchell	Con		Eli Lazarus	Wis	18:44	Mary Forasci	MtA	22:29	Sarah Noragon	MtA	24:48
Nolan Tobey	E		Will Mannett	S	18:47	Heather Miller	Med	22:42	Jaime Brooks	Law	25:17
Gabe Rubino	Brw		Pete Brown	MtB	19:00	Kim Legg	Wtv	22:48	Katie Flagg	Car	25:30
Luc Roy	Mes		Jay Abbott	Con	19:32	Brianne Quirion	Law	22:53	Hannah Stallworth	Bel	27:31
<b>GROUP 3</b>			Nathan Dorr	Brun	19:35	<b>GROUP 3</b>			Becky Brown	Mor	28:25
Lance Pinnette	Car	17:03	<b>TEAM SCORES</b>			Rebecca Levine	Brun	21:51	<b>TEAM SCORES</b>		
Eric Tompkinson	MtB	17:05	Caribou	8		Liz Boone	Brw	22:02	Brewer	9	
Heath Gifford	Mar	17:32	Maranacook	10		Heather Miller	MtA	22:21	Morse	15	
Jim Speldenner	Law	17:39	Mt. Blue	16		Margaret Bailey	Mor	22:26	Belfast	16	
Lucas Violette	Brw	17:50	Lawrence	20		Amy Flood	Bel	22:32	Waterville	16	
Todd Dixon	E	17:57	Erskine	22		Liz Foley	Law	23:11	Mt. Ararat	20	
Seth Smith	OH	17:52	Cony	29		Emily Ouellette	Wtv	23:14	Medomak	24	
Scott Hale	Con	18:00	Brewer	32		Sarah Begin	Wins	23:26	Brunswick	26	
Logan Bowden	Bel	18:14	Brunswick	33		Jen Wilson	S	24:10	Mt. Blue	27	
Darren French	S	18:19	Morse	41		Zoe Lewis	MtB	24:12	Lawrence	36	
<b>GROUP 4</b>			Mt. Ararat	42		<b>GROUP 4</b>			Caribou	38	
Matt Gilson	Mor	17:20	Oxford Hills	44		Kate McGuire	Brw	21:33	Lincoln	49	
Jason Gorneault	Car	17:22	Skowhegan	54		Leah Fein	Bel	22:30	Skowhegan	55	
Cam Widdoes	Mar	17:25	Medomak Valley	59		Chrystal Wilson	Mor	22:59	Cony	57	
Matt Mellen	MtB	17:35	Waterville	65		Jenny Dondlinder	Med	23:06	Messalonskee	67	
T.J. Benner	Med	17:44	Wiscasset	68		Laura Millan	MtA	23:13	Lisbon	74	
Troy Petrie	Law	17:50	Belfast	70		Emily Wyman	Wtv	23:23	Hyde	NS	
Jason Allerdig	Con	17:53	Lisbon	71		Halie Furrow	Brun	23:28	Oxford Hills	NS	
Dan Leeman	Wis	18:03	Lincoln	81		Cory Cartier	Lin	23:32	Rockland	NS	
Ray Mills	OH	18:30	Messalonskee	81		Erin MacGuire	Car	24:48	Winslow	NS	
Nick Vail	Brun	18:30				Jessica Sargent	S	24:53			
<b>GROUP 5</b>						<b>GROUP 5</b>					
Nate Forsman	Car					Kate Kruswick	MtA	21:47			
Abe Forth	Con					AbbyWeissman	Brw	21:49			
Ian Hubbard	MtB					Ashley Perry	Bel	22:15			
Jon Kent	Law					Jenn Brill	Mor	23:40			
Jeremy Benn	Brw					Nicole Theriault	Wtv	24:12			
Pat Welsh	E					Sara Washburn	MtB	25:11			
Jeremy Patten	Mar					Dawn Damboise	Car	25:15			
Zach Jones	Brun					Tricia Karvounts	Med	25:31			
Ryan Cunio	Mor					Holly Desveaux	Law	25:57			



September 13, 1996 at Eliot

Boys: Greely 28, Kennebunk 54, Windham 57, Seacoast Christian 103 Marshwood ns

Girls: Greely 16, Kennebunk 53, Seacoast Christian 63, Marshwood ns Windham ns

3.1 Miles

BOYS				GIRLS			
1	J. Vinceguerra	Mar	17:00	18	Storey	Gre	18:53
2	Towle	Gre	17:15	19	Kilburne	Mar	19:00
3	Olson	Win	17:20	20	Stuart	Ken	19:01
4	Rock	Ken	17:24	21	Dymond	Win	19:16
5	Bonden	Gre	17:33	22	R. Goodspeed	Gre	19:24
6	White	Gre	17:38	23	Huff	Ken	19:42
7	Dann	Ken	17:44	24	Jensenins	Gre	19:55
8	Baker	Win	17:46	25	Dinan	Gre	20:11
9	S. Smith	Gre	18:10	26	Ashley	Gre	20:17
10	Stingley	SC	18:15	27	Dyer	Win	20:43
11	Webber	Gre	18:21	28	Gove	SC	20:51
12	N. Smith	Gre	18:30	29	Dyer	Win	21:02
13	Googins	Gre	18:34	30	Brown	Ken	21:04
14	Karytko	Ken	18:41	31	Cialsi	Ken	21:20
15	Cowell	Win	18:44	32	Kugler	Ken	21:21
16	Goodspeed	Gre	18:49	33	Young	Gre	21:26
17	Stowell	Gre	18:52	34	Peters	Ken	21:46
				35	C. Smith	Gre	21:46
				17	Maline	SC	24:00
				18	Black	Ken	24:17
				19	LeBrecque	SC	24:51
				20	Haley	Gre	24:55
				21	Pearson	Win	24:58
				22	Polol	SC	25:05
				23	Dymond	Win	25:11
				24	Getz	Gre	25:45
				25	Taschereau	Ken	26:01
				26	Porter	Gre	26:12
				27	Gowan	Gre	26:25
				28	Danford	SC	27:17

## THORNTON ACADEMY RELAYS

Saco

September 13, 1996

BOYS TEAMS		INDIVIDUAL BOYS			GIRLS TEAMS		INDIVIDUAL GIRLS		
1 Cheverus	1:00:52	1 Fenton	Ch	8:23	1 Westbrook	53:56	1 Adrian	Po	9:45
2 TA	1:01:57	2 Toothaker	Ch	8:27	2 TA	55:10	2 Hussey	Ma	9:48
3 Westbrook	1:03:53	3 McLaughlin	Ch	8:29	3 Deering	55:28	3 Fontaine	De	10:05
4 SP	1:05:12	4 St. Louis	De	8:33	4 SP	56:09	4 Salamone	SP	10:08
5 Sanford	1:05:53	5 Barton	De	8:35	5 Portland	57:05	5 Leclair	TA	10:17
6 Lewiston	1:06:59	6 Perkins	TA	8:36	6 Edward Little	57:34	6 Mayol	We	10:28
7 Edward Little	1:07:22	7 McKeough	We	8:37	7 Sanford	57:44	7 Welch	We	10:29
8 Portland	1:07:45	8 Milliken	Ch	8:39	8 Bonny Eagle	57:45	8 McKinnon	TA	10:33
9 Massabesic	1:09:06	8 Huynh	Po	8:39	9 Noble	58:01	9 Smith	De	10:36
10Bonny Eagle	1:09:07	9 Goodrich	We	8:41	10 Lewiston	58:10	10 Austin	No	10:42
Deering	NS	10 Demers	Ch	8:46	McAuley	NS	11 Berg	We	10:45
Noble	NS	10 Petit	TA	8:46	Massabesic	NS	12 Kierstead	Po	10:54
Biddeford	NS	10 Perry	We	8:46	Biddeford	NS	13 Jenest	Sa	10:55
		11 Koelker	Ch	8:48			14 Pelletier	EL	10:58
		12 Jackman	TA	8:49			15 Plourde	We	10:59

## Camden Invitational at Camden Snow Bowl

September 6, 1996

2.95 Miles

Mt Blue	38	1	Glen Gilchrist	MB	19:36	Waterville	45	1	Jenna Richardson	W	22:27
Morse	54	2	Scott Pawlouski	OH	20:09	Morse	71	2	Hannah Wright	Mor	22:33
Erskine	85	3	Russell Savage	Br	20:13	Brunswick	87	3	Vanessa Allen	Mor	22:44
Oxford Hills	98	4	Adam Cowing	Mor	20:15	Wiscasset	98	4	Liz Finnegan	Wis	22:48
Brunswick	103	5	Nolan Tobey	E	20:21	Mt. Blue	100	5	Erin York	E	22:50
Waterville	159	6	Jeremy Smith	MB	20:25	Erskine	146	6	Stephanie Newell	LA	25:06
Wiscasset	211	7	Brett Almasi	Mor	20:34	Camden-Rockport	150	7	Autumn Roy	CR	25:18
Camden-Rockport	218	8	Eric Tompkins	MB	20:35	Lincoln Academy	NS	8	Heidi Corvin	W	25:43
Lincoln Academy	249	9	Joe Duchesneau	OH	20:45	Mount View	NS	9	Heather Decker	MB	25:49
Mount View	NS	10	David Minott	Mor	20:53	Oxford Hills	NS	10	Kim Legg	W	26:16
						Messalonskee	NS				

September 19, 1996 at Windham

Boys: Scarborough 23, Gorham 51, Windham 68, Freeport 102, Fryeburg 131

Girls: Gorham 28, Scarborough 40, Fryeburg 59, Windham NS, Freeport NS

2.8 miles

BOYS

1	Beliveau	Scar	14:44	CR
2	Mouradian	Gor	14:59	
3	Cummings	Scar	15:48	
4	Rumpf	Scar	15:49	
5	J. Johnson	Scar	15:57	
6	Olson	Wind	16:10	
7	Bailey	Gor	16:25	
8	Backer	Wind	16:28	
9	Cowell	Wind	16:31	
10	Bates	Scar	16:32	
11	A. Johnson	Scar	16:40	
12	Downing	Gor	16:43	
13	McGuire	Free	16:44	
14	Burns	Gor	16:47	
15	Ross	Scar	17:02	
16	Riseman	Gor	17:04	
17	Dagan	Fry	17:05	
18	Hobbs	Scar	17:09	

19	Weahmyer	Gor	17:26	
20	R. McGuire	Free	17:34	
21	Shelton	Free	17:40	
22	Dymond	Wind	17:45	
23	Card	Fry	17:45	
24	Olson	Scar	18:00	
25	Coulston	Scar	18:03	
26	M. McGuire	Free	18:07	
27	Thompson	Wind	18:16	
28	Brackett	Scar	18:19	
29	Tenny	Gor	18:21	
30	Ashley	Wind	18:25	
31	Gowron	Scar	18:27	
32	Deveau	Free	18:27	
33	Taylor	Scar	18:30	
34	Brewer	Free	18:33	
35	Chadwick	Scar	18:42	

GIRLS

1	Schulz	Gor	18:39	
2	Lavoie	Gor	18:52	
3	Ross	Scar	18:54	
4	Grant	Scar	19:34	
5	Richards	Fry	19:40	
6	Brewster	Gor	19:43	
7	Reilly	Fry	19:49	
8	Majzak	Gor	20:11	
9	Lynch	Scar	20:45	
10	Corbet	Scar	20:49	
11	Scott	Gor	21:04	
12	Woods	Fry	21:12	
13	Douglass	Gor	21:16	
14	Wadman	Scar	21:23	
15	Dymond	Wind	21:25	
16	Johnson	Scar	21:43	
17	Cole	Fry	21:44	

18	Mater	Scar	21:50	
19	Philbrick	Gor	22:03	
20	Dekoning	Scar	22:08	
21	Pearson	Wind	22:38	
22	Shapiro	Scar	22:49	
23	Flynn	Scar	22:50	
24	McCarthy	Fre	22:57	
25	Greene	Scar	23:24	
26	Sutyak	Scar	24:08	
27	Nadeau	Scar	24:18	
28	D'Andrea	Scar	24:59	
29	Wertz	Fre	25:33	
30	Degrandpre	Fre	26:03	
31	Berenson	Scar	27:21	
32	Crain	Wind	27:44	
33	Ridlon	Fry	28:51	

