

One Hundred Years of Maine Running

Year by Year Highlights Starting in 1895

*Track, X-C, Road Racing, Marathoning
Profiles of 51 Hall of Famers*



Rick Krause

INTRODUCTION

In the fall of 1992, I went to a Maine Running Hall of Fame banquet in Waterville. A short time later after talking with one of the board members I realized that even though the inductees were being honored for their role in Maine running history, no detailed account of their lives and accomplishments had been documented by the committee. Something needed to be done. I called Bob Payne, the founder and committee chairman, and asked if he'd like me to write biographies of the inductees. He thought it was a good idea.

As I completed more and more of these biographies I began to think about turning it into a book, one I had intended to write many years earlier. I spent the next eight years interviewing over 150 people, adding this information to that which I'd already gathered over the many years I was involved with Maine distance running. Those whose stories are told here include runners, track athletes, coaches, officials, and volunteers who were very important to a sport they loved. All of the individuals whose profiles are found in this volume have been inducted into the Maine Running Hall of Fame, and among them are many pioneers. Every decade of the 20th Century is represented here, from the time of Andrew Sockalexis to the present. Never before has Maine running history been brought together in one volume.

One Hundred Years of Maine Running therefore seems an appropriate title because the order in which these biographies appear gives a natural progression in the history and development of running in Maine. I have also included a chapter outlining the year-by-year major events in order to give the reader a quick reference to the important happenings of the sport.

This was for me a most rewarding project. It brought me back in time, into contact with many of those I once ran and raced with, some of whom I knew only a little but who I now know and appreciate even more.

One of the things that has made this sport interesting is that although we are all runners, that's where the likeness ends. We will always need our Ralph Thomases, our Bob Hillgroves, and our Jerry Saint Amands.

Keep the history of our great sport alive for future generations by getting a copy for your public or school library.

Ordering books: *One Hundred Years of Maine Running* is available only through the mail. Copies may be purchased for \$21.00 plus \$4.95 P&H. Checks payable to Rick Krause, 65 Town Hall Rd., Edgecomb, ME 04556; e-mail: Beattie@midmaine.com.

*Dedicated to those thousands of volunteers
who have helped at track meets and running events,
who have given from the heart man's most precious gift, TIME.*

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CHAPTER ONE

Year by Year Highlights of Maine Running History

Year by Year Highlights of Maine Running History

1895 - The University of Maine organizes its first track team: the school had no track and team equipment consisted of a 16-lb. shot, two 16-lb. hammers, a few hurdles, and a pole vaulting outfit; their first intercollegiate meet was held that same year at Waterville with Colby, Bates, and Bowdoin (the winner). Maine took 2nd.

1912 - Andrew Sockalexis of Old Town finishes 2nd in the Boston Marathon and 4th in the Olympic marathon at Stockholm.

1913 - Sockalexis finishes 2nd in the Boston Marathon.

1914 - The University of Maine wins its second straight New England Cross Country Championship, and the Black Bears' Frank Preti is the individual winner.

1915 - The University of Maine cross country team wins its third straight New England Championship and goes on to win the IC4A cross country title (which was the national championship until the 1950's). They remain the only team from any Maine college to win a national title. Team members included Coach Art Smith, Edmund Dempsey, Frank Preti, Roger Bell, George Sullivan, Albert Wunderlich, Roscoe Hyson, Raymond Stevens, and Philip Libby.

1916 - Sockalexis runs in his final race, a 15 miler from Old Town to Bass Park in Bangor, beating Clarence DeMar by 200 yards.

1919 - Sockalexis dies from tuberculosis, age 27.

1920 - Former University of Maine coach Jack Moakley is selected as head track and field coach of the U.S. Olympic Team.

1922 - The University of Maine wins its second straight New England Cross Country Championship.

1923 - Frank Kanaly is appointed track and cross country coach at the University of Maine. As a runner, Kanaly reportedly had held every U.S. record from the 880 through and including five miles. He went on to coach at Yale.

1924 - The University of Maine completes its fieldhouse with its 236 yard track. It was the largest fieldhouse in the United States at that time.

1926 - UMaine's Forrest Taylor wins the New England Cross Country Championship while the Black Bears finish in 2nd place.

1927 - UMaine becomes the first state university ever to win a New England championship in track; Schoolboy Corydon Jordan of Brewer wins the National Interscholastic Cross Country Championship in Newark, N.J.

1928 - The University of Maine wins its second straight New England Cross Country Championship.

1929 - UMaine's Harry Richardson and Francis Lindsay tie in winning their third straight New England Cross Country Championship, then go on to tie in winning the National Intercollegiate Cross Country Championship at Van Cortland Park, NYC (cover photo); Brewer native Elbridge Stevens, running for the Dorchester Club of Massachusetts, helps his team win the National Cross Country Championship at Van Cortland Park, NYC. Stevens placed 3rd.

1930 - The inaugural running of the Portland Boys Club 5-Miler, the oldest continuous annual road race in the eastern U.S.; UMaine wins its fourth straight New England championship in outdoor track.

1932 - Houlton wins the National Interscholastic Cross Country Championship at Branch Brook Park, Newark, N.J.

1935 - Ken Black of the University of Maine wins the IC4A title in the 880 in 1:54.5.

1938 - Maurice Toothaker of Phillips High and Don Smith of UMaine both win New England titles in cross country; Toothaker went on to win the National Interscholastic Cross Country Championship in N.J.

1939 - Don Smith of Easton concludes his stellar running career at UMaine by winning his third straight New England Cross Country Championship (his 8th New England running title, three in XC and five in track); UMaine wins its second straight New England Cross Country Championship.

1941 - Malcolm Dempsey of Presque Isle wins the National Interscholastic Cross Country Championship at Newark, N.J.; Emery Plourde of Caribou High wins the national interscholastic indoor mile at Madison Square Garden, N.Y.

1942 - Lloyd Blethen of Foxcroft Academy wins the National Interscholastic Cross Country Championship in N.J.; Bruno Mazzeo of Rockland finishes 12th in the Boston Marathon (held on a Sunday), and the following day he won the Portland Boys Club 5-Miler.

1944 - Bruno Mazzeo of Rockland finishes 7th in the Boston Marathon.

1947 - Dave Mazzeo of Rockland finishes 7th in the Boston Marathon.

1948 - Dave Mazzeo is the 4th American finisher in the Boston Marathon (9th overall), earning a spot as "1st alternate" on the U.S. Olympic track team.

1954 - Walt Slovenski begins his coaching career at Bates, a career which lasted 44 years.

1955 - UMaine's Paul Firlotte wins the New England Cross Country Championship.

1956 - UMaine coach Edmund Styrna begins his 30-year coaching career at the university.

1959 - Dave Farley of Brewer High becomes the first Maine high school runner to break 4:30 in the mile, running 4:26.3.; UMaine wins its 15th New England cross country title (four of the past five years).

1962 - Ed Styrna's UMaine cross country team wins the IC4A title, college division, while Fred Judkins is the individual winner of the freshmen race.

1963 - The inaugural running of Maine's second oldest annual road race, the Bangor Labor Day Five Miler, won by Dave Farley.

1964 - Brewer's Dave Farley, running for Brown U., wins his second IC4A title in the mile, 4:06.6, outdoors.

1969 - The Maine Masters running club is formed in Portland by Tom Miller, Dick Wright, and Jim Henick; Bowdoin coach Frank Sabasteanski coaches the U.S. Track and Field Team which competed against the Russians and the British Commonwealth at Los Angeles.

1970 - The Sunrise County Road Runners, Maine's first running club (open to all ages), is founded by Dale Lincoln of Perry and Brian Manza of Woodland; women's road race pioneer Diane Fournier runs her first road race in Winslow.

1971 - Road racing pioneer Roland Dyer, 30, is killed while riding his bicycle in May in Brunswick; Steve Ross organizes Maine's first open women's indoor track meet.

1972 - Ken Flanders of Portland, running for Northeastern U., wins the New England Championship 6-Mile in 28:45, then goes on to take 6th in the NCAA's; University of Maine professor, Walter Renaud of Orono, wins the masters division in the Boston Marathon in 2:32.12, placing 46th overall; Dale Lincoln of Perry organizes the first ultramarathon in Maine, from Calais to Eastport; the U.S. Olympic track team comes to Bowdoin College for pre-Olympic training prior to the Games in Munich.

1973 - Ken Flanders wins the New England Championship in the indoor two-mile in 8:50; The 10-man relay team of the Greater Portland Athletic Club sets a New England record as well as the 9th best distance in the world in 24-hour relay, covering more than 278 miles. Team members included: Relay organizer Brian

Gillespie, Larry Greer, Ralph Thomas, Steve Jaynes, Jeff Sanborn, Danny Paul, Mark Beede, Dave MacDonald, Jerry Crommet, and John Emerson.

1974 - Bob Hillgrove wins his 8th Portland Boys Club 5-Miler; Lawrence High senior Bruce Bickford wins the New England Cross Country Championship after only two years of running; Joan Benoit enters her first road race at age 16, the Maine Masters sponsored Roland Dyer Memorial 5K at Riverside, Portland. Benoit wins.

1975 - Ralph Thomas, 39, sets an American age-group marathon record of 2:23:30 for 44th place in the Boston Marathon; the Central Maine Striders is founded in Newport by Rick Krause; Maine's first annual marathon, the Paul Bunyan Marathon, is held in July; Northeastern University wins the IC4A cross country title with four Mainers on the squad: Ken Flanders, Larry Greer, Danny Paul, and Bruce Bickford.

1976 - Ralph Thomas of Gardiner competes in the Olympic trials marathon in Oregon at age 40, the oldest qualifier, running 2:29 in a wind storm.

1977 - Maine's first running publication, *Maine Runner*, is founded by Rick Krause in Pittsfield; Bob Hillgrove wins his 7th Bangor Labor Day 5-Miler, setting a new course record; the first women's track and cross country team is established at UMaine as a result of Title IX; Leo Cloutier, 68, of Brunswick breaks his own world age-group record in the 100 meters, clocking 13.9 seconds.

1979 - The Portland Boys Club holds its 50th annual 5 miler, Bart Pavarada retires after 50 years as race director; Joan Benoit wins the Boston Marathon in 2:35:15 setting an American record; Benoit went on to win the Div. III NCAA Cross Country Championship; Bruce Bickford of Benton, running for Northeastern U., wins the IC4A steeplechase and the indoor IC4A two-mile; Brian Gillespie of Portland organizes the Maine Track Club.

1980 - Sammy Pelletier of Fort Kent runs the fastest marathon ever run by Mainer, 2:15:26, winning the Philadelphia Marathon; Bruce Bickford qualifies for the Olympic trials in three events: the steeplechase (8:27), the 5,000 (13:30), and the 10,000; the first world-class field of runners competes in a Maine road race, the Spudland Half Marathon in Presque Isle, organized by Conrad Walton of Caribou.

Maine runners, as a group, have their best year ever at the Boston Marathon: among 3,428 finishers, Hank Pfieffe is 21st in 2:20:34, Peter Millard is 30th in 2:21:55, former Bates runner Paul Oparowski is 35th in 2:22:17; and Bernd Heinrich is 50th and 1st master in 2:25:25.

1981 - Ken Flanders of Portland wins his 7th Portland Boys Club 5-Miler; Bernd Heinrich sets a world 50-mile masters record and a world 100K record at the

RRCA National Championship in Chicago; Michele Hallett of Mars Hill wins the National AAU Cross Country Championship in Amarillo, TX; Barry Ivers, 72, mayor of Brewer, sets the first of his two world age-group records in the 100 meters, clocking 13.6 seconds; the movement to certify road race courses begins with Greg Nelson of Farmingdale serving as volunteer state TAC certification official.

1982 - Bruce Bickford and Greg Meyer both shatter the New England road record for 10 kilometers at the Benjamin's 10K in Bangor. Meyer is timed in 28:28 and Bickford in 28:31.

1983 - Joan Benoit wins the Boston Marathon for the second time, setting a world record of 2:22:43; Todd Coffin of Bath, running for Colby, wins the NCAA DIV. III 3,000 meter steeplechase (8:56.37), making the two-time All American the first athlete of any sport at Colby to win a national championship; Robin Emery wins her 8th Portland Boys Club 5-Miler; veteran Bowdoin track coach Frank Sabasteanski dies from cancer at age 62, after coaching Bowdoin for 28 years, coaching seven All-Americans; the fastest marathon time ever run in Maine, 2:15:13, is recorded at the Maine Coast Marathon by Roland Davide of Rhode Island.

1984 - Joan Benoit wins the inaugural womens Olympic marathon in Los Angeles in 2:24:52; Benoit is inducted into the Maine Sports Hall of Fame; Kim Moody wins the RRCA National Championship 50-Miler in Chicago in 6:30; Bruce Bickford advances to the 10,000 meter final in the Olympics.

1985 - Michele Hallett of Mars Hill, running for Boston College, wins her second Big East Cross Country Championship and goes on to place 12th in the Div. I NCAA Championships; Bruce Bickford runs the world's fastest 10K on the track for 1985 at Stockholm, 27:37; Kim Moody places 7th in the Boston Marathon, clocking 2:46:51; Joan Benoit-Samuelson is presented with the Sullivan Award as the nation's outstanding woman athlete of the year; Bickford and Benoit get No. 1 world rankings in their respective events (10K, marathon) by T&F News; Barry Ivers, 76, of Brewer, sets a world age-group record in the 200 meters indoors, clocking 33.1 seconds.

1986 - The RRCA National Convention and National Championship 10K is held in Portland, hosted by the Maine Track Club; Bruce Ellis of Sheepscot runs that fastest marathon in Maine by a Mainer, 2:18:37 to set a course record at the Sugarloaf Marathon in Kingfield; Barry Ivers, 77, sets a world indoor age-group record for the 60 yd. dash, clocking 9.5 seconds.

1987 - Brian Gillespie coaches his St. Joseph's cross country team to a New England Div. III title.

1988 - The Maine Running Hall of Fame is founded by Bob Payne of Raymond; Emery Plourde is inducted into the Maine Sports Hall of Fame.

1989 - The late Chester Jenkins, UMaine track coach from 1928 to 1956, is inducted into the Maine Sports Hall of Fame; running great Bruce Ellis, 37, in the best shape of his life, dies suddenly of heart failure two days before he planned to run in the Boston Marathon.

1990 - Ralph Thomas is inducted into the Maine Sports Hall of Fame.

1991 - Don Smith is inducted into the Maine Sports Hall of Fame.

1992 - Erik Nedeau of Kennebunk runs the fastest 800 meters ever recorded by a Mainer, 1:46.19 (4th place) in the Olympic Trials, New Orleans; Nedeau takes 3rd place in the NCAA DIV. I Nationals in the 800 meters; Carlton Mendell, 71, of Portland sets a North American record in the 100K and 50 miles.

1993 - Erik Nedeau becomes the first Mainer to break four minutes in the mile, clocking 3:59.67 at BU; Bruce Bickford is inducted into the Maine Sports Hall of Fame.

1994 - Mike Gaige of Bangor wins his third Bangor Labor Day Five Miler at age 42, 13 years after he first won the race; Carlton Mendell completes his 100th marathon; Erik Nedeau, running for Northeastern, wins his 13th New England track title (nine individual, four in relays); Nedeau wins his second IC4A title in the 800 meters, then places 2nd in the outdoor nationals in the 1500; the 25th running of Maine's third oldest annual road race, the Perry to Eastport 7 Miler.

1995 - Erik Nedeau runs that fastest mile ever recorded by a Mainer, 3:57.28 at George Mason; Nedeau wins the bronze medal in the 1500 at the Indoor World Championships in Rhede, Germany, clocking 3:38.24, the fastest time ever by a Mainer.

1997 - Julia Kirtland of Brunswick, an eight-time NCAA DIV. III Champion, wins the U.S. Womens Marathon Championship in Columbia, S.C., clocking 2:37:46; Erik Nedeau records the fastest mile run in Maine by a Mainer, 4:00.61, at Bowdoin.

1998 - Susannah Beck, Yarmouth native, wins the U.S. 12-Kilometer Championship; Robin Emery wins her 15th Bangor Labor Day 5-Miler (1st woman overall) one month before her 52nd birthday.

2000 - Yarmouth native Susannah Beck takes 4th place at the U.S. Olympic marathon trials, while Joan Benoit-Samuelsen finishes in 9th at age 42; Edmund Styrna, Bernd Heinrich, and Elbridge Stevens are inducted into the Maine Sports Hall of Fame; the Maine Running Hall of Fame honors its 55th inductee at its

11th annual banquet in Lewiston; Matt Lane, Yarmouth native, places 2nd in the NCAA 5,000, running for William and Mary, and takes 4th in the Olympic trials 5,000.

2001 - Matt Lane runs the fastest 5,000 meters by any American for the 2000-2001 indoor track season, clocking 13:47.48 (PR: 13:27.24).

CHAPTER TWO

The First, The Greatest

He'd Sometimes be Seen Training on the Frozen Penobscot River

Andrew Sockalexis

Andrew Sockalexis was the first noteworthy runner in the state to make a mark on the national and international scene and even to this day ranks among the five greatest Maine runners of all time.

Born in 1892, Sockalexis was a Native American, a Penobscot, who grew up on Indian Island in Old Town. His interest in running likely grew out of his father's love of running. Francis Sockalexis was a runner with remarkable endurance, and Andrew watched with great interest as his father ran in a traditional five-hour race held in the Island's Tribal Hall where one mile equaled 20 laps on the sawdust track. Spectators jammed the arena. They purposely left the first row of bleachers empty because the track was so narrow that in order to pass a runner it was necessary to jump up onto the first bleacher and accelerate.

Francis Sockalexis built a track around their house for his son to train on. Andrew was 10 years old when he first took up running. As he improved he found longer routes on the island, making several loops. During the winter, he'd sometimes be seen training on the frozen Penobscot River. Until he was 18 years old, Sockalexis was coached by Tom Daley of Bangor.

It was apparently in 1911, at age 18, that Sockalexis made his first attempt in the Boston Marathon. Race results show that he finished 17th among 127 starters in 2:48:45. In these days, the Boston Marathon was about 24 miles, started in South Framingham and the roads were dirt which turned to mud in wet weather. The winning time that year was 2:21:39, a course record set by Clarence DeMar.

In 1912, Sockalexis was again among the field of 123 starters. It was the year of the Stockholm Olympics. His strategy was to start easy and work his way through the pack. At Cleveland Circle, Sockalexis and Festus Madden passed the leader, Johnny Gallagher. Sockalexis took the lead through Coolidge Corner where Gallagher quit. Mud stuck to Sockalexis skin and clothing but all he needed to do was keep pace. Coming up from behind was a confident Mike Ryan of New York who was picking off fading runners. Sockalexis was now feeling the effects of the grueling course as Ryan ran past, finishing 34 seconds ahead in 2:21:18 for a course and world record.

The Olympics were only months away and Sockalexis' 2nd place at Boston had earned him a certain spot on the team. Among the 11 American marathoners who would run at Stockholm, the Mainer, age 19 and now a member of the North



Andrew Sockalexis can rightfully be called Maine's greatest male long distance runner of the 20th century with his 4th place in the Olympics and a pair of second place finishes at Boston.

Dorchester Athletic Club, was rated 3rd behind Clarence DeMar and Mike Ryan. Arthur Smith, track coach at the University of Maine, prepared the young promising runner for the U.S. Olympic tryouts at Harvard University. Sockalexis qualified with 11 other men. Coach Smith was confident that his student was capable of winning the marathon. Even Howard Reynolds, Boston Post Commissioner, stated that Sockalexis was America's greatest hope for a gold medal in the Olympics.

On the day of the marathon the team plan was to hold back and let the 90 degree heat take its toll on the field. But Sockalexis, known for his smooth and effortless running style, waited too long, saying later that he should have picked up the pace at the 12.5 mile mark instead of at 22 miles. Although he made up much ground on the leaders, it came too late in the race and he finished fourth in 2:42:07. Placing third that day was Gastro Strobino of the United States in 2:38:42. Christian Gitsham of South Africa took the silver medal in 2:37:52, and the winner was Kenneth McArthur also from South Africa in 2:36:54. The Boston Post wrote that Sockalexis finished fresh and strong "like the champion he should have been."

Upon returning home he received a welcome as though he had been the champion and was invited to run in many races in Maine and New England. He entered the BAA Marathon in 1913, by now considered one of the favorites. Sockalexis held back for much of the race, hoping that the early leaders would wear down, and it looked like the strategy was going to work as he passed runner after runner. But Fritz Carlson of Minneapolis had too much of a lead, and even though Sockalexis ran the final miles faster than Carlson, he could not close the gap, finishing second again in 2:27:12 to Carlson's 2:25:14.

Hardly a day passed that Sockalexis was not competing in a race. There once was an exhibition one mile speed race on the horse track at Bangor's Bass Park. Archie Neptune and Sylvester Francis were to run a half mile each and Sockalexis was to run against both of them. The grandstands were packed with screaming fans urging on their local hero who did not disappoint them, winning by several hundred feet.

In 1916, Sockalexis ran his final race, a 15 mile battle with Clarence DeMar on the gravel surfaced Route 2 from Old Town to Bass Park. DeMar brought up his team from Dorchester to run against the Indian Island team consisting of Sockalexis, Sylvester Francis, Arthur Neptune, and Everett Ranco. Prior to the race, Sockalexis was suffering from a severe cold and complained of chest pains. Against his doctor's wishes, he ran anyway because he did not want to disappoint DeMar nor his fans.

Sockalexis was ahead of the field from the start. Neptune remembers the smoothness and untiring effort of Sockalexis's running style. Approaching the twelfth

mile, Neptune recalled that Sockalexis was well out in the lead as they climbed the steep hill near the Eastern Maine General Hospital. Demar was two hundred yards back and no threat. Sockalexis crossed the finish at Bass Park the winner. Stopping, he coughed up blood and collapsed onto the guard railing.

Soon after the race Sockalexis developed tuberculosis. He was very sick for three years and finally died in South Paris in the summer of 1919. He was 27 years old. The U.S. Olympic Committee gave his family a headstone engraved - "A Member of the American Olympic Team at the Fifth Olympiad held in Stockholm, Sweden in July, 1912."

Sockalexis was inducted into the Maine Running Hall of Fame in 1990.

CHAPTER THREE

The 1920's: The Heavenly Twins

The University of Maine's Finest Hour

Harry Richardson, Francis Lindsay

Harry Richardson and Francis “Bud” Lindsay ran for the University of Maine during the late 1920’s and were the best college distance runners in the country. Together they won six New England championships and one national title, tying at the finish as they had all through their college careers.

Richardson, born on Dec. 18, 1910, was a native of Lee and ran at Lee Academy. Lindsay was from Veazie. The pair achieved running at a level that had never been achieved before or since by any Maine college runner. They were coached by Frank Kanaly until 1929 when Chester Jenkins began what was to be a long impressive career at UMaine.

While in high school at Lee Academy, Richardson had run a 4:36 mile under the coaching of Ted Curtis who started the cross country program at the academy. When Richardson went off to the University of Maine in 1926, the atmosphere for athletes at Orono must have been sky high. Only a few years before, in 1924, the university had completed its new fieldhouse. It was the largest fieldhouse ever constructed in the United States and had a 236-yard banked track. Having a supreme facility of this magnitude, where runners could train to their heart’s content away from the elements, surely must have given the school’s track teams a huge psychological boost, and it showed in the outstanding teams and individual performances that came in the years that followed.

In his freshman year Richardson won the freshman race in the New England’s in cross country. He went on to set a UMaine outdoor two mile record of 9:35.8 in his senior year at his final state meet, while he and Lindsay, who was a year younger than Richardson, tied in running a UMaine indoor record in the two mile, clocking 9:27.4 in 1930.

The Maine pair tied in virtually every duel meet they ever raced. They co-won the 1927, 1928, 1929 State Cross Country Championships as well as three straight New England Cross Country Championships, three straight State and New England Two Mile Championships, and finally capped their careers by winning, hand in hand, the National Intercollegiate Cross Country Championships in November, 1929.

In one written account of Richardson’s record two mile in his senior year, the race was expected to be a close showdown between he and Norman Whitten of Bates. Maine coach Chester Jenkins used one of his own runners, Everett Gunning, to pace Richardson for the first two laps. After a lap and a half, Whitten pulled out in front of Gunning. Then Gunning regained the lead just before the end of the



UMaine's Francis Lindsay, left, and Harry Richardson, cross the finish line hand in hand as they win the National Intercollegiate Cross Country Championship at Van Cortland Park, NYC, in November, 1929.

second lap when Richardson took over the lead. By now Richardson was fully into his “machine like stride”, as one newspaper account put it. Whitten steadily lost ground and the race never turned out to be the great match it was put up to be. Gunning, incidently, who was supposed to only serve as the pacesetter for two laps, ended up taking third.

In the 1927 N.E. Cross Country Championship in Richardson’s sophomore year, he was declared the winner in a tie with Lindsay. The two led a very strong UMaine team which won the championship meet as they had in outdoor track the previous spring. Running in third place was UMaine’s Victor MacNaughton. UMaine’s Albert Benson was 11th, and team captain Andre Cushing was 12th to combine a score of 29. Richardson and Lindsay’s were timed in 29:02.6 for the course at Franklin Park in Boston. Later in the season Richardson would finish second in the National Cross Country Championships while Lindsay took fourth. The following year they reversed positions.

For Richardson and Lindsay the greatest moment of their running careers would come on a cold day in November, 1929. A crowd of 3,000 had gathered at Van Cortland Park in New York on Nov. 25 to witness what was to be one of the greatest displays of running talent the country had ever seen. Both Maine runners were heavily favored. In these days, colleges and universities of all sizes were run in one race for the national title. Even tiny Bates College was there with a strong team running against powerhouses like Syracuse and Cornell.

The course was a tough one with only about a mile of flat, the remainder was more suited to a steeplechase runner, as the woods were steep, narrow and rocky with gullies. And then there was the infamous “cemetery hill.”

Following is a newspaper account of the race. “The issue of the varsity event was in doubt for a while when the pack hung on so tightly to the leaders that it looked like any man’s race. For half a circuit Lindsay set the pace and Richardson was buried in the scramble. But at the foothills, Richardson advanced to sixth place and when the harriers flew down the hill out of the woods, the Maine pair were moving serenely together off by themselves.

“After that there was never more than a yard between them. They paid little attention to the plodding Clark Chamberlain of Michigan some twenty yards behind, to Lauren Brown, also of Michigan State, or to the Columbia might, Joe Hagen. The Maine youths strode along by themselves, conversed when so inclined and bother not a whit about at the surging pack stretched out behind them.

“As Lindsay and Richardson darted down the path through the woods the last time they approached the press auto, the question was hurled at them “Are you going to make it a dead heat?”

"Lindsay shouted back, "Can we?"

"Gustavus T. Kirby, referee of the race, nodded assent and they crossed together for the first double victory in the history of the title chase. In the past when Cornell dominated intercollegiate cross country, as many as four runners at a time attempted to make it a dead heat, but on each occasion their alignment at the tape was not perfect and officials always picked a certain order of finish."

Even though Richardson and Lindsay were on a record setting pace, the duo deliberately slowed to a trot for the last 100 yards in order to savor their well earned victory, crossing the finish line like they had so many times before, hand in hand. Even so, their time of 30:06 came within two seconds of breaking the course record.

The next runner behind them was Lauren Brown of Michigan State in 30:25. UMaine's Everett Gunning finished 19th, and other UMaine runners finished in 54th, and 65th place to put the Bears in 5th place in the field behind Penn, Michigan State, Bates, and Syracuse. Yes, that was tiny Bates in third.

"The story of the ambition of Maine's two premier harriers to run a dead heat in a major race dates back to 1927," the newspaper account went on to say, "when as sophomores they attempted to finish together in the New England varsity race. But the judges ruled Richardson had beaten Lindsay by inches at the tape."

"Again last year (1928), they were the best of the New England pack and came in together, but Richardson for a second time was adjudged the winner. Only last Monday (the New England's) they toed the mark at Franklin Park, determined finally to beat the field, which they did. But the official decision went to Lindsay, with Richardson second, although they finished stride for stride."

After graduating from UMaine Richardson returned to his home turf, teaching vocational agriculture and coaching track, cross country, and skiing at Caribou. "He was just terrific," said Emery Plourde, one of Richardson's best ever runners who was later inducted into the Maine Running Hall of Fame. "Harry did more for me than any other coach I had at any level. He was always out there. He really put in the time. Before every race, he would come up to each of us and wish us luck, and he always stayed up ahead of us during a meet and would tell us what we should do. He knew all our capabilities."

Richardson married Alice Cary of Presque Isle and they had two daughters, Mary and Ruth Ann. "He was a generous man and had a lot of friends," his daughter Mary Bear of Caribou remembers. "She was 12 years old when her father died in 1958, but she savors the special memories of her dad. "He was witty and somewhat a dare devil. Dad co-owned a plane and was known to take friends and family flying with him. Most people only had that first ride, as he gave them a few scares. After teaching for 18 years Dad decided to go into farming full time.

He grew potatoes in the Caribou area until he died.

“My father was also a very humble man. My sister, Ruth Ann, and I did not know of his running feats until after his death. We have learned a lot from family, friends, and from scrapbooks which his mother kept. Dad always kept informed about the local runners. Although he did not run after college, he did adhere to a nutritious diet. We did not have many fried foods or desserts when he was alive, which may be why we now crave donuts, etc. All in all, my dad was a friend to all and was always there to help anyone in need. He was sadly missed by friends and family.”

After his college days, Francis Lindsay might have stayed with running and even tried out for the Olympic team, but he had gotten married, “and he felt he couldn’t do justice to the marriage or the training if he attempted both,” said his daughter, Paula Wilke of East Longmeadow, MA. Lindsay served as headmaster at a private school for a couple of years after college but it is uncertain whether he coached any sports. He and his wife moved to Massachusetts during the depression years in search of a better job, and he finally landed one at Pratt and Whitney Aircraft in East Hartford, Connecticut. He remained there until his retirement. During those years he earned a masters degree in personnel and guidance from Springfield College.

“He did stay in shape through his life,” his daughter remembers. “I don’t think he ever gained more than five pounds over his college weight his whole life. After he retired, he would go out every morning for a six or eight mile walk/jog. He was still doing this on a smaller scale when he fell jogging at age 79 and broke his hip. He insisted he only pulled something and refused to go to the doctor. He walked on the broken hip for three weeks before he would have it checked. He had done so much damage to it by then that he never fully recovered.

“His only child, I was not very athletic, but tried everything he proposed because I wanted to do it for him. He had a lot better luck in that department with his two grandsons. They have always been very proud of their grandfather and his accomplishments.”

Lindsay passed away in 1992. Both he and Richardson, often referred in newspaper accounts as “The Heavenly Twins”, were inducted into the University of Maine Sports Hall of Fame in 1987. They were inducted into the Maine Running Hall of Fame in 1998.

"Never Look Back"

Elbridge Stevens
by Judd Esty-Kendall

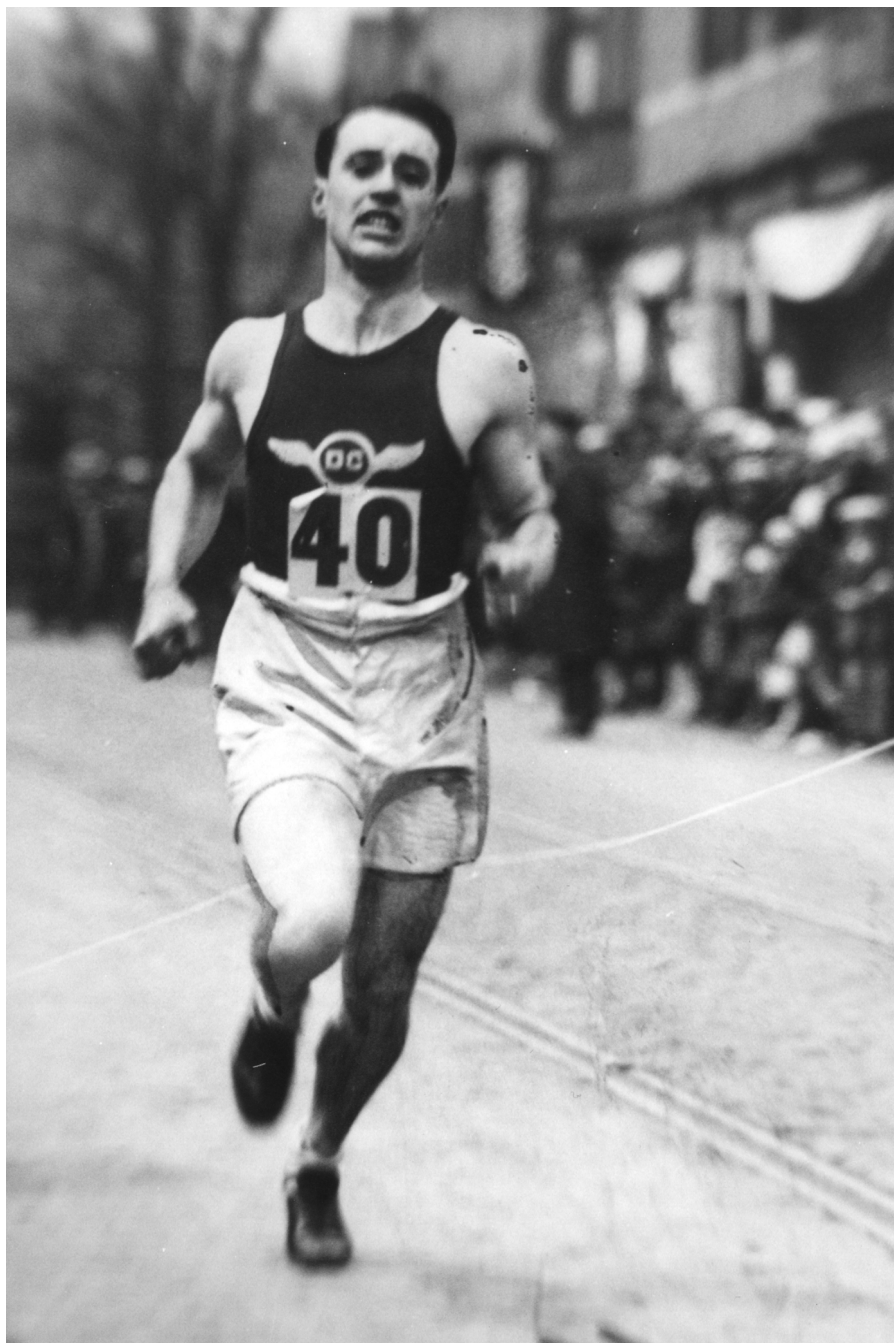
From our point of view, still in the wash of the great running wave that broke in the 1970's, it is hard to picture other eras when running was a popular and competitive sport. Nevertheless, this was so in the 1920's, and Elbridge Stevens was one of its stars. And just as Boston was the 1970's running center, so it was in 1920 when the Boston Athletic Association (B.A.A.) was only one amongst many Boston area and New England running clubs.

Elbridge was born in Gouldsboro June 15, 1903, raised in Bangor, and moved from Bangor to Boston in 1919, at the age of 16. He started running with his older brother, Clifford, who reputedly ran with Andrew Sockalexis, the great Penobscot Olympic marathoner. At first, the older boys left Elbridge behind, but he showed determination and then talent, and he was soon in another league. He found a mentor and friend in Fred Faller, former 10,000 meter Olympian, and by 1921, after only two years of running, Elbridge finished 3rd in the New England 5 Mile Championships on the Harvard Track. In 1922, now running for the B.A.A., he was the first B.A.A. finisher and 3rd overall in the New England A.A.U. 10 mile championship with a time of 54:09.

Many of the races in the 1920's were "handicap" races. This theoretically allowed all runners a chance at victory (and practically speaking facilitated betting). The slower and unproven runners started first, followed by those who had earned a handicap by establishing themselves in other races. The top runner was the "scratch" man, meaning he was the last to leave the start. The major award, often a large silver cup, was awarded to the first person across the finish line, but there was also a "time prize", usually a watch or a leather travel bag, for the fastest time over the course. These races were very popular and, in Boston, attracted thousands of spectators. There would be anywhere from 50 to 100 runners in the important races, less than we expect today, but all of the runners were serious about winning, and many came from fairly long distances to compete.

In 1921, Stevens brought Fred Faller up with him on Labor Day to run a 10 mile handicap race in Bangor (Where else would you run on Labor Day?). Fred, as an Olympian, started at "scratch", while Elbridge, the hometown boy returning, was next to scratch. Fred finished 2nd, while Elbridge took a close 3rd, both just behind the winner who, in the handicap format, had started the race several minutes ahead of them.

Elbridge returned to Bangor to live in 1923 to 1924. By then, he was considered a serious possibility for the 1924 Olympics. The Trials were scheduled for Harvard



Elbridge Stevens did most of his running and racing in Massachusetts where he was a member of the prestigious Dorchester Club which won both the New England Championship and the Nationals in cross country in 1929.

Stadium in June, 1924. He worked out daily at the Bangor YMCA with a local high school track star named Ralph Hannon. However, his training regime was broken by a bout with chicken pox, and he apparently never competed in the trials.

International dreams on the back burner, Elbridge moved back to Boston and became a power in the local road race scene. One of the most prestigious events was the Michael J. O'Connell 10 Mile Open Handicap Race, which was held annually on Patriot's Day, the same day as the Boston Marathon. In describing the 1930 race, the Boston Herald estimated that 20,000 spectators lined the course to cheer the runners on. Elbridge won this race in both 1926 and 1928, and was 5th in 1920, each time placing 2nd in time elapsed. In 1926, he started 6:30 after the first runner, Dave Kneeland, a veteran who had placed 2nd in the Boston Marathon in 1914. Dave held the lead for most of the race, but was passed by Elbridge at the 8 mile point. Elbridge finished with a 60:06 "elapsed time", but a 53:36 actual time. Only the scratch man ran the course faster. The newspaper reported that, "Stevens ran the last 200 yards like a Paddock and finished in fine condition".

Elbridge was well established as a runner by the mid 1920's, and at the 1928 Michael J. O'Connell race, he and Dorchester Club teammate Jimmy Zinck started next to scratch with identical 4:45 handicaps. Together, they passed the entire field (except for scratch man George Dodge, the only one to run a faster actual time than they did), with Elbridge pulling away at the very end to win. His actual time that year was 53:01. Here is how the Boston Herald described the race:

"Elbridge Stevens of the Dorchester Club won the ninth annual 10 mile handicap cross country run under the auspices of Michael J. O'Connell Post, American Legion, yesterday morning, covering the distance with an elapsed time of 57 minutes 46 seconds. He also won the race in 1926. Stevens took the lead at the five mile mark. After eight miles, he ran neck and neck with Jimmy Zinck, a teammate, until the last quarter mile. Stevens started to step it out and won by a lead of about 20 yards. Zinck's time was 57 minutes 50 seconds."

Handicap races were tough to win year after year because the very nature of the event penalized for victory. In 1930, this time with a field of 70 runners, Elbridge ran his fastest time over the course, 52:13. Once again he had the second best actual time, yet that year finished 5th overall, 40 seconds behind the winner who had left the starting line a full 3:15 before Elbridge.

The first place prizes were huge, ornate silver cups that reflect the popularity of these events, and Elbridge's daughter, Barbara Neville, still keeps his trophy case at the Stevens family home on Fifth Street in Bangor. Several of the cups stand over two feet high, with the race and the winner's name engraved on the front.

Elbridge also won nine of the coveted time awards in major handicap races, and Ms. Neville still winds one of the watches every morning.

Despite the popularity of running in the 1920's, the whole world did not necessarily smile on the runners. As a young man in the early 1920's, Elbridge worked as a delivery man for the Cambridge Laundry. One Saturday, he started his rounds early and, with help from a brother-in-law or two, managed to finish in time to hide the company truck in his father-in-law's garage and run a race. He won and then rushed back to the Cambridge Laundry with the truck in time for the usual finish of his route. However, rather than let him go right home, his boss wanted to show Elbridge his new radio. Elbridge had never heard a radio before, and, since commercial radio did not begin until November, 1920, the boss was understandably proud of his purchase. Elbridge and the boss went into the inner office. After a moment of warm up hum, the first thing that Elbridge heard over the radio, any radio, was the announcement of his victory in the race. The astonished boss fired him on the spot!

By 1925, Elbridge was running for the Dorchester Club, the most prestigious of the Boston clubs, under the coaching tutelage of Bill McVicar. Membership was by invitation only. In addition to fielding teams at the handicap races and other local road races, the clubs would go head to head every fall in the A.A.U. New England Cross Country Championships to see who would represent the region in the National Cross Country Championships at Van Courtland Park in New York. Although Dorchester dominated the New England team competition and won the nationals even in 1920, New York clubs won the nationals the rest of the decade.