September 19, 1996 at Hinckley

Boys: Elan 27, Isleboro 52, Averill 68

Girls: North Haven 45, Isleboro 45, Elan 67, Averill 112

BOYS

1	Mark D'Ambrosia	E	17:53	
2	Nathan Standish	I	17:56	
3	Wayne Rollins	I	18:20	
4	Ramon Cales	A	18:22	
5	Fred Konapasek	E	18:36	
6	Sean Sullivan	E	18:39	
7	Ian Balinsky	E	18:50	
8	Colin Barclay	E	19:03	
9	Matt Elwin	E	19:05	
10	Nick White	E	19:21	
11	Mike Ingham	A	20:30	
12	Jeff Ortiz	E	20:45	
13	Patrick Lewis	E	21:27	
14	Adam Reid	I	22:58	

GIRLS

1	Cecily Pergree	NH	20:35	
2	Johana Read	A	22:09	
3	Tracey Wouri	I	22:24	
4	Tamar Kaiksted	E	22:54	
5	Elisha Meserve	BC	23:31	
6	Breanna Rolerson	I	23:46	
7	Isla Schmidt	I	23:47	
8	Lydia Webster	NH	24:53	
9	Cassie Cooper	NH	25:09	
10	Esther Pior	BC	25:17	
11	Jessica Alcorn	E	25:24	
12	Robin Pendleton	I	26:06	
13	Lindsey Brown	NH	26:08	
14	Marthera Webster	NH	26:34	
15	Sarah Levesque	E	26:45	
16	Jenna Ungar	E	27:02	



September 19, 1996 at Gray-New Gloucester

Boys: Cape Elizabeth 23, Gray-NG 49, Yarmouth 73, Seacoast Christian 109

Girls: Cape Elizabeth 18, Gray-NG 73, Yarmouth 74, Seacoast Christian 75

3.0 Miles

BOYS				GIRLS			
1	Lunt	Cape	16:43	15	Saucier	GNG	19:14
2	Churchill	GNG	16:50	16	Jones	GNG	19:25
3	Hall	Cape	17:05	17	Morrison	GNG	19:26
4	Jordan	GNG	17:24	18	Martin	Cape	19:30
5	Spaulding	Cape	17:43	19	Crafts	Cape	19:33
6	Stickney	Cape	17:47	20	Gilman	GNG	19:37
7	Bennett	Yarm	17:50	21	Pratt	GNG	19:44
8	Wakelin	Cape	17:56	22	Swick	GNG	19:52
9	Kempton	Cape	18:01	23	Conti	Yarm	19:52
10	Dowdy	Cape	18:07	24	Belisle	Yarm	19:56
11	Stinglen	SC	18:16	25	Anderson	GNG	20:05
12	Manson	GNG	18:21	26	Gersheimer	Yarm	20:16
13	Connell	Yarm	18:39	27	Dube	GNG	20:31
14	Hodsdon	Yarm	18:49	28	Dyer	Yarm	20:35
				1	Fowler	Cape	21:27
				2	Harris	Cape	21:33
				3	Fenderson	GNG	21:43
				4	Scotton	Cape	22:11
				5	Hayes	Cape	22:33
				6	Newcomb	Cape	22:48
				7	Huggard	SC	23:00
				8	Erkninn	Yarm	23:01
				9	Barker	Yarm	23:12
				10	Anderson	SC	23:15
				11	Tizon	Cape	23:33
				12	Malone	SC	23:35
				13	Hazlett	GNG	23:37
				14	Young	GNG	23:45
				15	Terrano	GNG	23:50
				16	Dulouse	Yarm	23:50
				17	Tizon	Cape	23:59
				18	Williams	Yarm	24:02
				19	Heath	GNG	24:06
				20	White	Cape	24:29
				21	Emery	Cape	24:34
				22	Berghuis	Yarm	24:51
				23	Labrecque	SC	24:59
				24	Boddy	Yarm	25:05
				25	Lipez	Cape	25:31
				26	Berry	GNG	25:34
				27	Ahern	Yarm	25:57
				28	Rafford	Yarm	27:26

September 19, 1996 at Yarmouth

Boys: Kennebunk 34, Traip 44, North Yarmouth 49, Lake Region 107

Girls: Kennebunk 31, NYA 42, Traip 52

3.0 Miles

BOYS				GIRLS			
1	Gagne	NYA	17:47	19	Cialfi	Kenn	20:59
2	Rock	Kenn	17:52	20	Krutuleski	Kenn	21:08
3	Dann	Kenn	18:06	21	Devries	Traip	21:10
4	Karytko	Kenn	18:14	22	Kugler	Kenn	21:12
5	Connolly	Traip	18:20	23	Hatch	LR	21:20
6	Voss	Traip	18:24	24	Roberts	LR	21:23
7	Richards	Traip	18:39	25	Wennberg	Traip	21:34
8	Alexander	NYA	18:41	26	Meyers	NYA	21:43
9	Estes	Traip	18:42	27	Jackson	Kenn	21:45
10	Roop	NYA	19:01	28	Hays	NYA	21:50
11	McConkey	LR	19:07				
12	Roper	Kenn	19:13	1	Estes	Traip	21:15
13	Huff	Kenn	19:14	2	Adams	NYA	21:34
14	Kuhn	NYA	19:19	3	Gilman	Kenn	21:48
15	Stuart	Kenn	19:41	4	Lounsbury	NYA	22:02
16	Geiger	NYA	20:37	5	Raymond	Kenn	22:04
17	Eslinger	Traip	20:38	6	Wolff	Kenn	22:58
18	Krause	Traip	20:56	7	Clark	NYA	23:00
				8	Steele	Kenn	23:42
				9	Black	Kenn	24:33
				10	Hill	Traip	24:44
				11	Grimes	NYA	24:51
				12	Cookson	Traip	25:02
				13	Weiss	Kenn	25:18
				14	Gould	Traip	25:28
				15	Hamel	Traip	25:36
				16	Flohr	Traip	26:59
				17	Taschereau	Kenn	27:21
				18	Bianconi	NYA	27:37
				19	Musters	NYA	27:37
				20	Stewart	Kenn	27:48
				21	Gentry	Kenn	28:20

# September 20, 1996 at Lewiston

Boys: Cheverus 25, Lewiston 33, Massabesic 81

Girls: Lewiston 20, McAuley 55, Massabesic NS

3.1 Miles

## BOYS

1	Koelker	Chev	19:02
2	N. Westleigh	Lew	19:22
3	Cloutier	Lew	19:25
4	Riley	Chev	19:46
5	Bowden	Chev	20:14
6	Tobin-Hochstadt	Lew	20:20
7	O'Connell	Chev	20:22
8	Somma	Chev	20:24
9	Perry	Chev	20:40
10	Carpenter	Lew	20:48
11	Webber	Mass	20:55
12	Cote	Lew	20:58
13	Prue	Chev	21:02
14	Rioux	Lew	21:04
15	Thomas	Chev	21:16
16	Young	Chev	21:21
17	Dolbec	Mass	21:30
18	Harrison	Chev	22:28
19	Dube	Mass	23:03
20	Gagnon	Mass	23:04
21	B. Westleigh	Lew	23:11

## GIRLS

1	Hussey	Mass	20:33 CR
2	Damon	Lew	25:34
3	Rizk	Lew	25:43
4	Corrie	Lew	26:26
5	Roy	Lew	26:26
6	LeClair	Lew	26:29
7	Conley	McA	27:05
8	Lamontagne	McA	27:17
9	Aliberti	Lew	28:10
10	Wing	Lew	29:54
11	Okrent	Lew	30:48
12	Pouravelis	McA	30:53
13	Esposito	McA	32:48
14	Collins	Mass	32:53
15	Simmons	McA	34:03
16	Benoit	McA	34:20
17	Loring	McA	34:31

# September 20, 1996 at South Paris

Boys: Mt Blue 33, Cony 47, Oxford Hills 74, Erskine 83, Gardiner 107

Girls: Mt Blue 32, Gardiner 38, Cony 73, Erskine 92, Oxford Hills 135

3.1 Miles

## BOYS

1	Glen Gilchrist	MB	17:23
		CR	
2	Eric Tompkins	MB	17:34
3	Scott Pawlowski	OH	17:39
4	Jeremy Smith	MB	17:55
5	Shawn Burchell	C	17:57
6	Ricky Cotta	G	17:58
7	Rhavia Barnum	C	17:59
8	Abe Furth	C	18:00
9	Seth Smith	OH	18:05
10	Nolan Tobey	E	18:06
11	Jason Allarding	C	18:11
12	Matt Mellen	MB	18:24
13	Joe Duchesneau	OH	18:28
14	Ian Hubbard	MB	18:34
15	Todd Dixon	E	18:35
16	Scott Hale	C	18:36
17	Jason Pierce	E	18:40
18	Jeff Gagnon	G	18:44
19	Peter Brown	MB	18:45
20	John Wade	E	18:49
21	Jeremy Whitehouse	E	18:50
22	Ian Hanson	MB	18:55
23	Jeremy Gray	C	18:59
24	Jeff Bradshaw	OH	19:03
25	Ray Mills	OH	19:12

## GIRLS

1	Meghan Caldwell	MB	20:20
		CR	
2	Lynette Batt	MB	20:39
3	Amanda Keyes	G	20:49
4	Heather Decker	MB	21:10
5	Mandy Gagnon	G	22:11
6	Erin York	E	22:15
7	Cara Rowghgarden	E	22:21
8	Melissa Mansir	C	22:33
9	Katie Webb	G	22:38
10	Emily Hanley	G	22:56
11	Kendra Howard	G	23:01
12	Katie Wegner	MB	23:22
13	Zoey Lewis	MB	23:38
14	Melony Morrin	C	23:57
15	Nicole Sturzenberger	C	24:07
16	Amber Hunt	C	24:50
17	Louise Dimick	MB	25:05
18	Sarah Washburn	MB	25:10
19	Natalie Woodworth	OH	25:22
20	Sarah Thompson	C	25:27
21	Ashley Rose	G	25:40
22	Becka Smith	C	25:58
23	Heidi Marsella	G	26:05
24	Sarah Tucker	E	26:27
25	Martha Yates	MB	26:39



September 20, 1996 at Falmouth

Boys: Wells 19, York 60, Greely 64, Falmouth 100, Marshwood NS, Old Orchard Beach NS

Girls: Falmouth 32, Greely 33, York 55, Marshwood NS, Wells NS, Old Orchard Beach NS

3.1 Miles

# BOYS

1	Legere	Wells	16:29
2	Rivard	York	17:04
3	Ericson	Wells	17:07
4	Collard	Wells	17:24
5	Sayes	Wells	17:27
6	Sirois	Wells	17:32
7	Vinceguerra	Marsh	17:41
8	Towle	Greely	17:43
9	Cousins	Falm	17:45
10	Ewing	York	17:52
11	White	Greely	17:59
12	Hardy	Wells	18:02
13	Currier	Wells	18:02
14	Drew	York	18:03
15	S.Smith	Greely	18:17
16	Woods	York	18:27
17	Bowden	Greely	18:29
18	Storey	Greely	18:32
19	T. Goodspeed	Greely	18:43
20	Bastide	Falm	18:47
21	Weber	Greely	18:48

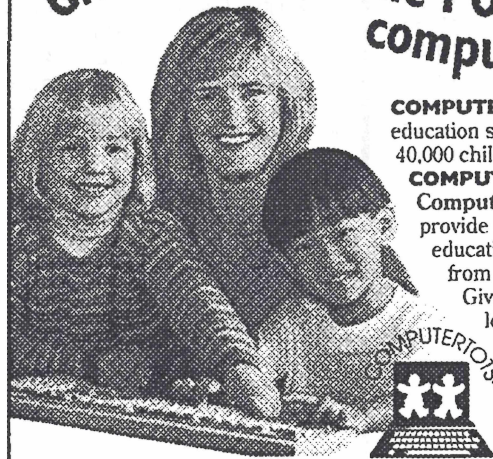
22	MacDonald	York	18:51
23	N. Smith	Greely	18:52
24	Mullen	York	18:53
25	Kilborn	Marsh	19:03
26	Connelly	Falm	19:04
27	Smith	Wells	19:06
28	Perry	Falm	19:07
29	Eager	York	19:08
30	Stowell	Greely	19:13
31	Harp	Wells	19:14
32	Shaw	York	19:16
33	Mackey	York	19:18
34	Newbanks	York	19:36
35	Kelleher	York	19:41
36	Beaman	York	19:46
37	Wagner	York	19:50
38	Banks	Falm	20:00
39	Anderson	York	20:06
40	Adamowicz	York	20:10
41	Jensenius	Greely	20:24
42	Dinan	Greely	20:28

# GIRLS

1	Wilcox	Falm	20:54
2	Case	Greely	21:19
3	Lafin	Wells	21:30
4	Klain	Falm	22:03
5	Benton	Greely	22:03
6	Cote	Falm	22:08
7	Higgins	Greely	22:39
8	Yesue	York	22:42
9	Hobson	Falm	22:57
10	Gulezian	Greely	22:58
11	Lascelles	York	22:14
12	Chapman	York	23:14
13	Flores	Marsh	23:41
14	Wechter	Marsh	23:42
15	Nielsen	Greely	23:56
16	M.Johnson	York	24:03
17	A. Johnson	York	24:11
18	Brogan	Falm	24:17
19	Avery	Marsh	24:24
20	Edwards	Falm	24:47
21	Northrup	Falm	24:55

22	Vasquez	Falm	24:59
23	Schoff	York	25:01
24	Michalek	Greely	25:16
25	Garafollo	York	25:30
26	Haley	Greely	25:36
27	Porter	Greely	25:42
28	Rutherford	Falm	25:43
29	Lessard	York	25:49
30	Gowan	Greely	25:50
31	Chevalier	York	25:56
32	Caffrey	York	26:15
33	Nelson	York	26:15
34	Crimmin	Falm	26:22
35	Unknown		
36	Worthing	York	27:09
37	Helena	Wells	27:50
38	Getz	Greely	27:54
39	Dailey	Marsh	28:08
40	Polle	York	28:26
41	Mathews	York	28:39
42	Chayka	York	28:44

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Call 829-6612 for Class Locations

## September 20, 1996 at Lisbon Falls

Boys: Lisbon 42, Leavitt 52, Mt Abram 72, Dirigo 82, Monmouth 82

Girls: Leavitt 16, Mt Abram 52, Lisbon 66, Monmouth NS

3 Miles

### BOYS

1	Erik McCarthy	Lvt	17:18
2	Brian Doble	Lis	17:26
3	Jason Plog	MA	17:39
4	Eddie Van Tassel	Lvt	18:31
5	Jackson White	Lis	18:55
6	Justin Crockett	MA	19:10
7	Sean Bartlett	Mon	19:12
8	Justin Ramsey	Lis	19:14
9	Nick Turnbull	D	19:39
10	Gilbert LaPierre	Mon	19:48
11	Phil Theriault	D	19:49
12	Nick True	Lvt	20:02
13	Shawn Denny	Lis	20:05

14	Scott Brents	Lis	20:44
15	Gavin Nettig	Lvt	20:56
16	Chad Gould	MA	21:02
17	Zeke O'Donnell	Mon	21:20
18	Justin Plog	MA	21:22
19	Shane Bouchard	D	21:24
20	Josh Hiscock	Lvt	21:47
21	Aaron Marshall	D	22:11
22	Danny Waite	D	22:12
23	Jonathon Hillier	Mon	22:13
24	Mike Kittredge	D	22:42
25	Paul Roupp	Mon	22:45

### GIRLS

1	Amanda Tracy	Lvt	22:13
2	Jessie Timberlake	Lvt	22:30
3	Sam Miller	Lvt	22:31
4	Kendra Beeckel	Lvt	22:34
5	Jessica Black	Lis	22:41
6	Kala Hardacke	Lvt	22:50
7	Kendra Huff	MA	22:55
8	Kathy Dostie	Lvt	22:56
9	Shannon Gilmore	MA	23:14
10	Beth David	MA	23:25
11	Amy Howard	MA	24:21
12	Nicole Guimond	Mon	24:33
13	Jennifer Black	Lis	24:55

14	Lacey Patria	Lvt	24:59
15	Jenn Lamson	Lis	25:06
16	Kim Perkins	Mon	27:54
17	Molly David	MA	28:25
18	Rachel Brents	Lis	30:00
19	Alania Lamontagne	Mon	30:24
20	Shannon Roupp	Mon	30:46
21	Megan Connor	MA	32:41
22	Rebekah Voter	MA	32:42
23	Shana Morrill	Lis	34:47

## September 20, 1996 at West Buxton

Boys: Portland 29, Bonny Eagle 38, Edward Little 57

Girls: Bonny Eagle 35, Portland 38, Edward Little 53

3.1 Miles

### BOYS

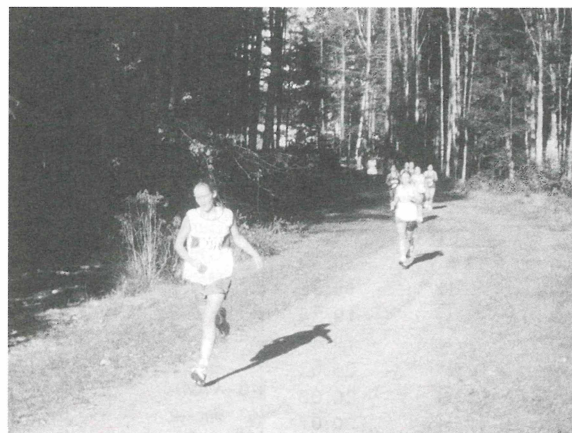
1	R. Flynn	BE	17:39
2	Huynh	Port	17:51
3	Suleiman	Port	18:11
4	Hunt	BE	18:21
5	Paulin	BE	18:33
6	Joseph	Port	18:33
7	Kuvaja	EL	18:48
8	Carlo	Port	18:52
9	Williamson	EL	18:53
10	Ho	Port	19:16

11	Wiggin	EL	19:37
12	Wheeler	Port	19:56
13	Doehler	BE	20:01
14	Gould	EL	20:05
15	M. Flynn	BE	20:05
16	Poirier	EL	20:25
17	Boyer	EL	20:30
18	Estes	EL	20:35
19	Reed	EL	20:41
20	Botler	Port	20:49
21	Frank	EL	20:55

### GIRLS

1	Adrian	Port	19:39
2	Kierstead	Port	21:45
3	Welch	BE	21:55
4	Sinclair	BE	22:16
5	Nally	Port	22:21
6	Waltz	BE	22:37
7	Pelletier	EL	22:50
8	Barajas	EL	23:03
9	Higley	BE	23:09
10	Thornton	EL	23:21

11	Moore	Port	23:23
12	Verrill	EL	23:45
13	Harmon	BE	23:47
14	Pestefano	BE	24:04
15	McDonough	BE	24:06
16	Lewis	EL	24:11
17	Smith	EL	24:36
18	Conn	BE	24:47
19	Wills	BE	24:48
20	Snyder	BE	25:06
21	Dieterkh	EL	25:56





Boys: Thornton Academy 23, Deering 42, South Portland 68, Noble 114  
Girls: Deering 50, South Portland 51, Thornton Academy 53, Noble 63  
2.9 Miles

September 21, 1996 at Biddeford

Boys: Elan 28, Waynflete 75, North Yarmouth Academy 83, Hyde 88, Hebron 107,  
Gould 142, Kents Hill 195

Girls: Hyde 31, Elan 42, Gould 47, Kents Hill NS, Hebron NS, North Yarmouth  
Academy NS, Waynflete NS

2.7 Miles

30 PINE TREE RUNNING JOURNAL



September 19, 1996 at Biddeford  
Boys: Westbrook 17, Sanford 46, Biddeford 69  
Girls: Westbrook 15, Sanford 43, Biddeford NS  
2.7 Miles

**BOYS**

1	Perry	West	15:18	11	Smith	Sanf	16:36
2	McKeough	West	15:24	12	Haigh	Sanf	16:41
3	Goodrich	West	15:41	13	Davis	West	17:18
4	Toman	West	15:59	14	Michaud	Sanf	17:24
5	Cantara	Bidd	16:03	15	Ricci	West	17:25
6	Andrade	Sanf	16:04	16	Jensen	Sanf	17:43
7	Chayer	West	16:06	17	Rickor	Sanf	17:47
8	Hildreth	Sanf	16:23	18	Lagasse	Bidd	17:51
9	Cantara	Sanf	16:25	19	Smith	Sanf	17:52
10	Labbe	Bidd	16:51	20	Mann	Sanf	18:03
				21	Houle	Sanf	18:12

**GIRLS**

1	Mayol	West	18:37	11	Norman	Sanf	21:28
2	Welch	West	18:50	12	Wark	West	21:29
3	Berg	West	19:12	13	Morin	Bidd	21:30
4	Plourde	West	19:24	14	Cyr	Bidd	21:30
5	Marcigliano	West	19:52	15	Iverson	West	22:09
6	Genest	Sanf	20:03	16	Murchie	West	23:30
7	Morin	Sanf	20:06	17	Yung	Sanf	25:11
8	Black	West	20:20	18	Coutu	Sanf	26:51
9	Dabreo	Sanf	21:24	19	Herbert	West	30:43
10	Gallagher	Sanf	21:26				



David Theriault, the first subscriber to Pine Tree Running Journal



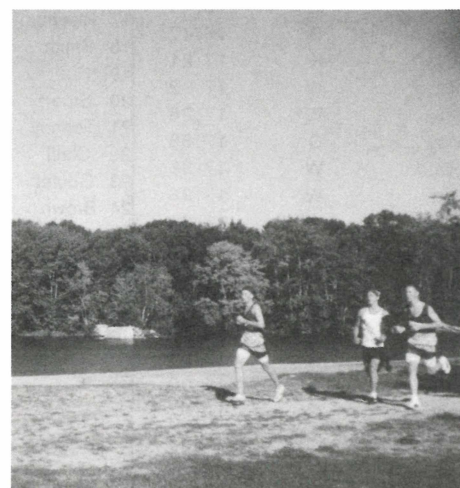
John Chayer and Jacob Toman



Laura Welch and Bess Berg



The start of the boys' race



Scott McKeough, Dominic Labbe, and Randy Perry



September 27, 1996 at Deering  
Boys: Westbrook 26, Deering 29, Massabesic 82  
Girls: Westbrook 23, Deering 34, Massabesic NS  
2.9 Miles

BOYS				
1	St. Louis	D	15:46	
		CR		
2	Barton	D	15:51	
3	Perry	W	16:00	
4	McKeough	W	16:14	
5	Goodrich	W	16:18	
6	Toman	W	16:21	
7	Kress	D	16:50	
8	Chayer	W	16:51	
9	McGonagle	D	17:09	
10	Strout	D	17:15	
11	Davis	W	19:38	
12	Reynolds	D	17:43	
13	Webber	M	17:49	
14	Dolbec	M	17:54	
15	Wynne	D	18:01	
16	O'Brien	D	18:04	
17	Benzing	D	18:11	
18	Mills	D	18:17	
19	Gagnon	M	18:26	
20	Walton	D	18:35	
21	Hatch	D	18:37	

GIRLS				
1	Hussey	M	18:21	
		CR		
2	Fontaine	D	18:50	
3	Mayol	W	19:07	
4	Welch	W	19:23	
5	Berg	W	19:50	
6	Smith	D	20:01	
7	Plourde	W	20:03	
8	Stanhope	D	20:53	
9	Marcigiano	W	20:55	
10	Black	W	21:16	
11	Weste	D	21:51	
12	Toher	D	21:51	
13	Lohmeyer	D	22:04	
14	Murchie	W	22:39	
15	Koenigsberg	D	22:48	
16	Iverson	W	23:32	
17	Arnold	D	24:51	
18	Collins	M	25:24	
19	Ramdial	D	27:44	
20	Atherton	D	29:00	
21	Herbert	W	30:50	