In 1929, Dorchester swept the New England crown and went to New York with an excellent team of mixed veterans and younger runners. The team captain was Smilin' Jimmy Hennigan, a member of the 1920 championship team and perhaps the greatest 5 and 10 miler of his generation, now graying and nearing 40. The up and coming runners were 23 year old Eino Heikkila, William Zepp (winner of both the New England junior and senior 10 mile championships that year), and Vincent Signore, a 19 year old runner for Newton High School. Rounding out the team's top five, at the ripe old age of 26, was "veteran star" Elbridge Stevens. However, the New England A.A.U. "nearly decided that it was futile to try to lift the national team trophy from the New Yorkers, and the expenses of the Dorchester Club were granted grudgingly". In his later years, Elbridge would remark on the prize and appearance money now given to runners, shake his head, and note that he was given \$25. for all his hotel and meal expenses at the nationals.

Race day was wet and foggy. It had rained hard the day before, and the course was very muddy. The race was won for the second year in a row by Gus Moore of the University of Pittsburgh, one of the top college runners of his day, in a time of

31:10. Most of the runners fell at least once, some as often as five or six times, and all were covered with mud by the end, but the last two miles two Dorchester runners, Elbridge Stevens and Eino Heikkila, emerged from the pack of the nation's top cross country runners with Heikkila 2nd in 31:58 and Elbridge 3rd in 32:05. On the strength of these finishes, the Dorchester Club easily outpointed their closest competitors for the team prize and were National Champions once again.

Elbridge did not race much after 1930. The Depression had begun, and he had a family to support. He moved back to Bangor permanently and became the credit manager for Webber Oil. The last race he entered was the Michael J. O'Connell 10 mile handicap race for 1934. The Boston papers reported, "Elbridge Stevens, winner in 1926 and 1928, is attempting a comeback, but he will need to be in his old time form to cope with the newcomers who have crept into the game since he was a top notcher". However, the album of clippings his daughter keeps does not include any mention of his finish, and he does not appear to have run competitively after that.

But he was not forgotten. As late as 1940, Clarence DeMar, perhaps America's greatest marathoner, came to Bangor to run the Labor Day race and see Elbridge. Clarence won, and in the photo featured in the Bangor Daily News article about the race, Clarence is pictured with a young Barbara (Stevens) Neville, the daughter of his old friend and competitor, Elbridge Stevens.

Elbridge finally passed away on Oct. 17, 1995 at the age of 92. Although he did not run in his later years, he kept in shape by walking. While the Bangor running community was unaware of this former star in their midst, he had a resurgence of interest when his great granddaughters became swimming and running athletes for Old Town High School, and the old handicap racer used to wait patiently at the starting line until most of the field was several minutes into the race and would tell them: "Never look back, you're only concerned with who is ahead of you!"

Elbridge was inducted into the Maine Running Hall of Fame in 1998, and inducted into the Maine Sports Hall of Fame in 2000.

CHAPTER FOUR

Running and Juggling Potatoes

Five Runners and Nothing to Spare

1932 Houlton Cross-Country Team

As a result of some fine running by the Houlton cross country team in 1932, a few more people from outside Maine learned how to correctly pronounce Aroostook, and even others learned where Houlton, Maine actually was. That year a talented bunch of runners, coached by Clyde Stinson, won the national schoolboy cross country championship and put Houlton on the map.

The story begins with a man who, until he went on to high school, had set foot on the mainland only once in his life. Clyde Stinson had grown up on the island of South Deer Isle and entered the University in the mid 1920's and quickly became interested in running. On the same team as the legendary pair Bud Lindsay and Harry Richardson, Stinson's cross country squad at Maine won three straight New England cross country titles, and in his senior year they took second in the national championship after finishing third the year before.

After graduating in 1929, Stinson took a job teaching chemistry at Houlton where he talked the principal into starting a cross country team. In 1930, Stinson's boys won the County championship and placed fourth in the state meet. Then in 1931, they won the state championship, putting six runners in the top 10. Leading the way was Houlton's senior Frank Sherwood who set a new state record on the course. They also won the New England Championship that year at Harvard. "This was a fast course as it was mostly flat and on cinders," said Jasper Hardy who was a sophomore on that team.

At the start of the 1932 cross country season, Houlton was without their two top runners who had graduated the previous June. Nevertheless, Stinson was very optimistic about the upcoming season. At a meet with the University of Maine freshmen, Houlton took the first five places as the five crossed the finish together holding hands. Again, the team went on to take the state championship.

Idolized by his runners, Stinson trained right along with them every day. "He was the best," said Murphy. And as far as the coach running with the team, Fred Murphy said "we liked it. You had to be in pretty good shape to keep up with those guys."

Stinson and his boys trained right through the winter and spring. "There were people in town who didn't want anyone in a track suit (during winter)," said Murphy. Yet they wore their shorts on all but the most extreme days of the winter. Once while they were running along a snow covered road in town they ran past two women. One of them looked up at them and scolded, "how disgusting!"



*The 1932 Houlton Cross Country Team, National Interscholastic Champions:
Seated (L-R) Jasper Hardy, Roy Gartley, Capt. Garold Wiggins, Lawrence Brown;
Standing are Fred Murphy, Coach Clyde Stinson, Eugene Williams, Darrell Barnes.*

After winning the state meet in 1932, Stinson considered entering his boys in the national championship, and after much convincing, he got permission from the superintendent. But they would have to pay their own way there. Remember, this was in the midst of the Depression. Stinson at first believed that his boys might have a shot at second place, behind the highly favored Nott Terrace High from Schenectady, N.Y., the defending national championships. Already this season, Nott Terrace had run roughshod over the best competition in New York and Pennsylvania. But, according to Stinson's daughter, Wynne Lee Stinson Tidd, he eventually convinced himself that his boys had a chance to win.

With less than \$25. between them, five members of the squad set out in a 1929 Model A Ford. They were able to take only five from the team because that's all they had money for. Four of them, Garald Wiggins, Roy Gartley, Fred Murphy and Eugene Williams were seniors. Lawrence Brown was a junior. Gartley, one of the team's best runners, had come down with the flu just two weeks earlier and was clearly not in top running form.

Another car accompanied the Houlton team, carrying Caribou's coach Harry Richardson and his two top runners, Lawrence Giberson and Arnold Hale. Two of Houlton's runners also rode with them. Giberson, the best high school runner in Maine at the time and the reigning state XC champ, would go on to take second in the 1932 national meet.

On Nov. 24, Thanksgiving Day, about 200 runners from 32 schools in the U.S. and Canada lined up for the start of the 7th Annual National Interscholastic Cross Country Championship at Branch Brook Park in Newark, N.J. The course was 2.5 miles and nearly all flat.

The Houlton team took off with Caribou's Giberson in their midst. But there were mishaps from the start. At the gun, someone behind Fred Murphy stepped on his heel and off flew one shoe. Murphy also got spiked in the process. It might not have been so bad but just ahead lay a stone bridle path. Murphy, who was third man on his team, tried to kick off the other shoe but could not. He knew he had to finish because there were only five runners on the team. He persisted and finished the race with a bloody foot in 18th place, clocking 14:01.

"It probably wouldn't have bothered me, but one foot was higher than the other," said Murphy, recalling the race 64 years later. He never realized that he'd been spiked in the heel until the race was over. Lawrence Brown finished first for Houlton in sixth place. Garald Wiggins, a senior captain and the best runner on the team, took seventh, Eugene Williams was 19th, and Roy Gartley was 32nd.

Houlton had upset Nott Terrace High 61 to 65. The news hit the New York and New Jersey newspapers like a ton of bricks. Stinson's daughter recalls, "the little town of Houlton went wild when they received the telegram from Coach Stinson.

In fact, Maine, and especially Aroostook County, was excited over the news, just what the state of Maine and Houlton needed during the Depression to pick up morale.”

Following their championships win, Coach Stinson reportedly was offered several college coaching jobs, but turned them all down. He went on to teach and coach at Houlton for nearly 25 years.

In 1933, Hardy's senior year, Houlton again won the state championship, but money was so tight they were unable to go to the nationals.

In the years to come there would be many more great performances on the national level in cross country from both The County and across the state. In 1941, Malcolm Dempsey of Presque Isle won the National Interscholastic Cross Country Championship in leading his team to a second place finish. In earlier years, Corydon Jordan of Brewer, running for Hebron Academy, won the national schoolboy title in cross country in 1927, as did Maurice Toothaker of Phillips High in 1938. In 1942, Lloyd Blethen of Foxcroft Academy won as well.

At the time of their induction into the Maine Running Hall of Fame in October, 1996, only two members of the 1932 team were still living, Fred Murphy of Houlton and Jasper Hardy who lives in Limerick. Eugene Williams was a casualty of General Patten's sweep through Europe and died in France during World War II. Darrell Barnes, Lawrence Brown, Roy Gartley, and Coach Stinson have since passed away. Coach Stinson died in 1977 at the age of 69.

Members of the 1932 squad also included Darrell Barnes, Ken Bossie, Don Graham, Don McCready, Amos McNutt, and Eugene Middleton. The team was inducted into the Maine Running Hall of Fame in 1997, and their coach, Clyde Stinson, was inducted the following year.

Roy Gartley, who last lived in Gorham and passed away in 1992, wrote in a letter to Coach Stinson near his death in 1977, “This is the thing, just do your best and you will have nothing to be ashamed of. Win, lose or what have you, just give it your all. That is what you taught me in good old HHS.”

Reaping the Harvest

Emery Plourde

Emery Plourde competed during the late 1930's and early 1940's, first for Caribou High School and later at Seton Hall. He was a state champion in track and cross country, set seven county and state records, and in 1941 won the indoor mile in the National Interscholastic Indoor Track Championship and also placed second that year in the National Prep School Cross Country Championship.

Born Oct. 4, 1920, Plourde grew up on a small potato farm in North Caribou, and it was there on back country roads that he started running. At Caribou, his coach was Harry Richardson, who had achieved national prominence as a runner. Richardson and a teammate, Francis Lindsay, tied in winning the National Intercollegiate Cross Country Championship in 1929. The pair had also won three straight New England Championships in the same manner.

Plourde's team at Caribou won the State Cross Country Championship in 1938. Actually, that was unexpected, because early in the season the team was not very strong. But three of the school's best athletes, preparing for the upcoming basketball season, went out for cross country. They were Lawrence Hutchinson, Leon O'Clair, and Milton Knox. "They trained very hard and when the county and state meets rolled around, those fellows filled right in," said Plourde.

Back at this time, the state meet was held before the county meet. But even prior to the state meet, Caribou beat the Maine freshman who were traditionally very strong. "We were running against some of the best runners in the state." Plourde won the race and came within three tenths of a second of the course record, covering the 2.5 route in 13:03.25.

In the state meet at Orono, Caribou scored 96 points, winning the title over Portland and Wilton by just eight points. Plourde placed third in the race behind the Toothaker twins from Phillips High. Hutchinson took 14th, O'Clair was 23rd, and Emerson Pendleton was 51st. In fact, Plourde would have won many more championship races if it had not been for Maurice and Malcomb Toothaker.

Plourde took his running very seriously and started training for the cross country season the first of August. That was not an easy task due to the fact that this was right in the middle of the harvest season. "I'd pick potatoes all day, go home and get something to eat, and go out running at eight o'clock that night."

In the fall of 1938, Plourde took 15th in the New England Cross Country Championship at Providence, R.I. The field included 145 runners and the individual winner was Maurice Toothaker.



Emery Plourde of Caribou was the national schoolboy champ in the mile indoors in 1941 at Madison Square Garden.

In 1939, in the absence of the Toothaker twins who had graduated the previous June, Plourde won the state cross country meet and also placed second in the New Englands at Boston. In 1940, he won both the mile and 880 in the state outdoor track meet, setting records in both events. Later that fall, he won the New Jersey Schoolboy Cross Country Championships held at Seton Hall. That year he was presented with a special award by the Caribou Rotary Club for setting seven county and state records.

In 1940, Plourde set an Aroostook County mile record of 4:30.4 which held for over 40 years. In other competition while in high school he took first in the mile at the National Schoolboy Indoor Track Championship at Madison Square Garden in 1941. In the fall of '41, he took second in the National Prep School Cross Country Championships at Elizabeth Park, N.J.

"He knew in those depression years that college was out of the question where finances were concerned, but he realized that athletic scholarships were offered to qualifying athletes," said his wife.

After graduation from high school, Plourde was offered scholarships from Bridgton Academy, Rhode Island State, Idaho University, and Seton Hall. Idaho had also offered a scholarship to Maurice Toothaker which he turned down. Plourde decided on Seton Hall. He was a member of that school's two-mile relay team which took third in the Penn Relays in 1942. He was also national runner-up in cross country. Also in 1942, Plourde won a 1000 yard handicap at the New York Knights of Columbus Indoor Meet at Madison Square Garden.

Among his fondest memories were competing against national and Olympic steeplechase bronze medalist Joe McCluskey, running the two fastest miles in New England as a senior, and doubling in the mile and half mile at Portland in record time in atrocious weather conditions.

After college he served in the Army Air Corps during WWII, and after the war he married and raised a family of six children.

During the years since, Plourde served as official starter at track and cross country meets at Caribou High School. He also served as starter for area road races. Over the years he encouraged hundreds of youth to excel in the sport of running.

He was inducted into the Maine Sports Hall of Fame in 1988, and inducted into the Maine Running Hall of Fame in 1990.

“Even in My Sophomore Year, I Wasn’t Pressed Too Hard”

Don Smith

Don Smith, born Sept. 25, 1918 and a native of Easton, was one of the best middle distance runners in the nation during the late 1930’s. The University of Maine runner won three straight New England Cross Country Championships and won five other New England titles in the mile and 880.

Smith grew up in the small Aroostook County town of Easton. He hadn’t been the first great runner to come out of Easton High or the County. When Smith was about 10 years old, a runner from Lee named Harry Richardson had won the national cross country championship after winning three straight New England titles. And in 1932, Houlton had produced a national championship cross country team. On that team was a runner from Smith’s own Easton High, Darrell Barnes, who had transferred to Houlton. Both Barnes and Richardson were inducted into the Maine Running Hall of Fame.

Like many other great Aroostook runners Don Smith had worked on a farm and had developed a strong body from vigorous daily chores. In high school at Easton where about 100 students were enrolled he had played every sport offered. He earned varsity letters four straight years in four different sports. In winter sports he raced on snowshoes and set a state record in the 100 yard dash. He was unbeaten on snowshoes in the 100, 440, and mile in both his junior and senior years.

And he loved to run. “When I went somewhere, I’d run. When my mother sent me, I’d run to go get it,” said Smith. Although Easton High did not have track they did offer cross country. In his junior year he probably would have won the state championship but for a mishap. He traveled to Orono for the race with his teammates, but while walking at night on his way to the movies in Orono he was hit by a car and ended up in the hospital. In his senior year he won the county cross country title at Houlton.

Smith went on to the University of Maine where he trained as a teacher, minoring in vocational agriculture. And of course he took up track and cross country. Just a few months after setting foot on campus, he won the freshman race at the New England Cross Country Championships. He would go on to win three straight New England championships from 1937 through 1939.

Although he gets credit for being the first to do this, Smith makes it clear that he was not. Back in the late 1920’s two UMaine runners, Harry Richardson from



No Maine runner has won as many New England collegiate titles in both track (5) and cross-country (3) as Don Smith, an Easton native.

Lee and his teammate Francis Lindsay tied in winning three straight varsity New England cross country meets (1927, 1928, 1929) and then went on to win the National Intercollegiate Cross Country Championship in the same manner. However, meet officials for the New England race would not give both of them credit for winning so they awarded one or the other the victory each year. Finally, in their senior years, officials allowed the tie. But in the record books, neither is credited with the string of victories.

In his three New England cross country victories Smith had the course pretty much to himself. During his junior year, 1938, the weather took a sudden turn to tropic, although Smith still won easily. Charlie Robbins, who was running in the freshmen race that day for UConn, remembers the day very well. "It looked like a Civil War battle scene at the finish," said Robbins, who placed 2nd when he was a senior. "Prostrate bodies lay all around. Men were staggering all over the place, some were groaning, others puking, and still others just laying there staring with empty eyes. What happened was an unusually hot day for November - in the 80's I guess."

In his senior year, Smith set a course record of 21:16 for the four-and-a-quarter mile course. Robbins, then a sophomore and UConn's top runner remembered Smith's performance that day even 62 years after it happened. The 80-year-old Robbins recalls, "I just happened to be at the one-mile mark when we came to a small gully and this guy just bounced out ahead down into it and we never saw him again." Robbins placed 5th that day.

"I did have a big lead," Smith remembers. "And the year before I won easily, and even in my sophomore year I wasn't pressed too hard." Third place finishers don't get much notice, but taking third in the New Englands in Smith's junior and senior years was a Bangor runner, Don Bridges who was running for Bates. Although there were others like Smith who won the New Englands three times during their college careers, only one runner ever won it four times, Bob Nichols of Rhode Island during the 1940's.

Smith fared well in IC4A cross country race, too. He placed 6th as a freshman, 4th as a sophomore, 3rd as a junior, and 5th as a senior. His success in track at Maine came just as quickly as in cross country. In only his sophomore year he broke the UMaine mile record by more than six seconds with a 4:19.4 clocking, erasing a nine year old mark set by Victor MacNaughton in 1929.

Smith went on to win three straight state meets in the 880 and mile, and he won three New England titles in the mile and two in the 880. In one of those meets in New Hampshire during his junior year he won both the mile and 880, tying meet records in each event (4:18.6, 1:54.4).

In IC4A track and field championships, Smith placed second in his senior year in the mile. In other national level competition, in 1939 he was invited to compete

in the NCAA Championships in Los Angeles. Among the field of 21 runners, six crossed the finish line at the same time. It took officials some discussion to finally declare the winner. California's Lou Zamperini was the winner, while Smith was picked for 6th place. His time was 4:13, which was only five seconds off the world record. On that same trip he stopped off in Lincoln, Nebraska and took second in the mile in the National Junior AAU meet on July 3. The following day the senior AAU mile was held and entered was the world mile record holder Glenn Cunningham. Smith was entered, too. "That was a great thrill for me. When he passed me I rubbed his elbow. I think he got forth and I got fifth that day."

At 5 ft. 8 inches, Smith was a slender 127 pounds when he entered the University of Maine, but by the time he was a senior he had developed into a stronger runner at 147 pounds.

Back in these times, even great cross country runners were not thought as having good speed. His coach even laughed at him once when he asked to try running the sprints. "Then one day I went over to practice and I said 'gee coach, I don't know what the trouble is, I don't have any ambition. I don't feel like doing a thing. He said, 'get in with those 100 yard dash men up there.'" So, I almost beat his 100 yard man. So in the state meet he put me in the 220. We had the fastest heat of the day, and I was second in the race. The greatest compliment the coach ever gave me was when he let me drive home from the New Hampshire meet in his prized car, a Lincoln Zepher."

Smith remembers his coach fondly. "Everybody had great words for Coach Jenkins." Chester Jenkins coached at Maine from 1929 through 1943, and he had a background in chemistry. He made sure that his athletes took their studies first, encouraging his runners to take their books with them on trips, Smith remembers. He even took time to tutor them. Jenkins was later inducted into the Maine Sports Hall of Fame.

Smith would likely have competed in the Olympics if World War II had not come along. In 1946, while playing town baseball he went to field a ground ball at third base and the baserunner threw a body block on him that got him in the knee. He would never run again.

Throughout his professional life, Smith farmed and taught high school and coached for 28 years. He taught in the towns of Mars Hill, Easton, and Presque Isle. He coached girls and boys basketball and baseball at Easton, and at Presque Isle he coached basketball, skiing, track, and was athletic director for 12 years. Smith retired in 1978. He was inducted into both the University of Maine Sports Hall of Fame and the Maine Running Hall of Fame.

"Ordinary Runners Would Have Quit, But They Were a Bunch of Champions"

Clyde Stinson

Clyde Stinson ran on one of the strongest cross country teams the University of Maine ever had, and in addition he was a highly successful high school track and cross country coach. A great role model for his boys, he trained right along with his team. His boys from Houlton won the National Interscholastic Cross Country Championship in 1932. It is understandable why Stinson and his team of 1932 have been enshrined forever in the hearts of Houlton townfolk. Both Stinson and his team were inducted into the Maine Running Hall of Fame in 1997 and 1996 respectively.

Stinson, born Oct. 26, 1907, grew up on the coast of Maine in South Deer Isle. The story goes that he never set foot on the mainland until he went to high school. And his wife of 44 years, Mildred, recalls the first time his father took him off to college at the University of Maine. His father drove up to the school, opened the door, let Clyde out, and drove off. That was that.

Well, Clyde Stinson had to make the university his new home in short order. It appears he had little choice. And it appears he fared well. Stinson found a niche for himself in the university fieldhouse and on the cross country course. It was at this time that UMaine was blessed with running talent. Two of the school's greatest distance runners were there, Harry Richardson of Lee, and his teammate Bud Lindsay from Veazie.

Now if Clyde Stinson had run at the university at any other period, he'd likely have been noticed a great deal. He was a very good runner. But because he always ran behind two of the greatest ever, he didn't get a lot of attention. But if it had not been for Stinson and a few other good runners, UMaine would never have won three straight New England Cross Country Championships, two New England track championships, and place second in the nationals.

A lot of what Stinson did and believed in is expressed in a speech he gave to the Rotary Club in Houlton later in his life. Here is the speech he wrote in its entirety.

"I'll start off by saying that the Houlton High School cross country team did win the National Championship at Newark, N.J. on Thanksgiving Morning, November 24, 1932. Now, for my own background that made me interested in coaching, I ran on the cross country team and indoor and outdoor track teams at the University of Maine for four years. I ran the two mile in track. We had a very



Clyde Stinson might have been recognized as the great runner he was had he not run in the shadow of two teammates, national champions Harry Richardson and Francis Lindsay.

outstanding coach, Frank Kanaly, who was himself a world champion in every distance from a mile up to 10 miles during his youth. The cross country teams were New England College Champions during my last two years, placed third in the national meet during my junior year and second during my last year. The track team also won the New England Championship for the last two years I was there.

“So, from the college experience, I had high goals when I started coaching. I feel that my coaching benefitted from what I learned from my coaches and from my own experience as a competitor. I learned a lot from my mistakes as well.

“I started teaching at Houlton High School during the fall of 1929, fresh out of the University of Maine. One night after school that September I happened to walk into Mr. Lambert’s office and overheard a conversation between Principal Lambert, Supt. Tom Packard and Huse Tibbetts, the athletic director. Mr. Tibbetts was saying that he wouldn’t have time to coach track. He was already assigned to coach football, basketball, and baseball. I piped up and said that I would like to coach track. Well, Mr. Lambert said, I’ll make you the official track coach of Houlton High School.

“The very next day I put out a call for track practice. I had more distance running candidates than anything else. I ran with them in every workout. In a few weeks I went to Mr. Lambert and told him that I would like to start a cross country team. He was opposed to the idea, but consented after I told him that the boys want very much to have a team.

“There was a write-up in the Bangor Daily News stating that Caribou had won the County Championship. So we challenged them. They beat us rather badly. Frank Sherwood, our only star, did come in first.

“We ran all winter and all spring. The next fall Houlton placed fourth in the state meet and won the county meet. I felt then that we were on our way because Caribou had placed second the week before in the state meet. We kept at it all winter and all spring. We kept picking up more good runners every time we put in a new call.

“I knew for sure that future prospects looked very good when in a track meet at Caribou during the spring of 1931, seven Houlton boys tied for first in the mile run. Caribou, you remember, had placed second in the state cross country that same school year in the fall before. The next fall, the fall of 1931, Houlton surprised everyone downstate by winning the state meet by a very wide margin. We placed five runners among the first 12 finishers and Frank Sherwood came in first, breaking the record.

“We kept running all winter and all spring. The next fall, the fall of 1932, the team started off at the MCI Interscholastic run in competition with 10 downstate

teams and put five men in the first six. The only one not wearing the black and white jersey was Frank Sherwood of Houlton, running for Higgins C.I. He placed second. Garald Wiggins had beaten him out for the first time.

“Later in the season, they ran the Maine freshmen at Orono, and five Houlton runners came in hand in hand for first place, the 6th man was also a Houlton runner. In the state meet, Houlton placed six men in the first 10 to dominate that race. All the rest of the state just placed four men among our six. No other school had more than one star among them. Ted Curtis, the faculty manager of athletics, labelled the Houlton High School team “the best high school cross country team ever developed in the state of Maine.”

“The boys and I were beginning to think of bigger and bigger things. I read the results of the two big meets in New York State in the New York Times. A team from Nott Terrace H.S. of Schenectady, N.Y. was running away with the Columbia University Interscholastics where over 300 boys competed. They had won all of the big meets in that area and were considered invincible. I studied the positions in which they finished and figured that we might place second in the National Meet that was to be held in Newark, N.J. on Thanksgiving Day.

“The more I studied the results of the big meets, the more I began to believe that we might win the meet. I told the boys the positions that they would have to take for us to win. Then I went to Mr. Lambert and told him that we would like to compete in the national competition. He was quite strongly against us going. He said that there were some very strong teams there and that we didn’t stand a chance of placing in such competition.

“Money was scarce then and the school couldn’t help us any financially. So I borrowed \$25. from Charles Wood and asked the boys to chip in some, and I managed to pay the rest of the expenses for the trip. No one other than ourselves thought that we could win the National Championship. We thought that we were going to either take first or second. Well, you all know the results. It was the biggest thrill that I ever got in my life when the official results were announced and we took home the big three foot tall trophy to keep for one year.

“We spent the night in a New York City hotel. The boys went to various shows. Some saw Eddie Cantor in person and I went to see Rudy Vallee in person. The next morning, the New York and Boston papers praised the boys who had come down from a little village in Maine to win the National Cross Country Championship. They even wrote editorials. There was a big spread on the front page of the Bangor Daily News in big heavy print in the upper left section of the page. It bore a large headline and carried a picture of the team.

“The following Monday, the team and I were guests at the Rotary Club at the Monday noon meal. After the meal, the Houlton High School held a parade

through town, followed by the team, the Rotary Club members and others. The parade ended at the high school where a large reception was held. The president of every organization and club in town spoke in a special assembly in tribute to the team. The student body was given the rest of the day off.

“A couple of things happened that made the boys victory all the more remarkable. Two weeks before the big event, Roy Gartley, who had placed second earlier in the state meet, was sick in bed with the flu. He was up and running again in a week, but his weakness accounted for him placing 32nd instead of among the first five positions. Another incident in the race itself almost cost us the victory. In the congestion and confusion at the start of the race, someone stepped on Fred Murphy’s heel, badly spiking him and ripping off his shoe. Fred ran the whole 2.5 miles on one shoe and with a bloody heel. Ordinary runners would have quit, but they were a bunch of champions. They never quit.”

When Stinson graduated from UMaine he found a job in Houlton teaching chemistry and physics. At that time his future wife, Mildred, was a sophomore at Houlton High. A year after she graduated, they got married. One of the greatest tributes that Stinson’s wife had for him was the way he treated his entire team. She remembers reading a newspaper article several years after her husband retired and in it “one of the boys said that he used the second team just as well as he did the first team. And of course,” she continued, “the reason for that was that he ran in the shadow of Richardson and Lindsay. So he realized that the next man was just as important on the team as the first man. And the second team was important because it was the next first team.”

Stinson was a real disciplinarian when it came to the daily lives of his runners. Proper sleep, knowledge of training and diet were sticklers with him, especially diet. When any strong team came to Houlton to run he made sure they were fed as well as his own family on the day of the meet. “I would have to have them up for dinner,” his wife remembers. The menu was always the same: broiled steak, baked potatoes, toasted bread, and custard.

He made sure that his own family followed his dietary rules, too. “We had to eat in our own home exactly what a runner would eat,” recalls Mildred. “If a runner didn’t eat it, we wouldn’t get it. And when Joel (their son) started running, it was even worse,” she laughs. “No fried foods, no pie crust, no hot breads, day old bread toasted. I followed the diet except for breakfast. At breakfast, I rebelled. I would wait until he’d go to school, then I’d have breakfast. Of course, I was brought up on a farm and I learned to cook . . . and he wouldn’t let me cook!”

Harry Richardson was coaching track and cross country in Caribou while Stinson was coaching at Houlton. “They were rivals, yet they were friends,” said his wife. Houlton took state team honors in cross country from 1931 through 1933, as well as in 1935, 1937, 1939, and 1953. In addition to the memorable year of

1932, Stinson coached a number of individual state cross country champions. Among them were Frank Sherwood, 1931; Ralph Carpenter, 1935; Sterling Hall, 1939; Paul Miller, 1946; and Joe Grant, 1964 and 1965.

During the first year he taught at Houlton Stinson took a summer course at Harvard for coaching. He later attended summer sessions at Rutgers, UNH, Clarkson College, and the University of North Carolina the purpose of which was to become updated on the day's advances in technology and science so he could better teach his students. He also took courses in teaching the gifted student.

In 1945, he got a teaching job in Old Town "but absolutely hated it," said his wife. Then, the teacher who was hired to take Stinson's place in Houlton found another job, and Stinson was asked if he wanted to return. He did, and stayed 10 years. In 1955, he took a teaching job in New Jersey where he taught seven years. But once again, Houlton needed a chemistry teacher, called Stinson, and he returned, retiring there in 1962.

When Stinson's 1932 team won the nationals, they had brought home a big trophy which they were allowed to keep for one year. If they ever won the nationals three years they were allowed to keep it. But, of course, they didn't. So one year Coach Stinson was so bothered by the fact that the school did not have a permanent trophy in remembrance of the national championship, "he bought one with seven runners on it, and a big one, to give to them to put in the cabinet."

When it came to training runners, Stinson, like the most successful coaches of his time, used interval training as the primary focus. Impressive even in what is known today about training, his ideas and philosophy are practical and reflect common sense. Taken directly from his own notes on training, he wrote. "Avoid running on hard surfaces. A golf course is ideal or a farm or woods road that is not too rough. Avoid running during hot or humid weather. It tires you fast and is discouraging. After getting in shape a little, plan to run fairly hard every other day and easy the other day . . . NO HARD RUNNING for any distance." Stinson also emphasized the importance of relaxing while running.

Here is a training schedule he gave to his boys as a tune-up before the cross country season. He calls them "early workouts."

July 20, Thursday: exercises (stretching), 100 yds. very easy, 220 jog, 440 jog, walk 100, 440 jog, 100 walk, 440 jog (no sprinting). Do it all easy.

Saturday: Exercises, 100 easy, 220 jog, 440 walk, walk 100, 1/2 very easy jog.

Monday, July 24: Same as Saturday

Tuesday: Same as Saturday

Wednesday: Exercises, 100 easy, 220 jog, 440 jog, walk 100, 1/2 mile jog, 1/2 mile jog easy.

Thursday: Same as Wednesday

Friday: Exercise, 100 easy, 220 easy, 440 jog, 1/2 mile easy jog, 3/4 mile easy jog.

Monday, July 31: Exercises, 100 easy, 220 easy, 440 jog, 1 mile jog, 440 fast jog.

Tuesday: Exercises, 100 easy, 220 easy, 100 gradual increase, 100 in easy bursts, 1 1/4 mile jog.

Wednesday: Exercises, 100 easy, 220 easy, 100 gi, 100 in bursts, 1 mile fast jog gi.

Thursday: Exercises, 100 easy, 220 easy, 100 gi, 100 in bursts, 1.5 mile jog with gi at end.

Friday: Exercises, 100 easy, 200 easy, 100 gi, 440 in three easy bursts, 1 mile fast jog, gi.

Monday, Aug 7: Exercises, 100 easy, 220 easy, 150 gi, 100 in bursts, 2 mile, jog with gi at end.

Tuesday: Exercises, 100 easy, 220 easy, 150 gi, 100 in bursts, 100 fair, 1 mile fast jog

Wednesday: Exercises, 100 easy, 220 easy, 150 gi, 100 in bursts, 2 mile jog with gi

Thursday: Exercises, 100 easy, 220 easy, 150 gi, 150 in bursts, 100 fair, 440 fair, 1 mile jog

Friday: Exercises, 100 easy, 220 easy, 150 gi, 150 in bursts, 100 fair, 1/2 mile fast, taper off always after a fast finish by jogging slowly for 440 yds.

Saturday: Exercises, 100 easy, 220 easy, 150 gi, 150 in bursts, 2 mile jog with gi and taper off.

(Stinson died on April 20, 1977, age 69)

CHAPTER FIVE

"Track? What's That?"

The Toothaker Twins

Maurice Toothaker

Maurice Toothaker, born April 9, 1920, ran during high school during the late 1930's, and probably had as much raw talent as any runner in Maine history. The fact that this farm boy from Phillips was capable of running 20 miles even before he was in high school is proof enough. He and his twin brother, Malcolm, won more races than any pair of brothers ever did, while Maurice went on to win the New Englands and the Nationals in interscholastic cross country.

The Toothaker Twins, as they were often known in high school running, were born in East Madrid and grew up on a farm 10 miles from the village of Phillips. Maurice and his brother rose early each morning at 3:30 and milked six cows by hand before heading off to school.

Even before he was in high school, Maurice remembers his interest in running. "The mailbox was a quarter of a mile from the house, and I'd run over and get the mail. And a few times I'd run from my farm out to town here. That was 10 miles." Few people in town ever heard of anyone running that far. Then one time someone said to him, "why don't you run back, too?" He did, and more than once. Running "just kind of came natural," said Toothaker.

Maurice, who goes by the name "Monty", remembers early in high school he was asked if he wanted to be in a track meet. He remembers answering, "What are you talking about, a track meet?" That's how much we knew about it."

Toothaker said that Paul Whittemore, the school principal and track coach, had always told his runners, "run the way you feel."

"We used to run a couple or three half miles, then run a quarter of a mile, then some dashes," said Toothaker. "In high school we never missed a day of training. In the winter we used baseball shoes on the ice, and it went pretty good."

In track Monty ran the mile and half mile. He won the state meet mile all four years and broke the state record three straight years. His best mile was 4:46, and best half was 2:09. Many of these races were run in basketball sneakers. He notes that many tracks back then were 1/5 mile ovals.

His twin, Malcolm, who was a six footer and 165 lbs., four inches taller than Maurice (135 lbs.), was a well rounded athlete and scored in many events in track. In one meet he won the 400, 800, high jump, long jump, and discus for 24 points.

Although Monty could beat his taller brother in the mile, he points out, "the funny thing, my brother could beat me in the quarter mile."



Phillips High senior Maurice Toothaker wins the 10th annual Portland Boys Club 5 Miler in 1939, making him the first schoolboy runner to win the event.

Monty's first big win was the state meet at Orono in cross country. Back then all schools, big and small, were run together in cross country. He set a course record that year, his sophomore year. He went on to win in his junior and senior years while Malcolm took second each time. Monty broke the course record again in his final year.

About the only competition that the Toothakers had in cross country was a runner from Caribou named Emery Plourde. Here, Plourde describes the state cross country meet in 1938. "Coach Harry Richardson had said, "Emery, take an early lead and go for the record." That I did, but shortly after the first hill in the Orono woods, two runners came on either side of me. I tried to increase my lead by a few yards, but they stayed there without seeming effort then passed me by about five yards. I sure was puzzled. They had the same running style and looked enough alike to be twins.

"When we emerged from the woods at the two mile mark, my coach was waiting with a stop watch in hand. He gave me the time, and at that point, it was 30 seconds under the state record. I kept thinking that the pace was too fast for these fellows, that they would fade before the finish. They never did. They ran faster, almost out of sight. I finished well under the state record, but third. Catching up with them after the race for congratulations, I learned they were the Toothaker twins from Phillips High." The Toothakers had smashed the course record by 40 seconds and had won by over 100 yards.

One January, Phillips and Cape Elizabeth teamed up in a track meet against the UMaine freshman, and for only the second time in 11 years the freshmen, under Coach Chester Jenkins, got beat. Monty scored 18 points including a win in the mile followed by his brother. Monty was second in the 1,000 and Malcomb took second in the 600. Throughout the track season the closest competition the twins had was, again, Emery Plourde.

"The fastest race I ever ran was at the University of Maine in 1938," said Toothaker. "I went two miles and six tenths in 12 minutes and 22 seconds."

At a track meet in Portland one year, Monty remembers being approached by the track coach of the University of Idaho, Mike Ryan. Toothaker told him that he wanted to work for a year after getting out of high school, then he would think about college. Idaho, which had a very successful track program at the time, offered him a scholarship. But Toothaker never went on to college. Once he'd gotten into a routine on the farm it was hard to break away.

Toothaker said that he won more races "on the tail end" than by starting out fast in the beginning. He believed in an even pace throughout and it always seemed to work for him. He used his come-from-behind tactics successfully in the New Englands in his senior year. "When we came onto the football field, I passed them

all," he remembers. He ran in the New Englands only in his senior year, breaking the course record by 16 seconds at South Park in Providence, R.I. He was clocked in 12:49, winning by six seconds. His brother took 5th in 13:16, and Phillips placed 9th in the event. The town, which had raised money to send the team to R.I., celebrated the fine showing by having a community supper when they returned, sending them off to the nationals. "If it wasn't for the town's people we could never have gone."

The 13th annual National Interscholastic Cross Country Championship was held exactly two weeks after the New Englands and on Thanksgiving Day, and at its traditional site, Branch Brook Park in Newark, N.J. That day 33 schools and 152 runners participated. The prep school runners and high schoolers were run together, apparently to save time so that people could get home and clean up after the '38 hurricane.

"We always started slow. We ran about as far as from here to my neighbor's house and we had to just about make a U-turn. The flags were just about 10 feet apart. And they had people (officials) standing right there, and we had a number on the front and one on the back. If you cut the flag you'd get disqualified. And there were 200 guys trying to go through a 10 foot opening, and I didn't dare cut the flag. When I got out of that crowd I looked ahead and these two guys were a good quarter of a mile ahead. I started sprinting right then, and I actually sprinted the whole race."

Toothaker lead up until 150 yards from the finish when two 20 year old prep schoolers from Seton Hall passed him. But that didn't matter. He still won the high school race easily. Malcolm finished in a respectable 10th place.

The top scoring teams were Norristown, Thomas Jefferson, Kearny High, Overlook, Union, Barringer, Bayonne, and Phillips. Yes, Phillips, the tiny high school with less than 100 students, had placed 7th in the country. Caribou, incidently, finished in 15th place. There was some celebrating to do back in Phillips.

"The last race I ran for Phillips High School I got beat." It was a half mile race were he placed second.

In 1939, now a senior, Monty decided to try the Portland Boys Club Five Miler on Patriot's Day in April. When word got out that he'd entered, Toothaker was favored to win among the field of 25. Runners included the defending champ and course recordholder, Clarence Portas, of Portland. The following is one newspaper account of the race.

"Bunched thickly until the Boulevard was reached, the field thinned out early after the first mile and a half, and the front runners maintained their spots, save for brief flurries, until the tortuous Tukey's Hill was reached. Toothaker, Roberts, Kelley, Clarence and Weston Portas paced the field to the half way mark, the

latter three close all the way until McGlinchey came to the front to carry himself and Kelly into a two way battle for third. . . Toothaker's victory, far from unexpected in view of his past record, nevertheless with his studious negotiation of the five miles, thrilled the caravan that trailed the runners. Unfamiliar with the course save for a brief ride over it, the strong Phillips plodder was deliberate in a step-saving performance that saw him at various times pounding pavement brick, scuffling through damp grass, cutting corners at strategic points, Toothaker shaved the margin off the record by saving time on the half dozen wide curves of the twisting boulevard, and with a driving finish from Washington Avenue into the tape."

Toothaker won easily on this rainy day to shatter the course record by 29 seconds in 26:48. His closest pursuer was Tom Packard, 150 yards back.

The lure of running in the Boston Marathon was also strong for any successful track and cross country runner, and it was no exception for Toothaker. In 1939 he planned to enter. "I had my entry in and everything. But I had the flu and for two weeks I didn't do a bit of training, and I said it was foolish to go in there after taking two weeks off."

Although Toothaker's running days pretty much ended after high school, he did enter several track meets overseas while serving in the army. After WWII ended, when he was still finishing up his three years in the army, he ran in seven track meets in Nurnberg, Germany where he'd been stationed. He ran the mile and two mile and advanced as far as the meet preceding the Mediterranean Championship. Toothaker's best two mile was 9:50. But after returning home he never again ran in competition. He was inducted into the Maine Running Hall of Fame in 1997.

Toothaker had spent his life in Phillips harvesting timber. He lived about a mile from the village and right next door to his brother. It was not surprising that when a local annual road race was started in the 1980's, Toothaker was asked to be the honorary starter. What better person was there to be part of the Paul Whittemore 5K.