September 27, 1996 at Gorham  
Boys: Wells 25, Gorham 50, Kennebunk 60, Old Orchard Beach 119  
Girls: Gorham 24, Kennebunk 31, Wells NS, Old Orchard Beach NS  
3.1 Miles

BOYS			
1	Legere	W	16:46
2	Mouradian	G	16:47
3	Roch	K	17:21
4	Ericson	W	17:22
5	Sirois	W	17:26
6	Bailey	G	17:33
7	Collard	W	17:35
8	Sayer	W	17:36
9	Hardy	W	18:04
10	Karytko	K	18:08
11	Currier	W	18:18
12	Dann	K	18:20
13	Burns	G	18:44
14	Downing	G	19:01
15	Harper	W	19:03
16	Wehmeyer	G	19:07

17	Riseman	G	19:10
18	Smith	W	19:12
19	Huff	K	19:35
20	Stuart	K	19:37
21	Tenney	G	19:54
22	Cialfi	K	19:57
23	Goulet	COB	20:49
24	Brown	K	20:52
25	Fearon	G	21:05
26	Kugler	K	21:37
27	Morin	G	21:41
28	K. Parker	COB	21:43

GIRLS			
1	Schultz	G	21:28
2	Lavoie	G	21:28
3	Laffin	W	22:25
4	Gilman	K	22:32
5	Brewster	G	22:35
6	Wolfe	K	22:45
7	Raymond	K	22:46
8	Mojzak	G	23:00
9	Steele	K	23:47
10	Black	K	24:01
11	Philbrick	G	24:02
12	Weiss	K	26:37
13	Taschereru	K	27:16
14	Stuart	K	27:36
15	Schoy	COB	28:26
16	Cressey	K	28:45
17	Gentry	K	29:12
18	Swihehart	COB	33:35
19	Brown	K	34:35
20	Huff	K	38:51

September 27, 1996 at West Buxton  
Boys: South Portland 27, Bonny Eagle 31  
Girls: South Portland 25, Bonny Eagle 30  
3.1 Miles

BOYS

1	Flynn	EE	17:18
2	Bannon	SP	17:24
3	Hunt	EE	17:30
4	Littlejohn	SP	17:37
5	Paulin	EE	17:42
6	Marinelli	SP	17:43
7	Follansbee	SP	18:23
8	Morrill	SP	18:11
9	Caldwell	SP	19:00
10	Doehler	EE	19:26
11	Coolbrith	SP	19:27
12	Williams	EE	19:53
13	Flynn	EE	20:04
14	Lathrop	SP	20:28

GIRLS

1	Salamone	SP	20:22
2	Welch	EE	21:15
3	Kahill	SP	21:34
4	Sinclair	EE	21:49
5	Waltz	EE	21:54
6	Bernholz	SP	22:21
7	Cotton	SP	22:23
8	Coolbrith	SP	22:25
9	Destefano	EE	22:35
10	Higley	EE	22:37
11	Harmon	EE	22:46
12	Conn	EE	22:53
13	McDonough	EE	22:54
14	Wills	EE	22:57

SEACOAST INVITATIONAL at East Sullivan  
September 27, 1996  
2.7 Miles

BOYS

BOYS			
	Sumner	15	
	Washington Academy	96	
	Woodland	97	
	Bucksport	100	
	George Stevens	109	
	Searsport	165	
	Narraguagus	177	
	Lubec	180	
	Calais	NS	
	Shead	NS	
1	Parker Pruett	Sum	13:47
		CR	
2	Brendan O'Keefe	Sum	14:37
3	Mikey Hibbits	Sum	15:11
4	Travis Bickford	Sum	15:12
5	Justin Ossolinski	Sum	15:25
6	Elijah Lux	GSA	15:33
7	Teddy Pietz	Sum	15:35
8	Arty Tangelo	Nar	15:39
9	Josh Thornton	W	15:40
10	Colin Jones	GSA	15:51
11	Josh Ramsdell	WA	15:59
12	Wes Hopper	Sum	16:02
13	Josh Tripp	Sea	16:07
14	Ben Naumann	Sum	16:11
15	Kyle Howard	Buc	16:15
16	Mike Valenoti	Buc	16:32
17	Terran Moore	Sh	16:46
18	Joey Tuell	WA	16:54
19	Nathan Holst	C	16:55
20	Mike Oakes	W	17:10

GIRLS

GIRLS				6	Angela Dewitt	C	19:31
				7	Heather Knapp	Nar	19:35
	Narraguagus	49		8	Amy Simpson	Nar	19:38
	Sumner	50		9	Morrow Pettigrew	GSA	19:45
	George Stevens	78		10	Charlene Gaddis	WA	19:51
	Calais	120		11	Valerie Read	GSA	20:10
	Bucksport	127		12	Missy Hodgkins	Sum	20:18
	Woodland	139		13	Terin Holbrook	GSA	20:40
	Lubec	NS		14	Becky Emerson	Nar	20:44
	Washington Academy	NS		15	Kirsten Austin	Sum	20:50
	Searsport	NS		16	Caroline Williams	Nar	20:52
	Shed	NS		17	Any Belanger	Nar	20:53
1	Amy Stevens	Sum	18:38	18	Daniella		
2	Alyssa Abbott	Sum	18:59		Breckenridge	C	20:55
3	Ashley Kneeland	W	19:02	19	Kate Manning	GSA	21:06
4	Casey Kelley	Nar	19:24	20	Tish Johnson	Sum	21:07
5	Shannon Markley	Buc	19:24				



September 27, 1996 at Brunswick

Boys: Maranacook 28, Cony 61, Morse 89, Oxford Hills 96, Medomak Valley 140,  
Brunswick 142, Wiscasset 161, Camden-Rockport 207

2.9 Miles

BOYS															
1	Albert-Knopp	Mar	17:34	24	Burchell	Co	19:32	49	Marshall	OH	20:43	74	St. Michels	Co	22:34
2	Savage	B	17:42	25	Bradshaw	OH	19:39	50	Norris	M	20:48	75	Barker	B	22:40
3	Almasi	Mor	18:06	26	Gilson	M	19:42	51	Westlake	Mar	20:50	76	Hernandez	M	22:43
4	Galouch	Mar	18:11	27	Whitten	Mar	19:43	52	Szela	Co	20:55	77	Rosen	Mar	22:44
5	Smith	Mar	18:25	28	Minott	M	19:44	53	Daggett	MV	20:58	78	Savage	B	22:46
6	Forth	Co	18:32	29	Patten	Mar	19:48	54	Bornstein	Mar	21:01	79	Hawkins	Co	22:46
7	Barnum	Co	18:34	30	Stone	W	19:50	55	Record	Co	21:03	80	Adams	M	22:52
8	Warren	Mar	18:34	31	Berner	MV	19:54	56	Hall	M	21:06	81	Rasmussen	MV	23:00
9	Cowing	Mor	18:34	32	Priest	Mar	20:00	57	Easton	OH	21:08	82	Raymond	OH	23:02
10	Gifford	Mar	18:48	33	Campbell	MV	20:08	58	O'Brien	CR	21:14	83	Byam	W	23:05
11	Allerding	Co	18:49	34	Mills	OH	20:12	59	Poulin	Co	21:27	84	Jose	Co	23:11
12	Duchesneau	OH	18:55	35	Morse	B	20:13	60	Winchenbach	W	21:29	85	Drake	Co	23:28
13	Pawlowski	OH	18:55	36	Vail	B	20:14	61	O'Connor	B	21:37	86	Serban	M	23:42
14	Smith	OH	18:59	37	Gilbert	Co	20:15	62	Poland	MV	21:45	87	Thomas	Mar	23:46
15	Hale	Co	19:03	38	Zolas	B	20:16	63	Becker	MV	21:48	88	Leigh	W	24:00
16	Leeman	W	19:06	39	Dorr	B	20:20	64	Conkling	CR	21:50	89	Kitchen	CR	24:04
17	Bramhall	MV	19:08	40	Ellis	Mar	20:23	65	Hodgkins	M	21:51	90	Taylor	CR	24:20
18	Widdoes	Mar	19:11	41	McLaughlin	Mar	20:25	66	Martin	B	22:04	91	Winchenbach	MV	24:32
19	Saroka	MV	19:14	42	Renner	Mar	20:27	67	Spears	Mar	22:04	92	Ezzy	Co	24:34
20	Lazarus	W	19:24	43	Magoon	OH	20:30	68	Clapp		22:05	93	Merrill	B	24:37
21	Luks	CR	19:26	44	Abbott	Co	20:32	69	Pathak	Co	22:05	94	Glockner	M	24:41
22	Gray	Co	19:27	45	Gagnon	M	20:48	70	Buggia	B	22:17	95	Larson	OH	25:03
23	Cunio	M	19:29	46	Lamoreau	Mar	20:39	71	Cyr	B	22:20	96	O'Connell	B	25:08
				47	Mitchell	CR	20:40	72	Webber	Mar	22:23				
				48	Adams	Co	20:41	73	Normand	B	22:27				

September 27, 1996 at Cheverus

Boys: Cheverus 18, Sanford 48, Edward Little 66, Noble NS

Girls: Edward Little 37, Sanford 51, Noble NS, McAuley NS

2.85 Miles

BOYS								GIRLS							
1	Fenton	C	14:53	16	Prue	C	16:21	1	Austin	N	18:46	16	Dietrich	EL	21:30
2	MacLaughlin	C	15:19	17	Jensen	S	16:29	2	Stillberger	N	18:48	17	Girard	N	21:33
3	Kuvaja	EL	15:23	18	Young	C	16:31	3	Morin	S	18:53	18	Lamontagne	M	21:53
4	Demers	C	15:27	19	Perry	C	16:51	4	Barajas	EL	19:12	19	Young	S	23:32
5	Milliken	C	15:29	20	Wiggin	EL	16:58	5	Pendergast	N	19:21	20	Woodsum	EL	24:06
6	Koelker	C	15:31	21	Gould	EL	16:59	6	Thornton	EL	19:24	21	Pouravelis	M	24:12
7	Andrade	S	15:46	22	Maloney	C	17:00	7	Pelletier	EL	19:44	22	Coutu	S	26:10
8	Hildreth	S	15:48	23	Thomas	C	17:00	8	Davis	EL	19:57				
9	Williamson	EL	15:51	24	Frank	EL	17:06	9	Norman	S	20:14				
10	Smith	S	15:56	25	Boyer	EL	17:15	10	Gallagher	S	20:17				
11	Michaud	S	15:59	26	Poirier	EL	18:07	11	Dabrieo	S	20:22				
12	Cantera	S	16:01	27	Estes	EL	18:19	12	Lewis	EL	20:32				
13	Haigh	S	16:01					13	Verrill	EL	20:45				
14	Bowden	C	16:03					14	Smith	EL	21:02				
15	Riley	C	16:07					15	Conley	M	21:02				

# September 27, 1996 at Kittery

Boys: Cape Elizabeth 18, Traip 66, Gray-New Gloucester 69, North Yarmouth Academy 88, Freeport 112

Girls: Cape Elizabeth 36, Gray-New Gloucester 52, North Yarmouth Academy 56, Traip 82, Freeport NS  
3.0 Miles

BOYS				GIRLS			
1	Lunt	CE	16:50	17	Terrano	GNG	24:35
2	Hall	CE	16:59	18	Bemy	GNG	24:37
3	Churchill	GNG	17:25	19	Lipez	CE	24:45
4	Spalding	CE	17:34	20	DeGrandpre	F	25:00
5	Wakelin	CE	17:35	21	Hamel	Tr	25:08
6	Sticknoy	CE	17:36	22	Cookson	Tr	25:10
7	Gagne	NYA	17:46	23	Flohr	Tr	25:12
8	Doughty	CE	17:51	24	McCarthy	F	25:23
9	Manson	GNG	18:08	25	Pelletier	GNG	25:59
10	Richards	Tr	18:09	26	Frewen	NYA	26:24
11	Connolly	Tr	18:15	27	Wertz	F	26:44
12	Alexander	NYA	18:22	28	Mosters	NYA	27:03
13	Kempton	CE	18:22	29	Biarconi	NYA	27:04
14	Voss	Tr	18:36	30	McCarthy	NYA	28:33
15	Krause	Tr	18:38	31	Murray	GNG	29:54
16	Estes	Tr	18:39	32	Libby	F	30:30
17	Morrison	GNG	18:47				
18	Saucier	GNG	18:52				
19	Maguire	F	19:00	1	Fenderson	GNG	20:54
20	Shelton	F	19:03	2	Harris	CE	20:55
21	Roop	NYA	19:06	3	Estes	Tr	21:15
22	Michaud	GNG	19:17	4	Adams	NYA	21:17
23	Crafts	CE	19:20	5	Newcomb	CE	21:56
24	Geiger	NYA	19:22	6	Lounsbury	NYA	22:13
25	Gilman	GNG	19:23	7	Clark	NYA	22:42
26	Kuhn	NYA	19:23	8	M. Tizon	CE	22:46
27	Jones	GNG	19:35	9	A. Tizon	CE	22:56
28	Anderson	GNG	19:37	10	Hazlett	GNG	23:04
29	Brewer	F	19:48	11	Young	GNG	23:10
30	Deveau	F	19:51	12	Emery	CE	23:23
31	Eslinger	Tr	20:00	13	Heath	GNG	23:26
32	Swick	GNG	20:25	14	Toulouse	CE	24:03
33	Murphy	GNG	20:27	15	Grimes	NYA	24:24
34	Martin	CE	20:31	16	Gould	Tr	24:34
35	Greenough	Tr	20:40				

# September 27, 1996 at York

Boys: Greely 34, York 34, Windham 61, Seacoast Christian 120, Fryeburg NS

Girls: Greely 17, York 44, Seacoast Christian 73, Windham 103, Fryeburg NS  
3.1 Miles

BOYS				GIRLS			
1	Brevard	Y	16:53	19	Smith	G	18:45
2	Ewing	Y	17:02	20	Shaw	Y	18:49
3	Towle	G	17:04	21	Dymond	W	19:00
4	White	G	17:27	22	Googins	G	19:01
5	Olsen	W	17:43	23	Dinan	G	19:09
6	Woods	Y	17:47	24	Goodspeed	G	19:28
7	Baker	W	17:55	25	Tarr	Y	19:44
8	Bowden	G	17:56	26	Ashley	W	19:59
9	Storey	G	17:58	27	Thompson	W	20:00
10	Smith	G	18:00	28	Fox	F	20:03
11	Drew	Y	18:03	29	E. Dyer	W	20:55
12	Cowell	W	18:04	30	J. Dyer	W	21:38
13	Webber	G	18:08	31	Swift	W	21:50
14	McDonald	Y	18:12	32	Taylor	W	21:50
15	Eager	Y	18:34	33	Guphill	SC	22:30
16	Card	F	18:41	34	Jerry	W	22:44
17	Dagan	F	18:41	35	Gove	SC	22:53
18	Mackey	Y	18:43				
				1	Case	G	20:23
				2	McClain	G	20:40
				3	Benton	G	21:07
				4	Kelly	F	21:15
				5	Yesue	Y	21:31
				6	Guezian	G	22:22
				7	Higgins	G	22:24
				8	Woods	F	22:25
				9	Lascelles	Y	22:34
				10	Huggard	SC	22:41
				11	Anderson	SC	23:00
				12	Chapman	Y	23:01
				13	M. Johnson	Y	23:04
				14	Cole	F	23:14
				15	Caffrey	Y	23:22
				16	A. Johnson	Y	23:41
				17	Porter	G	23:46
				18	LeBreque	SC	23:52
				19	Pearson	W	24:02
				20	Dymond	W	24:15
				21	Garafollo	Y	24:17
				22	Littlefield	Y	24:18
				23	Boardman	Y	24:23
				24	Getz	G	24:29
				25	Malone	SC	24:32
				26	Lessard	Y	24:46
				27	Chevelier	Y	24:47
				28	Gowan	G	25:01
				29	Nelson	Y	25:02
				30	Adams	SC	26:02
				31	Woodbury	Y	26:03
				32	Matthews	Y	26:27
				33	Chayka	Y	26:50
				34	Crain	W	26:59
				35	Pelletier	G	26:59



# WOMENS' DISTANCE FESTIVAL 5K

Portland

September 8, 1996

1	Christine Snow-Reaser	30	17:43
2	Rose Prest-Morrison	33	18:09
3	Kelly Rodrigue	32	18:13
4	Veronica Haskell	29	18:29
5	Denise Harlow	25	18:31
6	Gayla Underkoffler	34	18:46
7	Katie Payson	31	18:55
8	Laurel Valley	33	18:57
9	Wanda Binette	30	19:02
10	Marjorie Graff	28	19:11
11	Nancy Weis	36	19:12
12	Gretchen Read	53	19:14
13	Cathleen Allen	30	19:19
14	Carol Hogan	45	19:20
15	Kelley Cullenberg	35	19:42
16	Nancy Kneeland	41	19:42
17	Ann McGovern	32	19:54
18	Ellie Tucker	41	20:01
19	Rebecca Webber	37	20:02
20	Sheila Hodges	41	20:11
21	Julianne Lagin-Nasse	17	20:12
22	Jeanne Hackett	37	20:16
23	Catie Dean	26	20:17
24	Nancy Cooper	40	20:18
25	Becky Wallace	23	20:25
26	Stephanie Harrington	25	20:32
27	Ann Stairs	27	20:34
28	Carol Manley	42	20:42
29	Celine Mainville	31	20:52
30	Tanya Horne	28	21:00
31	Diane Simmons	34	21:07
32	Claire Fontaine	15	21:09
33	Alison Kisch	30	21:12
34	Michele Ohman	30	21:13
35	Jessica Andrews	21	21:26
36	Kathryn Tolford	41	21:30
37	Laura Jean Wilcox	17	21:32
38	Marjorie Tennyson	43	21:34
39	Pamela Hewett	29	21:35
40	Rebecca Raskin	28	21:36
41	Judy Gilman	39	21:38
42	Natasha Meikle	22	21:39
43	Kate Meyers	36	21:40
44	Vicki Bryant	38	21:43
45	Debbie Brown	33	21:46
46	Patrice Lastufka	42	21:47
47	Jean Hancock	40	21:50
48	Connie Hallett	37	21:51
49	Jessica Craib	14	21:52
50	Sarah Parrott	37	21:55
51	Darcie McElwee	23	21:56
52	Kim White	34	21:56
53	Mandy Bowden	12	21:58
54	Julia Drinker	35	22:01
55	Jill Page	30	22:02
56	Barbara Anderson	41	22:03
57	Diane LaVangie	37	22:04
58	Lisa Pon-Garber	38	22:08
59	Kirstie Wilkins	25	22:11
60	Cecile Fontaine	45	22:13
61	Barbie Beal	37	22:13
62	Betsy Barrett	45	22:19
63	Theresa Gallupe	34	22:24
64	Julie Holmes	25	22:25

65	Marie Cutting	34	22:25
66	Melisa Thompson	26	22:27
67	Faye Gagnon	51	22:28
68	Susan Kolakowski	39	22:35
69	Sophia Payson-Rand	28	22:39
70	Wendy Williams	43	22:39
71	Megan Greenleaf	14	22:44
72	Karen Frost	15	22:45
73	Emily Stuart	37	22:45
74	Joan Lavin	48	22:47
75	Cindy LeBlanc	30	22:48
76	Nancy Minor	33	22:48
77	Elgee Ona	46	22:48
78	Janna Rearick	16	22:49
79	Mary Loboizzo	36	22:49
80	Cindy Aiken	42	22:50
81	Denise Goodwin	32	22:51
82	Deborah Cassidy	39	22:53
83	Nancy Nickerson	41	23:00
84	Louise Desjardins	37	23:01
85	Nancy Lagin	46	23:01
86	Theresa Giasi	26	23:03
87	Sam Kane	31	23:08*
88	Sarah Klain	16	23:09
89	Cassandra Cote	14	23:12
90	Martha Deprez	51	23:15
91	Cindy Scribner	36	23:19
92	Kitty Kelley	49	23:23
93	Katie Perry	39	23:23
94	Mindy Mulligan	29	23:27
95	Victoria Hill	37	23:27*
96	Elizabeth Hobson	16	23:30
97	Carolyn Court	42	23:31
98	Jeanne McMorow	41	23:33
99	Marilyn Gelish	42	23:34
100	Patty Murray	41	23:34
101	Heidi McDonald	34	23:35
102	Melissa Welch	17	23:36
103	Leah Edwards	26	23:40
104	Carol Nale	45	23:43
105	Cathy Locke	35	23:44
106	Cindy Smith	49	23:47
107	Monica McDonough	33	23:50
108	Maryanne Strand	41	23:55
109	Samantha Bowden	10	23:55
110	Nancy Murphy	49	23:56
111	Clapp Ellen	26	24:00
112	Lauren Donovan	28	24:02
113	Laura Merrill	32	24:08
114	Linda Letourneau	31	24:10
115	Gretchen Springer	37	24:10
116	Celeste Emery	31	24:13
117	Nancy Batchelor	44	24:13
118	Kathy Ventura	31	24:13
119	Judi Richard	36	24:14
120	Heidi-Anne Loughlin	25	24:16
121	Dianne Kazilionis	36	24:17
122	Jillian DeStefano	16	24:20
123	Patricia Terrill	61	24:22
124	Sara-Jean L Rizkall	30	24:22
125	Martha Kelley	33	24:23
126	Beth Wilson	40	24:25
127	Janet Costello	37	24:30
128	Mary Curry	36	24:35

129	Marie Jordan	26	24:38
130	Diane Cormier	40	24:39
131	Kyle Megan	42	24:41
132	Elizabeth Orlic	31	24:41
133	Ann Nemi	41	24:42
134	Kelly LaBonte	29	24:47
135	Marybeth Keniston	13	24:47
136	Beth Wilhoite	42	24:52
137	Willow Hagge	15	24:55*
138	Nancy Prentiss	40	24:55
139	Susan Quimby	43	24:57
140	Pam Lear	28	24:57
141	Deborah Mauro	47	24:58
142	Jeri-Lee Cookson	41	25:00
143	Kathleen McDonough	16	25:04
144	Cheryl Kotarski	28	25:06*
145	Maria O'Toole	35	25:07
146	Betsy Lane	44	25:08
147	Jeanne Weber	47	25:08*
148	Adrienne Turner	37	25:09
149	Polly Kenniston	59	25:12
150	Sherry Carl	49	25:13
151	Patty Puia	26	25:14
152	Debbie Dwyer	37	25:14
153	Shoshana Hoose	42	25:15
154	Lisa Cimino	32	25:15
155	Tess Nacelewicz	43	25:17
156	Sonya Edwards	16	25:18
157	Sarah Northrup	15	25:20
158	Lynn Pierce	39	25:20
159	Suzanne Hurwitz	38	25:22
160	Jill Szopinski	26	25:23
161	Meghan Rutherford	17	25:24
162	Denise Plourde	35	25:24
163	Tania Briand	29	25:26
164	Getty Payson	35	25:28
165	Gail Fitzmaurice	34	25:30
166	Carlene Vasquez	14	25:31
167	Susanne Conley	34	25:33
168	Peggy Turcotte	42	25:33
169	Robin Sellinger	41	25:36
170	Sherri Darling	38	25:36
171	Julie Dumais-Dore	36	25:36*
172	Lisa Kelley	32	25:42*
173	Colleen Donovan	35	25:42*
174	Nancy Hewett	49	25:42
175	Ann Mazerolle	40	25:45
176	Beverly Doughty	45	25:45
177	Sarah Marble	29	25:50
178	Beth Brogan	15	25:53
179	Karen Danyla	40	25:58
180	Tracey Weatherbie	29	25:58
181	Sherry Chabot	49	25:59
182	Mary Ann Robinson	41	26:00
183	Joanna Yates	34	26:09
184	Sandra Negus	39	26:11
185	Kate Gulliver	14	26:16
186	Jane MacDonald	50	26:18
187	Jennifer Marriott	39	26:18
188	Karie Melton	26	26:20
189	Melanie Collins	31	26:20
190	Elizabeth Stuart	34	26:20*
191	Laurie Paione	32	26:21
192	Kara Tierney	24	26:24