CHAPTER SIX

Thumbing to Boston

Paving the Way

Bruno Mazzeo, Emilio Mazzeo

Bruno and Emilio “Dave” Mazzeo of Rockland were among the best long distance runners in the nation during the late 1930’s and 1940’s. The two brothers ran stride for stride with some of the greatest names in running history: Johnny Kelley, Gerard Cote, and Les Pawson. Each took his turn winning Maine’s biggest road race, the Portland Boys Club 5-Miler, in 1941 and 1942. And each also placed 7th in the Boston Marathon in 1944 and 1947. In addition, Dave, by virtue of his 4th place American finish at Boston in 1948, earned a spot as first alternate on the 1948 Olympic marathon team which competed in London.

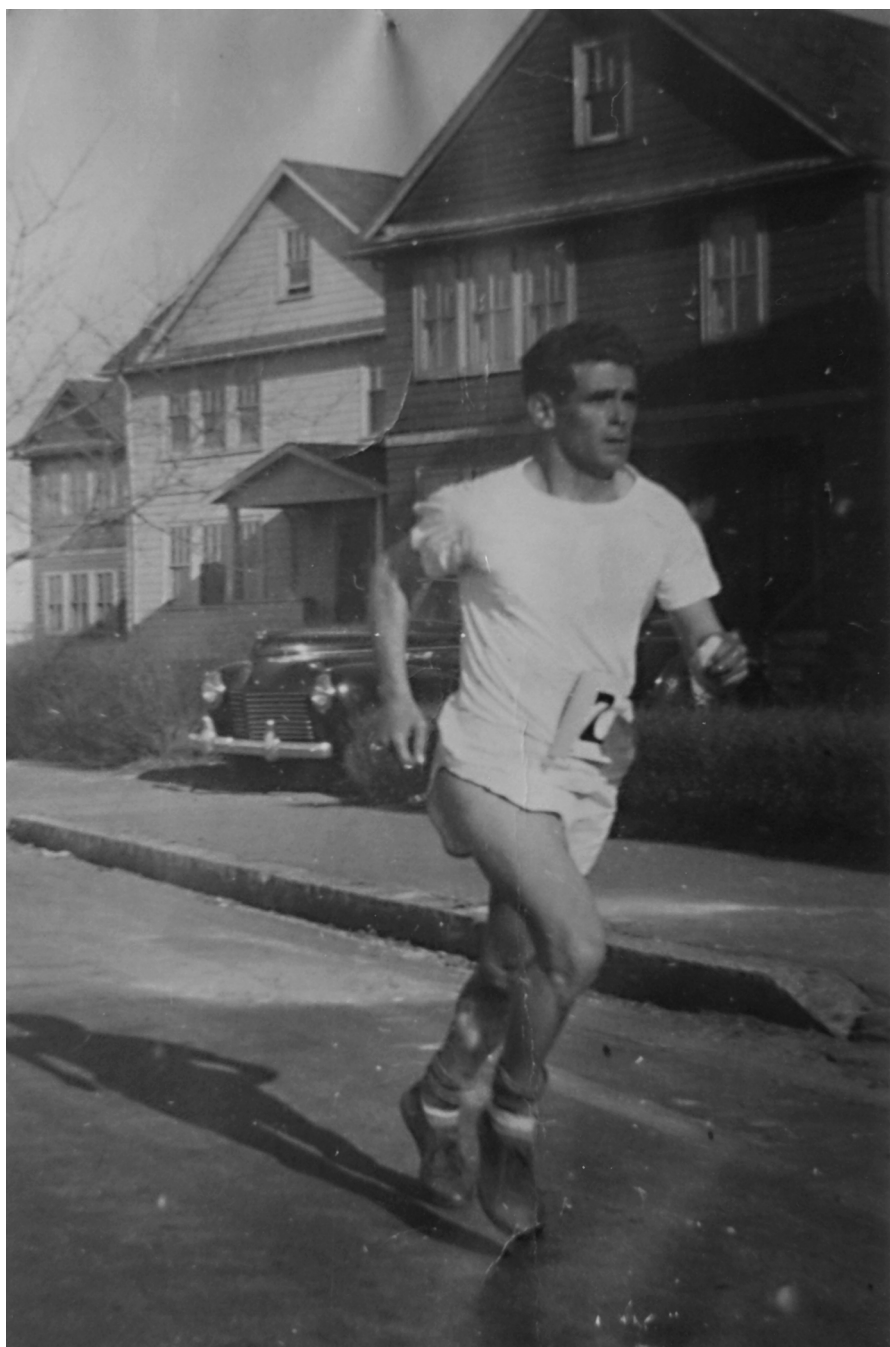
The Mazzeo’s parents, Carmella Emobalano and Domonic Mazzeo, grew up in Sicily where Carmella had become an excellent runner. They came to the United States around 1900 and raised a family of 10. When Bruno was 10 and Dave 6, their father was working at a local quarry one day. He was standing on a ledge, pulled out a cigarette to light it, lost his balance and fell to his death. Bruno, born Feb. 19, 1916, and the third oldest in the family, followed the role of an older brother, Frank, who was a standout in several sports at Rockland High. Bruno made his name in track, however, and at the annual Knox-Lincoln track meet set a record of 4:42 in the mile that stood for 20 years.

On Patriots Day, 1930, Bruno, then 15 years old, was listening to the Boston Marathon on the radio with some friends, and when he heard that Clarence DeMar had won the race, he vowed, “if that old man can win it, so can I.”

Following high school graduation in 1935, Bruno set his sights on Boston, making frequent hitchhiking trips south to Massachusetts to enter all the races he could find. He met with great success, and in one annual race, the Revere 12-Miler, he won three straight years starting in 1936, even beating two-time Boston champ John A. Kelley in the 1937 race. On these hitchhiking trips, Bruno would bed down for the night wherever he could. He spent one night in a firehouse in Framingham, and another time he slept on a park bench in Boston Common.

During these early years, handicap races were popular, and Bruno ran in many of them. His greatest honor ever, he said, was one year when he was designated as “scratch man” in one of these races. This meant that the race director considered him the man to beat.

Bruno ran the Boston Marathon six times, the first in 1936 when he dropped out at 16 miles. In 1937, he finished 49th after leading the race for eight miles. In 1942, he placed 12th among 145 runners in 2:47:19, with Joe Smith of the North Medford Club the winner in 2:25:51. Amazingly, the night before, Bruno



Dave Mazzeo runs in the North Medford 20 Miler during the late 1940's.

had worked all night at a South Portland shipyard and had hitched a ride south on Sunday. It was this year, 1942, when the marathon was held on a Sunday. Bruno set his sights on running the 13th annual Portland Boys Club 5-Miler the next day. Incredibly, he won the Portland race in an excellent time of 26:51.

In 1943, Bruno, who was 5-8 and 129 lbs., placed 11th at Boston in 2:46:59 in a field of 113. It would be his fastest career marathon, but his best ever finish was yet to come. In 1944, he took 7th place in 2:49:06. Gerard Cote of Canada won in 2:31:50. Bruno finished 25th place in 1946, and he ran his last Boston Marathon in 1947, hobbling to the finish with blisters. His younger brother passed him at about 20 miles and went on to take 7th.

Bruno never had a coach and typically trained three or four times a week. Although he said that his best racing distance was 10 to 15 miles, he said that he was never properly trained to run the marathon. He'd often end up walking the final five miles to the finish. "I was never in shape to run the full distance."

The only shoes available to the common everyday runner in these times were basketball sneakers. Dave said that they would cut the tops off the high-cut sneakers to help keep the feet cool and make them lighter. But the still-bulky and heavy shoes literally became iron skillet when the pavement got hot, and on rainy days they'd soak up water like a sponge and slap on the pavement. No matter how favorable the conditions were on race day, it was always an uphill battle as far as shoes were concerned.

Bruno, who spent his working days as a pipefitter at a South Portland shipyard, fell off a scaffold late in his running career. He broke several bones in his ankle, and he was never able to run well in the years that followed. And when he discovered that his legs no longer had the zip they had a few years earlier, Bruno decided to retire from the sport. Since 1972, he has lived in Jensen Beach, Florida.

Dave Mazzeo, born March 15, 1920, was also was a standout in track at Rockland High, winning the state championship Class B mile in 4:49 in 1940. One year at the Knox-Lincoln meet, he won five running events. Even while in high school he was able to beat the entire University of Maine J.V. cross country squad. Although just 5 ft. 5 in. and 130 pounds, he played football and was the team's captain.

Dave graduated from high school in 1940, and enlisted in the Air Force in 1941, but not before winning the Portland Boys Club 5-Miler that year. Once in the military, it appeared that his running days were over. But while taking army Ranger training he had to do some running, and the spark was lit once again. Just before getting out of the service in 1945, he won a pair of 10 milers, one in Hawaii where he was stationed, and another in Old Orchard Beach.



Bruno Mazzeo, wearing No. 49, runs in one of his many road races in Massachusetts during the 1940's. At his left is John A. Kelley, and to his right is Charlie Robbins.

He accompanied his brother on a few of his trips to Massachusetts to take in some racing. One of Dave's favorite races was the North Medford Club's annual 20 Miler held in March. One year in that race, Dave and Charlie Robbins (3rd at Boston, 1944) of Connecticut were running together with two miles to go when they approached a railroad crossing as a commuter train came through. Robbins, an 11-time national champion, wrote in his book years later, "Dave got cramps from the climb up and down the stairs . . . Mazzeo and his brother Bruno were tough Maine boys."

According to Robbins, the Mazzeos were typical of the working man marathon runner of the day. "They all had hard jobs and most had families," he wrote in his book, Charlie Robbins' Scrapbooks. "They had to make ends meet and run in their spare time. John Kelley was a utilities worker and considered to have had one of the easier jobs as he worked 40 hours regularly. Most had hard laboring jobs and calloused palms to go with their running muscles. I really felt that I had found my place in the running world - long, hard races and men who worshipped the marathon and respected each other for what they did on the road."

Now Dave, too, set his sights on the Boston Marathon. That winter he would do something he'd never done before - run through the winter. In those days it was common for even serious runners not to train on the roads during winter. Most would start training for Boston about six to eight weeks before the race. But in the winter of 1945, Dave headed south to stay with his sister in Virginia and train where it was warmer. He trained 10 to 18 miles a day. Of the two brothers, Dave was the most dedicated to training, and consequently the most prepared for running the marathon.

Finally, Patriots Day, 1946, came. It was the 50th anniversary of the BAA Marathon. Dave managed 19th place in 2:57:07 for his first stab at Boston and finished six places ahead of Bruno.

The following year Dave would run his greatest race at Boston, and his greatest race ever. He was now 27 years old. This was the year that he passed his brother at 20 miles, ending up 7th in 2:38:03. Although Dave is listed in 8th place in Tom Derderian's book on the Boston Marathon, Dave is certain that he came in ahead of Koru of Turkey who was listed in 7th. "I'm sure I beat him," Dave said. Derderian may have gathered his results from a newspaper article which may have been incorrect. Regardless, Dave was the second American finisher behind Ted Vogel of the BAA who placed third in 2:30:10, and Dave had finished nearly three minutes ahead of the 1945 winner, John A. Kelley, who was the third American finisher.

If this had been an Olympic year, Dave would have made the team. But it was not. That would come the next year. He entered the Yonkers Marathon that fall, but came up with severe cramps and did poorly. But there was still Boston.

In 1948, Dave ran to an 9th place finish in 2:43:15 at Boston. He was the fourth American to finish, and since this was the official trials for the Olympic marathon team, he earned a spot as first alternate.

If Dave had been able to pay his own way to London, he believes that he would have been able to take part in the Olympics. But he did not have that kind of money. The Olympic marathon was run under hot conditions that year, and ironically, Dave loved running in the heat.

But there was some consolation. Dave was invited to take part in an exhibition marathon in Los Angeles just before the Olympics, all expenses paid by the AAU. Although the smog just about did him in he managed fourth place among some of the best marathoners in the world. The race finished in the Los Angeles Coliseum in front of 100,000 cheering spectators.

For several years running had been Dave's top priority. Although he said that running "was like a vacation," even vacations can get old if they are long enough. He was ready to move on to other things, like raising a family and earning a living. He spent most of his working years running a spaghetti house at the end of Old County Road in Rockland. Through the years he kept in shape walking up to 10 miles a day with his dog.

Then when he was in his early 70's he had a heart operation. A vein taken from his right leg for the operation resulted in an infection, and his right leg had to be amputated. A few years later, circulation problems in his left foot resulted in the amputation of his lower left leg. He would spend the his remaining years with artificial legs, an irony and a tragedy to the great runner he was. During his final days in the hospital he kept a picture of himself on a table just an arms length from the side of his bed. It was one of him taken in the North Medford Club 20 miler. Dave passed away on April 8, 1997. He was 77.

Both Dave and Bruno were inducted into the Maine Running Hall of Fame in 1994.

CHAPTER SEVEN

The Big Three

"I Went Out For Football to Get Into Shape For Track"

Frank Sabasteanski

Frank Sabasteanski was a highly respected track and cross country coach at Bowdoin College, serving in that role for 28 years - from 1955 until his death from cancer at age 62 on Jan. 13, 1983.

Sabasteanski, born in 1920 and a native of Portland, was often called "Sabe" by his friends and graduated from Bowdoin in 1941. There he was a pole vaulter and weightman and was twice named All-Maine selection in football. "I was just the opposite of most athletes," he said in 1982. "I went out for football to get into shape for track."

From 1942 to 1945 he served in the Army in Europe as an aerial photographic interpreter, and upon returning to civilian life furthered his education at Boston University where he earned a masters degree in 1949. Starting in 1946, he served as assistant track coach at Bowdoin under Jack MaGee, taking over as head coach in 1955.

As Bowdoin's track coach he produced seven All-Americans including four hammer throwers, a shot putter, and two runners. Sabe's cross country teams compiled 57 wins against 43 losses between 1972 and 1980, while his indoor and outdoor track teams had a 72-25 record between 1974 and 1982.

"Win and loss records are not that important. Doing a competent job is important," he said.

But his involvement in track went beyond Bowdoin. In 1960, he was manager/coach of a group of leading American trackmen who traveled to the Middle East. Four years later, he was sent to Ghana by the U.S. State Department to help train that African nation's track team for the Tokyo Olympics.

Then in 1965, he coached a group of top American athletes who competed in the pre-Olympic games at Mexico City, and two years later Syria sent its best hammer thrower to Bowdoin to receive instruction from the master.

Sabe served as president of the Eastern Intercollegiate Athletic Association and New England Track Coaches Association and was president of the Maine Amateur Athletic Union.

Starting in 1969 he served as a member of the prestigious U.S. Olympic Men's Track and Field Committee, and in the summer of 1969 coached the U.S. track and field team which competed against Russia and the British Commonwealth in Los Angeles. In 1971, he served as co-director of the U.S. Olympic summer



*Frank Sabasteanski coached at Bowdoin College
from 1955 until his death in 1983.*

training camp, which brought 30 of the nation's leading jumpers and vaulters to the Bowdoin campus. In 1972, he was co-director of an Olympic training camp held at Bowdoin for members of the U.S. track and field team prior to the 20th Olympic Games in Munich.

In pursuit of success in coaching track, "I think organization is important, seeing that events are covered," he said. "There are no secrets in track and field, and there is easy access to information on coaching." One suggestion for improving the sport, he said, was to keep the frequency of competition down to a reasonable level. "They tend to run too many meets."

Perhaps most important of all, Sabasteanski appreciated having a job that he loved, one that was fun. He never saw it as work. "It's a good way of life. You're doing what you want to do and getting paid for it." He also liked the amateur nature of track and field. He found it to be a sport where, unlike many others, there was time during the contest for athletes and coaches to get to know each other. "Track coaches have a much greater social intercourse because of the nature of the sport. Track and field is one of the truly amateur sports and a lot of its success depends upon the people who come and give their time (track officials)."

Never far from his thoughts were those officials whose time was given generously at his track and cross country meets over the years, and each year he would show his appreciation to them by giving them a lobster feast they would not forget.

Sabe knew that there were others who realized how enjoyable and rewarding this type of work was. He was well aware that there was a long list of people who would do anything to have his job, just waiting for the moment he would retire. "They are out there waiting in line, and I can't blame them. Coaching college track is a good way of life. You're doing what you want and you get paid for it."

Sabe was never too busy to talk with and give advice to others. Rick Krause learned this first hand. Shortly after coming to the air base at Brunswick in 1966, Krause wanted to find out if there were any road races around. He figured that the track coach at Bowdoin might be able to tell him. He went over to the Bowdoin cage and introduced himself to Coach Sabasteanski.

"He extended a handshake immediately and we talked for some time about running," Krause remembers. "He said that the person to look up was Roland Dyer who worked over at Sears at Cooks Corner. I was appreciative that Sabe had taken time out of his busy schedule to talk like an old friend to someone he'd never met before. Not too many years later I ran into Sabe when our track and cross country team at UMaine competed against Bowdoin, and finally in 1982, a year before his death, I interviewed him for an article I was writing for *The Maine Paper* in Hallowell."

Sabasteanski was inducted into the Maine Running Hall of Fame in 1991.

A Lifelong Coach, A Family Man First

Walter Slovenski

Walter Slovenski earned a reputation as an institution in track and cross country at Bates College where he served 44 years. His love of coaching track and cross country and the positive affect it had on thousands of his athletes was immeasurable. But, as one of his sons once said, he was a family man first. Two of his sons went on to become college coaches.

Born April 13, 1920, this native of Cherry Tree, Pennsylvania held records in the broad jump and 120 yard hurdles. He also participated in the sprints, pole vault, discus and shot put.

He went on to Seton Hall Prep in South Orange, New Jersey, where he was national prep school long jump champion. After three and a half years in the Navy, Slovenski attended Syracuse University. There he became an All America shortstop in baseball, the very first All American in that sport from Syracuse. Known as “Slivers” during football season, he once ran 65 yards to score Syracuse’s only touchdown in a 7 to 0 win over Colgate in 1947. He graduated in 1949.

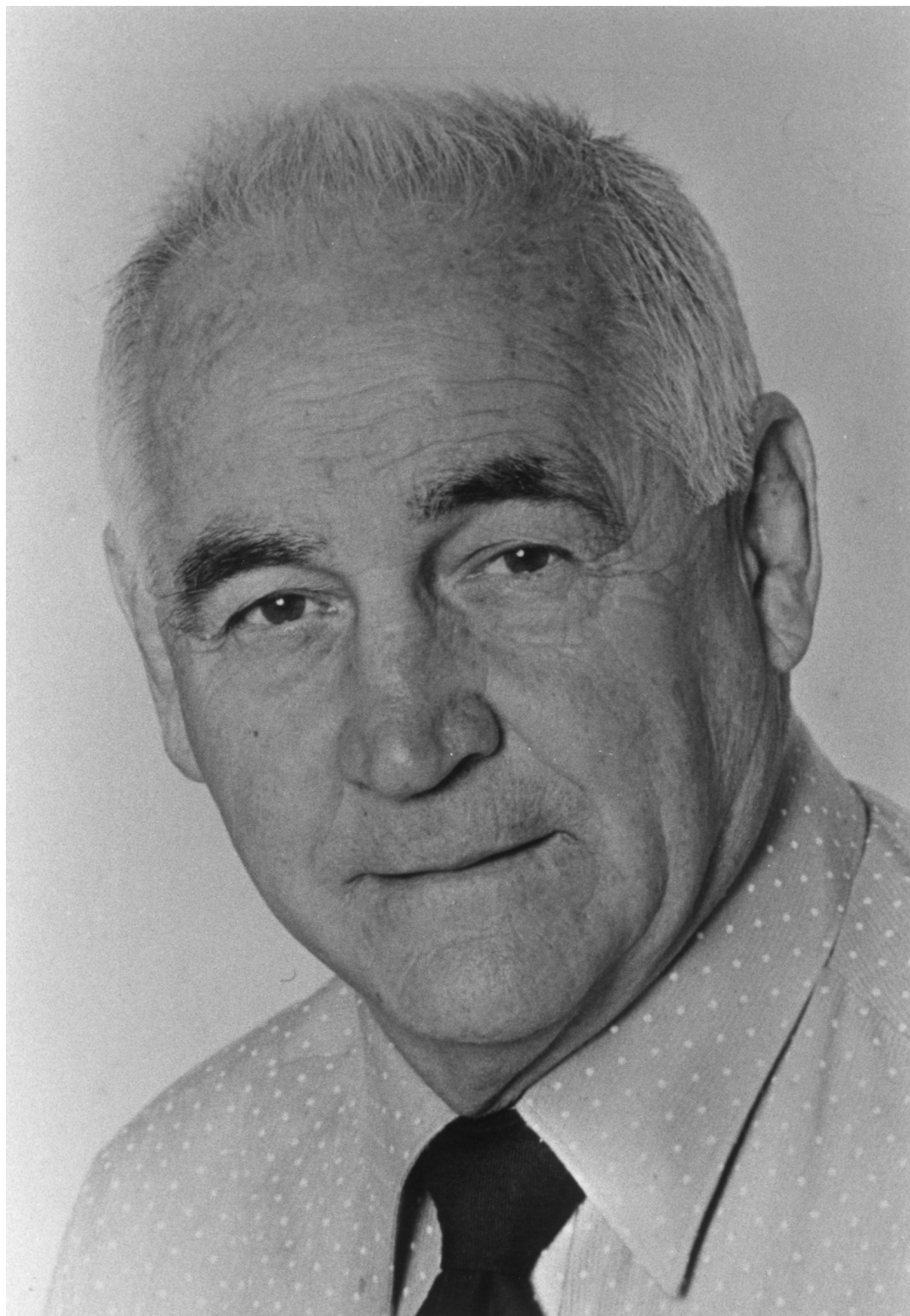
After graduating he earned a masters degree at New York University and coached track and baseball at Oneonta State Teachers College in New York for two years before coming to Bates in 1952.

Although his ambition was to coach basketball, Bates needed an assistant football coach and a track coach. Here he found a niche for himself and a sport he would grow to love. His track teams quickly began to build reputations as competitive against any opponent, and in the 1957 and 1958 seasons, Bates won state titles for the first time since 1912.

Former University of Maine track coach Ed Styrna remembers during these early years when Bates would come up for a dual track meet. At the time, Bates lacked quality runners in the distance events, so Styrna suggested to Slovenski that he start up a cross country program to solve that problem. He did just that.

In 1958, Slovenski resurrected the long dormant cross country program and quickly built it, too, into a consistent winner. In cross country between 1968 and 1993, Bates won 18 annual state meets, which through 1985 included Division I UMaine. Yes, Styrna’s suggestion had backfired.

From 1957 through 1960, Bates ran off a string of 30 consecutive dual meet wins over Maine, UNH, Holy Cross, Boston University, Boston College and UConn. “Rudy Smith, and John Douglas, and John Fresina were on those teams and we



Walt Slovenski, Bates College coach for 44 years, was a legend of his time. After he retired the school named the fieldhouse in his honor.

had crowds of 600 people lining the balcony,” said Slovenski in his retirement address. “The crowd would start to roar when Rudy would get ready for a race and people from the library and the dining hall would hear the noise and drop whatever they were doing and rush over to see the action. Can you imagine Bates College having 30 straight wins against the likes of UMaine, UNH, Northeastern, Holy Cross, BC, BU, and UConn?”

In all, Slovenski compiled more than 700 wins, won more than 20 State of Maine championships and produced 26 All Americans. One of his All Americans, Bob Cedrone, broke his ankle on the toe board during the state meet, and two weeks later took second place in the NCAA Div. III, throwing the hammer 183 ft. with a broken ankle in a cast.

Another All American was John Douglas who won the National AAU broad jump against the university and open division, while Wayne Pangburn in the mid 1960’s won the hammer in the college division NCAA championship.

Slovenski has been inducted into the Clarfield County (PA), Indiana (PA), and Lewiston Auburn Sports Halls of Fame. He was named New England Cross Country Coach of the Year in both 1977 and 1986. He was president of the IC4A Track Coaches Association in 1975. In 1985, he was meet director for the NCAA Div. III Track and Field Championships.

In addition to his coaching responsibilities at Bates he was supervisor of physical education and assistant to the chairman.

“One of my greatest rewards as a coach is seeing youngsters with modest background in track progress from their current status to their full potential,” said Slovenski. “It is a sport where the youngsters are down to earth, as well as a sport where you can’t blame anyone else for your lack of improvement.

“In track, what you are or the level of your skill is what you wear on your sleeve. There is no envy between athletes.

“I am convinced that a coach needs to maintain his motivation. I think you have to be yourself in coaching if you are going to succeed. A coach has to refine his own style and make that style consistent. Whether he decided to do the job from his desk or get out with the kids, he has to be consistent in either case to be successful.”

Among his career highlights was a year sabbatical in Mexico when he was selected by the Mexican government to upgrade track programs in preparation for the 1968 Mexico City Olympics.

He also took up the hammer throw in later years and placed sixth at the World Veterans Track and Field Championships in 1989. Competing in the 65 to 69 age group, he threw the hammer 123 feet, 6 inches.

Slovenski retired from Bates in 1996. He and his wife Ruth had six children. His sons Peter and Paul were both outstanding pole vaulters. Peter set a freshman record in the event at Dartmouth with a vault of 15 ft. Paul still holds the Bates records both indoors and outdoor with vaults of 14 ft. 3 in. and 14 ft. 9 in. respectively. Both sons pursued the same career as their Dad, Peter succeeding Bowdoin track coach, Frank Sabastianski, while Paul was assistant mens track and cross country coach at MIT.

For Peter as a youngster, the Bates fieldhouse was his second home. "My Dad was an energetic and hard working coach, but he was first and foremost a family man," he said. "He had the kind of job in which we could run around the fieldhouse while he was working. It was a great privilege to be able to run around that fieldhouse. It was a second home to me. I loved to be with my Dad and watch and listen while he coached, yelled splits, and joked with the guys on his teams. I followed him around everywhere, and I loved to be part of the great relationships he had with so many Bates athletes.

"My father was a lifelong competitor. He was tenacious and determined as a competitor, and it was reflected in his teams all the way from 1952 through 1995. His enthusiasm for competition was inspiring. Just as strong as his competitive enthusiasm was his enjoyment of the humor and fun of athletics. He had a great sense of humor, and there was a lot of fun on the trips and at practice. He was an intense coach, but anyone who competed on a Bates track team also found a lot of humor and fun in the program."

The younger Slovenski also points out that his father was a pioneer in distance coaching. "When he started in 1959 the athletes were running 20 to 25 miles per week. Throughout the 1960's, as the sport was emerging, he was already doing higher mileage, hill training, long tempo runs, and hard/easy workouts. He pioneered many workouts that are still in use today by various New England coaches who ran for him or learned from the Bates teams. His athletes were running 60/70/80 miles a week when other teams were doing 30 to 40. His athletes were among the first to go over 100 miles per week with stunning results.

"He was also a pioneer in how he coached cross country. Many coaches would send their athletes off on workouts or in races, and wait at the start to see the runners later. Walt Slovenski was the first coach to run around the cross country course cheering for his runners at various locations. He also drove along with his runners, and yelled directions or encouragement during the workouts.

"He did this when cross country coaches were often men who smoked cigarettes or cigars at the finish line or in their offices while their runners were racing or working out. My Dad was out running around the course and competing as hard as his runners."

One of Walt Slovenski's greatest satisfactions was seeing his athletes continue to run and compete even after graduation. A 1978 graduate, Paul Oparowski, continued competing in long distance running following college and became one of the best distance runners in New England road racing. In Nov., 1981, at the most competitive road race in New England, the Manchester Thanksgiving Day 5 Miler in Connecticut, "Opie" was the first American finisher, averaging 4:42 per mile.

Another of Slovenski's stars was All American distance runner Kim Wettlaufer who graduated in 1980. After taking second in New England at 5,000 in 1980, Wettlaufer continued road racing for many years with great success. "To start with, one just has to look at the number of small college All Americans that Slovenski has coached over the past decade," said Wettlaufer. "In the mid 70's, Bob Cedrone was one of the dominant weightmen in New England. He picked up division III All American honors in the hammer a couple of times."

Wettlaufer added, "I would say, and this is my opinion, that it was 1974 that marked the change in Walt's emphasis from track, especially indoor track, to cross country. The 1977 team was probably the best. The team included Oparowski, Peters, Leonard, Cloutier, Rooney, and Soderstrom. We won the eastern small college meet, placed second in the IC4A university division meet, made fifth place in the New Englands and brought back two All Americans from Cleveland, Ohio." (Wettlaufer was one of those.)

"One of the things that has made Slovenski a winner would have to be his recruiting ability. Although as a NESCA school Bates doesn't do any actual recruiting, Slovenski has always had an uncanny knack of spotting a good prospect, one who was not necessarily a star in high school but who had the chance to develop. In terms of taking an interest in his runners and throwers on the outside, he excels. I've had some great times fooling around with him in his favorite place to eat, Bonanza . . . I really enjoyed his time and still do."

In the late summer of 1999, as Slovenski lay seriously ill in the hospital, the new indoor track facility which he saw built in his later years as coach was named in his honor on Labor Day weekend, only a few days before his death. Yet another great tribute lay just around the corner: his induction into the Maine Running Hall of Fame.

One of Slovenski's favorite stories is one he tells about his very first Bates track meet. "My first Bates track meet was held in the old cage in January of 1953. Jack Magee was the Bowdoin coach, and I had been warned to watch out for him. He was a tough old coach, who had been an Olympic coach in 1924.

"Before the meet Jack Magee tried to tell me that we were going to use the Maine starting rule for the meet. The Maine starting rule was that after one false start, a

runner would have to move back six inches, and would have to back up another six inches after a second false start, and so on.

“No, Mr. Magee,” I said. “We’re going to run this meet by the NCAA rules.”

“Jack Magee was visibly unhappy about that, and he went back to sitting with his assistant coach, Frank Sabasteanski, in the corner behind the Bates dash starting line.

“A few minutes later Jack Magee came over from the corner to complain about the lane assignments, and he tried to tell me how we were going to do it by the AAU lane assignment rule. “No, Mr. Magee,” I said. “We’re going to run this meet by the NCAA rule.”

“Again the Bowdoin coach shook his head, and threw up his hands and walked back to the corner. Through the meet we argued about several other rules that Jack wanted to have his way, and I said, “No, Mr. Magee. We’re going to use the NCAA rule.”

“After one of our disagreements Jack went back to his seat next to Frank, and one of my sprinters overheard them talking about me. My sprinter told me that Jack Magee said, “Frank, We’re going to have trouble with that little bastard.”

“They didn’t have too much trouble with me that first meet. Bowdoin won by the score of 120 to 19, but we did run the meet according to NCAA rules. And from 1956 through 1976 we never lost to Bowdoin in a dual meet or state meet for 20 years.”

"I Never Give Up On a Boy Who Shows a Lot of Desire"

Edmund Styrna

Ed Styrna was known by most as a successful college coach who first coached at Dartmouth in the late 1940's and then coached at the University of Maine from 1956 through his retirement in 1986. Yet, Styrna would easily have been inducted into the Maine Running Hall of Fame on his athletic accomplishments alone. During the 1940's he was the best collegiate hammer thrower in the nation and one of the top three hammer throwers in national AAU competition. And he accomplished something that no other collegiate field event man ever did. He won the IC4A title in both the hammer and javelin.

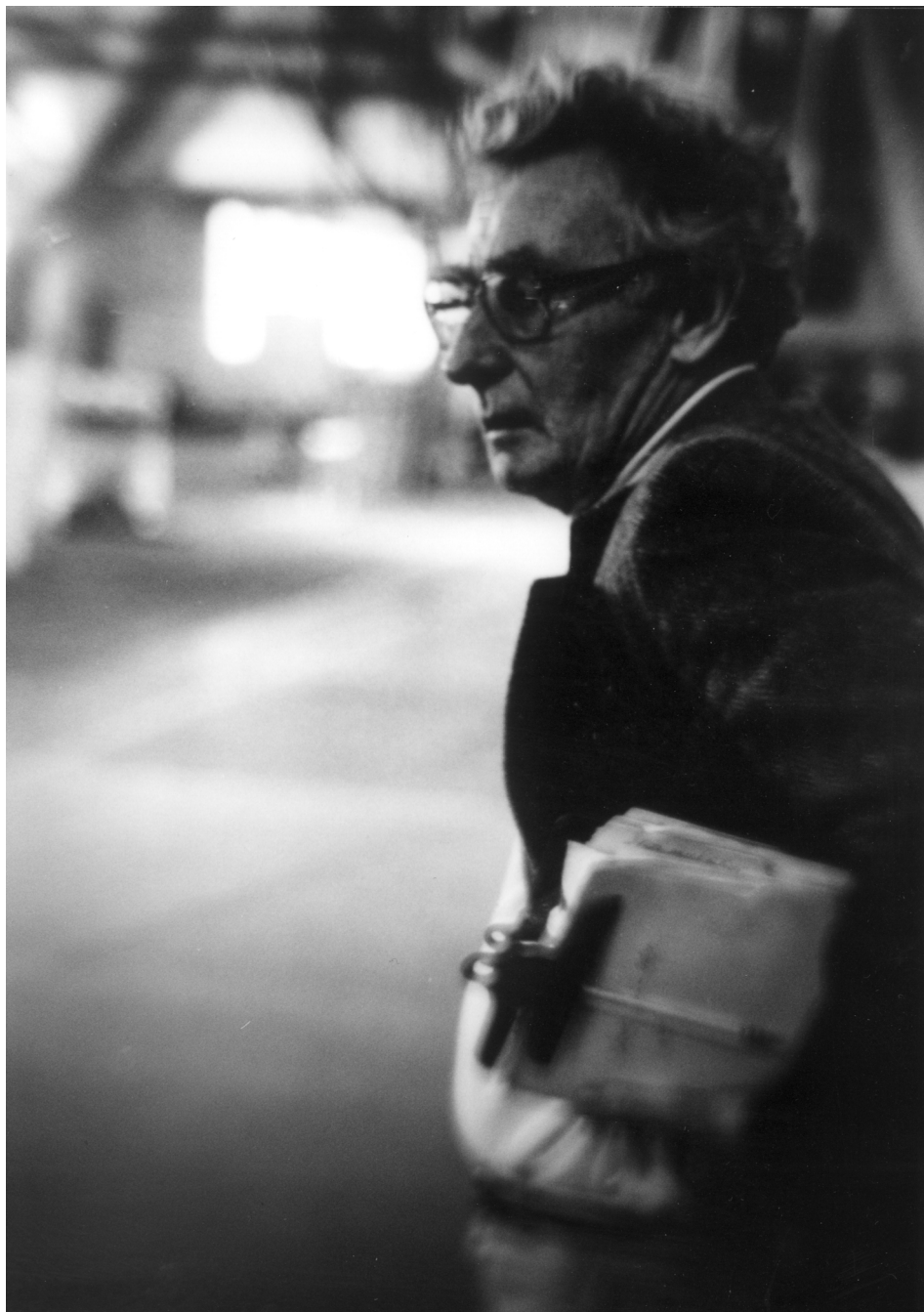
Styrna was born in Nashua, New Hampshire Jan. 4, 1921. He went to Nashua High graduating in 1939. Although neither of his immigrant parents were active in athletics, Styrna was really into baseball. He had an older brother who was an athlete, too, and one day he brought home a hammer, and before long Ed was throwing it around. Pretty soon he was hooked. Styrna devised his own technique, a heel and toe movement, which he used with success and which in later years was used with success by other throwers. He won the state title in both the hammer and javelin throw and was named to the All American High School Track Team in the hammer. In those days "All America" meant the best in the U.S.

His decision to become a track coach came quite early in life. "Way back in high school I wanted to be a track coach, and I learned everything I could about it," said Styrna in a 1982 interview.

After high school he went on to Seton Hall Prep in South Orange, New Jersey, where his success continued. He set a national scholastic record in the 12 pound hammer throw and was named to the All American Preparatory Track Team.

In 1940, he entered the University of New Hampshire. His college years were split up due to military service. After two years at UNH, he entered the Army and after three years and two months of service time he returned to UNH to graduate in 1948.

At UNH he set a freshman record in the 12 pound hammer as well as the javelin throw. His best career throw in the 12 pound hammer was 202 feet. Styrna, who was 6 ft. 2 in. and weighed 180, won the hammer and javelin at both the Yankee Conference meet and at the New Englands. In fact, he won the hammer at the Yankee Conference outdoor meet five years in a row. Styrna also became the only



Although UMaine coach Ed Styrna was a highly respected and successful coach at the University for 30 years, it's also likely he would have made the 1948 Olympic Team if he'd had enough money to make the trip to the trials.

track athlete to ever win both the hammer and javelin at the IC4A meet in New York. He also won the hammer in the highly competitive Penn Relays.

Perhaps his best performance on a national level was his 3rd place showing in the 16 pound hammer at the National AAU meet. His best career throw with the 16 pounder was 177 feet. Again, as a collegiate athlete, he was named to the All American Track Team and had the best throws of those named to All America.

In 1948, Styrna qualified for the six man final in the hammer for the Olympic team. The meet was to be held in the Midwest, but Styrna, who had just gotten out of college, didn't have the money to make the trip. Yet his third place showing in the national AAU meet clearly showed that he was an Olympic caliber thrower.

Although today's throwers are throwing much further distances than did Styrna, that improvement has been the result of weight training. In his day weight training was not part of training in his events.

Styrna's first coaching experience was at Dartmouth where he served as assistant track coach for nine years starting in 1948. He worked with the field events, an area that has always been special to him, although he enjoyed coaching all events as well as cross country.

Then in 1956, long time UMaine coach Chester Jenkins retired, and Styrna was asked to take the job. Maine had for years been a big rival in track and cross country with UNH. His success was almost instant. In his first three years at Maine his track teams won 17 duel meets against two losses and one tie. In cross country his overall record in his first three years was 24 wins, 4 losses, and one tie.

Maine had been a powerhouse in running under former coach Jenkins, who's 1955 X.C. team won the New Englands. Styrna would continue the trend. In cross country from 1956 to 1973, his teams won 58 duel meets while losing 40. His teams won five Yankee Conference titles and three New England championships (1956, 1957, 1959). Styrna's first truly great runner was Dan Rearick who won the New Englands in 1957. Styrna's teams also took second in the New Englands in 1958 and 1963. His 1962 team won the IC4A championship, one of his greatest moments as a coach.

Rearick says, "to many of us who were closely involved with Ed Styrna's teams, the hours spent working out and competing were among the most cherished of our college careers. Ed Styrna is a man who cares for his people. There are two C's in the word "coach", and for my money they both stand for caring. Team objectives were important, but individual progress and development were always paramount. No one ever worried about making a team cut, and the only thing between you and success was a liberal ration of time and hard work."

For five straight years starting in 1961, Styrna's indoor track teams won the Yankee Conference Championship. In 1964, Maine took part in the first indoor Yankee Conference meet ever held, winning it with 69 points, overpowering even its nearest rival Rhode Island who tallied a distant 39 points.

By 1985, his teams had won 19 state outdoor track titles, and from 1972 through 1986 his teams won 11 state indoor titles.

Over his years of coaching track at UMaine, Styrna won 130 duel meets, losing 52, with five ties. His teams won 30 state championships and six Yankee Conference championships. Not surprisingly, he was selected as New England Coach of the Year in 1959.

Although an athlete's performances come down to "natural talent, dedication, and hard work," said Styrna, he adds, "I never give up on a boy that shows a lot of desire." No one can vouch for his honesty in that statement more than Rick Krause, who came to UMaine in Jan., 1970, as a 25 year old Navy veteran.

"Ed was, and always will be one of my favorite people," said Krause. "One of things that made him special was that he took an interest in me long before I came to UMaine even when it was clear that I had only average talent and that I was basically an unproven runner. But that wasn't important to Ed. What was important could be expressed in one word. "Desire".

"One touching scene I remember so well from the track meets," said Krause, "was when one of our people would win an event, and Ed would run over and shake his hand vigorously. I would have liked one of those handshakes myself but I knew I'd never get one. I never won an event in college. Yet, one day I was standing in the fieldhouse and Ed came over to me and said, "You know, Rick, you're a lot better runner than you give yourself credit for." To me, that was worth a hundred handshakes. It was one of the best compliments I ever received."

"Being a college track coach is not unlike playing a game of chess," Styrna once said. "I spend much of my spare time deciding how to place our athletes in the events so that they will all be covered to our best advantage."

Styrna was always proud of the academic achievements of his track and cross country members and he routinely posted their grades on the fieldhouse bulletin board. "We're proud of our teams academically," he said. He believed that his athletes were students first, and consequently he shunned the idea of athletic scholarships when they first came on to the scene in the 1970's. "Are we in the business of entertainment or are we in the business of education?," he once remarked.

His service to his sport includes many years as meet director at high school track and cross country meets. He also sponsored many track clinics over the years.