193	Deb McKenna	39	26:31	255	Jodi Shapiro	16	28:09*	317	Nancy Hill	39	30:28
194	Kim Linnell	36	26:33	256	Amy Wadman	17	28:10*	318	Marby Payson	57	30:33*
195	Kathy Greenleaf	53	26:34	257	Annette Fournier	41	28:10*	319	Linda Whittum	32	30:34
196	Elizabeth Doane	34	26:35	258	Tessa Hadlock	26	28:12	320	Marge Medd	54	30:40*
197	Karen Hoxie-Smith	27	26:36	259	Anne Garland	46	28:14	321	Nian Lyman-Lajoie	47	30:44
198	Danielle Dufresne	16	26:38	260	Colleen Taintor	32	28:14*	322	Susannah Maher	24	30:55*
199	Wendy Berthiaume	31	26:40	261	Rose Marcoux	34	28:16	323	Julia Maher	15	30:55*
200	Tary Titherington	25	26:42	262	Pamela Baldwin	34	28:17	324	Mary Dumas	26	30:55
201	Mary Coolidge	28	26:43	263	Candace Fitzgerald	41	28:19	325	Christine Collins	36	31:03*
202	Martha Mcdavitt	41	26:44*	264	Anne Phillips	52	28:21*	326	Joanne Hadlock	51	31:04
203	Kelly O'Brien	28	26:44	265	Sherry Anne	32	28:21*	327	Bethany McCorkle	11	31:08
204	Kristine Dawson	26	26:46	266	Diane Nichols	45	28:24	328	Carol Parker	34	31:11
205	Beth Clifford	29	26:48*	267	Shari Robinson	49	28:27	329	Amelia Rice	13	31:17*
206	Annette Elowitch	53	26:48	268	Marsha Greenberg	47	28:28	330	Lois Hatch	60	31:18
207	Michelle Gravel	29	26:50	269	Lois Tiedeken	41	28:28	331	Terz Landry	37	31:19
208	Kathleen Duddy	45	26:51	270	Bonnie Hoag	44	28:29	332	Ann McDonough	58	31:19
209	Cindy Berry	13	26:54	271	Man-Elena Davis	15	28:30	333	Timi Richards	46	31:22*
210	Lori Plummer	38	26:56	272	Holly Haywood	42	28:30	334	Pauline Doane	33	31:25
211	Anne Craigs	42	26:56	273	Linda Stewart	33	28:31*	335	Barbara Gillis	39	31:31
212	Patricia Bruns	42	26:57	274	Lauren Emerson	38	28:32	336	Dianne McCorkle	37	31:31
213	Stephanie Hicks	23	26:59	275	Diane Dusini	34	28:33	337	Kathleen Stiles	30	31:38*
214	Stella Hicks	27	26:59	276	Lynn Forsyth	27	28:34	338	Lisa Chittum	28	31:39
215	Eliza Floyd	15	27:00	277	Cathy Kyle	47	28:39	339	Ashley Ryder	67	31:42
216	Wendy Sayres	62	27:02	278	Rachel Piper	28	28:40	340	Mandy Dunlap	15	31:56*
217	Ann Smith	44	27:03	279	Ann Bell	38	28:41	341	Deb Pineham	42	31:57
218	Linda Hunt	49	27:10	280	Judy Coyne	32	28:44	342	Nancy Wilson	61	31:58
219	Patrice Johnsen	37	27:12	281	Marge Parsons	45	28:51	343	Sue Guillerault	41	31:58
220	Amy Allen	27	27:13	282	Sharon S. Foerster	33	28:53	344	Bonnie Shulman	45	32:09
221	Jessica Strout	26	27:15	283	Kathy Collins	41	28:57	345	Kathleen Sheehan	55	32:14*
222	Diana Young	14	27:16*	284	Gretchen Toohey	27	28:58*	346	Sherry Grant	39	32:15
223	Kathy Crawford	38	27:16	285	Judy Cotton	47	28:59	347	Kelli Ann Hebert	29	32:16*
224	Yvette Knight	50	27:17	286	Patty Beach	38	29:01	348	Leslie Soule	44	32:18
225	Colleen Robinson	35	27:19	287	Jan Stanley	37	29:03*	349	Anna Perry	10	32:19
226	Jocelyn O'Brien	17	27:19*	288	Margaret Buckley	33	29:06*	350	Sarah Kiely	17	32:23
227	Dawn Alley	40	27:20*	289	Linda Metzger	53	29:09	351	Jill Harradon	14	32:25*
228	Amy Fuller	16	27:20*	290	Jessica Hayes	46	29:12	352	Virginia Cross	53	32:31
229	Sylvia Sullivan	49	27:22	291	Janise Monaghan	46	29:14	353	Susan Korn	44	32:38
230	Stephanie Robichaud	37	27:22*	292	Margaret Rearick	44	29:17	354	Jan Bastow	60	32:44
231	Kathie McCatherin	36	27:23	293	Janie Iverson	51	29:19	355	Terry Keough	40	32:48*
232	Karen Baker	42	27:24	294	Jaci L Harradon	17	29:20	356	Donna Moulton	47	32:51
233	Jeanne McDonald	47	27:25	295	Jenny Woufrom		29:20	357	Catherine Atwood	42	32:57
234	Deirdre Hennessey	14	27:25	296	Catherine Ganung	37	29:24	358	Kate Harris	51	32:58
235	Carlene Anderson	46	27:28	297	Lynda Rubinstein	39	29:25	359	Bonnie Berry	42	32:59
236	Jessica Rutherford	22	27:32	298	Mary Jean Crouter	40	29:25	360	Ruby McDermott	45	33:04
237	Brenda Bell	37	27:33	299	Susan Davenny	48	29:31	361	Anne Labossiere	55	33:07
238	Carlene Sproul	57	27:45	300	Susan Newton	41	29:33	362	Teresa Getchell	59	33:15
239	Ann McCullough	26	27:47	301	Marlene Russell	54	29:35	363	Claire Jordan	50	33:15
240	Beth Tompson	36	27:48	302	Diane Tworog	15	29:35*	364	Linda Olson	49	33:36*
241	Janet Jordan	37	27:49	303	Pamela Kinner	37	29:36	365	Tess Perry	8	33:39
242	Kari Harriman	26	27:50	304	Nicole Bruyere	25	29:36	366	Eileen Russo	34	33:43
243	Laura Varney	38	27:51	305	Jennifer Maher	26	29:37*	367	Mary Ann Matson	57	33:49
244	Judy Hairsine	45	27:51	306	Linda Iselborn	36	29:38*	368	Pat Brunelle	44	33:55
245	Sharleen Cronin	47	27:52	307	Carolyn White	28	29:41	369	Marge Queen	35	34:00*
246	Lisa Plummer	23	27:53	308	Sandra Fournier	41	29:52	370	Laurie Greenan	33	34:00
247	Megan Krukowski	32	27:53*	309	Sherry Libby	40	29:53*	371	Maggie Soule	54	34:01
248	Cindy Slump	33	27:58	310	Pamela Pillsbury	45	29:54*	372	Ann Harradon	46	34:15
249	Hannah Harwood	15	27:59*	311	Annette Solebello	43	29:57	373	Joanne Clarey	55	34:16
250	Jennifer McGeoghegan	28	28:01	312	Ann Babbitt	45	30:02	374	Marsha Wood	41	34:18
251	Sherry Missig	45	28:02	313	Brenda Tanguay	34	30:18	375	Shelia Hunt	43	34:19
252	Ellen Rathbun	35	28:03	314	Sally Fitzgerald	39	30:19	376	Nora Stetson	68	34:30
253	Irene Morris	54	28:04	315	Lisa Jean Graham	30	30:20	377	Cindy Hazelton	35	34:31*
254	Laurie Laliberte	36	28:06	316	Cheryl McCall	40	30:22*	378	Miranda Smith	34	34:36
								379	Mary Wassick	30	34:56*
								380	Beth Bell	31	34:56*



381	Meaghan Lavangie	9	35:43
382	Pat Buckley	58	35:52
383	Betty Campbell	42	35:56*
384	Chris Baille	42	35:56*
385	Laurie Quint	35	36:06
386	MaryEllen Giasi	53	36:19
387	Esther Heffernan	58	36:28
388	Debbie Henry	36	36:56
389	Julie Brannon	7	37:04
390	Susan Adams	37	37:24*
391	Carol Rice	42	37:25
392	Connie Moore	51	37:46*
393	Paulla Ross	29	38:19
394	Jeannie Butts	34	38:20
395	Margaret Kronberg	39	38:20
396	Ruth Hefflefinger	67	38:32
397	Linda Benn	48	38:38
398	Anne Maher	50	38:46*
399	Virginia Brown	25	38:47*
400	Cherylyn Brubaker	43	39:49*
401	Laura Ellis	30	39:49
402	Kristen Bell	10	40:00
403	Lorraine Frenza	64	40:34
404	Sandi Johnson	59	41:00*
405	Cathy Craven	32	41:11
406	Ashley Craven	9	41:12*
407	Karen Miller	52	41:34
408	Linda Beaulieu	41	42:21
409	Cindy Perry	34	42:22
410	Carol Irving	37	42:41
411	Genista Hollenbeck	41	42:52
412	Marcia Carr	41	42:53*
413	Denise Keene	41	43:22
414	Jenna Johnson	10	43:22*
415	Debbie Johnson	37	43:23
416	Sara Perry	15	44:09
417	Michelle Mondor	49	45:14
418	Pat Coolidge	56	45:41
419	Eugenia McLaughlin	71	46:18
420	Dee Dean	62	47:12
421	Shirley Weaver	59	47:23
422	Elizabeth Isece	52	47:24*
423	Beryl Cole	46	47:26
424	Cecelia McQuinn	60	51:39
425	Priscilla Tighe	70	51:41*
426	Reola Conley	65	52:18
427	Maureen McDonough	39	52:19*
428	Margaret T. Martin	83	52:20*
429	Peg Rutherford	51	52:24*

**Women's Distance Festival 5K -  
Portland. 9.8.96 8 AM**

With 429 finishers, this would have to be one of the largest races in Maine, percentage-wise. When you consider that the Bridgton Four on the Fourth holds the record for the largest field at just over 1000 runners, 400 in a womens-only race is astounding. Jim McCorkle has certainly added a touch of class to this race with roses for all finishers, gift certificates to 5K Sports, and awards to first-time road racers.

# 5K SPORTS

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**190 U.S. ROUTE 1  
FALMOUTH, MAINE  
781-3134**

# MAINE CHILDRENS CANCER PROGRAM 5K

Back Bay, Portland

September 21, 1996

1	Kyle Rhoads	26	16:55
2	Christopher Hall	30	18:02
3	Nelson Larkins	35	18:06
4	Mark Olsen	28	18:15
5	Don Stowell	41	18:17
6	G. Daniel Deniso	35	18:23
7	David Howard	30	18:25
8	Jerome St. Louis	17	18:33
9	Jim Bunnell	38	18:38
10	Garth Altenberg	23	18:40
11	Mike Kress	16	18:49
12	Ronald Deprez	52	18:51
13	Daniel Reid	38	19:11
14	Rhonda Benner	24	19:23*
15	Larry Barker	47	19:24
16	Stephen Lecastro	26	19:29
17	Paul Aceto	30	19:37
18	Don Duncanson	47	19:39
19	Ed Doughty Jr.	47	20:02
20	Dwight Holmquist	33	20:07
21	Sam Merrill	46	20:10
22	Phil Cousineau	44	20:15
23	Thomas Carll	52	20:16
24	Michael Beaudoin	54	20:17
25	Richard Scribner	45	20:18
26	Dustin Rand	21	20:46
27	William Cookso	36	20:48
28	Dalia Hildibrand	20	20:51*
29	Frank Knight	51	21:23
30	Natasha Meikle	22	21:29*
31	Vicki Bryant	38	21:41*
32	Eric Bebchick	29	21:47
33	James Harmon	36	21:49
34	Diane Lavangie	37	22:16*
35	Charles Ouellette	51	22:16
36	Mick McCall	42	22:19
37	Jonathan Cronin	12	22:36
38	Cindy Sanover	36	23:01*
39	Jack Fitch	45	23:05
40	George Kernander	45	23:07
41	Cynthia Smith	49	23:09*
42	Forrest Emery	39	23:10

43	Harry White	54	23:11
44	Martha Deprez	51	23:13*
45	Sheldon Kretschmer	57	23:26
46	Eddie Coyne	34	23:28
47	Maria Kilbride	37	23:30*
48	John Cole	43	23:39
49	Lauren Donovan	29	23:57*
50	Nate Clarke	19	23:58
51	Nicholas Valerio	63	24:15
52	Bobby Donnelly	11	24:17
53	Rocco Corsetti	49	24:19
54	Lisa Kelley	32	24:23*
55	Patty Medina	38	24:25*
56	Richie Garrett	47	24:27
57	John Keegan	44	24:28
58	Kristen Corey	26	24:29*
59	Megan Squibb	24	24:39*
60	Neil Chivington	49	24:49
61	Suzanne Hurwitz	38	24:50*
62	Gary Leader	50	24:51
63	Michael Smith	47	24:54
64	Gina Harmon	36	25:00*
65	Charlie Frederick	34	25:01
66	Ryan Smith	15	25:07
67	Sherry Carll	49	25:08*
68	Kim Linnell	36	25:09*
69	Paul Lavender	54	25:17
70	Larry Perkins	52	25:19
71	Ellen Della-Torre	32	25:38*
72	Guy Egan	11	25:49
73	Beverly Doughty	45	25:50*
74	Dawn Alley	40	25:57*
75	Stella Hills	30	26:06*
76	Mike McGee	49	26:15
77	Janet Jordan	37	26:19*
78	Sharleen Cronin	47	26:27*
79	Will Davis	52	26:32
80	Linda Iselborn	36	26:53*
81	Michelle Gravel	29	26:55*
82	Anne Verrill	39	26:58*
83	Judy Coyne	32	26:59*
84	Nancy Hewett	49	27:17*

85	Deirdre Hennessy	14	27:34*
86	Rachel Piper	28	27:40*
87	Marlene Russell	54	27:41*
88	Melinda Goldberg	50	27:44*
89	Bonnie Hoag	44	27:46*
90	Patricia Owen	36	27:56*
91	Patricia Frederick	32	28:04*
92	Pam Kinner	37	28:27*
93	Linda O'Malley	45	28:35*
94	Martin Donovan	41	28:56
95	Andrea Sansonetti	33	29:01*
96	Cheryl McCall	40	29:12*
97	Mark Clinch	40	29:19
98	Abbey Parker	11	29:22*
99	Marby Payson	57	29:32*
100	Elisabeth Gayer	13	29:35*
101	Margaret Buckley	34	29:43*
102	Riley Donovan	13	30:09
103	Don Esty	40	30:24
104	Kathleen Stiles	30	30:31*
105	Jill Harradon	15	30:32*
106	Pauline Doane	33	30:39*
107	Sharon Laplante	42	30:48*
108	Jaci Harradon	17	30:53*
109	Kathy Esty	39	31:10*
110	Mary Ann Matson	57	31:25*
111	Tom Hennessy	46	31:53
112	Jeffery McCorkle	6	32:05
113	Laurie Greenan	33	32:06*
114	Kelli Ann Hebert	29	32:27*
115	Kate Harris	51	32:28*
116	Kelly Smith	12	32:56*
117	Ann Harradon	46	33:11*
118	Marlene Manoogian	65	33:18*
119	Pat Buckley	58	33:36*
120	Archie Manoogian	66	33:59
121	Christine Barbour	32	35:24*
122	Ruth Hefflefinger	67	35:39*
123	Eugenia McLaughlin		46:07*
124	Beryl Cole	46	50:00*
125	Maureen McDonough	39	50:01*

Maine Childrens Cancer Program 5K Back Bay, Portland. 8 AM 9.21.96

A race around Back Bay can be very interesting. Runners must avoid walkers, bikers, dogs, and other assorted obstacles while trying to run fast on a surface that changes dramatically with the weather conditions. Fortunately, the one thing that runners don't have to contend with is automobiles. Kyle Rhoads, of Windham, avoided all obstacles to win in 16:55, and former USM runner Rhonda Benner did the same in 19:23.



## Second Annual HELP CAN'T WAIT 10K RUN AND ROLL

**Brunswick**

**September 21, 1996**

1	Guy Segars	36	34:46
2	Julia Kirtland	31	36:25*
3	Rob Craig	40	37:17
4	Richard L'Heureaux	44	37:38
5	Ed Mendes	42	37:40
6	Steve Moriarty	46	39:03
7	Laurel Valley	34	39:10*
8	Jeff Arsenault	39	39:17
9	John Segerson	34	39:17
10	Robert Hunt	31	40:37
11	RC Arsenault	29	41:04
12	David Polito	47	41:09
13	Greg Wood	37	41:17
14	George Johnson	42	41:18
15	Ellie Tucker	41	41:22*
16	Glen Gallupe	37	42:06
17	Alan Bailey	42	42:08
18	Don Andrus	48	42:22
19	Paul Schlise	29	42:28
20	Arnie Green	64	42:33
21	Jack Sexton	38	42:47
22	Gordan Smith	38	43:17
23	Sarah Andrus	41	43:49*
24	John Smith	30	44:16
25	Tom Harlow	50	44:32
26	Roger Fenn	50	44:32

27	Tim Merritt	17	44:36
28	John Merritt	46	44:36
29	Marc Dube	33	44:52
30	Andrea	32	45:02*
31	Keith Lawrence	46	45:12
32	Keith Malone	39	45:26
33	Mike Berens	38	45:43
34	John F Dyer	51	45:58
35	Patrick Moore	29	46:07
36	Sharon Wilbraham	32	46:25*
37	Larry Sutton	38	46:47
38	Larry Dreher	40	47:02
39	Theresa Gallupe	34	47:25*
40	Chet Matthews	50	47:33
41	Carl C Newton	46	47:48
42	Tony Monaco	51	47:57
43	Rich Mosley	54	48:06
44	Jamie Smith	17	48:21*
45	Victor Skorana	32	48:25
46	Brietta Delmanzo	21	48:29*
47	John Howe	61	48:42
48	Mark Covington	36	48:48
49	Judi Richard	36	48:55*
50	Cheryl Gilbert	47	48:57*
51	Charlie Gordon	49	49:20
52	Scott Wilson	34	50:21

53	Martin Dwyer	39	51:08
54	Tom Verrill	43	51:22
55	William Thenydsen	26	52:45
56	Jonathon M Carter	26	52:50
57	Tom Blankenship	42	53:11
58	Don Fabrao	35	53:22
59	Beth Wilson	40	53:25*
60	Bradley Reed	25	53:30
61	Kaye Ziebell	33	53:31*
62	David Avery	42	54:02
63	Edward Esculano	36	54:21
64	Joe Murray	53	54:30
65	Jill Szopinski	26	54:43*
66	Carlton Mendell	74	54:52
67	Lori Schaeffer	25	56:14*
68	Douglas Noble	32	56:58
69	Lynn Verrill	41	58:12*
70	Nelson Soule	75	58:59
71	Ruth Fout	34	1:00:01*
72	Charles Fout	32	1:00:02
73	Pamela S Pinkoski	35	1:00:43*
74	Carol Wells	49	1:00:43*
75	Susan Nordli	41	1:04:46*
76	Sarah Cox	32	1:04:46*
77	Karen Towle	31	1:08:19*
78	Julius Marzul	70	1:08:40

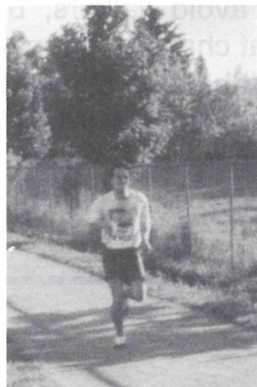
### Help Can't Wait 10K Brunswick, 9 AM 9.21.96

This is another traffic controlled race that is run around the Brunswick Naval Air Station. Hopefully someone cleared Julia Kirtland for take-off as she flew around the course at sub-6:00 minute pace. Guy Segars has also been running well lately, winning the race in 34:46. Results courtesy : Charlie Scribner, Split Time Race Management.

### Maine Childrens Cancer 5K Race



Rocco Corsetti of  
Westbrook



Winner Kyle Rhoads



Lauren Donovan leads Nate Clarke



Larry Barker and womens'  
winner Rhonda Benner



# RUN FOR THE HEART BEACH RUN 4 MILES

Pine Point Beach, Scarborough

September 21, 1996

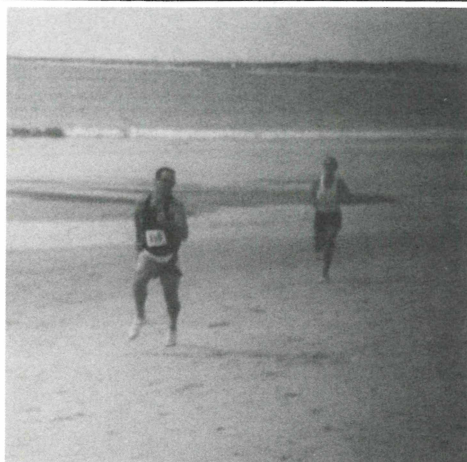
1	David Drew	32	22:54
2	Rob Fast	33	22:59
3	Paul Rogers	44	25:39
4	Catie Dean	26	26:37*
5	Dave Peterson	42	26:46
6	Derry Rundlet	50	27:12
7	George Boudreau	33	27:21
8	Jeff Whittum	32	27:25
9	Kevin Parker	14	28:17
10	Erik Dunham	28	29:01
11	Mike McLellan	50	29:56
12	Bob Aube	30	31:24
13	Donna Hodge	35	32:43*

14	Alan Hodgkins	26	32:44
15	Elizabeth Roe	46	34:09*
16	Armand Labrecque	48	34:18
17	Jean Strickland	35	34:20*
18	Michelle Gravel	29	34:52*
19	John Cadorette	30	35:01
20	Deborah Burton	42	36:45*
21	Robin Townsend	30	36:48*
22	William Marzul	72	36:56
23	Mindy Rondeau	21	37:25*
24	Dave Dunham	53	37:33
25	Marge Parsons	45	37:36*
26	Carmen Leighton	35	39:53*

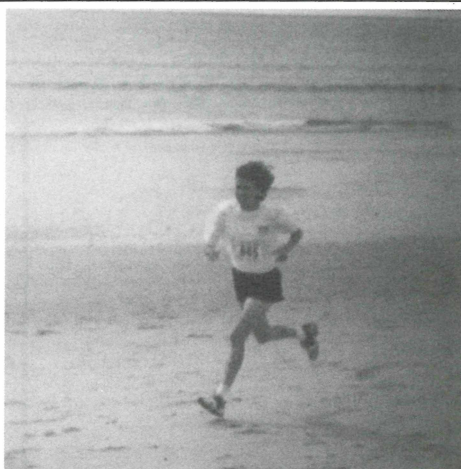
27	Darci Fletchall	32	42:22*
28	Diana Stavang	27	43:01*
29	Don Penta	50	45:06
30	Beryl Cole	46	57:00*
31	Katy O'Leary	24	62:00*
32	Jason Nasse	24	62:00
33	Pam Deschambeault	27	65:00*
34	Dale Jipson	34	67:00
35	Ruth Jipson	32	67:00*
36	Melissa Lee	20	67:00*
37	Unknown		67:00
38	Marlyn Chadbourne	45	79:00*

## Run For the Heart Beach Run - 4 Miler Pine Point Beach, Scarborough 9,22,96

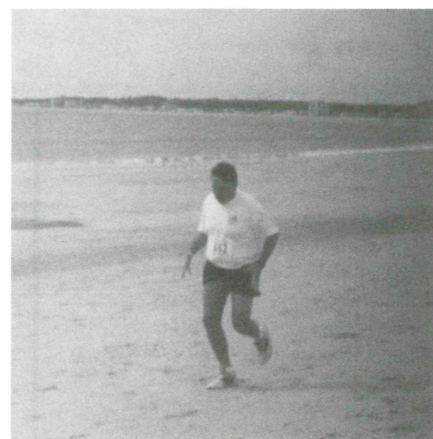
A Hurricane threat postponed this race for a week, and possibly kept a few participants away. Those who attended seemed pleased with the out-and-back course along the hard-packed sand of Pine Point Beach. David Drew kicked sand in the face of Rob Fast as he broke to the finish in the last few strides to take the win. Catie Dean easily won the womens' race, finishing 4th overall. Jay Flaker and his team of helpers did a nice job organizing this race, which will hopefully be back next year. Results courtesy : Jay Flaker.