During Styrna's time as a coach, track and cross country routinely got the back seat when it came to publicity in the news media. "Frankly, we could have gotten more recognition within the sport," he said.

He has never forgotten the hours put in by volunteers who have made the conduct of track and cross country meets possible, those track officials. "I have a high regard for track and cross country people and their dedication." He points out that it requires about 50 volunteers to conduct a track meet.

During his professional life, Styrna held many offices including president of the Maine AAU, president of the New England Track Coaches Association, and vice president of the IC4A. He was also a member of the executive committee of the IC4A and of the NCAA Track Coaches Association.

He was inducted into numerous halls of fame including the University of New Hampshire Sports Hall of Fame in 1982, the University of Maine Sports Hall of Fame in 1993, the Nashua Sports Hall of Fame in 1997, the Maine Running Hall of Fame in 1999, and the Maine Sports Hall of Fame in 2000.

Upon his retirement in 1986, he was awarded a plaque by the New England Track Coaches Association in recognition of contributions to track in New England. On Feb. 19, 1986, the State Legislature of Maine passed a resolution to recognize "a lifetime of contributions to the State of Maine."

Retired UMO athletic director Harold Westerman said of Styrna in 1982, "During the past 25 years that Ed Styrna has been coaching the University of Maine track teams, hundreds of students have had the privilege to experience his excellent coaching. Ed's ability to coach all events in an expert manner has led to the fine record achieved by his teams and the individuals involved."

One of his runners of the early 1960's, Bernd Heinrich, went on to earn his PhD and teach at the University of Vermont, and during his 40's Heinrich set American and world records at the ultra distances. He also won the masters division in the Boston Marathon in 1980, clocking 2:25:25.

Heinrich remembers his coach with fondness. "He meant so much to so many of us. I'll never forget "coach". He was my biggest inspiration. He was there all day, every day, and he kept me going for all my stay at UMO. Steady as a rock, always a friend, always encouraging, he really cared for us. I could not even begin to imagine my college experience without him."

CHAPTER EIGHT

Time, the Most Precious Gift

A Half Century of Giving

Donald Matheson

Don Matheson served the runners of Maine for 50 years as a dedicated track and cross country official and meet director. He was truly the granddaddy of track officials, working at high school and college meets from 1935 until shortly before his death in September, 1984. He served as an official and meet director in the annual state collegiate track and cross country championships for 50 consecutive years, an unmatched accomplishment of which Matheson rightfully took pride.

Born Sept. 16, 1907, Matheson was a fine football player while at Winslow High, and it is believed that he also ran track. He continued his education at Springfield College, and his first teaching assignment was in Fort Fairfield. He began officiating at cross country and track meets in 1935. He later taught and coached football at Higgins Classical Institute in Charleston and later at Rockland High. He finally returned to his native Winslow to teach around 1960. He was director of guidance there until his retirement in 1972.

Matheson was always at the cross country and track meets helping out with officiating, said LeRoy Blood, former principal at Winslow. Blood referred to Matheson as "a magnificent individual. He was so honest and sincere, always, and had to have everything just exactly right. I think that's why he was such a great track official."

Matheson continued officiating year after year through the 1983-84 indoor track season at Colby where he had served as meet director for many years. And the only reason he finally stopped officiating was declining health. Matheson had a long bout with cancer and died in September, 1984 at age 77.

"Officiating is something I've stayed with," Matheson said just a year before his death. "Its an interest I've had over the years." The rewards, he said, are "working with and seeing the young people. I think it is a service, helping out, and its the personal satisfaction of working with people. But primarily its working with and serving the athletes of Maine."

On the wall of his home at the edge of China Lake was a plaque given to him in 1982 by the Maine Secondary Schools Principals Association. It read: "In appreciation of many years of service to the secondary youth of Maine as a track official and state meet director."

Gesturing at the plaque, Matheson said just four months before his death, "I was supposed to get that when I retired but I never did retire. Many of these officials are like myself - they've done it until they've had to give up."



Winslow native Donald Matheson served as a track official and meet director for half a century.

No one has appreciated the time and effort Matheson gave to track and field more than veteran Colby track coach Jim Wescott. "He was one of those individuals, of which there are many in this wonderful state, who are the pillars of education and athletics that provide the structure for our youth to experience success, and grow in self confidence with which to mature and become future generations of givers to Maine," Wescott wrote in early 2000.

"When I arrived in Waterville in June of 1978, to interview for the position of cross country and track and field coach at Colby, Dick McGee, Colby's then athletic director, introduced me to Don and his lovely wife Margaret. Don, a Springfield College graduate, and Margaret, a Colby graduate, were so positive about Colby and central Maine that I signed a contract and have greatly enjoyed my 22 years to date on Mayflower Hill.

"New to Maine collegiate track and field, Don quickly appraised me of the Sabasteanski, Slovenski, and Styrna turf wars and what I might expect to encounter at my first State Meet coaches meeting. Don was right, they were wonderful leaders of young men who protected their teams' interests.

"For many years Don served as the coordinator of track and field officials for all of the indoor meets hosted on our Colby campus. I would simply give Don our schedule of home meets prior to the season and he made all the calls and assignments for the meets that were always run on time."

Matheson was inducted into the Maine Running Hall of Fame in 1992.

True Innovator of Track and Field

John Casavola

Portland native John Casavola, born Sept. 10, 1916, was a gifted hurdler, sprinter, and an All-State football player who set state records which stood for decades, and throughout his life served the sport of track and cross country with distinction as a coach, meet organizer, and official. Even at the age of 77 in 1994, a resident of Windham, he was still involved as a volunteer in youth recreational track and field in both Windham and Scarborough.

Casavola won his first gold medal at age 10 at Camp Gregory in Gray. The year was 1927. In one race he won on Peaks Island, as the story goes, the award was a horseback ride for one hour. When he went to collect, they said he was too small, so they gave him two lobsters. Lobsters at that time were a dime a dozen, and Casavola was not pleased.

By his sophomore year at Deering, he had developed into a good runner and clearly had great natural speed. He set four indoor records at the Portland Expo in state meet competition. They included the 40-yard hurdles in 5.8 sec. which stood for 29 years, 300 yards in 36.0 which stood for 31 years, and a 40-yard dash record of 4.60 which has never been broken. He also set a state outdoor record of 23.0 for the 220.

Casavola went on to college at Michigan State where he majored in education and ran track. One of his fondest memories of college was running against Olympian John Woodroff.

From 1948 through 1958 he coached indoor and outdoor track and cross country in New Hampshire, and for three of those years was also assistant football coach. While in New Hampshire he also founded and directed the New Hampshire Clipper Relays from 1949 through 1958 and built attendance up to 3,000 spectators. In 1950, Casavola convinced New Hampshire to have a state indoor track championship. He also helped with a local 10-mile road race sponsored by the Chamber of Commerce.

He returned to Portland to coach at Deering High in 1958, and coached cross country through 1964, and indoor and outdoor track until 1974. At both Portsmouth and Deering his teams consistently won league, regional, and state titles. He retired from teaching in 1976, but continued his great interest in coaching and officiating.

It was Casavola and Frank Grillo who founded and directed the N.E. Indoor Track Championships for three years starting in 1950 until the N.E. Principals Association made them stop. The principals association wanted to run it but thought it would cost too much.



John Casavola was one of Maine's most successful high school track and cross country coaches and one of the sport's greatest contributors.

In 1963, he started the Northern N.E. Indoor Interscholastic Championships where the six best teams from the three northern states competed. The championship meet rotated from year to year from New Hampshire, Vermont, and Maine. The championships continued through 1976. Casavola started an annual relay carnival in Westbrook, sponsored by the Kiwanis in 1965, and this meet continues to this day.

He served as a coaches rep for the State Principals Track Committee for 15 years and he served as secretary of the Southwestern Maine Track League for 12 years. He helped set up regional cross country meets and directed the Southern Maine Regionals for 12 years. He has officiated at track meets since 1935 and directed four conference meets at the Portland Expo. Meets he officiated at included the Michigan State Championships, the New England AAU Championships, and the Division III National Collegiate Championships. He officiated at the Maine Junior Olympics track meet for 20 years, and he also directed the track program for the Maine National Guard for 15 years.

He was named Coach of the Year four times by the Maine Coaches Association. Casavola made recommendations on the conduct of Maine state indoor meets that were implemented, such as having separate meets for schools of different sizes. He also designed a new, safer pit for high jumpers which was utilized until foam pits were developed.

In just one year, 1994, he officiated 53 indoor meets and 21 outdoor meets. One year he served as a volunteer track coach at Scarborough while the regular coach, Steve Ross, was recovering from an auto accident. The team took second in the state meet.

Casavola has been honored with awards from the Maine Athletic Directors Association and from the Maine Officials Association for his contribution to athletics. He was inducted into the Maine Running Hall of Fame in 1994.

In addition to coaching and officiating track and cross country, he has coached football, basketball, and baseball. As a result of his lifetime of involvement with youth in coaching, officiating, and teaching, Casavola said that he has “enjoyed a wonderful life. I achieved a boyhood dream of being a successful coach and have been involved with the most wonderful people on earth - runners and field event competitors, and officials and coaches.”

Today, a trophy is given out each year in his name at the Southwest Conference Track Meet. His greatest compliment as an official came one day when a track athlete from another school came up to him saying that he had overheard some parents talking about him. “As I came down the hill onto the field,” said the lad, “a number of parents behind me said. “Thank God he is here. The meet will be run right and finish on time.”

Building Discipline and Character

Dean Evans

Dean Evans, a lifelong resident of Gorham, was one of the most successful high school cross country coaches ever in the state of Maine. He coached from 1954 through 1974, his teams winning five state titles and were New England representatives six times. His career win/loss record was 213/9 which includes 78 straight wins. His teams went unbeaten at home from 1958 through 1973. Evans was also a fine basketball coach for 12 years. His 1968 team won the state title. Following his retirement from coaching, Evans became a highly respected athletic director at Gorham High for 17 years before finally retiring from education in 1987.

Born July 8, 1932, Evans grew up in Gorham and played basketball and ran track and cross country. Cross country was his favorite sport. He was a respectable runner, but Gorham teams in those days were not strong. "In those days running wasn't popular," he said.

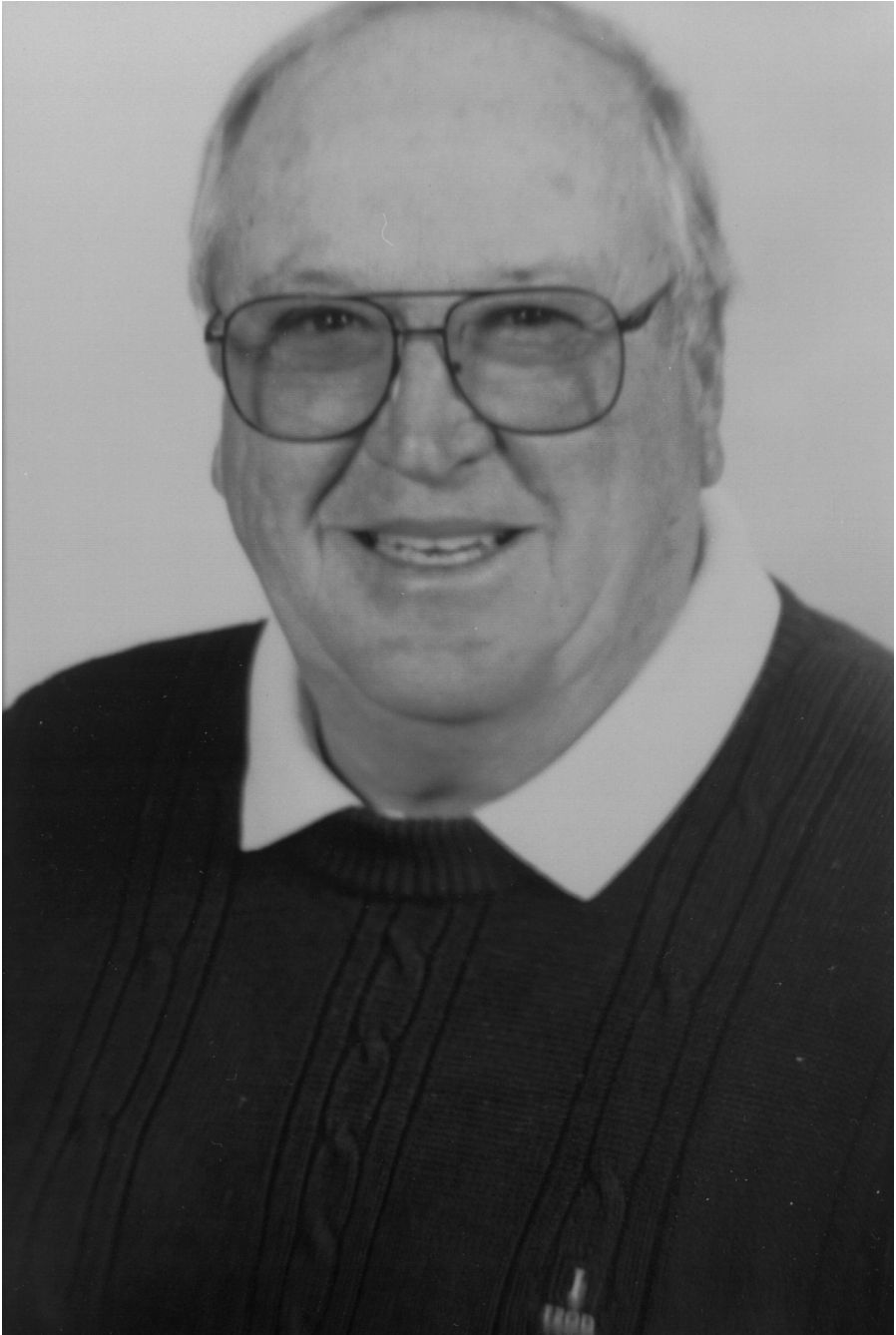
Graduating from Gorham High in 1950, he went to Gorham State Teachers College, but he played no sports. He received his degree in education in 1954, and his first teaching job was at Gorham High where he taught history and where he would spend his entire teaching and coaching career, some 33 years.

His service to Gorham includes successful tours as head coach of track, cross country, and basketball. His cross country teams claimed Class B state titles in 1960, 1962, 1970, and 1971. His teams won 17 triple C championships, 8 southwestern Maine championships, 5 state titles, and were six times state representatives at the New Englands.

So noteworthy was his coaching success in cross country that even *Sports Illustrated* took notice. Featured in "Faces in the Crowd," in one issue, it reads, "Dean Evans, 40, the cross country coach at Gorham High, won his 79th straight league meet over a seven year period when the Rams beat Freeport 18 to 44. He has coached five state champions and has been awarded the league trophy 16 of his 18 years."

One of the highlights of his coaching career was when his cross country team won the state title in 1962. Evans was named coach of the year three times by the Maine Coaches Association.

For the school year 1984/1985, Evans was named Athletic Director of the Year for the state after being AD at Gorham for 14 years. He was AD for a total of 17 years. During that time the school's teams won 12 state titles in five different sports. Over 60 percent of the school's 540 students participated in either intramural or interscholastic sports.



Few cross country coaches in Maine history have dominated the sport as did lifelong Gorham resident Dean Evans.

Coaching track and cross country was special for him because it involved “dealing with the type of student I had: a little different than team sports,” he said.

Coaching varsity basketball for 12 years, his 1963 team won the state title, and his 1968 team was unbeaten in their regular season. The person who was most influential in his coaching career was Gorham High principal Theron Stenchfield.

Among his honors was the recipient of the Richard Costello Award for special achievement given by the USM athletic department.

One of Evans stars was 1969 graduate John Emerson who went on to Bates where he became a state champion in both track and cross country. “Dean Evans was a great coach, mentor, motivator and role model,” said Emerson who was captain. “He opened doors for kids of all abilities enabling them to participate in a sport where no one “rides the bench”. He was the kind of role model and motivator who made you want to participate on his teams and improve your performance of maximum personal effort and linked that importance to building personal pride and team cohesiveness. You ran for Dean because you respected him as a role model but you also ran for him because you knew he cared for you regardless of ability. Beneath it all you could sense that Dean’s greater mission was to help build individual discipline and character.

“His record speaks for itself and, as is the case with so many successful mentors, is only a small part of his legacy of greatness. When you competed for Dean, regardless of skill level, you were part of his family and ultimately part of a fraternity that continues to endure.”

Paul Jackson, who coached cross country at Cape Elizabeth for 33 years, said that Evans helped him with his coaching when he was new at the sport. “Dean is an outstanding person. I learned a great deal about coaching cross country from my conversations with Dean . . . I was very impressed with his teams. Each year his teams were big in numbers. They were also very well coached. They seemed to win year after year . . . they were well coached and well mannered at the same time. At Cape Elizabeth we waited eight years to beat Dean’s team just once.”

Dennis Smith, who was one of Evan’s best runners from 1966/69, said that Evans “made cross country a lot of fun.” Smith remembers one particular meet each season against the UMaine freshmen, “and we got to use the pool afterwards, and this sort of thing. That’s why I try to do the same thing with my coaching, to make it fun for the kids.

“Dean was kind of ahead of his time with a lot of stretching and stuff that we were doing, and combination speed workouts with longer easier runs,” said Smith.

After his retirement, he made a substantial commitment to golf and was very active in youth golf. At the time of his induction into the Maine Running Hall of Fame in 1999, he was serving as director of the Maine State Golfers Association.

CHAPTER NINE

Off to Brown

Two-Time IC4A Champ

Dave Farley

At the time that Dave Farley started running in high school in 1958, the running world was obsessed with the mile. After all, just a few years before, Roger Bannister had set a milestone that rocked the sporting world. And the emergence of the legendary Jim Ryun was just around the corner. This running fever was much the same as it was after Frank Shorter won the Olympic marathon in 1972.

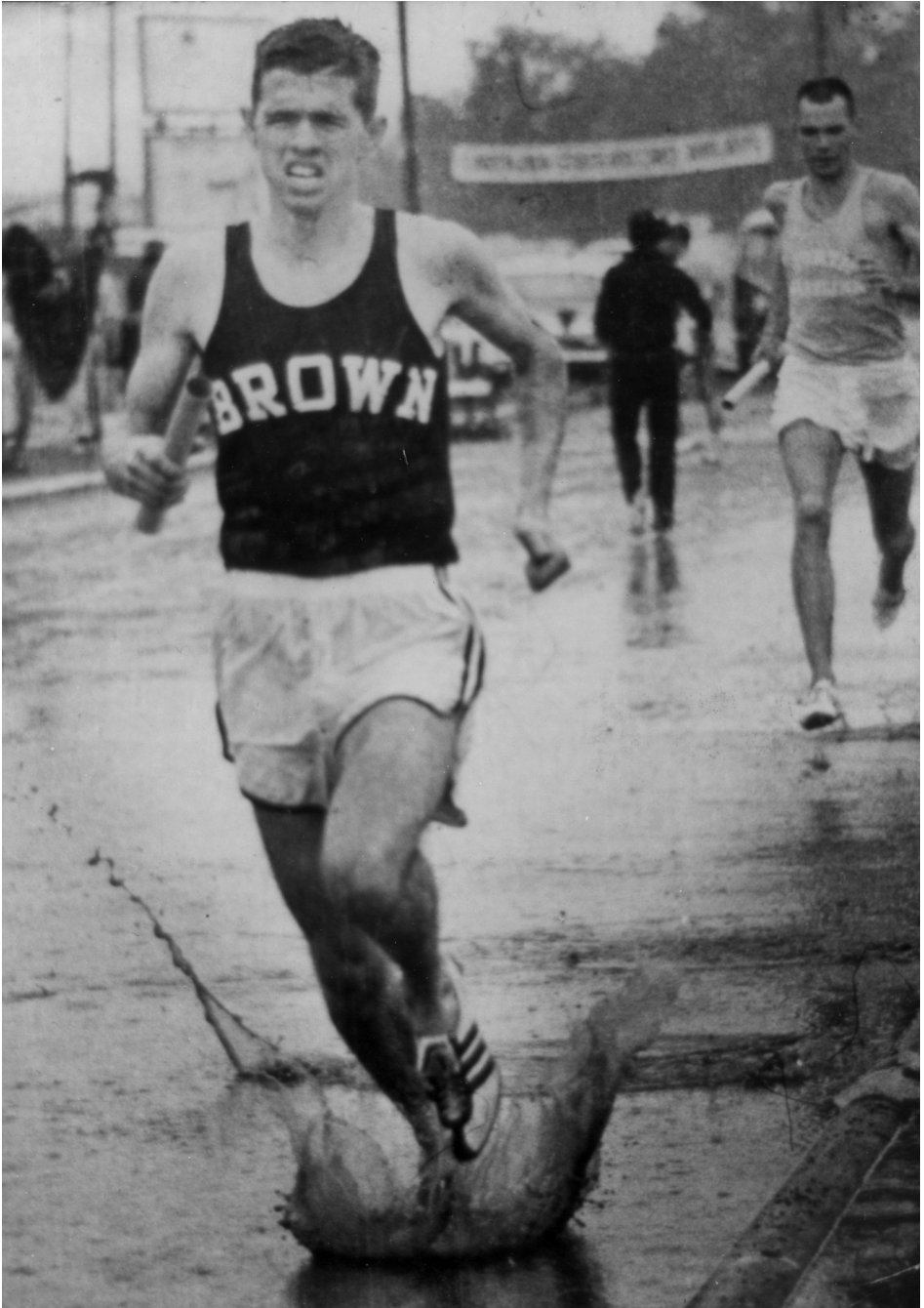
So when Dave Farley decided to take up running in his sophomore year at Brewer High School, it's understandable why he might have chosen the mile. Farley, as you will soon find out, had talent to spare. In time, a very short time in fact, he would run the distance faster than any Mainer had before him and emerge as one of the best middle distance runners in the nation.

Born Aug. 11, 1941, Farley grew up in Orrington and the reason he took up track, he says today, is that "it was the easiest sport I could find for a 125-pound weakling." Now, he didn't say 90-pound weakling, did he? Quickly, under the coaching of Harold "Red" Pressey, he developed into a four-time state champ, twice in both the mile and 880, setting state records in each. In 1959, after only one year of running, Farley became the first Maine high school runner to break 4:30 in the mile, running 4:26.3. He went on to take second in the New Englands that spring, shaving more than a second off his state record, clocking 4:25.1. He later finished 5th in the National Junior AAU Mile in 4:25.

He won the outdoor mile and 880 in the Maine AAU Championships in 1961. Coach Pressey remains as one of the three most influential people in Farley's running career, as was his wife Pat and other members of his family.

Farley, who was 5-11 and 140 pounds at his prime, went on to Brown University where he continued to improve. He won the freshman race in the New England Cross Country Championships. As a freshmen in 1961, he ran the second fastest frosh mile in the nation, 4:13.7. He went on to set five freshman records and eight varsity records. Among them was a 4:06.6 mile, a 1:51.4 880, a 2:12.8 1000, and a 3:18.8 as a member of Brown's mile relay team. In his junior year he beat Boston College's Larry Rawson with a 4:10.4 mile, setting a track and Rhode Island state record. This would be his best career time indoors.

Farley also won the IC4A mile two times, 4:13.7 indoors in 1963, and 4:06.6 outdoors in 1964. In the indoor race he edged past Villanova's Tom Sullivan at the tape for the victory. Sullivan had been a member of Villanova's world record two-mile relay team. It was the fourth time Farley had broken his own Brown U. record.



Dave Farley carries the baton for Brown University in a relay. He ran his fastest 880, 1:50.3, while running a leg of the Modesto Relays in 1965.

Farley also finished second and fourth in the New England Cross Country Championship to lead his college to two New England titles. He was also second and fourth in the Ivy League Championships. He took sixth place in the IC4A's and helped his team capture a second and sixth place at the IC's. Brown also finished 12th in the NCAA's.

Highlights of his senior year included running on the winning two-mile relay team at the prestigious Millrose Games, setting a Brown University record of 7:40.4. At the annual Carolina Relays he was voted the meet's outstanding athlete as a result of a 1:51.8 leg on the two-mile relay team, a 4:17.9 mile in the distance medley, and a 1:53.8 in the 880 sprint medley.

Farley's 4:06.6 outdoors in 1964 was the fastest mile any Mainer had ever run. Farley would eventually record a personal best of 4:04.7 in 1965 at the New York Athletic Club Spring Games. Today he stands as the third fastest miler of all time from Maine behind Erik Nedeau and Bruce Bickford.

Among his other great wins during these years was a victory in the Boston Knights of Columbus Indoor Meet in 1963 and a second place finish behind U.S. indoor record holder Tom O'Hara in the Stagg Relays 880 in Chicago in 1964 when he clocked 1:51.4. His best ever 880 was 1:50.3 at the Modesto Relays in 1965, clocked in a relay split.

His stellar running earned him induction into the Brown University Athletic Hall of Fame in 1973. He was inducted into the Maine Running Hall of Fame in 1995.

Farley continued running while serving in the Marine Corps from 1965 through 1968. As a Marine he competed in the 1968 Olympic trials in the 1500 and placed 11th in 3:46.5. Among those in the field was Jim Ryun. Farley took 7th in the National AAU mile in 1965 in 4:12, and was 9th in the National AAU 1500 in 1968 in 3:46. At Athens, Greece in 1968, he placed 4th at the World Military Games at 1500 meters with a time of 3:45. At the time he was coaching the U.S. Marine Corps National Track Team.

While serving in Vietnam, he ran three road races in that country in 1966 during the war, winning all of them. "I didn't always use common sense in my younger years," he says.

In the early 60's, there were few road races in Maine, but Farley was the best of the lonely long distance runners of that day. He remembers winning races in Bangor, Berwick, Rockland, and Standish. "At most, there were fifteen runners in each race," he says.

Farley eventually tried a few marathons. "If marathons were 20 miles in length, I would have been a decent marathoner. I am an expert at hitting the wall." He ran

five times at Boston and once in the Ocean State Marathon, with a best of 2:45 for 115th place at Boston in 1970. He also gave the Mt. Washington hill climb a shot, and he emphasizes that he ran it “just once. Another example of poor judgment,” he says.

When Farley was 41, he ran a 4:38 mile indoors, and he also ran 2:04.4 indoors for 800 meters at age 45 in winning the Eastern Masters TAC Championship for the fastest time in the nation in his age group.

Among his personal records are 440 yards in 49.3, run during a Brown record setting mile relay; 1000 yards in 2:12.8 at Dartmouth during his senior year (another school record); and 1500 meters in 3:45. Over the years he has belonged to the BAA, the Bruin Spiked Shoe Club, and the Maine Track Club.

Farley says that his best lifetime performances were winning two IC4A championships, and winning the 800 in the Eastern Masters Indoor Championships at age 45. His greatest memories in the sport include winning the state of Maine high school mile at Bowdoin in 1959, and competing in the Olympic trials 1500 meters in 1968 in Los Angeles.

A resident of Warren, Rhode Island, Farley worked for Fleet Financial Group as executive vice president.

“Being recognized by my home state of Maine is very important to me,” he said upon learning of his induction into the Maine Running Hall of Fame.

CHAPTER TEN

King of the Roads

King of the Roads

Bob Hillgrove

Bob Hillgrove was one of the great legends in long distance running in this century. Hillgrove ran over 700 races and won about 490, making him and Fort Fairfield's Bob Everett two of the most prolific road race winners. Hillgrove was known among his peers as "king of the roads of the 1960's", although he actually ran his fastest times during the late 1970's. At one point in his career he won 49 straight road races. It is doubtful that anyone will ever equal his eight wins in the Portland Boys Club 5-Miler or his seven wins in the Bangor Labor Day 5-Miler, his favorite race.

Born Feb. 18, 1945, Hillgrove, who was 5-11 and 134, got interested in running during grade school when he found he could out-sprint other kids in school. In the summer of 1957, his father organized a 1.5 mile road race for the Boy Scouts. Hillgrove won it. During high school he excelled in track and cross country at Rockland High School. He won the KVAC Cross Country Championships at Hinkley in his junior and senior years, and he placed second one year and fourth another year in the state meet. He won the state championship two-mile in track in 1962 and 1963, setting a record in 1962.

Don Sanborn, who ran against Hillgrove as Thomaston's No. 2 cross country runner remembers, "When we raced against him in his freshman year, he dropped out of that one, but when he came into his sophomore year he just started taking right off. He liked to go out fast in high school. He had a lot of speed so it didn't bother him. In his junior year, that's when Bob really started getting fast. He was setting records all over."

That spring in track, Hillgrove set a state record of 10:05 in the two mile. It was also this year when Hillgrove beat Dave Farley to win the Bangor Labor Day Race, and he also won a cross country meet with the UMO freshmen.

Hillgrove ran in the New Englands in his junior and senior years, placing 18th as a junior, finishing just behind Fred Judkins. "I know he ran well," said Sanborn. "I know they had some fast boys that year and it was also run in real wet conditions and he wasn't an especially good mud runner."

The biggest change from Hillgrove's junior and senior years was that the competition started to get better with runners like Sam Burgess of Morse, Paul Petre, and Joe Dahl.

Hillgrove's first road race was the Portland Boys Club 5-Miler which he won (1962). Only 17 at the time, he remains the youngest winner in the race's history



Bob Hillgrove crosses the finish in the Portland Boys Club Five Miler in the 1960's. He was an eight-time winner.

which goes back to 1930. Over the years he won the PBC 5-Miler eight times, the most of any runner. After his win in 1962, he strung six straight wins from 1964 through 1969. His last win was in 1974 when he was 29. He placed 3rd in 1976.

Hillgrove had great leg speed and he said that he purposely developed a short efficient stride accompanied by a low arm carriage - almost a shuffle. Fred Judkins and Deke Talbot were two others who ran with similar technique, but whether by purpose, it is not known. Sanborn knew Hillgrove better than another other runner. As of February, 2000, Sanborn had more than 40 years of experience running when he made the following assessment: "Bob had a very efficient stride. It was shorter. Your style is your style and you develop it as a result of training. As you get more efficient your body is going to go to its best form, whatever it is." Sanborn said that because Hillgrove had such good led speed "he didn't need to lengthen it (stride) too much." But in a sprint, "when he got really pushing, his stride lengthened out."

Sanborn said that Hillgrove's brother once timed Bob in the quarter in 53.6. Sanborn also timed Hillgrove in 10.4 for 100. "That 100 speed is what made him so tough to deal with because you couldn't break him down unless you were just plain running faster than him. If he could stay in it he could be right at the limit of how fast he was, but he always had that kick if he was in shape. He won so many races that way."

Hillgrove was very successful on both the roads and on the track. He won AAU titles in the mile, three-mile, and six-mile (his favorite racing distance). He won the indoor 2-mile at the AAU meet at Bowdoin in 1968. His career bests include: mile: 4:18 (1977), 2-mile: 9:14 (1977), 3-miles: 14:19 (1977). His other PR's are 14:52 for 5K (1970), 29:36 for 6-miles on the track (Boston, 1977), 30:26 for 10K (1977), 47:47 for 15K (1985), 10 miles in 52:44 (in route to a 1 hr. run), and a marathon best of 2:29:21 in 1991 at age 46.

For many of his years of running, especially in the 60's, he was virtually unbeatable on the roads, setting course records wherever he went. But Hillgrove pointed out that in the 1960's he could win races on 45 miles a week, but in the 70's it took between 90 and 140 miles a week of training, much of it at a very quick pace, to win the same races he'd won a decade before.

Although most runners who competed against Hillgrove in road racing had a great deal of respect for him as a runner, that's where it sometimes ended. Much of that grew out of his reputation as a quitter when challenged. This habit started way back as a freshman in high school. During his early road racing career Hillgrove won so often that when the competition finally got better in the early 70's he chose to drop out of a race rather than face the ego-shattering reality that others would see his name on the results sheet finishing down the list. Even when

Hillgrove was inducted into the Maine Running Hall of Fame, Ralph Thomas mentioned in his speech the many times Hillgrove pulled out of a race. Runners also were well aware that Hillgrove would go to far off rural races where the competition was nil just to come out the winner. Winning, clearly, was paramount for him. Nothing short would suffice.

Sanborn said that Hillgrove dropped out of races during these years because of the physical job he had at the time. His body was thrown out of whack. In order to race well, everything had to be just right, said Sanborn. "It was like fine-tuning a machine."

Hillgrove eventually made adjustments in his training to put him in such good shape that, even against increasing levels of competition, he could come out a winner. Such was the case in 1977 when he trained no less than 90 miles a week and sometimes up to 140. That year, when he was chosen Maine Runner of the Year, he was unbeatable, setting course records everywhere he ran: in a 16 miler in Brewer, at the Hampden 8.5 Miler, and at the Bangor Labor Day 5 Miler. "I was really drawn out that year - eat, sleep, run," said Hillgrove in a 1979 interview.

Hillgrove said that he ran mostly against the clock. Competitors only provided added motivation. His toughest race ever was the 1968 Boys Club Race when he had to contend with Joe Dahl, UMaine's two-mile record holder. Although Hillgrove won, it took all he had as he had come down with the flu just a few weeks before and was still not back 100 percent. As successful as he was at Portland on Patriot's Day, the PBC 5 Miler rated "well down on the list" of his favorite races. The problem was always the wind, he said. One of his favorite races was the Falmouth 5.8 Miler, one of the fastest courses in the state.

Hillgrove's greatest moments in running were breaking 14:20 for three miles on the track, and running 14:34 in a three-mile race against Mike Kimball on a "slow" track at Portland stadium in 1969. His three most satisfying victories were winning three AAU state cross country titles, winning two KVAC cross country titles in high school, and winning a cross country championship race in South Carolina in 1965. Also high on his list of best career races was his 1962 Boys Club win, his 1969 Boys Club victory (25:03), and his 1977 win in the Bangor Labor Day 5 Miler (25:24, course record).

Hillgrove was featured in *Sports Illustrated* in 1968.

He was a rare individual in that, as good as he was, he never got caught up in marathoning, and only took a stab at it late in his running career at age 46. His philosophy and advice to runners on this is that too many runners get into the marathon long before they have built up strength from years of hard training. And to look it another way, if Hillgrove had gone to Boston on Patriots Day, he'd never have won the PBC 5 Miler eight times.

In a typical training week for him in the late 1970's he'd run one 15 miler, do a few workouts of 5 to 7 miles with bursts of 330's, run a few double workouts, and run a fast five miles. His favorite training run was 9 or 10 miles at a killer pace. One of his strengths was that he was capable of pushing himself in solo training runs, running at 5:00 per mile or faster, mile after mile.

Most of his wins in the Portland Boys Club Race were by large margins. Sanborn took second behind Hillgrove on three occasions at Portland. Hillgrove's closest pursuer in the Boys Club Race in the 1970's was Ken Flanders, himself a seven-time winner.

One of his greatest thrills in road racing was beating top-notch trackmen. In 1968, when he won the Bangor Labor Day 5-Miler, his favorite race, he beat 4:04 miler Dave Farley. Hillgrove began his debut at Bangor in 1964, at age 19, when he placed third, finishing ahead of UMaine ace Bernd Heinrich. He won the next five straight years, beating Fred Judkins (freshman IC4A X.C. champion), Steve Turner (Maine collegiate mile recordholder), Dave Farley (two-time IC4A champion in track), and Walter Renaud (masters winner, Boston Marathon). These were clearly among the greatest runners of that day. But Hillgrove was not through. He won again in 1974 beating Ralph Thomas (2:23, Boston, 1975), then again in 1977 beating Judkins, setting a course record of 25:24.

Most of the years he ran Hillgrove belonged to the Waterville Athletic Club and during the mid 60's he ran for the Gorham AC.

As the years passed by Hillgrove continued his relentless quest for fast performances as a masters runner. He moved to Colorado in 1984, and sometimes trained with some of the best runners in the world, among them Steve Cram and marathon great, Rob de Costello. He won the masters division in a 10K race in Boulder in 33:52, and while in Maine in 1986 when he was 41 he won a 10K race in Thomaston in 33:18. At age 48, he won the Old Fashion Days Three-Miler on the track in Chicago in 14:57.2. Hillgrove was named Masters Runner of the Year in Colorado in 1992, the year after he'd been inducted into the Maine Running Hall of Fame. He moved back to Maine in 1995.

Looking back at those glory days some 35 years later, Sanborn said that he and Hillgrove "ran fast but we weren't smart runners. We needed some coaching back then." And as far as speedwork was concerned, "he did it and I did it but I'm not sure it was the brightest thing to be doing." Sanborn thought that Ralph Thomas may have had the right idea when it came to both training and racing.

CHAPTER ELEVEN

Pioneers of Maine Road Racing

"A Little Guy with a Big Heart"

Roland Dyer

Roland Dyer, a Winslow native born March 20, 1941, is remembered as Maine's "pioneer of road racing." Almost single-handedly, he developed a road racing program for southern and central Maine by organizing scores of annual road races through the 1960's and early 70's. An excellent runner himself, Dyer would compete in the same races he directed, quite a feat in itself. On top of that he put out a regular newsletter. He had an enthusiasm about running that was unmatched, and it rubbed off on others. He was Maine running's greatest salesman.

In his short life of 30 years, Dyer had a greater influence on Maine road racing than any person of his time. While working at Sears at Cooks Corner in Brunswick in May, 1971, Dyer was riding his bicycle across the parking lot and was struck by a car. He died not long afterwards at a Portland hospital. His death threw Maine runners into a state of shock and disbelief, and his death put Maine's road racing program at a standstill. Maine's running community simply was not prepared for a loss of this magnitude. Dyer had shown the way and now he was gone.

A Winslow High graduate of 1959, Dyer ran track and cross country. He'd rise before dawn and do his paper route on the run, tossing papers onto porches as he ran through yards. And for at least two years during high school he also had a night job at the nearby Morning Sentinel where he bundled newspapers for delivery. After only a few hours sleep he'd be off to school where his interests also included art and playing drums in a dance band.

"Roland was one of the few kids who looked at track as being as good as any activity - football or basketball," said Bob Nixon, Dyer's track coach. "He was serious about it and wanted other kids to be serious about it. By example or by doing, he was a natural leader. I'm sure he never shrugged a workout. Nobody would think of running even five miles a day at that time, but Roland would. I'm sure he worked out on Saturday and Sunday even though we didn't have formal track practice."

One of Dyer's teammates, Dan Cassidy, described him as "a little guy with a big heart. Anything he did, he did well. He was always on the "give" side and he didn't have much to give except of himself." Cassidy remembers one meet in particular. "We were in the state meet and had gone up to Orono, and I remember it was cold because we had to put oil on our legs. We started running, and I think it was Arthur Lambert who came down with a wicked pain in his side. This was about half way through the course, and he and Roland would run almost side by side or one behind the other and pace each other.



Roland Dyer was 10 years ahead of his time when he started organizing scores of annual road races during the mid 1960's.

“And when Arthur began to lag back, Roland had him by the arm and he would almost carry him for short distances. So finally, he had to let go of him because Arthur had gone off into a ditch. Roland continued on the course, and he kept looking back to see if Arthur was ever going to catch up to him. Roland finished the course, and the minute he came in, he turned around and ran right back out there to pick Lambert up who was still lying out in the pasture somewhere. That’s the things that he did. He was concerned not so much about himself. He was concerned for his teammate.”

At some point during these years, Dyer became acquainted with pioneer endurance athlete Sam Ouellette and his two sons from Augusta. The Ouellettes often took very long training runs, longer than any other runners of that day, and Sam Ouellette Sr. quickly became Dyer’s mentor.

Carroll, Roland’s younger brother, says he remembers how Roland used to design many different loops starting from their home in Winslow. They ranged from 13 to over 30 miles, with some going way out to China and Albion. Dyer was naturally drawn to the Boston Marathon and rarely missed a year.

Then in 1963, Dyer started attending AAU meetings where he got to know Steve Ross who was then president of the Maine AAU. It wasn’t long before Ross appointed Dyer as the state’s long distance running chairman. “I’d say he was very enthusiastic and he was also very well organized,” Ross remembers. “It was right after that when Roland got involved and started promoting road races.”

Living in the Brunswick area, Dyer would go out and find businesses to sponsor his races, then direct them and also run in them himself. Dyer, like Ross, went by the AAU rule book. He also made a point to keep entry fees low, never charging more than the standard fee, \$1.00. Dyer also kept meticulous records of the progress of road racers via a point system of his own design. He kept runners informed by putting out, at his own expense, a newsletter which he called *The Pine Tree Road Runner*. In it was a race schedule, complete race results, his own commentary, and his point system. This, he gave runners at no cost, although he accepted donations.

“I remember sending Roland money frequently,” said Rick Krause, then a Navy man at BNAS. “I felt good about this because I knew that it cost Roland a lot of money to put out his newsletter and that he almost always had to dig into his own pocket to keep it going.”