Dave Drew fights for the win



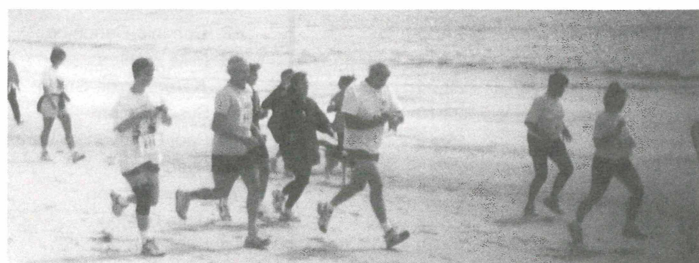
Catie Dean gets an easy win



Don Penta at the finish



A shirtless David Peterson impresses the ladies



The start at Pine Point Beach in Scarborough



## SUGARLOAF UPHILL CLIMB 3 MILES

**Kingfield**

**September 28, 1996**

1	Bob Poirier	31:54
2	Jamie Potter	32:14
3	David Drew	33:43
4	Bruce Melindy	34:45
5	Ed Minois	34:48
6	Bruce Nicholson	35:07
7	Rich Smith	35:49
8	Jeff Libby	36:14
9	Stephen Shores	36:21
10	Lee Martin	36:32
11	Zimmer Hayes	37:48
12	Aaron Megauier	38:19
13	Kevin Riley	38:40
14	Robert Ash	38:55
15	Lynn Hughes	39:05
16	Eric Webster	39:15
17	Kathryn Brown	40:02
18	Roger Stevens	40:14
19	Marty Kenniston	40:42
20	Matt Keene	40:52
21	Charles Brown	41:00
22	Larry Dwyer	41:03
23	Doug McKeown	41:32
24	John Ritzo	41:42
25	Dan Dwyer	41:55
26	Frank Woodard	42:08
27	Kenneth Woodbrey	43:28

28	Chip Cochrane	44:08
29	Joe Warren	48:55
30	James Garland	49:03
31	Michael Schirf	49:18
32	Nick Stagers	49:22
33	Matt Morrell	49:40
34	Beth Harnish	51:07
35	Mike Gilmore	51:39
36	Wayne Kay	51:48
37	Hunter Townsend	53:08
38	Nina Porcelli	53:54
39	Rose Winter	54:10
40	Sarah Piampiano	54:13
41	Zerin Wayte	54:20
42	Douglas Otte	55:07
43	Pablo Paster	55:09
44	Jeannie Eisberg	55:41
45	Jesse Colognesi	55:41
46	Shahar Lushe	55:44
47	Johnny Ritzo	56:08
48	Brian Rowe	56:10
49	Reed Sikoane	56:16
50	Lauren Mollica	56:18
51	Yoshi Watanabe	56:19
52	Jake Colognesi	58:12
53	Bo-Yee Poon	59:27
54	Ed Kitfield	59:30

55	Lindsay Schiepp	59:46
56	Katy Warren	59:46
57	Mary Emerson	1:00:37
58	Emily Stifler	1:00:43
59	Kyle Kilomonis	1:00:50
60	Bob Lawrence	1:00:52
61	Kristen Nelson	1:00:53
62	Chad Barton	1:00:54
63	Harley Riva	1:00:55
64	Harris Bay	1:01:01
65	Ian Foster	1:01:03
66	Ashley Nickerson	1:04:43
67	Emily Cook	1:04:36
68	Chari Cohen	1:04:36
69	Samantha Defoy	1:06:21
70	Shannon Gilmor	1:11:06
71	Silas Goldfrank	1:11:09
72	Jon Laurence	1:12:04
73	Jody Lavines	1:12:15
74	Tyler Kenniston	1:12:11
75	Josh Kenniston	1:12:11
76	Holly Calhoun	1:14:00

## CORNISH APPLE FESTIVAL 5K

**Cornish**

**September 28, 1996**

1	Mark Snow	17:21
2	Bobby Hunt	18:26
3	Jerome St. Louis	18:50
4	Eric Olafsen	19:12
5	Laurel Valley	19:18
6	Lynn Presby	19:27
7	Rick Smith	19:37
8	Bob Hunt	19:38
9	David Bastow	19:44
10	Julie Eisnangle	19:47
11	Don Fries	19:59
12	Kim Coombs	20:00
13	Nathan Howe	20:06
14	Michael Beaudoin	20:07
15	Derry Rundlett	20:32
16	David Hunt	20:34
17	Adam St. Savior	21:05
18	Barbara Anderson	21:17
19	Peter Finkle	22:04
20	Robert Benes	22:10
21	Stephen Finch	22:12
22	Michelle Ridley	22:19
23	Pete Reynolds	22:21
24	Justin Carr	22:22
25	Jack Fitch	22:48

26	Scott Olafsen	22:51
27	Forest Emery	22:56
28	Zach Nugent	22:59
29	Dennis Doughty	23:06
30	Missy Murch	23:45
31	Peter Deroche	24:08
32	John Nugent	24:41
33	Nicholas Valerio	24:29
34	Andrew Howe	24:37
35	David Scott	24:59
36	Susan Trafford	25:00
37	Sue Olafsen	25:04
38	Betty Disanza	25:09
39	Regan Goan	25:14
40	Robin Demello	25:35
41	Vernon Baston	26:21
42	Dominic Canonico	26:21
43	Mike McGee	26:22
44	Karen Hoxie-Smith	26:40
45	Susan Quinn	26:42
46	Paul Donovan	26:52
47	Ryan Goan	27:28
48	Diane Tworog	28:03
49	Julie Baston	28:10
50	Paul Tworog	28:13

51	Lauren Parkinson	28:23
52	Michelle Schlam	28:25
53	Dean Taylor	28:59
54	Brittany Vanderough	29:15
55	Sharon LaPlante	29:21
56	Darlene Scammon	29:34
57	Anton Kilburn	29:45
58	Aaron Hodgdon	29:59
59	Jean Miller	30:11
60	Tashia Arsenaault	30:16
61	Susan Williams	31:11
62	Diane Parkinson	31:18
63	Robbie Humphrey	33:59
64	Marion Rackliff	34:04
65	Michael Welsh	34:06
66	Merrick Hawkes	34:08
67	Hannah Haskell	35:28
68	Logan McShane	35:50
69	Lena Felker	36:16
70	John Dodge	38:05
71	Amber Snyder	38:06
72	Barbara Hawkes	38:10



# MAINE TRACK CLUB'S 16th ANNUAL MID-WINTER 10 MILE CLASSIC



## AWARDS:

- 1-5 Open Men
- 1-5 Open Women
- 1 - 3 Men and Women
- Under 19
- 35 to 39
- 40 to 44
- 45 to 49
- 50 to 54
- 55 to 59
- 60 to 69
- 70 & over
- Middle of the pack



**SUNDAY  
FEBRUARY 2, 1997  
12 NOON**

**CAPE ELIZABETH  
HIGH SCHOOL**

*(showers available)*

## Course Records:

Open: Rob Pierce 51:10 (1996)  
Marty Shue 1:01:14 (1995)  
Masters: Steve Podgajny 57:30 (1996)  
Ellen Bowden 1:09:50 (1996)

Certification #ME95001WN

- Entry fee: \$10.00. Please make checks payable to: Maine Track Club.
- A long sleeve T-shirt to runners pre-registered by January 20, 1997.
- Pre-registration to: Don Penta, 54 Sebago Avenue, Windham, ME 04062.
- Include a SASE with your pre-registration received by January 20, 1997, and we will mail your number, course map and directions to the High School.
- Race day registration: Cape Elizabeth High School Cafeteria, 10:45 am - 11:45 am.
- For more info, Race Directors: Don Penta (207) 892-4526; Jeanne Hackett (207) 766-5026; Ray Shevenell (207) 799-6219.
- Benefits to Bruce Ellis Fund to send a child to running camp.

NO REFUNDS, EXCHANGES OR TRANSFERS

Do not write in this space

Last Name		First Name		Age	Birth Date			Sex	
				on day of race	Mo.	Day	Yr.	Male	Female
<input type="text"/>		<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Mailing Address Street Include Apt. No. and/or C/O (Check here if this is a change of Address [ ])					Area Code		Phone		
<input type="text"/>					<input type="text"/>		<input type="text"/>		
City		State (or Country if not USA)			Zip Code				
<input type="text"/>		<input type="text"/>			<input type="text"/>				

T-Shirt Size ☐ M ☐ L ☐ XL

FOR SAFETY'S SAKE, NO BABY STROLLERS, RADIO HEADSETS OR DOGS

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Athletes who participate in this race may be subject to formal drug testing in accordance with TAC and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. For more information regarding drug testing, call the USOC Hot Line at 800-233-0393. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

PARENT'S SIGNATURE

IF UNDER 18 YEARS \_\_\_\_\_



**PINE TREE  
RUNNING  
JOURNAL**

## READER SURVEY

1. Age \_\_\_\_\_ 2. Sex \_\_\_\_\_ 3. # of years running \_\_\_\_\_
4. Miles run per week \_\_\_\_\_ 5. # of races run per year \_\_\_\_\_
6. Club Affiliation \_\_\_\_\_ 7. Occupation \_\_\_\_\_
8. Do you cross-train? Yes / No

If Yes, What activities do you do?

\_\_\_\_\_

9. Favorite Race Distance \_\_\_\_\_

10. Favorite Race \_\_\_\_\_

11. Why do you run? ( Number 1 to 5 with 1 the most important )

\_\_\_\_\_ Fun \_\_\_\_\_ Health Benefits \_\_\_\_\_ Socializing \_\_\_\_\_ Personal Challenge \_\_\_\_\_ Competition

### 12. Rate the Magazine

	Importance to you				
	low				high
Photos	1	2	3	4	5
Calendar	1	2	3	4	5
Group Runs	1	2	3	4	5
Thoughts on the Run	1	2	3	4	5
News & Views	1	2	3	4	5
Athlete Profiles	1	2	3	4	5
Training Tips	1	2	3	4	5
Product Reviews	1	2	3	4	5
Results	1	2	3	4	5
High School Section					
College News	1	2	3	4	5
Athlete Profiles	1	2	3	4	5
Results	1	2	3	4	5
Race Applications	1	2	3	4	5

13. Do you currently have access to the internet, or do you plan to hook up in the near future? Y or N

14. Comments:

**Complete and Mail to: Pine Tree Running Journal, 67 Church Street, Westbrook, ME 04092.**

# SERVICE GUIDE

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