“It seemed like every time I picked up the paper, there was a race somewhere being organized, and Roland was involved in it,” said Coach Bob Nixon. “It didn’t make much difference which end of the state it was in, Roland Dyer was involved.”

“When I was a little kid we went to all those running events on weekends,” said Dyer’s daughter Zonda Belmont, born in July, 1963. “I remember passing out water, watching him run, and watching him organize races.”

During the worst of the winter weather Dyer could be found training at the Colby fieldhouse and at Bowdoin’s cage. He ran and raced, organized races, and published his newsletter all on top of a full time job at Sears. And of course he had the time consuming commitment to his family of four. Roland also somehow managed to find time to continue playing in his band. He seemed to keep busy around the clock. Although Dyer was a good runner and always finished near the front, it was very difficult to direct races and also run in them and perform at his best. Certainly his performances took a back seat to what was most important to him - giving others a chance to compete. But this was the core of Dyer’s makeup.

Dyer was known throughout New England as a man who was 10 years ahead of his time. He had developed a road racing program that was comparable to that in Massachusetts, yet he was doing all this for a handful of runners, perhaps 35 statewide. Dyer was also years ahead of the national running scene when it came to women’s running. He encouraged women to enter his races and took pains to see that they were accommodated. He even put on his own women only races years before this became common in other parts of the country.

Diane Fournier, the pioneer of womens road racing in the state, fondly remembers her first road race. It was a nine-miler in Winslow which was organized by Dyer. She recalls how Dyer went the extra mile to see that she had a place to change and shower. Dyer even made sure that the trophy she got had a female figure.

Dyer would do just about anything to help his fellow runners. He had a younger brother, Carroll, who was also interested in running, and Roland would often drive from Brunswick to Winslow to pick up his brother and take him to races, then drive him home afterward. He did the same for another rising star, Ken Flanders who ran at Deering. “When I was a young high school runner, Roland once traveled from Winslow to Portland just to give me a ride to Bangor so that I could compete in a road race. This is an example of the dedication and love he had for the sport he started in Maine,” said Flanders in a letter to the Dyer family after Roland’s death in 1971.

Hall of Famer Bob Hillgrove couldn’t agree more. He remembers Dyer telling him, “Bobby, you’ve got to get out of state and get some good competition.” Hillgrove said that Dyer took him and others to compete in a race in Canada, and there were other trips, too, to southern New England when Dyer filled his car with runners. “There was nothing he wouldn’t do for any of those runners,” said Hillgrove.

After Dyer's death, the Riverside 5K and 10K races in Portland in March were renamed the Roland Dyer Memorial Races, and the annual Three-In-One Day Race in Winslow, directed by Steve Ross, was also renamed in honor of the Winslow native. When Ross moved to southern Maine, Gene Roy of the Central Maine Striders kept Dyer's memory alive by continuing the Dyer Memorial 5K. Roland's father, Marvin, served as honorary race starter.

On the living room wall in the Dyer home on Garand St., there is a photo of Roland playing the drums with his dance band, one of only two photos the family has of him. One day, several years after the death of his son, Marvin sat in his favorite chair in that living room, gripped the arms firmly in his hands and nodded toward the picture. His eyes filled with tears, he said, "What Roland like about running was the friendliness of the people. They would come up to each other after the race, Roland would say, and shake hands and hug each other. There were no hard feelings."

Dyer was inducted into the Maine Running Hall of Fame in 1990.

Runner, Race Director, Author

Dick Goodie

Dick Goodie of Portland was one of the pioneers of modern day road racing in Maine. A runner since 1943, Goodie directed or co-directed five annual Maine Masters sponsored road races from 1969 through 1978. He was among a select few who, in the late 1960's and 1970's, made it possible for runners to have road races to compete in.

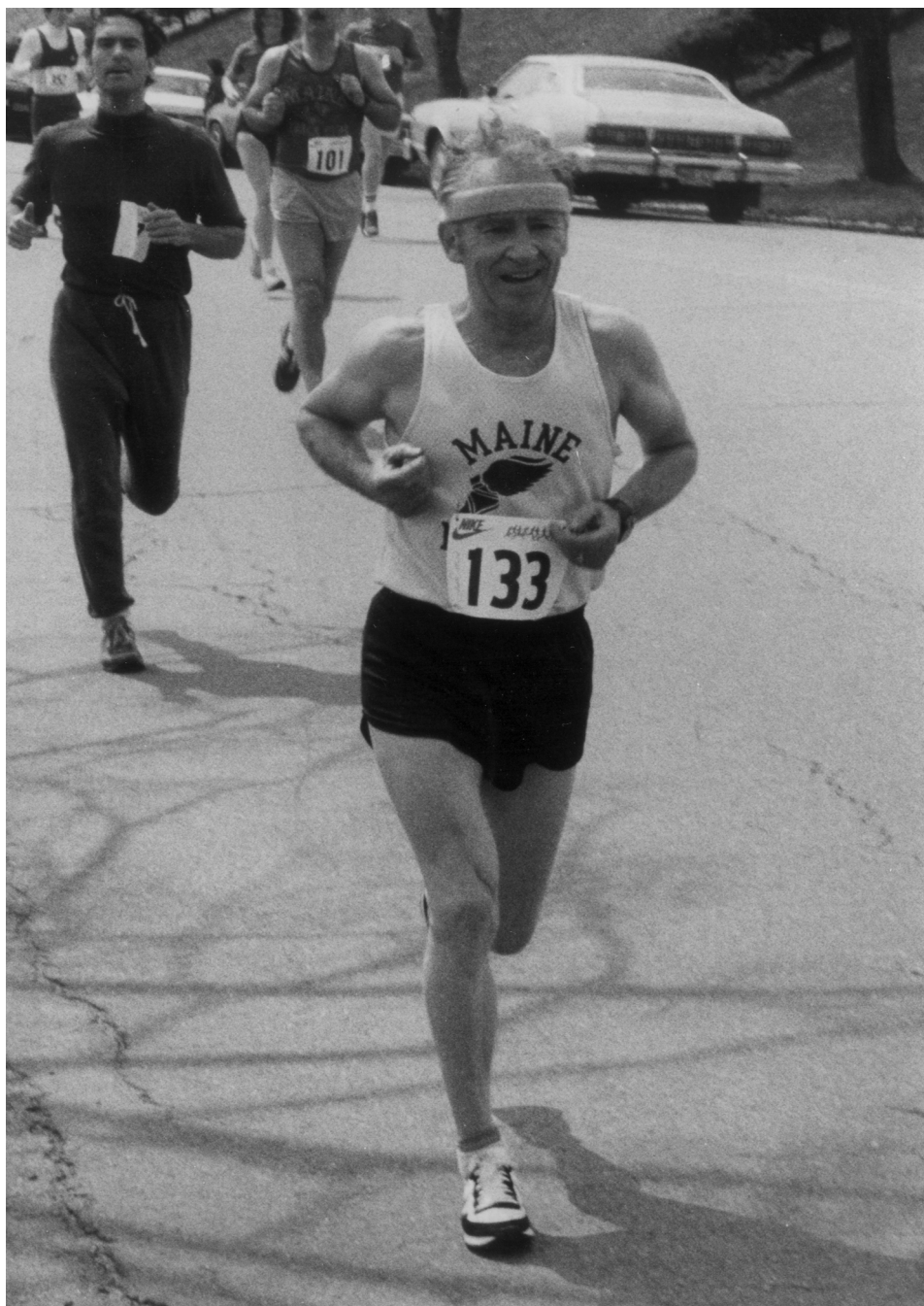
Goodie, born March 27, 1923, grew up in Bangor and Bucksport and started running during WWII as part of the U.S. Army's training regimen. "I continued running and racing after my discharge from the army in December, 1945 to stay in shape," said Goodie in 1994. Over the years Goodie competed in about 200 road races and was very involved with the Maine Masters, founded in 1969. He was its first director and helped carry out the club's annual five-race program. They included: the Riverside 5K and 10K races in Portland (later renamed the Roland Dyer Memorial Races); the Father's Day 4-Miler in Portland; the Elks Club Midi-Marathon in Portland; the Falmouth 6-Miler; and the Cape Elizabeth Turkey Trot.

The Maine Masters annual races, directed by Goodie, Dennis Morrill, and Elden Collins, became especially important during the years following Roland Dyer's death in 1971. They formed a stable core of races around which others could be added, and many were, thanks to the efforts of Brian Gillespie, Dave Galli, and others.

It was at the Turkey Trot that the Maine Masters first began awarding "Maine Runner of the Year," and "Outstanding Contribution to Distance Running" during the early 1970's. These awards became increasingly important over the years and today are considered the two top annual awards in the state, now presented by the Maine Track Club.

Goodie's greatest satisfaction in his involvement in racing and organizing races was the evolution of womens running in Maine. The Maine Masters was instrumental in encouraging women to compete in road races, and two of Maine's first women road runners, Diane Fournier and Robin Emery, both recognize Goodie as one of their greatest early influences.

In 1984, Goodie completed a book, "The Maine Quality of Running," which was the first book ever written about Maine distance runners. It portrayed the runners of the present day as well as some from the past. For his years of contribution to the sport, Goodie was honored in 1970 and 1972 with the "outstanding con-



*Dick Goodie runs along Baxter Boulevard in the
Portland Boys Club Race in the late 1970's.*

tributor" award. Goodie's induction into the Maine Running Hall of Fame was the culmination of a distinguished service to the Maine running community.

As a competitive runner Goodie was one of the best senior runners of his era at a time when age-group runners got little recognition. At age 50 he ran a five miler at Rumford in 31:25. At age 52 he ran a four miler in Waterville in 24:09, and he ran the Portland Boys Club Five Miler in 31:49. Another notable performance was a 10 miler at Bucksport, which he ran in 66:44 when he was 53.

One of Goodie's greatest passions was to get Ralph Thomas inducted into the Maine Sports Hall of Fame. Many of his running acquaintances were in complete agreement to the idea. It was a frustrating experience, however. Most members of the board had never heard of Thomas, a most disturbing fact and difficult for Goodie and other runners to comprehend. Consequently, Goodie became the brainchild of a movement to create a Maine Running Hall of Fame. The idea was finally put into action in the late 1980's by Bob Payne. In time, Goodie himself would be one of those inducted in 1992.

Taking the Bull by the Horns

Brian Gillespie

Born Aug. 1, 1947, Brian Gillespie of Portland is one of the cornerstones of organized modern day road racing in Maine. He came onto the Maine running scene in the late 1960's, and first made his mark as one of Maine's greatest contributors to the sport of distance running in 1971 after road racing pioneer Roland Dyer was killed in May that year. Gillespie could have sat back and let others do the labor of putting on road races and then run in them like the rest of us, but he chose to take the bull by the horns and keep the program alive and develop it even further.

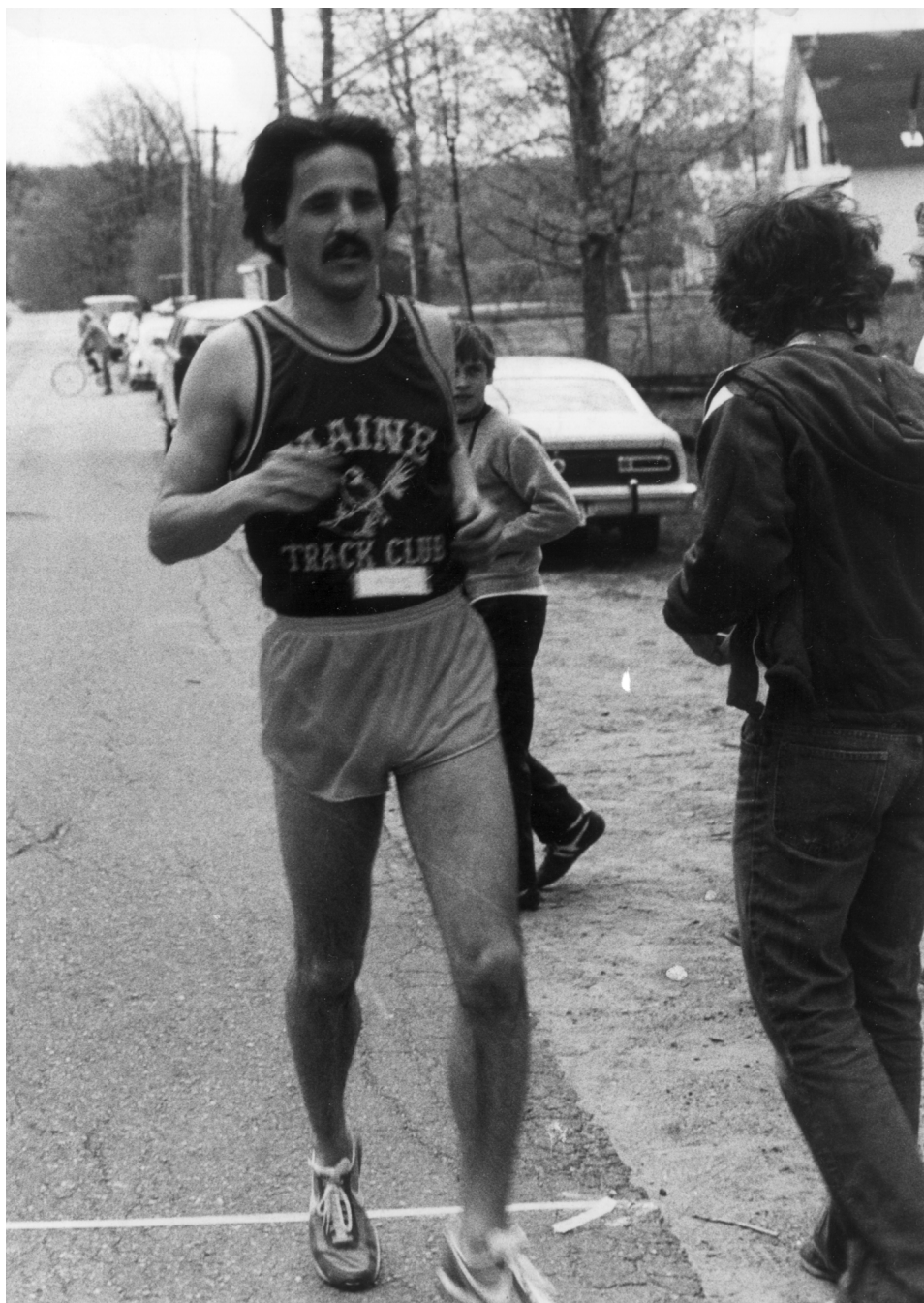
At a time when he was in the prime of his running days, he chose to put his energy into keeping road racing alive in Maine, organizing and directing races on a weekly basis, often out of the trunk of his car, using his own money. Thus, he earned the admiration of other runners who would not have been able to race in Maine if it had not been for his tireless dedication to a sport he loved.

In the years that have passed since this time, distance running has been his life. Since 1971 through the present, Gillespie has organized and directed over 200 road races. In 1993 alone, he directed five races. Yet this is only the tip of the iceberg.

Gillespie graduated from Cape Elizabeth High in 1965. In high school he ran cross country all four years, setting numerous course records. He graduated from the University of Maine at Portland Gorham in 1974 where he ran varsity cross country and played baseball all four years. He earned his nickname "Ziggy" as a baseball pitcher (he was inducted into the Maine Baseball Hall of Fame in July, 2000). He was named cross country captain three years and was named MVP twice. He finished third in the NAIA New England Championships in his senior year, and he was Maine small college champion in 1974.

While in the Navy's Special Services he was 5th Naval District cross country champion two years in a row. In 1978, Gillespie was ranked as the sixth best runner in Maine by New England Running Magazine, ahead of even Andy Palmer. Even while in college, he continued to organize and direct road races.

During the years that he competed, Gillespie, who was 5 ft. 10 in. and 145, recorded bests of 4:29 for the mile; 15:47 for 5K; 25:21 for five miles, and 1:10:17 for the half marathon. He estimates that he won between 20 and 25 races over his career. His best racing distance was between 5K and four miles. His greatest race came in 1979 at the Maine State AAU Cross Country Championships at Castine when he took second behind Bob Hillgrove and beat third place



*Brian Gillespie crosses the finish in Jim Green's
Goosepecker Ridge Run in Freedom in the late 1970's.*

finisher Ken Flanders in the process. His other top three races include the Elk's Mini Marathon in 1975 where he finished 5th in 1:10:17; and the 24 hour relay in 1973 when he ran on the Maine team which broke a New England record for the event and recorded a distance which ranked 9th in the world.

In 1975, Gillespie organized and directed Southern Maine's first marathon, the Sebago Lake Marathon. He organized and directed the James Bailey Cross Country Race at UMPG as well as the Cape Elizabeth 9 Miler. He is the founder of two running clubs: the Greater Portland Athletic Club in 1976, and the Maine Track Club in 1979.

Gillespie is responsible for upgrading women's road racing in the state and began organizing "for women only" races. He also installed a new race scoring system to improve race organization and posting race results, a system that is still used statewide.

In 1976, he raised hundreds of dollars to enable Ralph Thomas to participate in the Olympic Marathon Trials in Washington state. Thomas never would have been able to afford the trip otherwise.

In 1978, he was honored by the Maine Masters with the annual award "Outstanding Contributor to Maine Distance Running." This was is one of the two most prestigious awards handed out each year (the other, Maine Runner of the Year). Gillespie also received the "outstanding contributor" award two other times, more than any other individual, in 1983 and 1989.

He served as cross country coach at St. Joseph's College from 1981 to 1987. His first three teams were NAIA New England Champions. In 1987, his nationally ranked team was NCAA Div. III New England Champions, as well as Maine college champions. The NCAA New England title was Gillespie's greatest moment as a coach. One year his team finished runner up in the National Catholic College Championships at Notre Dame. His teams compiled an overall regular season record of 145 and 11. This is a remarkable feat when you consider that Saint Joe's had only 145 male students and offered no athletic financial aid. It is understandable why he was named New England Coach of the Year in 1981, 1983, and 1987. He was also named NAIA Mayflower Conference Coach of the Year in 1994 as a result of his outstanding development of the women's cross country program at Westbrook College. In only his second year with that program his women were runner-up in the conference.

As a college coach, Gillespie's philosophy has been to develop a person as a whole, and always incorporate the "fun" aspect into running and competing. When his boys from St. Joseph competed at Notre Dame one year, "we were there two days before all the big shots were there," said Gillespie. "I wanted the kids to go and have a good time and get used to everything, then race, and stay a day after so

they could really go out and have a good time. It was a five day trip.” Most of the teams were there the day before and left the day after.

“He creates a good atmosphere for us,” said one of Gillespie’s top runners at Saint Joe’s, George Brocus, who was Maine high school state runner up in class A cross country in 1983. “It’s not all seriousness either. He makes it fun for us so we can take the running serious when it’s time to be serious and have fun at other times.”

St. Joe’s athletic director, Rick Simonds, said in 1983, “I think the college community was incredibly impressed (with Gillespie and his team). He’s an exceptional promoter of his program which lends itself to visibility. Here, cross country is a major sport.”

Walt Slovenski, who had coached at Bates since 1954, made the following reflection of Gillespie. “One year they got on our schedule and we went down and our JV’s ran against them, and they had a good turnout and they had a lot of kids on campus watching the meet. So I sort of figured that they had good potential for a good program if they could get it all together in the coaching and whatnot. And very quickly in the 80’s you could see a nice improvement in them. . . I think he knows where he came from and I think he had an understanding of the school of hard knocks relative to the fact that if you want to run, you have to prove your interest. His road racing experience will help him with his kids and help recruiting.”

After founding the Maine Track Club, the largest running club in Maine today, Gillespie served three years as its president. Over the years he has contributed to the club’s development enormously. In a MTC newsletter in 1985, president Bob Jolicoeur wrote, “with a guy like Brian on the team, how can we miss.”

In 1990, Gillespie organized and developed the “Run to Win Ladies Team,” a group of 15 novice runners who have become highly successful under his coaching supervision. He was also the personal coach of two-time Maine Runner of the Year, Bob Winn, and he coached one of Maine’s top women, Christine Snow-Reaser, for several years.

Gillespie’s theories on training were greatly influenced by another well known figure in Maine distance running, Jerry Crommet. “He motivated me to continue running after high school,” said Gillespie. “He taught me how to train, how to prepare for races. My ideas and views of today are based on what he taught me.”

In 1993, Gillespie was honored with the prestigious RRCA National Merit Award in recognition of Outstanding Achievement in the Maine Running Community.

When Rick Krause, founder and publisher of the original Maine Runner Magazine, published his last issue in late 1979, he hand delivered his last copy to Gillespie and signed it, “to one of the greatest contributors in Maine running

history.” Krause wrote in his magazine, “If it were not for the late Roland Dyer and Brian Gillespie, road racing might have been 10 years behind the times.”

Bob Booker of E. Holden, who published *Maine Running* following the demise of *Maine Runner*, also had enormous admiration for Gillespie. He dedicated his last issue to the Portlander, “who has done more for long distance running in the past two years than anyone had ever done before,” Booker wrote. “Not to shoot any sacred cows but, lets face it, who else has ever put on forty races in a season for so many runners? By establishing the Maine Track Club, Brian has brought keen team competition to road racing throughout the state.”

As busy as he was during the years he competed and organized races, Gillespie still found time for his first love, baseball. For 15 years he played semi pro baseball in the Portland Twilight League. He pitched and played center field with and against top college players and ex pros. “It was tough, both on my body and time available,” Gillespie notes. Gillespie was inducted into the Maine Baseball Hall of Fame in the late 1990’s.

Former editor/publisher of *Mainely Running*, John LeRoy, said that what makes Gillespie “truly great are the many everyday deeds we don’t hear much about. I am sure that the women on his Run to Win Team could tell you of countless things that he has done to help them and the running community. But I will never forget one that involved me personally. I had just started publishing *Mainely Running* and had published a couple of issues. The magazine was well received by the running community but with all the work involved in getting out the magazine, I wasn’t able to spend much time selling advertisements, and the scarcity of ads in the magazine showed. Brian, seeing the benefit of the magazine to the running community and seeing a need to be met, went out and convinced his many contacts in the Portland area they should be advertising in *Mainely Running*. He got commitments for ten new ads, just the shot in the arm that *Mainely Running* needed.”

Incidentally, in the fall of 1979, Gillespie put on a special race in Cape Elizabeth (he called it the Maine Runner 6 Miler), to help Rick Krause promote his publication. But few people have had any greater appreciation for Gillespie’s contribution to Maine running than Dennis Morrill of Portland. “Ziggy’s extraordinary race promotions come to mind,” says Morrill. “From the first marathon in Southern Maine (the “dark” Sebago Marathon) with the innumerable expensive prizes including many state of the art German stop watches with the then unheard-of dial for hundredths of a second, to the colorful costumes and sonorous whistles and horns of his famous Halloween races, Ziggy has added zest and innovation to the Maine running scene. One can inspire, and Ziggy has. One can coach, and Ziggy has (and well). But, where would inspiration and coaching be without a race promoter extraordinaire? Thanks, Ziggy, for your many promotions over nearly thirty years.”

At the time of his induction into the Maine Running Hall of Fame in 1996, Gillespie was the mens and womens cross country coach at the University of New England, and assistant director of admissions at the Westbrook College campus.

Just Ask Mother

Steve Ross

Steve Ross, born in 1941, was a pioneer in organized track programs in central and southern Maine and his efforts resulted in a number of “firsts” in track including the development of youth summer track programs, junior and senior high indoor and outdoor track programs, as well as the first Junior Olympics track competition held in the state. He also organized the first open womens track meet in the state as well as the first masters track meet ever held in the Pine Tree State.

He also organized the first ever decathlon competition held in the state, and he is also believed to be the first Mainer ever to compete in race walking competition.

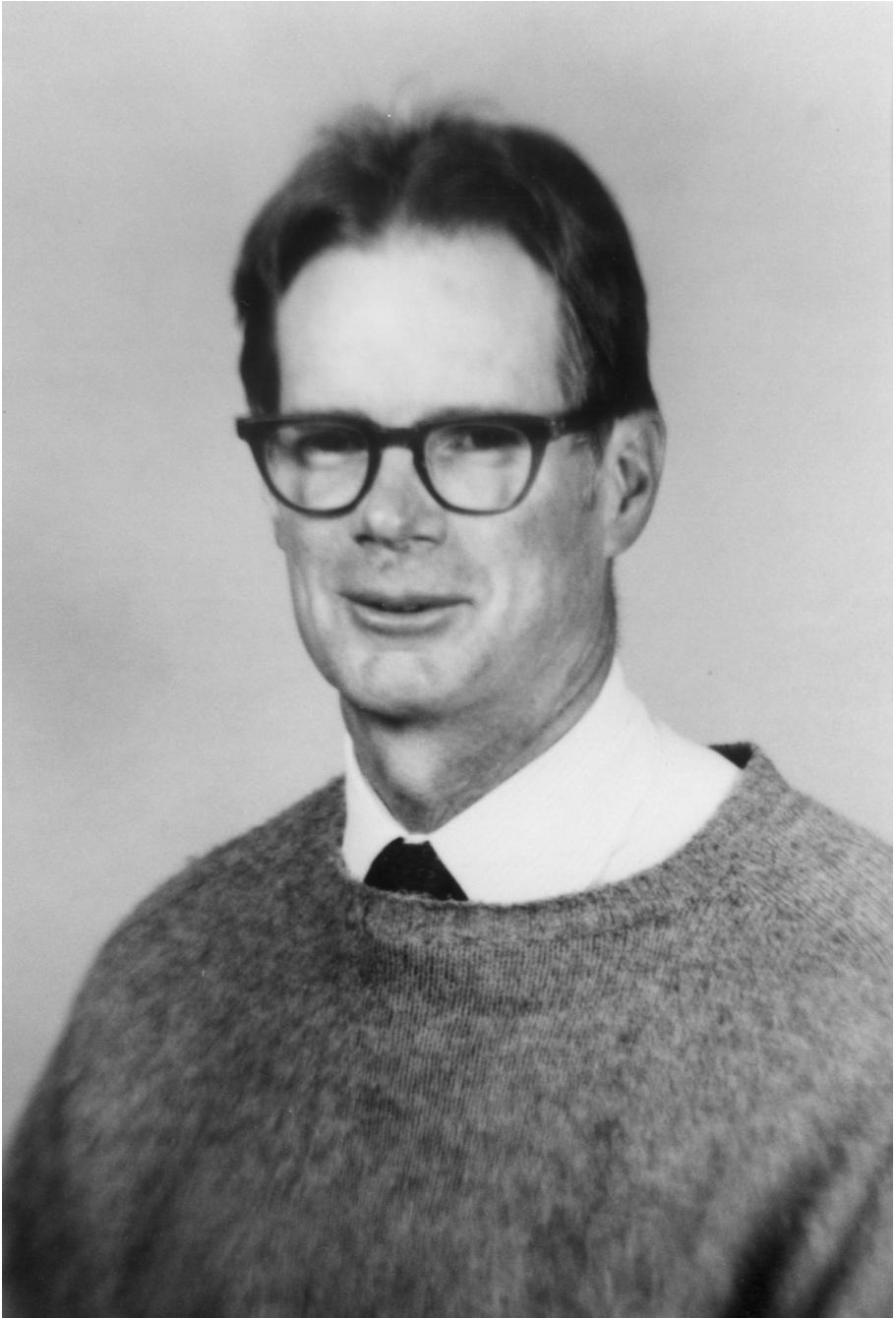
A high school teacher and coach, wherever Ross’s career took him he started many high school and junior high track programs, particularly indoor track. An excellent hurdler and decathlon athlete himself, Ross was also involved in the AAU, serving as Maine’s president and registration chairman during the 1960’s.

As a high school coach, Ross’s boys and girls teams at Scarborough won 11 state titles and four Triple C championships in the 1980’s. Before coming to Scarborough he had coached and taught at Mexico, Winslow, Lewiston, and Cheverus.

Track, Bowdoin, and the hurdles seem to have been set in Ross’s mind since early childhood. His father had been a national collegiate champion hurdler while at Bowdoin. His first memories of track were at a young age. He remembers his father taking him each year to the Southwestern Maine Track Conference Championships at the Portland Expo. His father had run in the inaugural meet in 1923 while a freshman at Deering.

“Track and Bowdoin were connected in my mind by the time I was six years old,” Ross wrote in a biography of his lifetime of involvement in track. “By the time I had reached my seventh year, I had made up my mind to run track and attend Bowdoin.”

Ross, who grew up in Gray, attended Pennell Institute. At that time the school offered only basketball and baseball, so Ross’s mother, who was also interested in track and was on the school board, convinced the administration to have an interclass meet. Ross remembers digging a jumping pit behind the industrial arts building for the meet. He ended up taking third in the high jump, broad jump, and 880, and second in the mile.



You can count the truly great pioneers of Maine track and road racing on one hand, and Steve Ross is one of them.

He also made it known to his mother that the school had no fall sports. "Other schools were running cross country, which I understood was the track sport of the fall." Again, through the school committee his mother saw to it that a cross country program was started. It turned out that there was community interest in cross country because back in the 1920's and 30's, Pennell had been one of the powerhouses in the state. But Ross met disappointment when he took the required physical and was told that he had a heart murmur and that he couldn't run. He spent that fall in his freshman year serving as the team's manager.

The industrial arts teacher, Jim Tobin, had been drafted to coach the team, and in the end he stuck with the sport for more than 20 years. "His teams never won a state championship, although one year a Pennell team was one of three to represent Maine in the New England Championships and over the years the school had two individual New England champions," said Ross.

"When I was a junior, we had a good team. Gorham had won two Cumberland County Conference cross country championships in a row under Dean Evans, but we beat them in the regular season. In the last regular season meet on our home course our number two runner inexplicably got sick during the race and I took advantage to finish second on the team and third in the race, my highest finish ever." In his senior year, Pennell finished second to Gorham in the Triple C Championship and also finished fourth in the state Class S meet. Ross placed 60th in the field of 120 runners.

Pennell was too small to have an indoor track team so Ross played basketball. He played J.V. ball during his sophomore year and part of his junior year until he was moved up to the varsity where he played center. "I played every minute of every game as varsity center through the rest of my high school basketball career, except for six games missed as a senior from injuries in the annual Christmas vacation game with the alumni."

Ross managed to run one indoor track meet while in high school. In his senior year he heard that there was to be a state AAU meet at the University of Maine in March, so he began practicing at Bates. Competing against college and military athletes, he took fourth in the broad jump (19 ft. 9 in.); fifth in the high jump (5-6 3/4), both PR's. This proved to him that he was ready to compete successfully in track at Bowdoin.

Pennell had an outdoor track team but they had no track at the school. After Ross improved the pit he'd started for that first interscholastic meet, he added shot put and discus circles. Finally, in the spring of 1958 he organized a group of athletes and packed the selectmen's office presenting a petition to build a track. The selectmen agreed to provide the use of town equipment for the job if the group could find the labor. Pennell ended up with a 1/5 mile dirt track soon enough for

them to have two home meets that spring. In the Triple C meet Pennell placed 4th out of five teams and Ross won the high jump, doing 5 ft. 4 in.

At the end of his sophomore year he broad jumped 18-9 and high jumped 5-2, both PR's, which Ross wrote down and has carried with him in his wallet ever since. As a junior he was unable to compete in the outdoor state meet because Pennell's entries had been received too late. In his senior year Pennell finished third in the Triple C meet and Ross broad jumped 20-3 for second place. He won the high jump in 5-4 to defend his championship. Less than two weeks before the state meet he decided to try the high hurdles, thinking of his father. He was only able to get in a few practice sessions at a track in South Portland.

On the day of the meet he stepped into starting blocks for the first time in his life and won the trial in 17.68 seconds. In the finals he finished second in 17.4, and he later went on to tie for second in the high jump and won the broad jump with a jump of 19 ft. 10 inches. Ross scored all of Pennell's points that day as the team took sixth out of 11 schools. Ross competed in the New England meet and took 10th in the broad jump with a leap of 20-8, a PR.

Ross entered Bowdoin in the fall of 1959 and ran freshmen cross country, but staying up many nights to 3:30 in the morning studying left him with little energy to train. When he found out that the varsity runners competed at twice the distance as the freshman, he decided that he'd concentrate on the hurdles. "I learned to hurdle, although not, as I found some years later, using the latest technique, and my jumping continued to improve. Track was my outlet from the books."

Ross made it to the finals in the high hurdles at the New England in his sophomore and seniors years. In his senior year when he was co-captain of the track team, Bowdoin nearly beat UMO in the state meet where Ross scored in four events.

Ross's first experience with road racing came during his junior year at Bowdoin when he and two other members on the track team decided to do something while waiting for spring track to begin. They made plans to run in the Portland Boys Club race. He competed in the annual Patriots Day event several times during the following years.

Ross attended a meeting in May, 1959, at which the Maine Athletic Club was formed, and he began competing as a member of the club in track meets. The following year the Junior National AAU Championship was held in Bangor and Ross entered, taking third in the broad jump and two-mile walk, while his team placed 4th behind the New York AC, the Electric Boat AC and Harvard Spiked Shoe Club.

His first experience organizing a track meet was in 1957 when Gray had what was to become its annual Old Home Day. "There were games and concessions, but no athletic competitions. I suggested that a road race and field events be added to the program," said Ross. "I quickly learned many of the problems and myriad details associated with being a track promoter, but ultimately the events went very well." When he realized the success of the Gray Old Home Day program he went on to organize a number of summer evening track meets.

Just before he entered Bowdoin Ross became fascinated with the hop-step-jump which later became known as the triple jump. The event was added to Maine high schools for the first time in 1963, but it wasn't until his senior year at Bowdoin that he finally had his first try at the triple jump in competition. He went 43-3 1/2, a distance which held up as the Bowdoin record for six years. In 1960 he won the event in the Maine AAU Meet with a leap of 41-9. He went on to win the event at the AAU meet for 11 straight years, lost in 1975, then won it for the final time in 1976. His all-time PR for the triple was set in 1964 on a grass surface at the Gray Old Home Day meet. Ross leaped 46-4 1/2 which was the best any Mainer had ever done. His masters thesis? "The Triple Jump", of course.

As far as Ross knows, he is the first Mainer ever to compete in race walking competition, finishing third in the Junior National AAU meet in 23 minutes. "I found great satisfaction with race walking, especially over distances from five to fifteen miles, because although my cardiovascular system was not efficient enough to enable me to run distance very well, in the race walk, determination and labored breathing allowed me to be competitive . . . I found race walking much more satisfying than road racing, and in the spring and fall for many years I did a few races."

Ross became involved in the AAU in 1961. "I learned quite quickly that there was much politics in the AAU. Bowdoin had always been an AAU stronghold, whereas UMO and Bates were strongly pro NCAA, although coaches at both schools were supportive of Maine AAU events." In the fall of 1961 Ross went as a delegate to the National AAU Convention along with Frank Sabastianski and Jack Magee. Ross was the youngest delegate there and remained so for several years. "My one lobbying cause, which after ten years or so prevailed, was that accepting a small stipend for high school coaching should not disqualify one from competing in local competitions."

During his first five years of involvement with the AAU, Ross served as Maine's registration chairman. He also served one year as president and it was during that year that he appointed Maine's pioneer of organized road racing, Roland Dyer, as chairman of long distance running and road racing. "Roland had great energy and enthusiasm, which he could infect others with."

While still a junior at Bowdoin, Ross was instrumental in forming the first Junior Olympics competition ever in Maine at Falmouth. He continued to direct the Maine Junior Olympics program for the next half dozen years. "By 1968, it had taken a life of its own."

Ross promoted and competed in several all-around events, which were the predecessor of the decathlon. And he was the person who promoted the decathlon in Maine, with the first competition held in Aug., 1966. In addition to promoting and directing this event, Ross also won it with 4,623 points. In addition, he organized and directed the first masters track meet ever held in Maine in Lewiston.

While teaching in Lewiston, his first job after Bowdoin, Ross organized Lewiston's first high school track and cross country programs and worked at making a track for the school. He also developed a junior high track program two years later, inaugurating the Central Maine Junior High School Track Championships in 1967 which continue to this day. Over the years he had the opportunity to coach at the college level, once asked by Colby's athletic director John Winkin if he wanted to coach track at the Waterville school. But Ross had no desire to coach at the college level.

While working at Winslow High as a guidance counselor and assistant principal during the early 70's, Ross started an indoor track program as well as a junior high track program. He also started an indoor track program at Scarborough during the early 80's. From 1986 through 1995, Scarborough's indoor track teams won all but one Southwestern Conference Meet, won five state B championships, and never finished worse than second place at the states.

In April, 1971, Ross organized and directed the first open indoor womens meet ever held in Maine at Colby.

An automobile accident in 1982 seriously injured Ross and ended his competitive days, although years of carefully planned rehabilitation brought him back nearly to full recovery. Ross left coaching after the 1987 season at Scarborough as he headed into his second career, land surveying. But he resumed coaching in 1992 as assistant indoor track coach at Scarborough.

In 1995 a new junior high was planned for construction in Scarborough and it was to have a 110 yard banked balcony indoor track. "I saw the coming indoor track as evidence of the regard which the program has engendered in Scarborough, and look with great anticipation to using it," Ross wrote in late 1995. "In fact, I already have used it. As soon as the cement was poured I sneaked into the building and ran a lap, gimpy ankle and all."

Ross was inducted into the Maine Running Hall of Fame in 1995.

"The Friends I Have Made Through Running – They Are Still There"

Diane Fournier

Diane Fournier of Topsham was the first woman in Maine to run regularly in road races and is known in running circles as Maine's pioneer of women's long distance running. She started her competitive road racing with the 1970 Boston Marathon and she ran her first Maine road race early that summer. Fournier, a teacher and coach at Mt. Ararat, also distinguished herself by becoming one of the most successful high school track and cross country coaches in the state.

Raised in Rumford, born Nov. 22, 1946, Fournier's father had been a speed skater in his younger days. But Diane said that she was not pushed into participating in sports. Just the same, she became an avid skier in both cross country and alpine, competing in college in alpine at Western State College in Gunnison, Colorado. Fournier pursued a career in teaching physical education and was one of the original faculty at Mt. Ararat High School in Topsham.

Prior to her Boston Marathon debut in 1970, Fournier, who was 5-2 and 118 pounds, had been training as a cross country skier, biking, and running five to 10 miles a day. "At the beginning I ran to get into condition for cross country skiing and I'd have to say that Mike Gallagher was my first influence," said Fournier in 1994. Gallagher had been an Olympic skier. She also credits Portlander Dick Goodie for encouraging her to take distance running seriously. And finally, the man who made her feel at home in this all male sport was Roland Dyer, a runner from Winslow who was organizing scores of road races in central and southern Maine in those days.

Fournier's first Maine road race was one which Dyer organized in Winslow in the summer of 1970. Dyer, she said, "made sure that I had a place to change and shower and that I had a trophy that had a female figure."

Dyer and Goodie "made me feel accepted," Fournier said. But there were a few other women running in the summer of 1970. The results in Roland Dyer's road racing newsletter, the Pine Tree Road Runner, indicate that Fournier won a women's mile run in Gardiner on May 10th, beating the only other female competitor, Nancy Gillespie. Fournier was timed in 6:11, and Gillespie in 6:58. In early August in a 1.5 mile race for women in Winthrop, Fournier topped a field of four women with a time of 9:31. Christine Cos was second in 10:54, Patty Rosen was third in 12:05, and Janice Roberts took fourth in 13:00.



Diane Fournier with her 10-year-old running companion, Neigh, in May 1986.

About a year after Fournier started running in road races, another woman, Robin Emery of Lamoine, got hooked on the sport and gave Fournier some much appreciated company and competition. Emery said that Fournier “was cool and calm before races, and I learned from her.” Emery was also a teacher. “I remember running a 16-miler in Brunswick with Diane. We went stride for stride for 11 miles. I would probably have gone out too fast and died, but matching her pace made the race enjoyable.”

Among her career highlights was her first race, the Boston Marathon in 1970, run before women were allowed to enter officially. Also among her greatest moments was in 1982 when she ran her best marathon, 2:58:19 at Casco Bay, and then there was a 50-mile race in Brunswick in 1981 when she clocked 7:23:39. Over the years Fournier belonged to the Liberty Athletic Club, the Ararat Super Striders, and the Central Maine Striders.

As a high school coach at Mt. Ararat, Fournier’s women’s outdoor track teams won class A state championships in 1975 and 1992. Her indoor track team won state titles in 1993 and 1994, and her women’s cross country team of 1992 also won the state championship. Her teams also won many KVAC titles in boys and girls cross country and in girls outdoor track. She has also won at least two Central Maine Indoor League Championships in girls track.

Fournier’s best times were: Mile: 5:29.9 (1981); 2-mile: 11:52.7 (1982); 3-miles: 17:52 (1981); 5K: 18:22; 4 miles: 24:16 (1982); 5-miles: 31:06 (1982); 10K: 38:14 (1982); 10-miles: 66:24 (1983); 15K: 1:09:14 (1981); 13.1 miles: 1:26:22 (1982); 15-miles: 1:40:44 (1982); marathon: 2:58:19 (1982); 50-miles: 7:23:38 (1981).

In 1982, Fournier wrote down some of her reflections in a paper she called, “The Evolution of Women’s Running in Maine.” Following are some excerpts from that paper where she describes the development of women’s running since 1970.

“I only go back as far as 1970 because that is when I became involved with running. I have no knowledge of whether there were women running before 1970, though I feel safe in saying there must have been some. . . I first began running for a specific reason, didn’t we all! I had taken up competitive cross country skiing and to get into condition the coaches said I had to run. I would have to blame Mike Gallagher, an excellent runner himself and now the head of the U.S. Nordic Ski Program, for my first introduction to running on the roads in a competitive situation. Mike and I were attending graduate school at Springfield College and we were training together for skiing. He talked me into running a race in the spring and we happened to select the Boston Marathon for my first race.

“I knew that goes against every principal of running today, but I lacked experience on how to select a starter race! To make it brief, I ran Boston on three weeks

of distance running, 10 miles each and every day to prepare for the race. Also, I ran illegally, Boston didn't open up to women until 1971. I did survive a very cold and rainy day to want to run more road races. After Boston my running took on a new meaning. It became more than a way to train for skiing.

"There were two very special people who did more for starting women's running in Maine than any other one person or group. It is because of these two gentlemen, I feel, that running in Maine is where it has progressed to its present level today. Had it not been for Roland Dyer and Dick Goodie, I am not sure I would have become as involved as I have with running. They were both motivating factors for my involvement in running and the continued interest I have in the activity today.

"During the summer of 1970 I began running seriously. I defined seriously at that time as running every day, use some pretty crazy training methods, and doing some road racing. I had received a letter from Roland Dyer asking me if I would be interested in running in a nine mile race in Winslow. He had heard of me finishing Boston and he was interested in getting women to run in our state. I really had no idea of what I was getting myself into by going to the race.

"That day I met Roland and Dick for the first time and I became hooked on running and a lot of that had to do with their enthusiasm, encouragement and helpful hints. Both Dick and Roland paved the way to make my start in running easy...

"In my 12 years of running I have seen many subtle changes in the women's "running boom" of Maine. The first change came my second year of running where I found another half crazy person who enjoyed running on the roads, running long and running fast (Robin Emery). Unlike myself, she had started running while in college and she seemed to run for the simple fun of running, no other motivating factor. Since our first meeting we have enjoyed many races together as friends and competitors and have both observed the growth of women's running.

"Those first few years of running I never saw another woman running on the roads. (I did, however, know a woman who ran in her basement!). Running in my hometown of Rumford, I received many stares at first, and like many other women who have faced the same problem, it bothered me. It is strange though, it didn't take long to get over the feeling. I do not know if it is because they became accustomed to me running or that I just did not care if they were staring after a while. However, the hardest part for me to adjust to were the comments, which we all heard from passing cars or those who sat in their safe yards, making remarks. They reminded me of the dogs who would bark at you as you ran by their territory, they were always very brave until you turned and faced them.

“Another change, of course, has to be the equipment, particularly shirts, shorts and sweats. I would mention the changes in shoes, however, this particular item of running gear deserves an article of its own. Therefore, I will only say that there have been drastic changes in the type of shoe that is used by most of us today and that all runners have profited by them. I can remember my first Boston run, my shorts were those cotton gym shorts which felt like cardboard and gave me a classic case of diaper rash. (I learned the value of vasoline that day!). And my shirt, the old white T-shirt borrowed from Dad. I didn’t even have a T-shirt which had a running logo! There were no singlets and nylon shorts for women at this time. Any running attire a woman had was made for men.

“There were no sport bras that many companies have out on the market these days. And sweats, who in their right mind these days would warm up for Boston in the “old grays”? . . . Women have done a lot of good things for running and I think one of them has been to add color to the roads!

“Numbers? I remember that first 9 mile road race, there were 23 of us. When we had 50 to 60 runners in a race you could hear, “wow, there are a lot of people in this race”. The first five or six years of road racing were spent running in small groups where everyone knew everyone else. I am reminded of my first race after taking a year or so off from racing when I went to Portland to run one of its more popular races. I took one look at the registration line and decided not to run. There were 350 plus runners that day and I was surprised and glad to see a lot of them were women. I think that was the first time I realized just how many women were running in this state.”

But even when Fournier stopped competing, it was not the end of running for her. At age 47 in 1994, she said, “although I have more or less stopped road racing and track racing I still run six days a week anywhere from 30 minutes to 1.5 hours. I’m still driven to run fast, run my best, but I now do it for myself, not to be in shape for anything except for health itself. I run with my dogs each day for them and their health. They have a lot of fun and they share that element of the sport with me.

“There are so many things I’ve gotten out of running but probably the most is what it has done for me as an individual. I was a very introverted person once. I was an only child and very well protected growing up, and I’ve always done individual type sports. Its certainly given me a lot of recognition among my peers, but the friends I’ve made through running - they are still there.”

Fournier was also one of the first people to serve on the Maine Running Hall of Fame Selection Committee when it was founded in 1988. She was inducted into the Hall in 1991.

"They Dragged Two Girls Out of the Stands"

Robin Emery

Robin Emery won more road races in Maine than any woman in Maine running history. Among her estimated 255 victories were 13 first place finishes in the Portland Boys Club Race and 14 wins in the Bangor Labor Day Road Race. Her last win at Bangor came at age 51.

Born Oct. 4, 1946, Emery grew up in Windher, PA, and Ellsworth, Maine. There were no competitive sports offered for women at Windher High School nor at Allegheny College where Emery got a teaching degree. She played golf on her own.

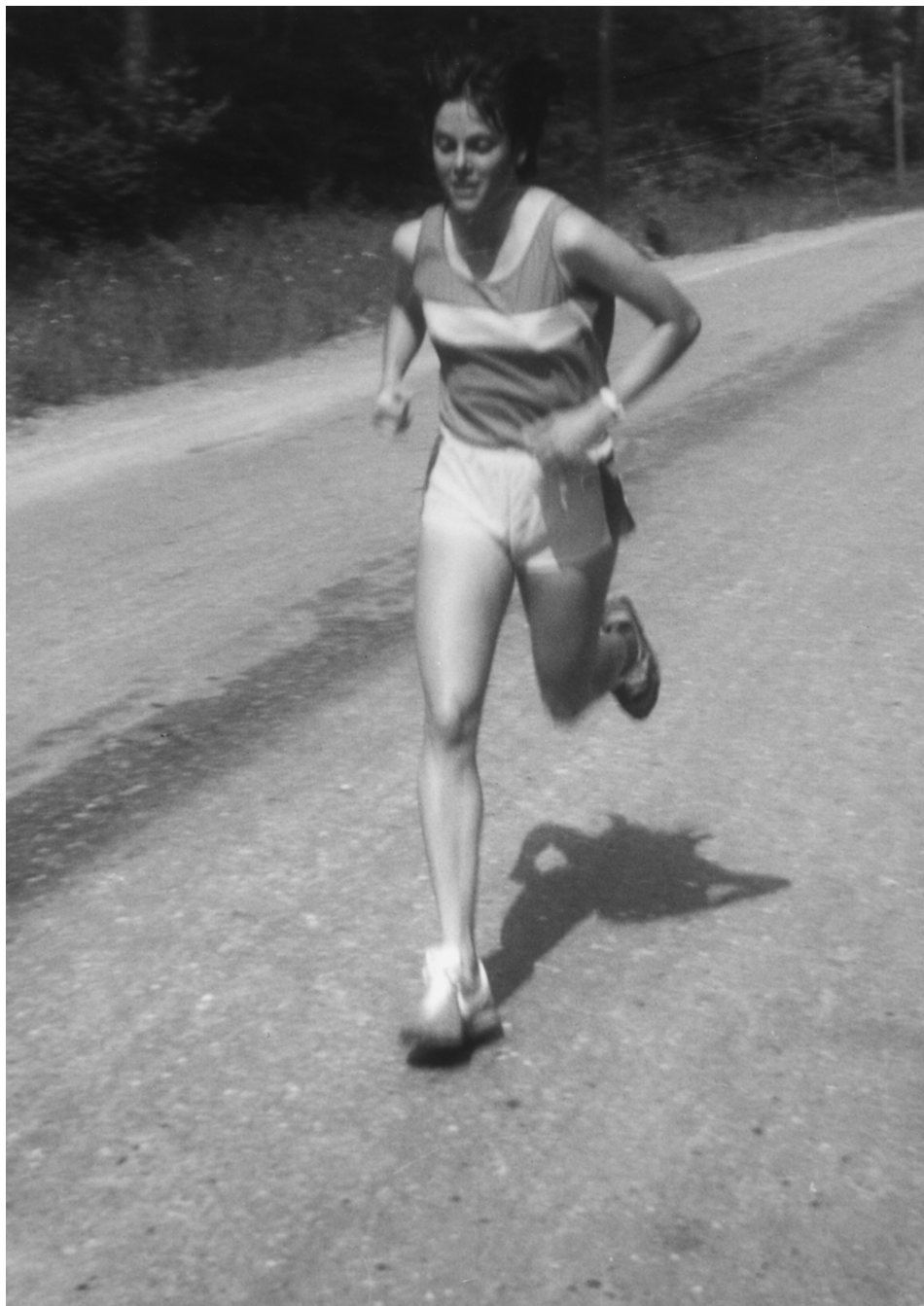
"I got started in running by way of walking," said Emery. "I wanted to be fit, but I thought walking took too long and was boring, so one night in 1966, I ran around a 4-mile loop in Lamoine. The next night I wanted to see if I could do it again and from then on I was hooked. I did a lot of running in graveyards and at night so no one would make fun of me."

Both Emery and Diane Fournier were the forerunners of a new era of womens running, entering the sport at a time when women weren't supposed to sweat, when competition for women (when there was any) was limited to races of a half mile or less.

"When I started, we had no role models and no one to encourage us," said Emery. Her first race was in 1971 at a track meet in Brewer and Emery was the only one entered in the 880 that day. "So they dragged two girls out of the stands to start the race, and then they dropped out," said Emery. The race was run in a steady downpour.

But Emery's father showed interest in her running, as did Portlander Dick Goodie who encouraged her and Diane Fournier to enter road races along with men in the Maine Masters events. Emery eventually got a coach, Jeff Johnson who coached Liberty AC, and Johnson mailed her training advice and encouraged her to run out of state.

During the 1970's and 80's, Emery estimates that she won about 255 races. She won the Portland Boys Club 5-Miler a phenomenal 13 times with a best of 29:06 in 1981. She won the Bangor Labor Day 5-Miler 14 times with a best of 30:01. "The first three years I ran the Labor Day Five Miler they didn't recognize women at all. I was the only one." She remembers the race organizers telling her, "You can run, but don't get in the way."



Robin Emery seems to be on a training run here as she holds a commanding lead in the Hampden 8.5 Miler during the late 1970's.

“They gave me a number but there was a shocked silence when I came through the finish.” By 1983, there were 80 women in the field. Emery was never beaten in all the years she ran in the Labor Day race.

Emery, who was 5-7 and 125, was named Maine Runner of the Year in 1976, 1980 and 1986, but she would likely have won the award numerous other years if the award had been in existence for women.

One of her most memorable races was her first Portland Boys Club race in 1972 when she ran 33:04. Portland Press Herald writer Vern Putney remembers it just as well. Putney, who once worked at the Boys Club before he got a job with the Portland newspaper, recalled that in all the years he covered the Boys Club Race, “only once did Bart Pavarada (race director) deliver bad news. He showed me two race applications. They were Robin Emery and Diane Fournier. The executive director had vetoed their entry. I wouldn’t settle for that! “Go back to the club and tell him that the females are the “wave of the future,” Putney remembers telling Pavarada, “and that I don’t wish a black eye for the Boys Club in the form of discrimination. Bart relayed the message, and I welcomed a lovely Robin at the starting line. Spring surely was in the air! She considered the early morning takeoff from Ellsworth well worth the sacrifice.”

All the years she ran in the Portland Boys Club Race, Emery lost just twice, once to Leslie Walls and another time to Joan Benoit.

Emery ran her first Boston Marathon in 1977, which she finished in 3:30. It was one of her greatest running experiences. But her greatest moment was winning the masters division in the Tufts 10K in 1991, netting her a \$500. cash prize.

She ran 17:45 for 5K at age 43. In 1992, she won her age group in a national championship 8K and also finished 10th in the World Veterans Cross-Country Championships at Franklin Park and was 3rd in her age group.

An elementary school teacher for many years in Ellsworth and later in Norfolk, MA, Emery competed for several clubs including the Liberty AC, the Seacoast Striders, Downeast Striders, and Hog Bay Trotters.

Her best times are: mile - 5:10; two-mile - 11:46; 5K - 17:45; 8K - 28:35; 5-miles - 29:10; 10K - 35:54; 10-miles - 1:03:00; 13.1 - 1:22; marathon - 3:03. Emery typically trained about 60 miles a week on one workout a day, and she competed in about 22 races a year.

“Running continues to mean a lot to me,” said Emery in 1994 at age 47. “I really enjoy masters competition. It is wonderful to see all the women competing today without having to go through all the social problems we did way back in the 60’s.”

Emery, who was inducted into the Maine Running Hall of Fame in 1990, showed Mainers in 1998 that even at age 51 she could still win big races. She came up to Bangor on Labor Day that year, just a month from her 52nd birthday, and took first among the women. The following year race organizers dedicated the race in her honor.

CHAPTER TWELVE

Nor'Eastern's

Winning the Race that Counts

Ken Flanders

After the finish of the Lewiston Rec. Dept. 3-miler in May, 1970, race director Roland Dyer was wild with excitement over the amazing running of a rising star, young Deering High runner Kenny Flanders. Dyer could hardly be contained in his exuberance. In fact, it was Dyer who drove down to Portland to pick up Flanders that day to take him to the race, as Flanders has no transportation. Then after the race Dyer drove him home again. But Dyer, who died a year later, would never see Flanders develop into the magnificent runner he would become.

Flanders went on to Northeastern U. and by 1973 had been crowned New England collegiate champion in both the two mile and 6-mile. And through this decade he would race to seven victories in his favorite race, the Portland Boys Club Five Miler.

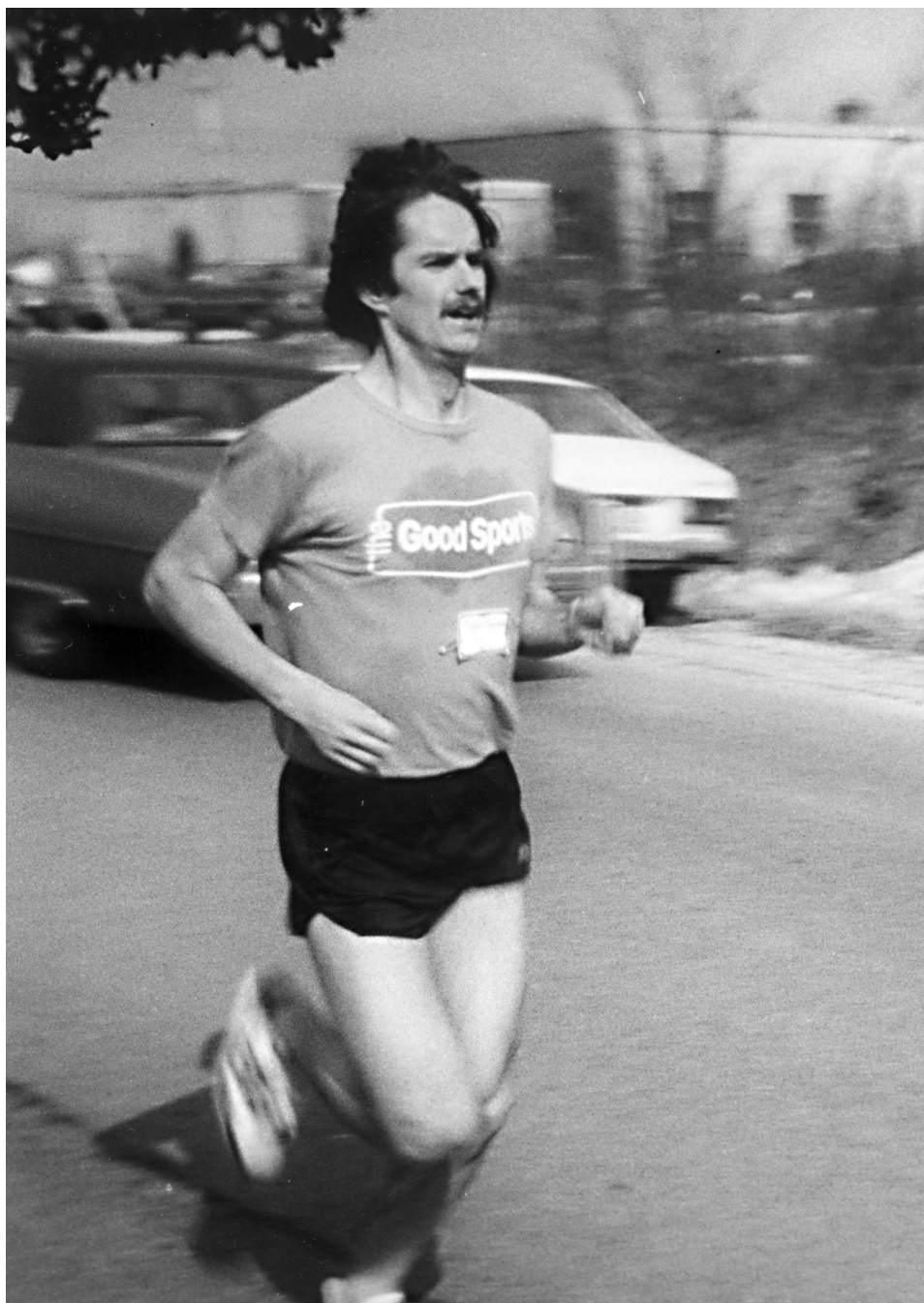
Flanders, 5-11 and 148 lbs., was born in Portland and went to Deering High. As a ninth grader he had played basketball. In the spring of that year the track coach persuaded him to try running. They drove up to Lewiston to run in the 3-in-1-Day Road Race. It was 1967 and it was Flanders first race. He ran in the 2-mile and won in 9:36, a record. While still in high school he won the Westbrook Rotary Patriots Day 2.25 Miler three straight years starting in 1968, setting a course record of 10:13.

Recruited by Coach Everett Baker of Northeastern, Flanders got a running scholarship and majored in physical education from 1971-76. According to Flanders, Everett was the kind of coach who could know how to bring the best potential out of any runner he coached. One of Flanders teammates was Mike Buckley. While Flanders was at Northeastern, Baker would continue to recruit many of Maine's finest running talent including Bruce Bickford, Steve Jaynes, Larry Greer, and Danny Paul.

In 1972, Flanders won the New England 6-Mile in 28:45 then went on to take 6th in the NCAA's, a race won by Steve Prefontaine. In 1973, at the New England Indoor Track and Field Championships, he ran a personal best 2-mile, winning in 8:50 while defeating talented Dan Moynahan of Tufts.

One of three best career races was a 7 miler he ran while attending Northeastern. With Bill Rogers in the field, Flanders led for the first four miles before Rogers came along to win it.

Flanders was never one to hang back and try to win the race at the end. He would challenge the best competition at any point in the race, even if there was 10 miles



Ken Flanders was the first of many outstanding Maine schoolboy runners who were recruited by Northeastern U. during the 1970's and 80's.

to go. His aggressive style of going out hard won him his share of big races. He won his first Portland Boys Club 5-Miler in 1970 and again in 1972. Then he won three straight starting in 1979 for a total of seven victories. His best time was 24:04 in 1981.

His favorite race has always been the Boys Club race. "Whoever wins this race is the state champion for that year," he said in January, 1979 at age 27.

Flanders best career times include the mile, 4:12 in 1972; three miles in 13:55, nine miles in 45:12, and 10 miles in 50:33. He was named Maine Runner of the Year in 1980, which many knowledgeable runners thought was somewhat belated. Yet when the Maine Running Hall of Fame was founded in 1988 and then had its first annual induction the following year, Flanders was among that first group inducted along with Joan Benoit, Bruce Bickford, and Ralph Thomas.

His best racing distance was 10 miles, but his favorite race was six miles. During the late 70's Flanders consistently ran weekly mileage of over 100 miles. One of his favorite workouts was a double which included an 11 miler in the morning followed by a flat-out 10-mile "killer workout" later in the day. "When I walk into the Downeast Court Club after one of these workouts, my legs are wobbling," he told Rick Krause in a 1979 interview.

"I like to run up front and control the race." Like Bob Hillgrove, he wasn't afraid to run hard right from the gun, challenging the competition from the onset until they folded up and rolled off the side of the road. But as the years went by Flanders' training methods changed somewhat. "It wasn't geared to sprinting off the start. My strategy had gone back to being more experienced (rather) than being in better shape than the other runners."

One person who knew and admired Flanders as much as anyone was Brian Gillespie of Portland. Early in Flanders running career, Gillespie would often take him to the races with him. "I have known Ken Flanders for thirty years," said Gillespie. "He should go down in Maine running history as one of Maine's top five distance runners. He had ability at all distances, from an 8:47 two-mile to a sub-30:00 10K on the track. It seemed he never had a "bad" race, the mark of a great performer."

Thank You, Ken

Larry Greer

In the summer of 1972, a young runner named Larry Greer emerged onto the road racing scene out of nowhere and started winning road races. Never before or since has such a young runner done what he did that year. He simply came out and beat the veterans. Until now, the best road racers in the state, Ken Flanders and Ralph Thomas among them, were hardened physically and mentally by years of training and racing. To have a kid appear out of high school and whip them not once, but many times, had runners throughout Maine buzzing.

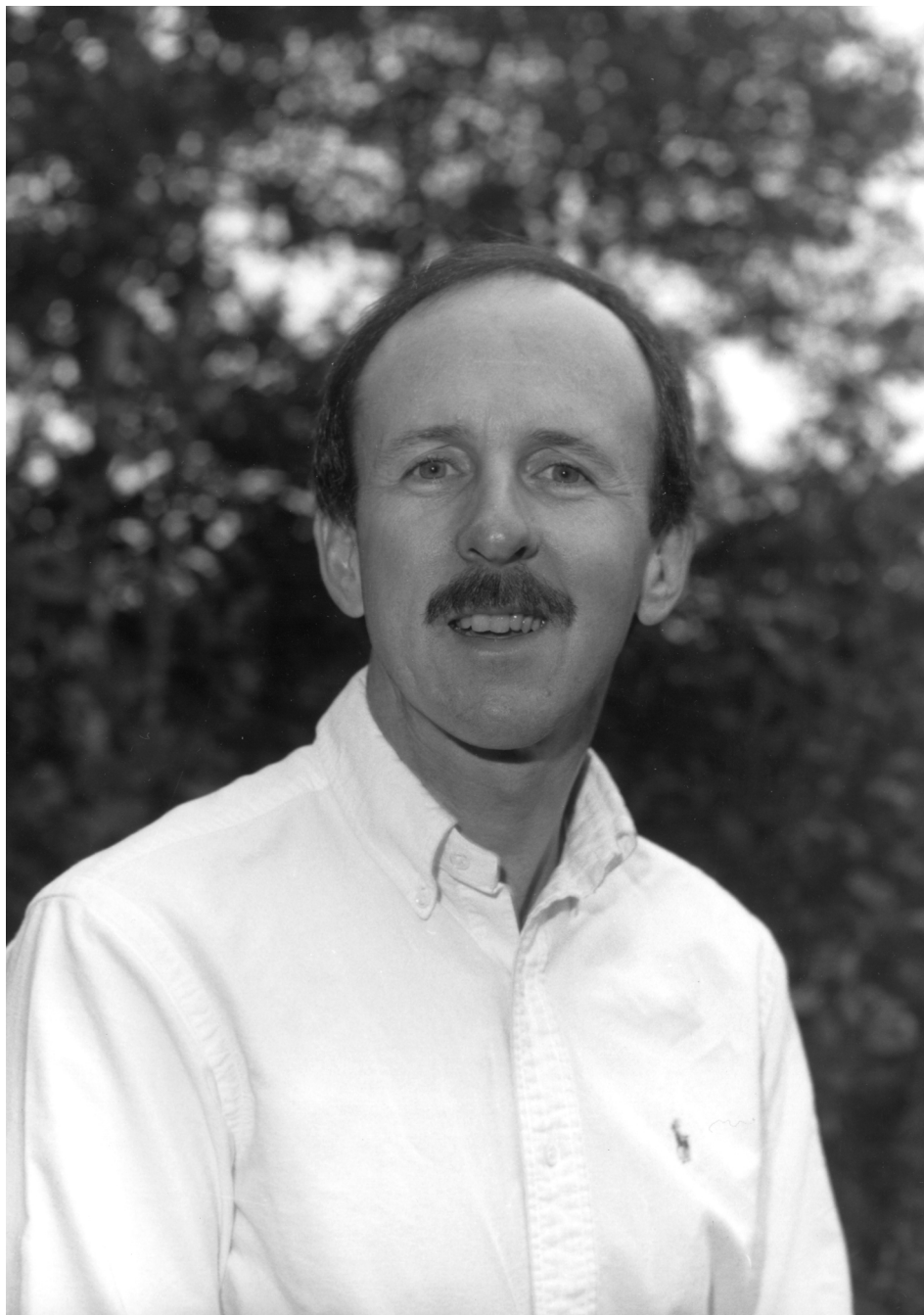
That year, Greer, just 17, unleashed an 18-race winning streak that started on July 1 and ended on Sept. 10. He sometimes won two races in a single day as on July 8th, July 29, and Aug. 19. Some races were won on consecutive days: double wins in a 1-miler and 2-miler on July 8 followed by a 10-mile victory on July 9; and a 4-mile win on Sept. 9th followed by a 2.5 mile win on the 10th. In one stretch from Aug. 17-20 he won four races over four days, including two in one day.

Born Sept. 12, 1954, Greer started running in the spring of 1969 in his freshman year at Cape Elizabeth. "My friend Scott MacDonald wanted me to accompany him in joining the Cape Elizabeth outdoor track and field team," said Greer. "In my sophomore year another friend Dan Barker introduced me to longer runs and cross country by challenging me to a race from my house to the Cape Elizabeth town dump and back (four miles)."

There was little doubt that Greer had talent and motivation. By 1971 he had won in record fashion the Triple C championship, then the regional championship, and finally the state class B championship where he set a course record. Also in his senior year he won the state indoor 2-mile in a record time of 9:47.1, and in the Triple C outdoor track championships won both the 880 and mile. At the western regionals he set another state record in the two-mile in 9:39.9 and went on to win the state championship in the two-mile in still another record time of 9:27.6.

His high school honored him with a number of awards including "most valuable performer in cross country" in 1970 and 1971, and "outstanding athlete of the year" in 1972. He earned the Sprague Corporation College Scholarship and received an athletic scholarship to attend Northeastern University.

And what drew Greer to Northeastern? Ken Flanders. "From the first time we met, Ken was a world of encouragement supplying me with workouts and rides to and from road races," said Greer. "Even his records that stood at every track or road race provided me with incentive. It was easy to decide which college to



Larry Greer put on one of the greatest performances in Maine running history in 1973 when the young 18 year old ran 30 miles averaging 4:46 per mile during a 10-man 24-hour relay in Portland.

attend - just follow Ken to Northeastern University. My running world seemed to revolve around reaching Ken's level and passing it when possible. Running performances were judged on how I did against Ken's standards."

So Greer went on to Northeastern. But there he met some bad luck. "Through 1972 my running improvement was steady. Then came the first setback caused by severe shin splints. But I persisted and was shortly able to turn it around, at least until December, 1974. The second setback was when a plantar fascia injury came into play. Still, there was no giving up. Six years passed in search of an answer to cure this injury. From December, 1974, to the fall of 1980, the plantar fascia problem would keep me in check with a three month training/racing schedule followed by a three month rest. Finally, the orthotic was on the horizon and this proved a perfect solution for my problem."

All this downtime due to injuries held Greer's performances minimal compared to what it might have been had he been healthy. Yet he did managed to chalk up a few championships. He won the Greater Boston 6-Mile Championship outdoors and the New England J.V. 2-Mile in indoor track.

But with the help of orthotics, the stage was set for a comeback. In the fall of 1982, Greer won six out of seven races he entered.

Over the years, Greer has won at least 150 races, 122 of those through 1975, counting high school and collegiate victories. His greatest memory in running was his participation in a 24-hour 10-man relay at Fitzpatrick Stadium, Portland in 1973. He ran 30 miles averaging 4:46 per mile to place him third in the world that year in the event. Greer considers this to be his best lifetime performance. "It was the most grueling event I have ever attempted but gave me the most gratifying result," he said. The nine others on the team included Steve Jaynes, Brian Gillespie, Ralph Thomas, Jerry Crommet, Jeff Sanborn, John Emerson, Dave MacDonald, Mark Beede, and Danny Paul. Running more than 278 miles, the team set a New England record and ran the 9th best distance in the world.

Through the years, Greer has belonged to the Greater Portland Athletic Club, the Maine Track Club, the Maine Rowdies, Olympia, and the Soho Racing Team. He ran 17 of the years from 1969 through 1990. His most recent win was in June, 1990, when he won the Dartmouth College 10K.

A 6-footer who competed at 160 pounds, Greer recorded the following PR's: Mile, 4:20 (cinder track); 2-mile, 9:17.2; 3-Mile, 13:47; 3.1 miles, 14:22.5; 4-miles, 18:00.0; 5-miles, 23:47; 6-miles, 29:28.3; 6.2 miles, 30:17; 9-miles, 46:22.6; 10-miles, 52:32. Greer notes that some of these times were recorded on courses that were probably not measured accurately. "Races in my day weren't measured as accurately as today. We got in a car and drove to measure the distance, or we guessed."

After graduating from Northeastern in 1977, Greer returned to Maine where he started his own general contracting business. Shortly thereafter, he secured a cross country coaching position at SMVTI where he coached for two years. During the spring of 1979, he began coaching outdoor track at Cape Elizabeth where he has remained as coach for 17 years. Some of the highlights of Greer's coaching career include the formation of Cape's first official indoor girls' and boys' track teams. The boys 1984 indoor team, in just their first year of existence, won the Class B state championship, and the outdoor track team that year went on to capture the title as well.

After working with town, school, community, and rallying students in various fund-raising activities for eight years, he realized his dream of a community track in 1986.

Greer's love of sports has extended to the community. He organized Cape's original summer recreation track program, the Cape High School Alumni Cross Country Race, initiated a basketball program for wheelchair athletes at Crotched Mountain Rehabilitation Center, and donated over 200 of his own trophies to the Maine Track Club to be recycled and used as awards in future road races.

He was inducted into the Maine Running Hall of Fame in 1995.

Better Than Basketball

Bruce Bickford

During the 1970's and '80's, the mention of the name Bickford in running circles resulted in raised eyebrows and shaking of heads. No one, even the toughest of the hard core runners of the day could imagine being "that" good.

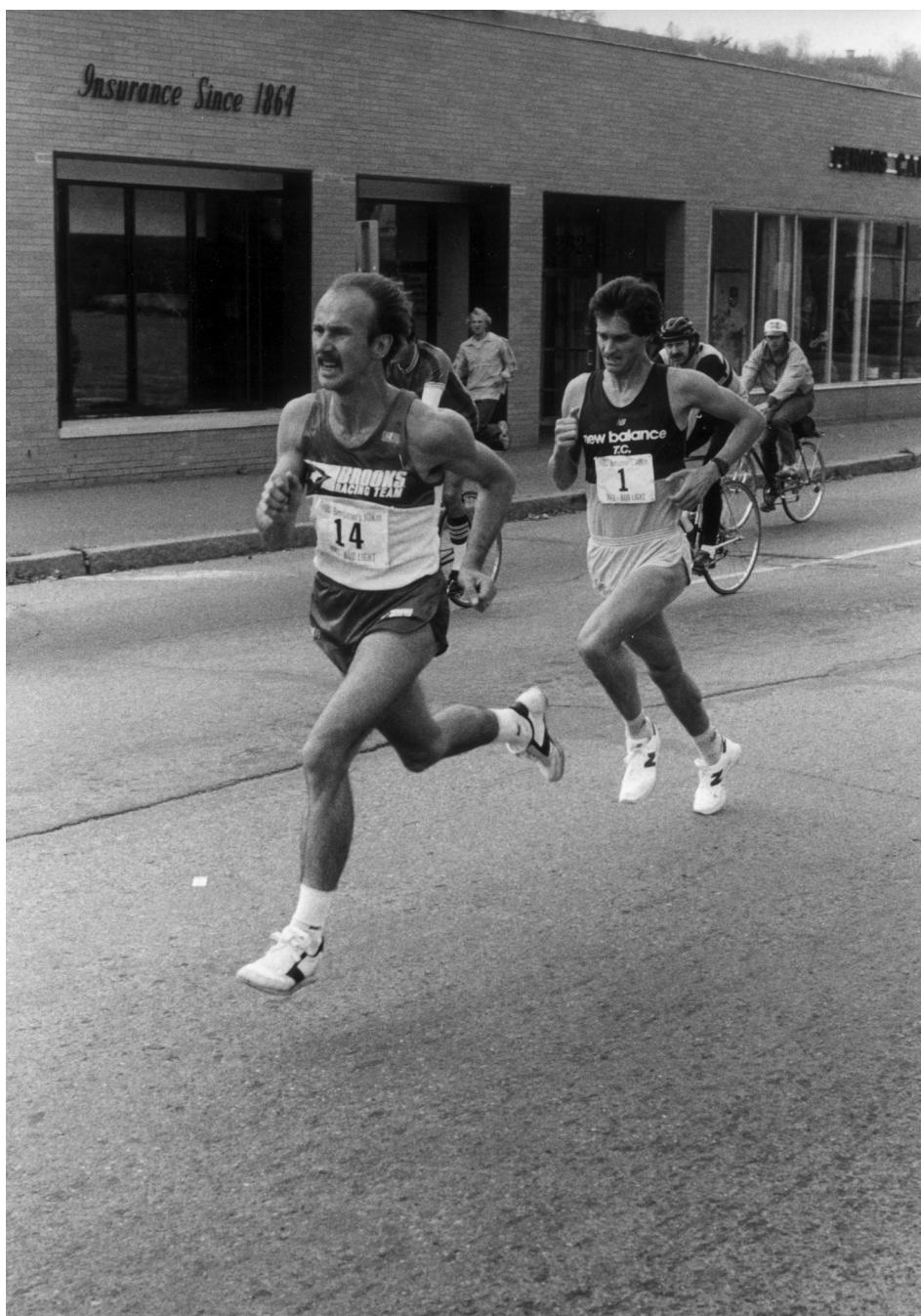
Born Mar. 12, 1957, Bickford grew up on a farm in East Benton, the oldest of three boys. All eventually became runners. Bruce's father, Stanley, asked his boys that they limit their extra curricular time at school to two sports. There were plenty of chores that needed doing on the farm and there was not time for more play than that.

In his freshman and sophomore years, Bruce played basketball at Lawrence High in Fairfield. It was during his sophomore year that a good friend, Danny Bickford, went out for cross country. As there was somewhat of a rivalry between the two, Danny challenged Bruce to a race. So one day, well after the start of the cross country season, Bruce came up to the coach and asked if he could run. Since the season was already underway, the coach was hesitant, but finally agreed. There was a race that very day.

The only uniform the coach could find for him was one much too large, but it would have to do. In that tri-meet with Belfast and Cony, the two toughest teams in the league, Bickford finished first for Lawrence and 8th overall. That year he finished 2nd in the state meet and took 8th in the New Englands. Bickford had found his niche. From now on, there would be no more basketball, except in the driveway.

In track, Coach Dave Martin had him run the two mile, but also sometimes the 880 and even the relays. And to keep the long track meets from getting too boring, Bickford even tried the high jump, leaping 5 ft. 11 inches. This was a time when a 6 ft. was considered exceptional. Years later, Bickford would look back at those early days and realize that because he was not pushed into running only distance events or have too much pressure put on him, that this might well have helped his overall running career.

Bickford won the state two mile championship twice outdoors and once indoors, and took first place in the mile twice indoors and once outdoors. He set school records in the two mile with a time of 9:16 outdoors and 9:09 indoors. He helped his team win state titles both indoors and outdoors three straight years, the beginning of a long string of championships that Lawrence had under Coach Martin and his assistant, Ray Winship. Bickford's 9:09 indoor mile, a phenomenal time for a high school runner, was run at Dartmouth in his senior year. He took second in that race to Alberto Salazar.



Greg Meyer leads Bruce Bickford in a sprint to the finish in the Benjamin's 10K in Bangor in the fall of 1982. Both runners broke the New England 10K road record.

After taking 8th in the New England in cross country in his sophomore year (just two months after he started running), he placed 3rd as a junior, then won the championship meet in his senior year. That 1974 race is still one of the most rewarding wins of his stellar career.

"It seemed in high school that it never went to his head that he was a really good runner," said Ray Winship, who handled the distance runners in track. "He was confident without being obnoxious and arrogant about it. The only problem was that at the time neither one of us coaches knew a whole lot about coaching a distance runner. Bruce was the only one we had in the school until Patrick, the Hill brothers, and that crew came along. He was the only quality distance runner we had.

"Even though Bruce realized that there wasn't anybody in the school who was knowledgeable about running, he never really said anything. A lot of kids would have said that the coach didn't know anything, but Bruce would just go out and do what he was told to do and if he felt that it wasn't enough of a workout, he'd do more on his own."

Winship said that he and Martin did all the reading they could, and went to some clinics in Massachusetts. Martin even used himself as a guinea pig, going out and doing certain workouts himself to see what effect they had.

Steve Russell, who finished three places behind Bickford in the 1972 New England cross country race, remembers the KVIC championship that year very well. Russell, a senior from Mt. Blue, found himself running among a pack of runners who were fighting for second place. First place was already wrapped up, as Bickford ran way out front, his only competition, the clock.

It isn't surprising that about 200 colleges offered scholarships to the Lawrence High star, who graduated in 1975. His choice was Northeastern because it was not too far from home and it offered what he wanted in academics and running.

At Northeastern he twice earned All America honors in track and cross country. In his senior year he won the Greater Boston Collegiate Cross Country Championship, the indoor IC4A two mile title, and the New England steeplechase championship indoors. The steeplechase was his best running event in college, and the one he liked the most. The event kept monotony to a minimum because of the added challenges it offered. In 1976, when Bickford was 19, his times were good enough for him to qualify for the Olympic trials, but he decided that he wasn't quite ready for that level of competition. But he felt he was ready when the 1980 Olympic year arrived.

He qualified for the Olympic trials in three events: the 3,000 meter steeplechase (8:27), 5,000 meters (13:30), and 10,000 meters. But, with a personal best in the mile of 4:01, he could have also qualified in the 1,500. As far as Bickford knows,

qualifying in four running events would have made him the only American ever to do so. Competing in the Olympics in more than one event would be tough he knew, so he picked the 10,000. His advantage in this event was that he trained more miles than most 10K runners (105 to 115) a week, he had a great kick, and he had the speed of a miler.

But he now was hampered by injuries, and even if he had made the team, the U.S. boycotted the Moscow games anyway. Bickford was already a name in international track.

After graduating from Northeastern, he made his home in the Boston area, doing promotional work for New Balance. Living around Boston where a number of world class runners train, Bickford made a habit of getting together for runs with some of the best. One was Bob Hodge, who had placed 3rd in the BAA Marathon in 1979. On Wednesdays they would do their usual 15 miler together. It wasn't unusual for them to run the last 10 miles at a 5:20 pace, but this was well within the comfort zone for Bickford. His mileage varied from 95 to 120 a week.

One workout that Bickford thought had great benefits was hill repeats. He would typically do 8 to 15 repeats of a hill, each lasting about a minute in duration. As far as Bickford knows, he and Greg Meyer were the only ones doing this kind of workout as a regular part of their training. Bickford's longest run was about 18 miles, and the longest training he ever took was 23 miles.

In 1982, Bickford was ranked second in the nation behind world record holder Henry Marsh in the 3,000 meter steeplechase. In December, 1983, he ran 5,000 meters in 13:30, the third fastest time ever by an American, the 12th fastest in the world, and the fastest time ever run in New England.

In March, 1984, he went to England to compete as a member of the U.S. National Team, taking third in the mile in 4:04, three seconds off his best time. At the time he was still in shock over a family tragedy. His brother, Pat, an up and coming runner himself, was killed in a car accident in February. Only a few years earlier, Bruce's high school coach, Dave Martin, was also killed in an auto accident.

Bickford showed that he had the stuff for the 10,000. He won the 1984 Olympic trials, running in horrid humid conditions. But all would not go well at the Olympics in Los Angeles. Running with Achilles tendon problems, he finished last in the 10,000 meter final.

Shortly after the 1984 Olympics he began coaching the distance runners at Northeastern where he had been inducted into the Sports Hall of Fame. And in Dec. 1991, he was appointed head administrator of Nike Boston, overseeing the mens and womens elite squads that finished second and fifth, respectively, at the TAC/USA Cross Country Championships. He would later coach track at Villanova and Brandeis.

Bickford will likely be remembered most for his impressive 27:37.7 clocking in a track meet at Stockholm, Sweden on July 2, 1985. It turned out to be the fastest 10K run that year in the world, and it gave him a No. 1 ranking by Track and Field News. In that race he beat the 1984 gold medalist Alberto Cova as well as the world 10K recordholder Fernando Mamede. American recordholder Mark Nenow was also among the field that day.

During his running career Bickford raced internationally in Italy, Germany, the Soviet Union, England, Spain, Puerto Rico, and Bermuda. He once held the American record for three miles until it was beaten by Alberto Salazar, and over his running career he qualified for seven U.S. national teams. When he was 27, he ran the 10,000 at the Penn Relays in 27:51, the best time in the country that year and the third best in the world. In 1981 alone, he ran five sub 29:00 10K's.

There's little doubt that he was blessed with good speed and that he had a good kick. Once while doing quarter mile intervals he ran the 8th one in 52 seconds. One of his best career races was a three mile run at Madison Square Garden in 1980 where he recorded 13:06.7.

His career bests include: mile, 4:01.8; 2 miles, 8:30.6; 3 miles, 13:06.7 (American record); 5K, 13:30 (3rd fastest ever by an American); 3,000 meter steeplechase, 8:25.3; 10K, 27:37; 15K, 44:43; 10 miles, 49:29; 13.1 miles, 1:06.32; and marathon, 2:18:57 (Boston, '87).

Although much of his best running was done outside of Maine, Bickford did run a number of races in his home state when he was in his prime. In the Benjamin's 10K in Bangor in the fall of 1982, he and Greg Meyer both broke the New England 10K road record, Bickford running 28:31, just a few seconds behind Meyer, the 1983 BAA marathon winner. Bickford had done no speedwork at all to prepare for this race, and the week before he'd run 120 miles.

Bickford was inducted into the Maine Running Hall of Fame at the first induction ceremony held in 1989, and he was inducted into the Maine Sports Hall of Fame in 1993.

"He Coached Them for Themselves and Their Future"

Danny Paul

Danny Paul is one of those who has excelled both as a runner and contributor to Maine distance running. His involvement in the sport spanned more than 27 years.

Born Nov. 20, 1953, Paul grew up in Portland and started running at Portland High School to get in shape for freshman basketball. From 1969 to 1972 he ran on five state championship teams (two in X.C., one in indoor track, and two in outdoor track). Individually he made All-State four times. He ran a 4:28 mile and 9:23 two mile at Portland High.

He started running road races in 1969 as a 14-year-old, and his first race was the Patriot's Day race at Westbrook. Paul was one of several talented Mainers of his time to attend Northeastern University which during these years had strong teams in track and cross country. He was one of four Mainers who ran on the school's 1975 cross country squad which won the IC4A Cross Country Championship, the only Northeastern team ever to accomplish this. His Maine teammates were Ken Flanders, Bruce Bickford, and Larry Greer.

During college from 1972-1976 he recorded times of 4:17 in the mile, 9:07 in the two, 9:02 in the steeplechase, 29:31 for six miles, and he ran the 5 mile course in Franklin Park, Boston, in 24:20. At Northeastern he was on several New England and Greater Boston championship teams in track and cross country and competed in the NCAA Div. I National Championships at Penn State. He was also runner-up in the New Englands in the steeplechase and was the Greater Boston champion in the steeple in 1974. Paul also finished in the top three in the New England 10,000 meters twice.

A member of the Maine Rowdies, Paul's three best lifetime performances were 24:20 at Franklin Park, Boston; a 30:16 10K; and a 1:07:52 half-marathon.

"Interestingly, I won none of these races," said Paul. His best racing distance was the half-marathon. During the 70's, 80's and 90's, he won the major half-marathon in Maine including the Elks Club event in 1977, the Cape Challenge in 1989, and the Maine Half-Marathon in 1993 at age 39. He was named Maine Runner of the Year in 1985.

Paul competed in a record-setting 10-man 24-hour relay team in 1972 which established a New England record and was the 9th best in the world. He was a member of two Ekiden Teams from Maine in the 1980's representing the state of



Danny Paul was a huge success on the roads, as a teacher and coach, and as a role model for youth.

New York.

Those who influenced his running the most were his brothers, ("Jim was my hero"), his high school coach, Jack Wilkinson, Ken Flanders, Mike Towle, who was a personal friend, "and many other fellow runners," said Paul.

From June, 1979 through July 4th, 1995, Paul won a total of 58 road races. On two occasions he won two races in one day. As a masters runner he finished 8th in the National Masters 8K in Boston in Nov., 1994. While running in his 40's when living in Aroostook County, he set a course record at the Houlton July 4th five miler, clocking 26:21.

His best career times include: 4:17 mile (1975); 14:48 5K (1975); 24:20 5-mile (1979); 30:06 10K (1983,1985); 51:54 10-mile (1977); 1:07.16 half-marathon (1974); 2:24:58 marathon (Ottawa, 1984); 9:02 steeplechase.

Paul could have been inducted into the Maine Running Hall of Fame on his coaching alone. He was named Maine High School Coach of the Year six times in cross country and track. From 1977 through 1993 he coached 22 state championships teams in track and cross country. His winning record in girls cross country at Greely High from 1983-1993 was 194-0 and included five state titles.

"Running opened many doors for me and made my life very full of incredible experiences," said Paul. "I thank everyone who has helped me do what I love - especially my wife and three children. I am also very happy that I have been able to share my gift with all those runners I have coached and run with over the years. In many ways running is life. I know I will continue to run as long as I can."

Paul has likewise achieved great heights as an educator. An English teacher, he was recognized by Disney as one of 36 outstanding teacher/coaches across the nation in 1994. "I love kids and I know I can help. I had wonderful teachers growing up; they changed my life and I have tried through teaching and coaching to carry their dreams by positively influencing the lives of my students. Each day offers new challenges and rewards."

One person who was familiar with Paul and had coached with him for many years at Greely, was Wayne Fordham. "Back in 1977 I had been teaching and coaching cross country at Greely Jr. High for four years and seeing reasonable success with the XC program in terms of wins and losses as well as in numbers of students participating," wrote Fordham. "The problem however was getting these runners to continue in high school because of the instability in the head coaching position there. During that summer of 1977, I learned that a reported hot shot English teacher and XC coach had applied at Greely. This seemed like it could have real possibilities for the salvation of our program if this person was all he was billed to be.

"At my first meeting with Danny, I found him not to be the head strong "I know it all" person I had feared was a possibility. Instead, Danny asked all about my program and then said "I hope I can help you build a future for Greely High School's XC program." That statement set the tone for 15 years of success generated by Danny's enthusiasm and people skills.

"Cross country being one of the less "glamorous sports", a coach can't expect that kids will flock to it just because it's offered. This is where you see one of Danny's strengths; he promotes the sport by making personal contact with any possible candidate, not just the returning team members. Dan's ability to get kids to just try the sport is a key to getting the numbers out and therefore contributes to the eventual success of a team.

"Before Danny came to Greely, the concept of taking teams to invitational meets like Catholic Memorial in Boston, Ellsworth, Exeter, and Mt. Blue weren't even considered by previous coaches or AD's. By doing these kinds of activities, Danny made the sport important in the minds of kids and parents alike.

"Danny was constantly working to connect our runners with college coaches from Kansas State and including the whole east coast. There were many of our kids who owe their college starts to his aggressive efforts.

"Danny is definitely a coach that believes that you need to show an athlete how to do something rather than simply telling him/her how it's to be done. In practice he always ran with the team, touching base with all the ability groups giving words of encouragement and technique suggestions. With that done, Danny liked to converse with the kids about topics that may or not be related to running in an effort to put a little fun in the practice.

"At my very best I am a 7 min./mile road racer, and as with the kids, I never felt that I was holding Danny back in our training runs. He felt that regardless of the pace, he could benefit from it so the need to go hard every minute of every run wasn't a part of his makeup.

"Danny believed that quality and timing of hard workouts was more preferable to quantity of same. He liked to build a base in attitude and conditioning early in the season, then play the tricky game of getting our teams to peak for the big meets.

"Finally, Danny wanted to make sure that his athletes were ready to go on to the next level of running without being burned out mentally and physically. He didn't coach athletes to just run for Greely. He coached them to run for themselves and their future."

Inducted into the Maine Running Hall of Fame in 1995, Paul also served on the MRHF Selection Committee.

CHAPTER THIRTEEN

The Great Masters

Thank You, Reverend

Ralph Thomas

“On July 4, 1970, road racing was born in Washington County. Before that day, the local people assumed that a road race was a car race, because no person could possibly run all the way from Perry to Eastport, a distance of 7 miles. But that day the spectators were transfixed by the sight of Ralph Thomas running to victory over the causeways and down into the village to the finish at the local breakwater. They were startled by his marvelous proportions as he ran by; could running help to make an athlete like that? Nobody had ever imagined it before.”

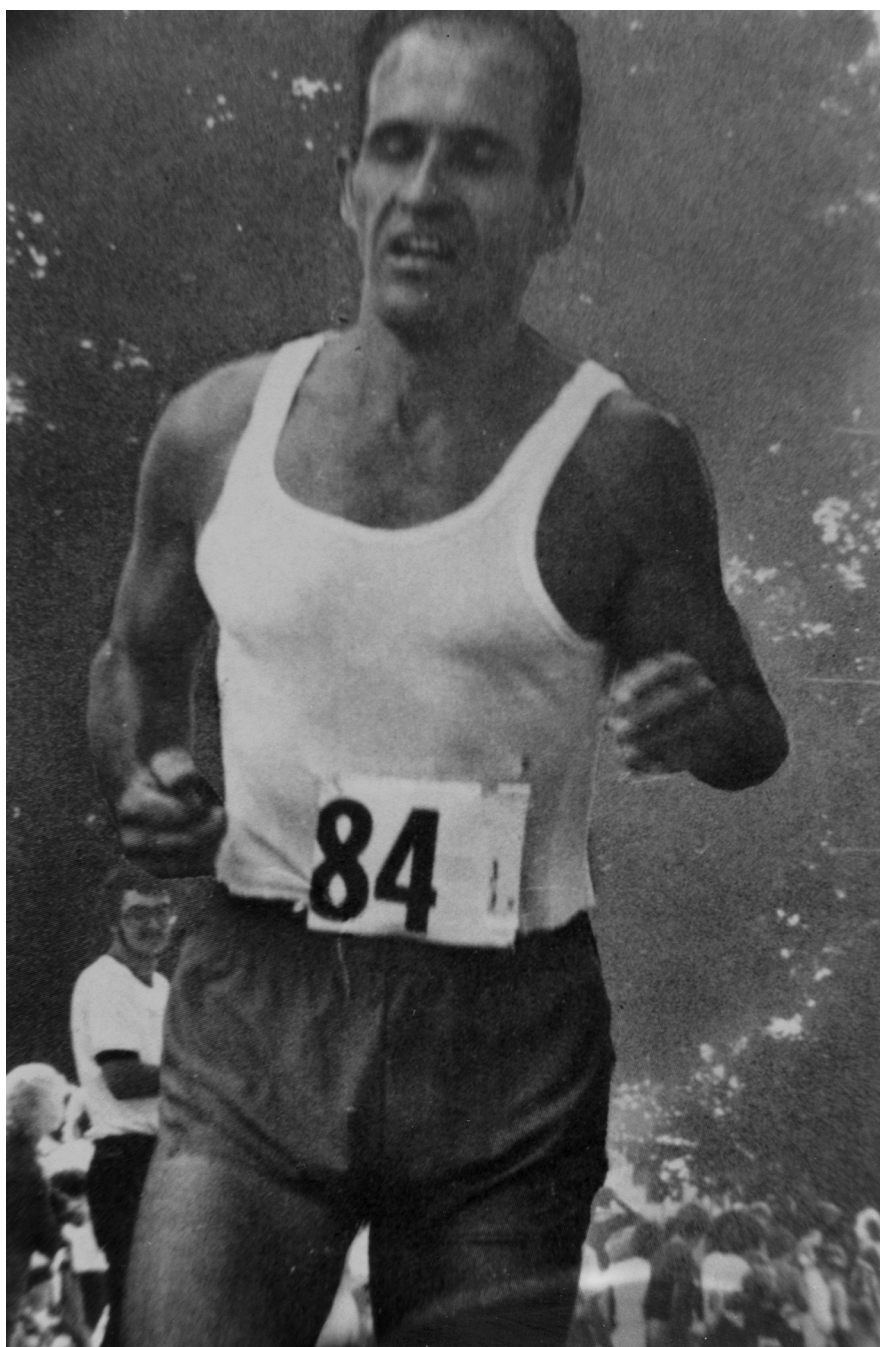
These are the words of veteran Machias road racer Deke Talbot, attorney at law. And that day Thomas laid down the law and gave notice to the running world that he would be a force to be reckoned with in the years to come.

“No one represents running in Maine any more than Ralph Thomas,” said Dave Paul Jr., a 1970’s runner and race organizer from Portland. Thomas was a small, powerfully built native Penobscot who ran road races during the 1970’s and early 80’s and was the most loved and admired long distance runner of his day. He was a living legend who won as many hearts as he won road races through his running career that last well into his 40’s.

During his best years of racing, from his mid-30’s through his mid-40’s, the talk at road races was not what the weather was or how tough the course was, but whether Thomas would show up. If he did, the race director considered his race a success. Runners and non-runners alike loved to watch him run, and they enjoyed his gentlemanly, unassuming role as one of the greatest road racers of his time. He was soft spoken and easy going, but when it came to racing he was as dogged and determined as any runner in Maine history.

A dark, muscular, barrel-chested runner, 5-6 and 145 pounds, Thomas was born on Dec. 27, 1935, and grew up on Indian Island in Old Town. As a youngster he had heard stories about the great Penobscot runner, Andrew Sockalexis. Thomas’ older brother, Jack, had been a state champ in both cross country and track. Thomas claims that Jack had the most talent of the two. As a youngster, Ralph remembers running only one road race as a kid, one in Ashland that was put on by Sam Ouellette Sr. Back in these times the race in Ashland was the only one in this part of the state, according to UMaine track coach Ed Styrna. The only other annual race back then was the Portland Boys Club 5 Miler which goes back to 1930.

Ralph ran during his freshman and sophomore years in high school, then quit. Years later at the age of 33, he was living in Gardiner. It was 1969. One rainy day



Ralph Thomas crosses the finish at the Kingfield 10K in the late 1970's.

in May that year a 15 mile road race was held in Gardiner, one of dozens of races that Roland Dyer organized throughout southern and central Maine. The race course, run on a three-mile loop, passed down Water Street just a hundred yards downhill from Thomas' house. He stood on the corner with a few of his friends and watched with interest, even urging on the runners. The runners passed along Water Street five times in a steady rain. Bob Hillgrove won that day and Don Sanborn took second. It was about this time that a local minister, Rev. John Noftel, urged Thomas to take up running again. He obliged.

Progress came quickly. The following May, 1970, Thomas was no longer a spectator at the Joe's Pizza 15 Miler in Gardiner. He ran this time and placed 2nd behind Rick Rowley, while beating the previous year's winner Bob Hillgrove. In July he drove way up to Perry to run in Dale Lincoln's inaugural Perry to Eastport 7 miler. There were two road races that day in Eastport. Thomas won the shorter race then entered the 7 miler and won that too, setting a course record that stood for many years.

Also in 1970, Thomas set a state of Maine one-hour track record of 11.25 miles, 114 yards, beating state college cross country champ Billy Wilson and Hillgrove. By the end of the 1970 road racing season, in which Thomas ran nearly 100 races, Roland Dyer was raving about the Gardiner man. "Ralph Thomas made shambles of the 1970 contest (referring to his road race point system) as he more than doubled the output of the second-placer Jerry Crommet," Dyer wrote in his newsletter, *The Pine Tree Road Runner*. Thomas' point total had surpassed Rick Rowley's record total of 1969. He was now challenging the day's best runners, among them Rowley, Chris Chambers, Walter Renaud, Bob Hillgrove, Lloyd Slocum, Larry Greer, and Ken Flanders.

What amazed other runners about Thomas was that he was a man who did hard physical work for a living, typically 14 hours a day. A family man with three children, he worked through the night with his crew, picking up chickens, putting them into crates, onto trucks and hauling them off for processing. Thomas, who owned his own business, was the only independent contractor in the state. His wife Beverly took care of the books. Because of his laborious work, he sometimes was able to train only a few times during the work week. He was forced to do the bulk of his training on weekends, often doing double runs, covering 20 to 25 miles each day.

He raced more frequently than any runner of his time, often two races a weekend and sometimes out of state because there just weren't enough races locally to satisfy his thirst for competing. His family understood. They were proud of him. In New Hampshire, Vermont, and Massachusetts, he battled the best runners in New England.

On some weekends when he'd venture out of state he'd run a race on Saturday, sleep overnight in his car, then run in another on Sunday. He'd then return home

and work all night with his crew. On the weekend of Aug. 8th, 1973, Thomas drove to Littleton, New Hampshire, and won races on both Saturday and Sunday. In one of them, a 10 miler, he whipped John Dimick by nearly two minutes in 51:36. Dimick was a 4:12 miler and a 2:11 marathoner, by far the best distance runner ever from Vermont. It was this kind of performance that quickly earned Thomas high regard in New England running circles.

Thomas' improvement was dramatic. For example, in 1972 he won the Champlain Valley Marathon in Plattsburg, N.Y. in 2:36:37. He returned the following year to hack nine minutes off his time in recording 2:27:40, a course record. In October the same year, he and three other Maine runners drove down to Framingham, Mass. and entered the Bay State Marathon. Thomas won in a course record time of 2:27:21 for a two and a half minute victory over Larry Olson. Other Mainers took 4th (Renaud), 6th (Deering), and 12th (Krause) letting Bay Staters know that competition to the north was tougher than they might have thought. After the race, Thomas drove back to Maine and worked all night. The next day in the local Massachusetts newspaper the headline read, "Maine Trucker wins Bay State Marathon." He was truck'n all right.

Thomas nearly always trained at a pace that was comfortable for him, around seven minutes a mile. Such was the case, too, with another very successful masters runner, Walter Renaud of Orono, who won the masters division in the 1972 Boston Marathon (2:32). What made both Renaud and Thomas such strong runners was the volume of running but especially the type of terrain. Both sought out hilly, demanding cross country routes through the woods on dirt roads, along powerlines, and across golf courses. Both avoided track training which may lead to another fact. Neither was known to have had any serious injuries. Yet both were able to run respectable times at shorter distances. Both runners won the Bangor Labor Day 5 Miler, for instance. And one winter when Thomas was about 40, he ran a 4:43 indoor mile on one of the two slowest tracks in the state, Bowdoin's cage.

One of the great assets that Thomas had was great overall body strength. There's no doubt that it made him tire less in a race because when the arms get tired, it contributes to overall fatigue. There were other great runners who were testimony to the benefit of great physical strength, among them Hank Chipman, Bob Winn, Bruce Ellis, and Darrell Seekins.

Over the course of his career Thomas ran more than a dozen sub-2:30 marathons. His best was 2:23:30 for 44th place at Boston in 1975 when he was 39 years old. It was one of two American age-group records he set in the marathon. His other national record was 2:27:21, run when he was 37. He was the oldest man to qualify for the 1976 Olympic marathon trials at age 40, and donations from Maine's runners, raised by Brian Gillespie, helped pay for his trip to Oregon to

compete in the trails. He ran 2:29 in a wind storm. Thomas was ranked by Runners' World Magazine as the 6th best marathoner in the country in 1975.

His trademark short, powerful stride made him a good hill runner. He placed second in the 8-mile Mt. Washington hill climb in both 1973 and 1974. One of those years he clocked 1:09:37, just 11 seconds behind the winner, Roland Cormier. His favorite racing distance was 10 miles and one of his greatest goals was to run it under 51 minutes. He came very close. He ran 51:14 when he was 43 years old. For his age, his times were unbelievable. Even when he was a master he competed in the open class, often winning, and the masters "winner" was always given to the next runner in his age group which most often was Dick MacDonald of Waterville.

He won several years in succession some of Maine's best known road races. At the Lost Valley 9.2 miler in Auburn, Thomas won four straight years starting in 1971, and set the course record of 48:02 which was never beaten over the history of the race. In the 1972 race he beat the state college cross country champ, Neil Minor from Bates. Even with Minor's coach, Walt Slovenski, out on the course urging on his star, Thomas, 16 years older than Minor, showed the youngster how its done.

He also won the Portland Elks Midi-Marathon four straight years beating runners like Hank Pfieffe, Chris Chambers, Tom Derderian, Terry Gallagher, and Joe Dahl.

He twice won the Bangor Labor Day 5 Miler, first in 1971 when he set a course record of 25:43, and again in 1975 at age 39.

In 1973, he undertook one of the most grueling challenges of his life. He and nine others ran in a 10 man, 24 hour relay in Portland. When it was over they had set a New England record and logged the world's 9th best distance ever run, more than 278 miles. Thomas said that it was even tougher than running a marathon.

Like every other runner, he's had his bad days. One year in the early 70's at the Silver Lake Dodge 20-Miler which went from Hopkinton to Newton, MA, Thomas was running along at about 10 miles into the race, having fallen well back from the lead pack and hurting. Up from behind came Rick Krause who Thomas often trained with. As Krause passed him, Thomas groaned, "I should have taken up lacrosse, I guess."

He was a hero as well in his hometown of Gardiner. When he'd go out for a run, people would wave from their porches and cars. He loved to run through fields and woods where he enjoyed watching deer grazing. And in the winter he'd run on the snowmobile trails. Once while on a run he passed a house where several small kids were playing in the yard. "Want to race?" one of them yelled. Thomas waved them onto the road and started sprinting. The kids hung with him for

about 75 yards and came to a halt, gasping for air, as Thomas continued on waving back at them and laughing. He loved kids, and they looked up to him.

There was so much that his fellow runners like about this unassuming little giant among them. Unlike many other top runners of the day who had college degrees and easy desk jobs that allowed them time and energy to do all the training they liked, Thomas was right out of the working class. Not a man with a lot of money, he could not afford to have two pair of running shoes like many others. He trained and raced in the same pair. And he wasn't into fancy running doodads. He raced in his usual black nylon shorts, still stained with salt from his last workout, and he usually wore his tattered sleeveless T shirt with holes in it that he probably wore to work, too. This was the Ralph Thomas runners loved. They couldn't picture him any other way, and this is partly what made him the living legend he was.

When a race started, as the top runners in the field would toe the starting line, Thomas would shyly find a place at the back of the pack, making small talk and joking with middle-of-the-packers. "Ralph had something special, a special ability, but he did not see himself as any better than anyone else," said his wife, Beverly. Then once the race started he would work his way through the field until after about a half-mile he was running with the leaders. Then, the real race would start.

Thomas was so respected even among the college runners that Bates coach Walt Slovenski would often invite him to come and run with them in home cross country meets. He always finished near the front and must have been a great inspiration to these young college runners. "His job was very demanding," said Coach Slovenski. "It just tells you about his love of running, that he had the qualities within his own heart and in his own mind that running was important enough to him that regardless of everything else - his family responsibility, his demanding business responsibility - that running was tied in and coordinated with that, to come out as good as it did. The reason we don't have hundreds of Ralph Thomas's is that that man had in his mind and in his heart his love of running, his physical makeup, and his doggedness, and it manifested itself into what Ralph became. He is a true gentleman."

Over the years, Thomas won hundreds of trophies which his wife proudly displayed. They filled two full walls of their living room. One day when they had company, a friend sat down on their couch and a full wall of the trophies tumbled down on him. After that, Thomas decided that the trophies had to go! He knew that Brian Gillespie, who was then putting on dozens of races, needed trophies to give out, so he called him and Gillespie drove up and loaded up his trunk.

"I probably won most of those back," Thomas joked.

As Thomas grew older he seemed only to get better. When he was 44 he took 2nd in the Roland Dyer 10K in Portland, clocking 34:16; ran a time of 26:31 in the Portland Boys Club 5 Miler; beat Ralph Fletcher in a 10K in Auburn in a time of 34:19; and won one of his favorite races, the Monmouth 15K in 50:45. At age 43, he ran 10 miles in 51:14. His lifetime bests included 24:40 for five miles; 31:17 for 10K, 1:06:39 for the half marathon, and 2:23:30 for the marathon.

Its not surprising that he was one of the first four people inducted into the Maine Running Hall of Fame at its first induction in 1989. He was also inducted into the Maine Sports Hall of Fame in 1990.

All through Thomas' running career he ran and raced with the frequent pain of arthritis in his knees. The condition grew steadily worse over the years, and finally, in his mid-40's, he decided that enough was enough. He retired from running, but his legend lives on.

Thank The Preacher for that.

"Giving Purpose and Meaning to Life"

Bernd Heinrich

On April 19, 1940, the day that Bernd Heinrich was born, a young Canadian runner named Gerard Cote was seen puffing on a big cigar celebrating the first of his four Boston Marathon victories. Was he also celebrating the birth of another great distance runner? Perhaps not. But in the years to come, Heinrich, too, would have his day at Boston and at many other long distance races.

Until 1996, when Heinrich was inducted into the Maine Running Hall of Fame, only one other Hall of Famer owned a world record. That was Joan Benoit Samuelson. Heinrich set four American open ultradistance records and a world masters record, all after his 41st birthday. He was twice named America's "Ultramarathoner of the Year."

Heinrich, German born, came to the U.S. with his family when he was 10 years old. He grew up in Wilton and attended Goodwill School in Hinckley. He isn't exactly sure just what got him interested in running, but he thinks it goes back to the time he was about eight years old "because I remember people telling me that I ran fast," he said. It was during his junior year at Goodwill that he started running on the cross country team. The school had no track team. He remembers winning nine cross country meets in a row, setting course records, "which wetted my appetite for college running." At Goodwill Heinrich was known as "nature boy" because of his great curiosity of the natural world. He was also somewhat of a prankster. Just before he graduated he snuck up to the watertower one night with paint and a brush and gave it his personal touch. When school officials found out he feared that he might not get his diploma. But he'd already been accepted at the University of Maine anyway.

Although he wasn't sure that he could get into college, he applied to a number of schools including the University of Maine. He said that track coach Ed Styrna was probably the only college coach who had ever heard of him. Heinrich jokes today that it must have been Coach Styrna's pull at the admissions office that got him in, and later his influence at the financial aid office that kept him there. To this day, Styrna remains the person who has had the greatest influence on his running.

Once given the opportunity to go to college and compete as a collegian, Heinrich now took everything more seriously. He excelled in the classroom and on the track. Although he injured himself lifting weights in his freshman year and couldn't contribute to what was already a strong team, Heinrich was able to run the next three years in cross country, indoor and outdoor track. In 1960, he



*Bernd Heinrich: world record ultramarathoner, scientist,
renowned author, and college professor.*

placed 13th in the New England Cross Country Championship, even finishing ahead of legendary Mike Kimball who took 29th. In 1962 at the New Englands, UMaine finished 5th and Heinrich was 25th. This was the Black Bear's strongest team since 1915, and they went on to win the IC4A title, college division, only the second time in the school's history that had been done. In 1963, Heinrich took 15th in the New Englands while his team took 2nd.

In indoor track the only meet the Bears lost from 1961 to 1964 was to Dartmouth in 1961 and Brown in 1963. Heinrich was the indoor track captain for the 1961/62 season. In outdoor track, Maine won the Yankee Conference Championship from 1961 through 1965, with a best showing of third in the New Englands in 1963.

One of his most memorable races at UMO was his last two mile race in the fieldhouse. "I knew I could get the fieldhouse record," said Heinrich. The race unfolded with Heinrich under record pace, "saving a big margin for the final lap." But the lap counter lost count and when the real final lap came Heinrich thought he still had two laps to go. He poured it on in what turned out to be an extra lap. "It was probably the fastest ever post race lap," he said. His time of 9:24 was just two seconds off the record.

Heinrich believes however that the injury he got while weight training probably caused him to fall short of reaching his full potential as a college runner.

After getting his bachelors degree at Maine, Heinrich worked toward a masters, also at UMaine, which he earned in 1966. Then it was off to UCLA where he eventually received his PhD in zoology. In the meantime he had stopped running. But in 1975 the spark was ignited once again while he was teaching at Berkeley.

It apparently didn't take him long to whip himself into shape. He entered the 1975 Boston Marathon and among a field of 2,340 starters he wound up placing 46th in 2:23:49. Amazingly, just 19 seconds ahead of him in 44th was another Mainer who in just eight months would turn 40. Ralph Thomas ran his career best marathon that day. Heinrich was a muscular, barrel chested man of 5 ft. 8 in. and a solid 150 pounds, built very much like Thomas.

Then in the fall of 1979, he decided to try the Golden Gate Marathon in San Francisco. It was a hot day with strong winds tearing at the runners. Running an evenly paced race, Heinrich eventually found himself in third place, but winning seemed out of the question as the leader, a much younger runner than Heinrich, held a huge two mile advantage with just five miles to go. Race officials were so convinced that the runner out in the lead would be the winner that Heinrich heard the news over a radio held by a bystander. But when the first runner crossed the finish, "the winner" was nowhere to be seen. "Here he is, the winner, number

1329, Bernd Heinrich,” announced the race director over the loudspeaker. Heinrich, who was then 39, polished off the fading leader in the final mile, finishing in 2:29:16 for a 1:32 victory.

But during these years away from New England, Heinrich had missed the forests and streams. He decided to return to the east, taking a teaching position at the University of Vermont in 1980.

Now that he was back home again, he decided to run in the Boston Marathon. On Patriots Day, 1980, just a few days after his 40th birthday he finished in 2:25:25, winning the masters division which in those days did not get much notice. He beat the second masters runner by over two minutes. Also in 1980, Heinrich ran 2:22:34, his lifetime PR, in the West Valley Marathon in California where he placed third and missed qualifying for the Olympic Trials by just 40 seconds.

Heinrich noticed that during the final miles of his marathons he had a lot left and ended up passing runner after runner. Perhaps it was that his best racing distance was beyond the marathon.

He decided to enter the RRCA National Championship 50 mile and 100K race which was to be held in Chicago in October, 1981. Heinrich had trained thoroughly and specifically for the event, training up to 150 miles a week at the peak of it. Entered was the world recordholder, Barney Klecker. “The day before, the Chicago newspapers were full of him, of course not a word about me, nor after the race, either.” The two events were combined into one race. It was no day for record setting as runners faced strong head winds most of the way and it also got warmer as the day wore on.

He had set out to run his own even paced race and not be sucked in by any fast starters. After three or four miles he’d lost visual contact with the leaders. He made sure he drank frequently, his choice of fluid, cranberry juice. At the 10 mile mark he heard his time - 1:03. That was a 6:20 per mile pace. It was about a minute slower than he’d wanted so he picked it up, apparently just the right amount because he did the next 10 miles in 1:01:31. His time at the marathon mark was 2:42. Klecker was still way out front.

After four hours into the race the wind started to pick up and it began to get warm. But Heinrich had been passing people one by one, mile after mile. Then he got word the Klecker was fading very fast. At this point Heinrich was in second place and he now realized that he had a chance to win. As the miles wore on and fatigue set in Heinrich began to look down the road at a tree and concentrate on just making to that tree, and then the next one further along. Nearing the 50 mile mark of the 62 mile race, he learned that Klecker had dropped out. Heinrich had paced himself perfectly, running ten mile loops in 1:03:16, 1:01:31, 1:01:33, and 1:01:03.

The 41 year old Heinrich passed the 50 mile mark in 5:10:12, 15 minutes under the world masters record, averaging 6:12 per mile. Now it was a matter of mind over body, putting one foot in front of the other. He ran the last 100 yards as fast as he could setting yet another world masters for 100 kilometers, clocking 6:38:20, erasing the old record by 43 minutes. His 100K time also set an open American record, one that would stand for 15 years. In his first attempt at ultra running, Heinrich had blown the lid off.

“Personally, I was very disappointed with my time. I had no idea that it was actually a good time. I intended it to be my only run this length, seriously, but I got greedy afterward and entered a few more races.” The fact of the matter was, Heinrich was already on his way to becoming a legend among ultra runners.

He would eventually write about his memorable Chicago run 20 years later in a book he called, *Racing the Antelope*.

For several months of the year, Heinrich might only run 10 to 20 miles a week, often because his busy schedule at UVM permitted only that. But as he approached a planned race date he gradually built up his mileage to a peak of 150 miles a week, sometimes taking runs of 30 to 40 miles. The yearly build up of his level of fitness gave him a satisfying sensation of “progress” which he says he thoroughly enjoyed. By the same token, he saw running as a form of play, like chasing animals in the woods, like being an animal. Running for him was also a time to do some of his clearest thinking, a time when he was away from other distractions.

In November, 1982, he returned to his home state to run in the Rowdy 50 Miler in Brunswick. He beat a field of 36, winning by 37 minutes in 5:22:48. His record has yet to be beaten. In fact, no one has even approached it.

Heinrich decided to try his hand at a 24 hour track race. He finally settled on Maine’s Rowdy Ultimate 24 hour track race in August, 1983, just four months after having had a knee operation for torn cartilage. He had also come down with a cold just before the race which nearly made him decide not to start. In heat which reached the 90’s, he covered 156 miles, 1388 yards for an American record.

“I entered the 24 hr. Rowdy with the intent of breaking the 100 mile record, going all out at the beginning, then stopping. I’d never given running 24 hrs. a thought! But the race started at 10 a.m. and it was hot already. I know I didn’t have a chance in that heat to get a record. So I switched plans to run slow, and save it for the night when it was cool and go for the 24 hr. Otherwise all those months of training would have gone to waste.”

He accelerated so strongly during the last hour that race officials, fearing a case of heat prostration, ran alongside him, urging him to take more water. Heinrich collapsed at the finish and spent the next 24 hours in intensive care. Three

months later the TAC record committee voted to disallow the record on the grounds that Heinrich was “paced” by the officials.

Fortunately for Heinrich, the ruling was eventually overturned the following year. Incidentally, in the same race he set an American record for 200 K of 18:30:10. In the year that followed he shaved over an hour off the U.S. record for 100 miles, clocking 12:27:01 at Ottawa, Canada, and in the same race also set an American record for 12 hours on the track, covering 95 miles, 1216 yards. In 1985 at Brunswick, he set still another American record for 100 K on the track, clocking 7:00:12. Remember, these were open records, not masters records, for a man who was well over 40. This was the only race Heinrich ever ran where he had had any sponsorship, in this case, Ocean Spray, “telling them I’d drink cranberry juice the whole way.”

Heinrich says that his three best lifetime performances are his records for 100 K, 100 miles, and 24 hour run. His best racing distance, he says, was 100 K. “Even though my best lifetime performances were after I was 40, I never considered myself a “masters” performer.

“My 24 hour record was not as hard as the 100 K record, but it was my toughest by far. It was so close, and I knew it would be, that I needed 100 percent effort every single step of the whole way. When I collapsed at the stopping gun, I think I kept repeating in my mind, “I did it, I did it,” for days.” He was running close to seven minute miles the last few miles.

Although Heinrich’s long distance records have all been broken over the years, one, the 100K record, stood for 15 years.

As he looks back on his life, Heinrich says, “one thing I’ve learned is that difficulties have always strengthened me. If it hadn’t been for disappointments, and injuries, I probably would not be the runner I am today. Near graduation from UMO I had a broken cartilage, right knee. I had it operated on long after it happened. It gave me more resolve than ever to keep running.”

And he adds, “taking something really seriously gives me purpose and meaning.” He said that applies to his success in both academics and running.

Back when he ran at UMaine, Coach Styrna used to show great pride in the academic talents of his runners, always posting their grades on the fieldhouse bulletin board at the end of each semester. “Ben,” as he was called when he lived in Maine, was one of Styrna’s greatest achievers on the track and in academics. “He is a pretty unique guy,” said Styrna.

And to this day, the person who has had the greatest influence on Heinrich is Coach Styrna. “Ed is one of my most favorite people. He has had a big influence on me . . . the way things turned out, it would have never happened except

through my running that introduced me to what the University had to offer. He meant so much to so many of us. I'll never forget "coach". He was my biggest inspiration. He was there all day, every day, and he kept me going for all my stay at UMO. Steady as a rock, always a friend, always encouraging, he really cared for us. I could not even begin to imagine my college experience without him. I really feel touched that Ed still remembers me and feels proud of me."

Fittingly, in June, 2000, Heinrich and his coach were both inducted into the Maine Sports Hall of Fame.

Shoes from Santa

Wendy Sayres

Wendy Sayres of Readfield, started running in 1975 and ran road races for more than 20 years. A member of the Androscoggin Harriers founded by her husband Bill, Sayres has also run for the Maine Road Ramblers and the Central Maine Striders. She was a consistent age-group winner as a masters, seniors, and 60+ competitor and served as a role model for younger runners.

Sayres grew up in New York City, born Dec. 21, 1933, and came to Maine in 1969. An elementary school teacher who retired in 1995, she took up running after her husband bought her a pair of running shoes for Christmas which cost \$20. (more than likely they were either Tiger Marathons or Nike Marathons, about the only two racing shoes available to the masses at the time). Actually, the shoes lay in their box unused for six months before she gave running a try.

Sayres ran her first road race on March 27, 1976 at the Roland Dyer Memorial Races at Riverside where she finished third among women in the 5K event, clocking 22:47. She was 42. She ran one other race that year, taking third again at the Lewiston Three-In-One-Day Races where she completed the 2.8 mile event in 21:17.

In 1977, she ran eight races starting with the Roland Dyer 5K in March in 23:40. Then it was the Boys Club 5-Miler in Portland where she ran 38:09. At the Lewiston Three-In-One Day Races on April 23 she clocked 20:00 for a 1:17 improvement over the previous year. She won her first age-group award at the Father's Day Race at Cheverus, taking first in her category in 30:00. Sayres finished the year setting a masters record at the Turkey Trot in 46:46.

In 1978 she competed in 11 races. Among the highlights were a second place womens finish at the Lewiston Three-In-One Day Race (20:13); and on Sept. 17 she won her first race overall at the YMCA 4-Miler in 28:27 in Auburn. That year Sayres also placed third overall at the Bar Harbor 13.1 miler in 1:41:58, and she took second overall at the Lost Valley 15K in 69:07. At the competitive Bonne Belle 10K she placed 4th in the 40-50 age category in 44:16. In all, she won her age group four times in 11 races in 1978. Her running earned her Most Improved Runner of the Year for the Androscoggin Harriers.

In 1979, Sayres ran in five races and was first in her age group twice and took second overall in the C'est Si Bon 4.5 Miler, clocking 31:26. In 1980, she ran three races, winning her age group in all three.



Wendy Sayres, a shy, soft-spoken school teacher, was in contrast a tiger on the roads, not only winning numerous age group victories but a number of open victories even while in her 40's.

After just four years of running she was honored as Womens Masters Runner of the Year by the Maine Masters. "Bill has always been the encourager and coach," she said. And Robin Emery, she said, was her foremost role model.

Through the 1980's, even with the improved competition in the older age groups, Sayres continued to win her division. In 1984 through 1987, for instance, she went unbeaten. In 1982, Sayres was ranked 12th nationally at 8K in the 45-49 age category as a result of a 36:53 performance at age 47.

Sayres, who was 5-5 and 113 pounds, said that her best racing distance was 15K to the marathon. Her three best lifetime performances were the 1981 Boston Marathon, 3:31, at age 47; the 1980 Casco Bay Marathon, 3:26, at age 46; and the Bonne Belle 10K, 1978, age 44, in 44:16.

Her greatest moment in running was "running the first marathon I entered, Casco Bay, and realizing I could go more than 20 miles without hitting the wall."

Faye Gagnon, a close friend and a member of the Maine Running Hall of Fame Selection Committee, reflects on Sayres' role in Maine running in this way: "When I met Wendy over twenty years ago she was already on the running and racing scene. She was a pioneer, being one of the few female racers (in the 1970's) in Maine who consistently won races and/or placed in her age category. Being a female runner was very unusual back then. Wendy was in her forties and was a great inspiration to those of us who were not high school or college runners but were beginning to run at a later stage in our lives.

"I have many fond memories as a beginning runner, following the many North Auburn loops on the Spring Road along Lake Auburn with Wendy on weekend training runs. She never warmed up - a run with Wendy was the same pace the whole way - FAST! She cheerfully chatted the entire time and as she would spring up the next hill, my tongue would be hanging on the pavement and I would be thinking, "I know some day I can do it, too!" She also helped me through the first fifteen miles of my first marathon (Casco Bay) before taking off and finishing four minutes ahead of me. Talk about an inspiration!

"At races Wendy has always had words of encouragement, congratulations, or consolation to her female competitors. Wendy was also instrumental in establishing the Androscoggin Harriers Running Club. A special bond was created among the members as a result of the many social events hosted by Wendy after such races as the Lost Valley 15K and the Bar Harbor Half-Marathon.

"Wendy not only deserves to be in the Running Hall of Fame because of her accomplishments as a runner, but also as an inspiration to women to see that being an athlete can be an important integral part of the whole woman.

"Wendy put her running and racing in proper perspective. When she began running she was also a full-time wife, mother, and teacher. In addition to her

running Wendy is also an avid cross-country skier, mountain climber, biker, sailor, and cook.”

Sayres was inducted into the Maine Running Hall of Fame in 1995, and also served on the MRHF Selection Committee. She passed away on May 13, 2000, at age 66 after a long bout with cancer.

Legend of the North Country

Conrad Walton

In the history of any sport there are pioneers, and Maine road racing has its own. Roland Dyer is one example. And of course there were others who did the same kind of thing in other parts of Maine. In eastern Maine there was Dale Lincoln, and in northern Maine there was Conrad Walton.

A native of Island Falls, born Nov. 15, 1938, Walton went on to the University of Maine and Missouri State University and spent his life as an educator, 34 years in the field in the town of Caribou. For 13 of those years he coached cross country at Caribou, his teams winning Aroostook County titles six straight years. After retiring from coaching in 1977, he decided to try running himself.

“After watching the 1978 Boston Marathon I came to realize almost anyone could run in road races,” said Walton. “I couldn’t wait to get home and try a race. I soon found I could run faster than I could of dreamed of.” Walton went on to race for 18 years, and the person who had the greatest influence on his running was Bob Duprey who was his training partner all the years that he ran.

Among his long list of contributions to running in Aroostook County, Walton, along with Bruce Freme, Bob Duprey, and Sam Hamilton, founded the Aroostook Musterds Running Club in 1979. Walton served as team coach and coeditor of the club newsletter. He was also a founding member of the Joggeronauts Running Club. Walton also organized the Caribou Track Club and the Greater Caribou Fitness Council.

He has directed at least 75 road races over the years including 14 annual races that include the Caribou Labor Day 5 Miler, the Spudland Half Marathon, and the Maine Woods Marathon, one of Maine’s first. He also organized weekly fun runs for runners of all ages.

Walton says that his single biggest race production was the Spudland Half Marathon. “The race was one of the first big budget races in Maine sponsored by Natural Light (BUD). From 1980 to 1982 we paid travel expenses for some of the best runners in the country.” Among them were Bruce Bickford, Jack Fultz, Peter Fitzinger, Joan Benoit, Patti Catalano, Judi St. Hilaire, Hank Pfieffe, Jon Flora, and homegrown Andy Palmer. The race drew a field of about 175.

Walton organized and directed the area’s first marathon, the Maine Woods Marathon, which ran for two years, 1979 and 1980. It attracted about 40 runners. One of those who traveled north to run in the 1980 race was Ron Paquette, president of the Central Maine Striders. “Conrad and many others put on a



Conrad Walton was not only one of the best masters runners in Maine running history, but he did more to promote distance running in Aroostook County than any other individual.

superb low key marathon on a very low budget (dip your own water from a milk can with a ladle) that ran from New Sweden through the woods around Madawaska Lake and ended at a camp on the lake for a great cookout and homemade foods. Every finisher got a hand painted piece of "County" wood that had your name, place, and time painted on it at the finish," said Paquette.

As a runner Walton developed into one of the states best ever masters and seniors runners. From 1979 through 1994, he held the fastest times in the state at 5K, 10K, 5 miles, and the half marathon. In 1991, he was top ranked in the 50 to 59 age group for five miles with a time of 28:35. That was 47 seconds better than the second ranked runner, Bob Payne. That year Walton, who was 5 ft. 9 and 135 lbs., was also ranked first at 10K with a time of 35:02, almost two minutes ahead of the second ranked Bob Coughlin.

In 1982, he won the County Challenge, putting him at the top of the point system in a series of races held annually in Aroostook County.

In 1992, at age 54, Walton led the state in three distances (5K, 5 miles, and 10K) with times of 17:38, 27:43, and 34:52 respectively. He ran the 10 mile Bowdoin and Back race in 59:27 to record a personal best at the distance.

One of his proudest achievements was being selected as a member of the national Saucony Racing Team when he was 42.

His best marathons, all run in his early to mid 40's, include two run in 2:40, another in 2:43, and a forth in 2:46. At age 51 in 1989, he was the fifth masters finisher in the NYC Marathon, clocking 2:48:01. This was his greatest moment in racing, says Walton.

His personal bests at various distances include: 15:45 for 5K at age 44; 25:42 for 5 miles at age 43; 33:41 for 10K (Kingfield) at age 47; 27:46 for 8K at age 51; 59:27 for 10 miles at age 54; 1:13:52 for 13.1 miles (Bar Harbor) at age 42; and 2:40:10 for the marathon (Casco Bay, 1981) at age 42.

As a seniors runner Walton has recorded bests of 17:01 for 5K; 27:07 for 5 miles; 35:22 for 10K; 59:27 for 10 miles; 1:19:23 for 13.1 miles; and 2:48:01 for the marathon.

He has had eight overall wins in his career and an estimated 125 wins in the masters and seniors ranks. His best racing distance was five miles, and his two favorite races were the New York Marathon and Pat's Pizza 5 Miler in Yarmouth. He was named Aroostook Country Runner of the Year in 1981, 1982, and 1989, and he was inducted into the Maine Running Hall of Fame in 1996.

From 1977 through 1994 he ran more than 2500 miles per year five times. Walton had to stop running in 1994 when he developed osteoarthritis in his hips and knees.

Today, he holds the esteemed position of “Patriarch” of the Aroostook Mustards. Erv MacDonald, a longtime friend of Walton’s and treasurer of the club says that as Patriarch “his experience and wisdom is held in high esteem by the membership. The position is filled by the individual that has earned the highest respect of his running peers. Conrad has always placed a high value on relationships. He has consistently demonstrated this characteristic to family, friends, students, athletes as well as all others encountering his presence. This approach is reinforced by a 13 year commitment to high school cross country coaching, directing over 75 road races, and to his known presence among Maine’s running community. He has effectively served as a role model for running, demonstrating a year-round commitment to training and to high level performance at a wide variety of race distances.”

Walton’s longtime training partner Bob Duprey said that Walton “has set the standard of excellence in all aspects of Maine running. That is . . . as a coach . . . as a race director . . . as a runner.”

The Heart of a Runner

Mike Gaige

During the 1980's no runner was more successful on the Maine roads than Mike Gaige of Bangor. A native of Canton, PA, Gaige moved to Maine in Feb., 1980, and in a matter of months began dominating road racing in his part of the state. In 1981, he won the Bangor Labor Day Five Miler, the first of his three wins there. Years later he would go on to become a very successful masters runner, and the only thing that held him back were injuries.

Gaige first started running while attending Lock Haven College in Pennsylvania. His best friend was a champion high hurdler. Gaige started running with him. Some members of the school's cross country squad saw him running and invited him to meet the coach. He soon joined the team.

By the third meet in his junior year he was the number one distance runner at the division III school. He had to sit out the track season that year because of a leg fracture, but he started the track season as a junior and by the third meet he was the top distance runner. He won the mile in the conference meet that season in 4:12. In his senior year he was second in the mile and second in the state college meet among 13 schools.

After college he took a year and a half off to allow himself to heal up from his ailments caused by intense competition. He worked for a few years as a social worker in Pennsylvania before attending paralegal school in Waltham, MA. Recruited out of paralegal school by a Bangor law firm, Gaige arrived in Bangor in Feb., 1980. His running interests were rejuvenated when he dropped into Phidippides Running Center one day on his lunch hour and met up with Bob and Bruce Booker. It wasn't long before he befriended other members of the local running community like Larry Allen, Mark Violette, and Carol Roy Weeks. Gaige would later help establish the Downeast Striders Running Club.

On Labor Day, 1981, Gaige vaulted into the limelight when he shaved 19 seconds off Bob Hillgrove's course record in the Bangor Labor Day 5-Miler. Gaige's time was 25:05 for the 5.2 mile route (the course was later certified to 5.0 miles in 1985). Gaige went on to win again the following year in 25:09, and in all, won the race three times.

Gaige's best road racing distance was five miles, and his best race ever came in 1982 when he ran 24:45 on the hilly Blueberry Festival 5-Miler in Machias. His course record still stands. Gaige's greatest asset was a combination of excellent speed and good endurance, evidenced by his 52-second quarter-mile time and a 2:28 marathon.



Mike Gaige was a three-time winner of the Bangor Labor Day 5-Mile and was also the oldest ever race winner when he won it in 1994 at age 42.

A six-footer and 142 lbs., Gaige won the Bar Harbor Half Marathon five times between 1980 and 1988, and established a course record in 1982. He made a couple not so notable trips to the New York City Marathon in the early 1980's but problems with high arches in his feet made it difficult to compete in the longer races. He also lived and competed in New Hampshire during 1986 and 1987 before returning to Maine to marry Beth Drake Putnam of Bucksport. A friend once brought it to his attention that he had seven finishes in the top three spots at the Kingfield 10K, but that it was one race that never yielded a victory. He had the honor of being on the cover of Maine Running Magazine three times in his career and one year was chosen as that publication's "Runner of the Year." Gaige was also an avid kayaker, cross country skier and tennis player in his spare time.

One of his greatest thrills came very early in his running career when he, Coach James Dolan, and a couple other Lock Haven alumni, traveled from Pennsylvania to Charleston, West Virginia for the National Track and Field Hall of Fame 15 Miler. They arrived in Charleston at about 1:00 o'clock in the morning two days before the race, parked their van behind the Hall of Fame, and slept in sleeping bags on the lawn. In the morning Gaige went looking for a rest room and ended up in the kitchen at the Hall of Fame having donuts and coffee with three people who were discussing the clinics and other events taking place over the next couple of days. He had no idea the company he was keeping until Coach Dolan came through the door and discovered that his breakfast hosts were Jesse Owens, Wilma Rudolph and Jack Rose. Later in the day Gaige and his team from Pennsylvania did a brief workout with Frank Shorter and Barry Brown, and the next morning before the race he warmed up with Jeff Galloway and Gayle Barron.

After turning 40, Gaige was bothered by hamstring problems that he got from weight training, yet he managed to be competitive. In both 1992 and 1993 he placed 4th in the National Masters Cross Country Championships. "I enjoy cross country the most," he said.

But the real eye-opener came Labor Day, 1994. Thirteen years after he first won this race, he won it for the third time at the age of 42. He remains the oldest race winner.

Gaige sometimes trained with Bangor High cross country coach Pat Sullivan. "Mike is one of the most knowledgeable people I know in distance running," said Sullivan. "As a competitor, for a guy who's 40 plus, he still is extraordinarily fast. He's still got a lot of speed . . . I've never seen him get rattled in a race. He's very comfortable with what he wants to do in a race."

Gaige's favorite race was the Blueberry Festival 5-Miler and his favorite places to train were on the Bangor Municipal Golf Course and the Bar Harbor carriage

trails. He trained from 50 to 85 miles a week which included two long runs and two speed sessions of 1/4 and 1-mile repeats.

His two best races were his course record performance at Bangor in 1981, clocking 25:05, and his course record at the Blueberry Festival Five Miler in 1982, clocking 24:45.

His personal bests include: 4:12 mile; 14:45 5K; 24:15 five miles; 29:54 10K; 1:08:40 half-marathon; 2:28 marathon. Gaige was inducted into the Maine Running Hall of Fame in 2000.

Late in his running career he took time to give something back to the sport and began officiating high school track meets around the state and then college track meets at UMO and USM. He became one of the most respected starters and clerks in the state. He says that getting to meet and encourage many of Maine's high school track stars is by far the most rewarding part of officiating. And he says that running has been such a positive part of his life that he enjoys giving back to a sport that offers so much opportunity to young people of all athletic abilities. There are no other high school sports that field teams numbering well over 100 members and that offer such a variety of events for all body shapes and sizes and abilities.

One of the things Gaige loves about running is that it can give you many hours of quiet time to think. And runners can be very philosophical. One of his favorite running quotes from the late Dr. George Sheehan helps put competition in perspective. Dr. Sheehan was writing about work verses play when he wrote: "In play you realize simultaneously the supreme importance and the utter insignificance of what you are doing. You accept the paradox of pursuing what is at once essential and inconsequential. In play you can totally commit yourself to a goal that minutes later is completely forgotten."

Dr. Sheehan was probably one of our most loved and best known running philosophers and Gaige had the privilege of meeting and speaking with him twice. Two other cherished quotes from Gaige's repertoire include a quote from Bucky Fuller who said: "Man is born to be a success. There are no failures in nature. Failure occurs when our goals are unrealistic, false and too vague, when we have no idea who we are or where we are going." Dr. Sheehan concluded his book *Dr. Sheehan on Running* with the following quote: "Success rests with the courage and endurance and above all, the will to become the person you are, however peculiar that may be."

Gaige says that the most important reason he has devoted large amounts of his time to the sport of running over the years is because of what you learn about yourself on your way to becoming an accomplished distance runner. There are no compromises to be made during a race, no time outs, and no place to hide from

yourself. Winning distance races and setting course records is all about exploring physical and mental strengths, and learning to harness and release the flow of your energy.

“It is not always the strongest or the fastest runner that finishes first. Winners have hearts the size of locomotives that power their will to excel. In every single race there comes a time when the mind suggests to the body that it cannot sustain the pace or that its okay to settle for 2nd or 3rd or just finishing. It takes courage and discipline and heart to override negative thoughts during a race and to press on, to refocus on your strengths to accomplish the task of running your best.”

CHAPTER FOURTEEN

Superman Seniors

Iron Man Plus

Carlton Mendell

During the late 1960's and 70's road racers were taken in awe by a few hardy "old men" who clearly enjoyed the chase as they did. They earned the respect and admiration of their younger counterparts. Among them were Rev. Harry Trask of Yarmouth, Elden Collins, Dick Goodie of Portland, and Phil Harmon. These were the pioneers of age group running at a time when older runners got little recognition, at least at the awards table. As these durable old timers left competitive road racing, another runner of note caught the fascination of younger runners during the 1980's. This was Carlton Mendell of Portland.

Mendell was a nationally ranked veteran road racer who made a name for himself as an ironman of the marathon and ultras. Running his very first road race at age 50, by age 73, this one-time semi-pro football player had run 100 marathons. In 1992 at age 70 he ran the second fastest marathon in his age group in the country, 3:30, and when he was 71 he set North American records at 100K and 50 miles.

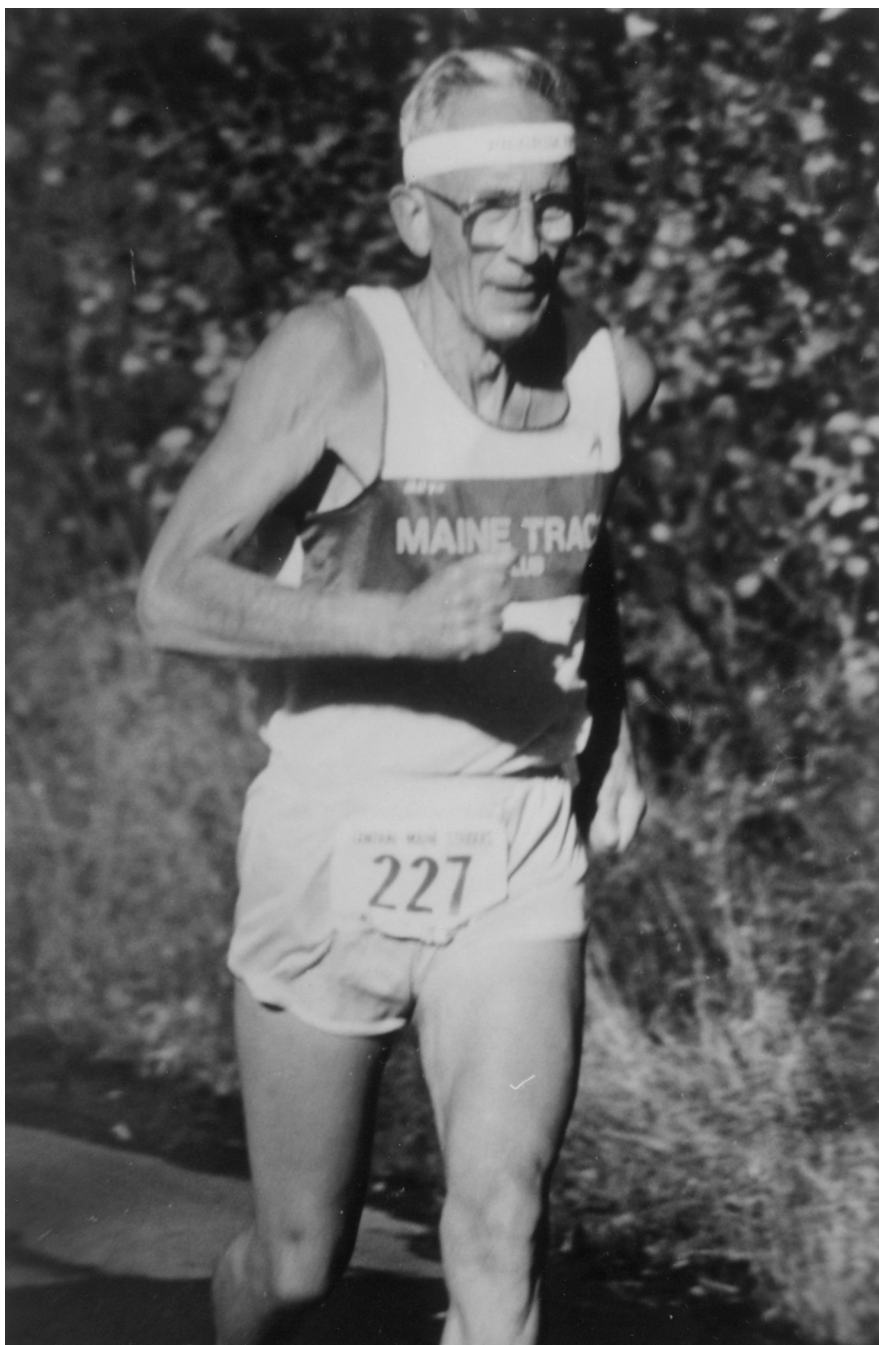
A native of New Bedford, MA, born Oct. 19, 1921, he credits his involvement in athletics to an aunt who gave him a membership at the New Bedford YMCA. Mendell went to Western Maryland College on a football scholarship. He also ran the 880 in track and took second in a meet against John Hopkins in 1941.

Mendell did some racing after college as an aviation cadet at Monroe, LA where he ran the half-mile. In 1940, Mendell played semi-pro football for the Murphy Club of New Bedford, Maryland, and in 1947 played in the New England Pro Football League with Lonsdale in Rhode Island.

An insurance professional, Mendell first got involved in distance running in 1971 after reading an article about Portlander Dick Goodie, a runner and race director who was involved in the Maine Masters which Mendell later joined. Mendell ran his first road race at age 50 in the 1972 Portland Boys Club 5-Miler. He quickly became an avid runner and a prolific road racer running 60 to 70 races a year which typically included six marathons, three in the spring and three in the fall.

By age 62, Mendell, who was 6 feet and 151 pounds, had set 15 national age-group records. In February, 1993, at age 71, he set North American age-group records for 100K (11:27:10), and 50 miles (9:21:53). On September 2, 1984, at age 62 he finished first overall in a 24-hour race at Brunswick, Maine, covering 125.5 miles.

When he was 64, he won another 24-hour race at Westport, New York on July 20, 1986, covering a distance of 100.5 miles. When he was 70, Mendell ran a



Carlton Mendell was one of the most durable and successful marathon runners in the U.S. well into his 70's.

3:30 marathon which was the second fastest time recorded in the United States in 1992. That year he ran a total of 84 races, and by the time he was 79, he'd run 135 marathons.

Over the years, Mendell has belonged to the Maine Masters, Maine Rowdies, and the Maine Track Club. He was named Maine Track Club's "Runner of the Year" in 1989, and was chosen Maine Runner of the Year in 1992. He was Mainely Running's "athlete of the month" two times. He was also presented with the Bruce Ellis Award by the Central Maine Striders in 1987.

"Since I joined the running community in 1971, I have never met a nicer group of people. It has enriched my life so much," said Mendell in 1994.

Even in the years after his induction into the Maine Running Hall of Fame in 1996, Mendell continued to dominate his age group. For instance, in the annual Mt. Washington hill climb in 1997, he won his age group by over 12 minutes and he holds the course record for his age. He began serving on the Maine Running Hall of Fame Selection Committee in the mid 1990's.

His personal bests include:

5K: 19:37 (age 61)
4 miles: 25:15 (age 62)
5 miles: 31:48 (age 58)
10K: 38:47 (age 60)
15K: 61:46 (age 59)
10 miles: 65:17 (age 60)
20K: 1:23:32 (age 58)
25K: 1:45:17 (age 60)
half-marathon: 1:27:13 (age 59)
marathon: 3:03 (age 61, Maine Coast)
50 miles: 7:16:51 (age 61)
100 miles: 17:35:26 (age 62)
24 hour run: 125.5 miles (age 62)
48 hour run: 137.5 miles (age 61)

A runner who traveled to many races with Mendell and was one of his biggest rivals was Hall of Famer, Russ Bradley. Bradley relates a few of his favorite stories about his running friend. Back in 1993, Bradley organized a 60+ team from Maine to compete in the Lake Winnepesaukee Relay Race in New Hampshire. He picked Mendell to be on the team. Most of team members drove down the day before the race, held in Meredith. Mendell decided to make the trip on the day of the race. It started at 8 a.m.

Mendell always arrived at races in plenty of time, so when 7:30 rolled around Bradley started to worry. "I was a basket case," Bradley remembers. Without

Mendell, they wouldn't have enough people to make up a team. Mendell thought that the race started in Weirs Beach, about two miles from the actual start. He'd been sitting there in his car reading a newspaper when he realized that there weren't any runners around. He found someone and asked if they knew where the race started. At 7:50, Mendell pulled up to the race start. "Our team, "The Maineiac 60's" won our age group that day with a time of 8:09:01," said Bradley. "All is well that ends well!"

In another story . . . "Several years ago at the Killarney's 10K I had a new training program that was paying off. I had a good one going that day. Nearing the finish line I saw a familiar figure. It was Carlton Mendell. I couldn't believe it! Would I turn it on or turn it off. "Oh, what the hell." I turned it on and nipped the legendary Carlton Mendell at the tape. Carlton was the first to congratulate me and assured me he didn't have a bad day. He said it was a good time for him. I had ridden up to the race with Carlton and thought I might have to ride home in the trunk of his car. However, he let me sit right up front with him," said Bradley.

"Friendships," What Running Is

Russell Bradley

For years, Carlton Mendell, while running in his 70's, had no competition in his age bracket. That is, until Russ Bradley came along.

It was in 1966 at the age of 42 that Bradley took up running after reading about the tremendous health benefits of aerobics in a book by that title, authored by Kenneth Cooper. He started running at the local high school track and gradually he increased his distance. He rarely exceeded two or three miles, and because he was timid about running on the roads he never ventured off the track for several years.

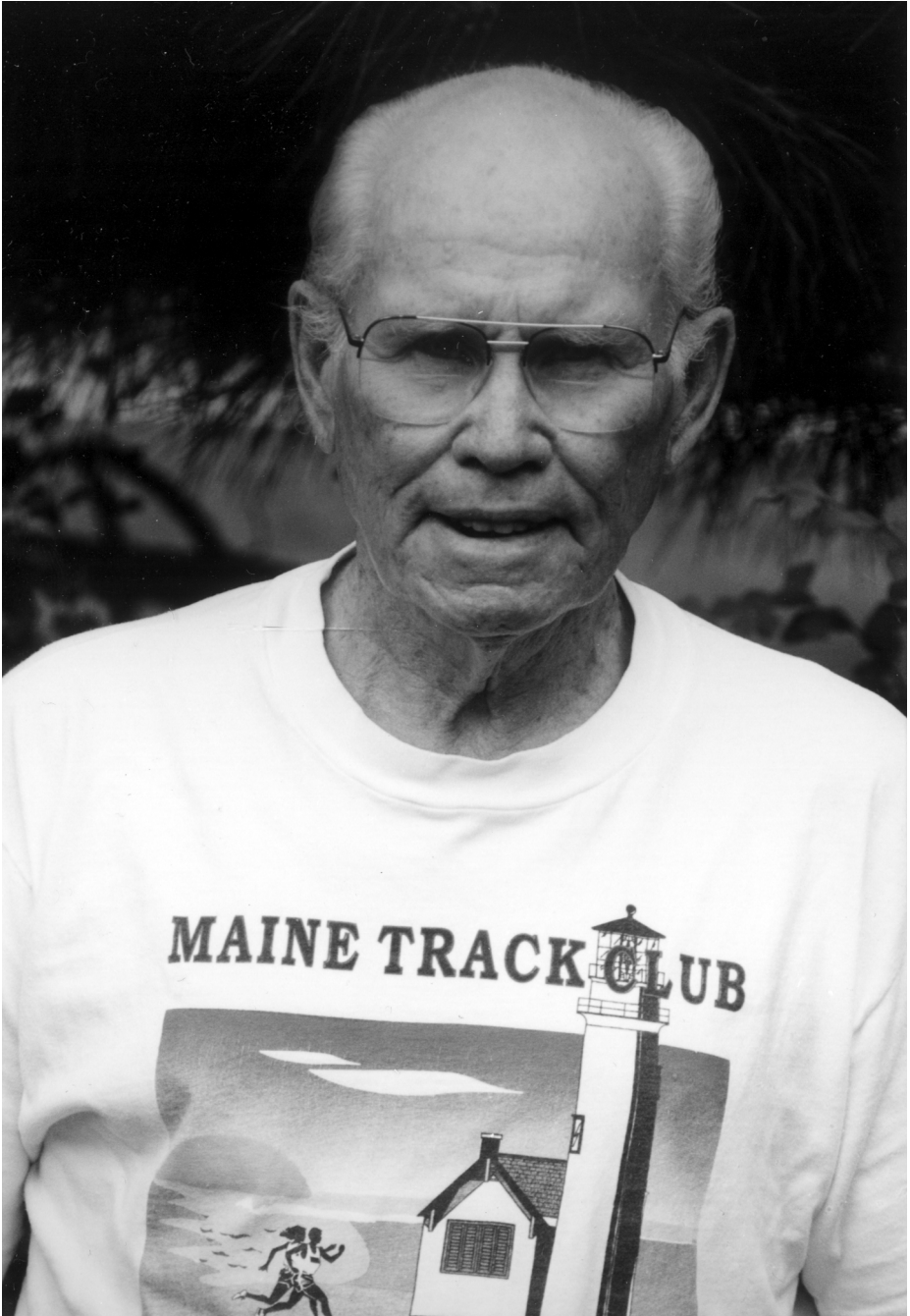
Bradley never entertained thoughts of participating in road races until 1979. His first race was the 1979 Father's Day run at Cheverus which turned out to be a disaster in the 92 degree heat. He swore he'd never run another race, but decided to give it another try in 1981 in the April Amble. He ran four races that year. By 1984, he was running 32 races a year and would average about 24 a year over his remaining years of racing.

Bradley, of Cape Elizabeth, grew up in Ticonderoga, New York, born Nov. 11, 1923. He played football and basketball. He went to the University of Maine in 1941, but his college experience was interrupted by WWII whereafter he returned to UMO to graduate in 1948. He played no sports while at Maine.

Although Bradley started running competitively in 1981, it wasn't until he retired at the end of 1989 that he made a commitment to running for one year. "My goal was to run every day and endeavor to reach my full potential. I only missed three days and managed to log more than 2100 miles," he said.

In 1990, at age 66, probably his best year of running, he competed in 26 races and set 17 course records and four PR's. Those PR's included the Fore River Half Marathon in 1:35:58; Bowdoin 10 Miler in 72:38; the Sugarloaf 15K in 66:43; and the Kingfield 10K in 43:56. That year he was awarded "Most Improved Runner" by the Maine Track Club. Some of his other PR's included a 21:05 clocking at Bruno's in Portland at age 67; and 35:31 at Pat's Pizza 5 Miler in 1992 at age 69.

Bradley, who's weight was up to 180 pounds on his 5 ft. 9 in. frame at one point in his life, was now carrying 160 pounds. In 1992, he ran 1:39:37 and 1:39:54, the 16th and 18th fastest times in the country for his age group in the half marathon. He also ran 68:03 for the eighth fastest 15K in the U.S.



Russ Bradley began running at age 42 in 1996 after reading Ken Cooper's book, Aerobics.

Twice while racing he broke his foot and during his recovery he volunteered his time at Maine Track Club functions. He was touched by the warm response of runners.

Russ had so many great moments in running that it is difficult for him to pick the best among them, but he cites his first place finish at the New Bedford Half Marathon in 1996 as one possibility. His time was 1:47:16. At the 24th running of the Falmouth Road Race, Bradley, 72, was top finisher in the 70 to 74 age group with a time of 59:18.

His personal bests include 21:05 for 5K at age 66; 35:31 for 5 miles at age 68; 43:56 for 10K at age 66; 72:38 for 10 miles at age 66; and 1:35:58 for 13.1 miles at age 66. For 15K he's run 66:43 at age 66; he ran 25K in 2:00:05 at age 67 in Rockland; and he ran 15 miles in 1:57:40 at age 68 in the Boston Primer in Readfield. Other PR's include the Mt. Washington run in 1:56:31 at age 69, and a 55:28 clocking at the Falmouth (MA) 7.1 Miler at age 70.

His favorite training distance was 10 miles and favorite racing distance was the half marathon. Over the years he has kept clear of the marathon, respecting the wishes of his family. His philosophy is "you're only as good as what you practice."

Over the years he has belonged to the Maine Track Club where he was a board member for four years. He also belonged to the Central Maine Striders and the New England 65+ Runners Club where he was a Maine representative on the board of directors. Among his special honors was being ranked for three years among the top three 70+ runners by New England Runner Magazine. In 1997, he was ranked first. He was inducted into the Maine Running Hall of Fame in 1999.

Bradley was employed by Emery Waterhouse Co. for 35 years. He retired in 1989 as managing director of store programs and advertising. It was then that he was able to devote more time to running and competing. During the 18 years he lived in Bangor he was very active in the field of music. He played the trumpet in the Bangor Band, Bangor Symphony Orchestra as well as several dance bands including his own.

He was a philatelist and an ardent Celtics and Patriots fan. He was also a member of the Appalachian Mountain Club, having climbed 47 mountains over 4,000 feet in New Hampshire.

Hall of Famer Carlton Mendell ran more than 100 races with Bradley and was the person who nominated him for the Maine Running Hall of Fame. "I believe the board could not select a more qualified person for the Maine Running Hall of Fame," said Mendell.

Dennis Morrill, who had been running in Maine road races since the 1950's, said he was very impressed with Bradley both as a person and runner. Morrill calls him

“fearless. He would go after guys who were 20 years younger than he was. He was tough.”

Bradley’s greatest reward of his years of running and racing boils down to one word, “friendships,” he said. “The greatest intangible benefit of running has been the camaraderie enjoyed for many years among runners. I have made a host of friendships which I cherish,” he said. One of those was Kitty Kelley who he met at a Maine Track Club meeting around 1992. They ran into each other again at a weekly group run on Thursday nights.

“If it was a rainy night and I wasn’t sure if anyone would show up, I knew Russ would be there, and he was,” said Kelley. “I don’t think I missed a Thursday night run I enjoyed running with him so much. He always gave me tips like “charge up those hills, Kitty, and don’t let up after the top. You can win a race that way,” and he was right.

“At the Killarney race one year, Russ and I started together. I felt terrible and told Russ I was going to drop out. He said keep going, you might feel better, and he was right. I placed 2nd in my age group. I always start a race with Russ. I consider him my good luck charm.”

Larry Barker, a friend of Bradley’s who started racing in 1978, said “I call him my second father sometimes. I ask him for advice and he tells me. Russ is a great guy. He’s always happy, he’s always smiling.”

Around 1997, Bradley had to have a hernia operation and was also diagnosed with Parkinson’s disease. He decided it was a good time to retire. He has since made a routine of walking a 2.5 mile loop near his home.

CHAPTER FIFTEEN

Getting the Word Out

Turkey Day, the Striders, and Maine Runner

Rick Krause

Rick Krause competed in long distance running from 1968 through 1984 and was named Maine Runner of the Year in 1976. He was founder of the Central Maine Striders as well as the founder of the state's first running publication, *Maine Runner*. Krause was also the most prolific writer of his day on the Maine running scene.

Born March 24, 1946, Krause grew up in Manchester, Connecticut. Diagonally across the street lived Peter Close, a runner of some note. Krause remembers seeing Close come out of his house wearing his St. John's sweats, and while holding his track shoes in his hands he'd trot off down Walnut Street toward the West Side track. Close, 11 years older than Krause, just happened to be 3rd ranked in the world at 1500 meters (1959) and an Olympian (1960).

The only runner that Krause ever saw running on the roads when he was growing up was a lean figure who looked like an old man running along the main road between Bolton and Manchester. Krause's grandmother knew him and used to say, "there's Dr. Robbins." Krause knew nothing about Charlie Robbins or Peter Close, but later in life he would have the pleasure of interviewing them as a journalist.

Although neither Robbins or Close had anything to do with Krause's venture into running, something else did. Beginning in 1927, it had been a tradition in his town each Thanksgiving Day to go up to Main Street and watch the Manchester Thanksgiving Day Road Race. It would be that race which eventually drew him into competitive distance running at the age of 20. And, yes, one of its winners was Peter Close (1958). And Robbins had been a race winner, too, in 1945 and 1946.

As a youngster, Krause was a tall, skinny kid. In the eighth grade he was 6-1 and only 132 lbs. He was determined to change that. He developed a great appetite for exercise. He bought himself a set of weights and doubled his strength in just a few months. He had grown up around the water and was an excellent swimmer. As a 15-year-old he set a pool record in the backstroke on his first try. One of his greatest enjoyments was biking. He would take rides of up to 50 miles or more each week exploring many parts of his state. He also played a lot of tennis with two older brothers, and tennis was the only sport he played in high school.

But his greatest love was woodchopping. On the 50+ acres of woods that his parents and grandparents owned in nearby Bolton, Krause spent most of his weekends and all of his summers, chopping wood. He felled hundreds of trees



Rick Krause: runner, club founder, running magazine publisher, and author.

from the time he was 15 through age 20. He developed a powerful base of strength which would one day be one of his greatest assets as a runner. He had gotten to know Dave Geer, a five-time world champion lumberjack, who lived in Jewett City, Connecticut. Krause wanted very much to compete in lumberjack events, today known as timbersports, but those plans fell short when he enlisted in the Navy in March, 1966.

When he first entered the navy, he kept in shape riding his bike, swimming, and lifting weights. It was while stationed in the California desert during the summer of 1966 that Krause, at age 20, decided to go out for a three-mile run, just to see if he could do it. Before long he was doing five miles, and with Thanksgiving just a few months off, he began to think about running in the Manchester Road Race. It was to be a kind of surprise for his parents.

But Krause felt that he was not quite ready to "race" five miles so soon, and waited until the fall of 1968 to run his first race, and of course it was at Manchester. In the meantime, he had been transferred from a carrier-based attack squadron on the west coast to Brunswick Naval Air Station where his brother was a pilot in VP-21. Krause continued to run in Maine and also while on deployment in Sicily.

After his first race at Manchester in 1968, where he quickly found out just how competitive the sport really was, he wanted to run more races in Maine but did not know if there were any. So he went to Bowdoin College and met track coach Frank Sabasteanski. The Bowdoin coach said that Roland Dyer was the man to see about road racing. So Krause went over to Sears at Cooks Corner where Dyer worked and there he met Maine's pioneer of road racing. Dyer gave him a race schedule which included a 15-miler in Gardiner. So in May, 1969, Joe's Pizza 15-mile Road Race became his first race in Maine. Krause developed a great admiration for Dyer and eventually he would write a biography of him in 1988.

Krause won his first road race in 1969 in Sigonella, Sicily, a race that was sponsored by the navy. It was a 1.5 mile cross country race on the base's "goat trail" golf course. That year he also won an open tennis tournament on the navy base.

In January, 1970, Krause entered the University of Maine at Orono where he studied physical education and ran cross country and track. He was a two-miler in track and in cross country typically placed among the top four. His best effort while at Maine was in the Yankee Conference Cross Country Championship in 1972 where he finished second for the Black Bears.

While at the university Krause often ran with Will Deering of Orono, one of two people who had the most influence on his improvement in running. Deering, who had been a Maine state champion in tennis in his high school days, was running 140 miles a week and had already run a 2:36 marathon. "Will was a better runner and I was at the beginning. I always felt that training with a better

runner is the best way to be a better runner yourself. Will and I used to train in some of the most brutal weather imaginable. We had one favorite 13 mile run that circled out through Old Town. We would start out at a comfortable pace and as the miles went by we'd steadily pick it up. By about the 8th mile we were running at about 5:30 per mile, and in the final few miles we'd be at about 5:15 pace. We whipped ourselves into such good shape that in 1972 we went down to Portland and took 2nd and 3rd in Dick Goodie's Midi Marathon."

Every year Krause made the Manchester Road Race his foremost goal. It became the most important measuring stick of his progress each year. He made his most important lifetime running goal to finish among the top 25 (prize winners) at his hometown race. Although he never accomplished it, he came close in 1976, placing 29th in 24:40 for the 4.77 miles.

Ironically, he was just five seconds out of the top 25. "But I'm still real happy with that achievement," said Krause. "After all, Bob Winn's best place in this race was 16th and he was ten-times the runner I was."

Krause competed a career total of 184 road races from 1968 through 1984, with 19 victories, 24 second place finishes and 23 third place finishes. He won his last road race in Sidney in August, 1984 at age 38. He was selected Maine Runner of the Year in 1976. At 6-1 and 174 lbs., Krause was the biggest runner ever to win the state's top distance running award.

In 1978 the Maine Masters presented him with their annual award as the year's "greatest contributor to Maine distance running." He is the only person to win both this award and Maine Runner of the Year. He was inducted into the Maine Running Hall of Fame in 1994.

It was while living in Newport, where he taught physical education and coached cross country, that Krause founded the Central Maine Striders on Dec. 5, 1975. It was the third running club established in Maine, preceded by the Maine Masters in 1969 and the Sunrise County Road Runners in 1970. Before this time what few distance runners there were in Maine, perhaps two or three dozen, either ran unattached or belonged to clubs such as the Greater Portland Athletic Club, the Waterville Athletic Club, or the Augusta Recreation and Track Club. Pure running clubs as we known them today did not arrive until the late '70's.

While developing the Striders monthly newsletter, Krause found that he enjoyed writing. He thought how nice it would be if all runners in the state had a race schedule and race results available to them, just as the Striders did via his newsletter. He decided to start a publication which he named Maine Runner. It was the first formal publication on road racing in the state. He published it from March, 1977, through October, 1979. Issues came out every three weeks. The publication launched him into a career in journalism.

During the early 1970's Krause got to be friends with the most successful road racer of the '70's, Ralph Thomas. Krause, Pete Gleason, and Jeff Sanborn would often take training runs with Thomas on weekends in Gardiner. "We all idolized Ralph," said Krause. "We admired him so much and wanted to be like him, and just being around him was enough to make you more confident. We all have wonderful memories of those runs and it was as much fun as it was serious. I'm sure we all felt lucky to have run and raced during the same decade as this giant of a legend."

Krause's best race out of state was in February, 1973, when he clocked 1:51:33 in the Silver Lake Dodge 20-miler which went from Hopkinton, MA, to Newton on the Boston Marathon course. A month later he ran in Dale Lincoln's 29-mile relay from Calais to Eastport, doing a 15 mile leg, averaging 5:33 per mile. In February, 1978, he won the Brockton Marathon in 2:36:43, his best of five career marathons.

Krause's best career times were:

Mile: 4:33 (run at Bowdoin's old cage, and also at Colby's fieldhouse, age 31)
Five miles: 26:01 (Portland Boys Club 5-Miler, 1976)
10K: 32:24 (Great Pumpkin Race, Saco, age 33)
9 miles: 47:29 (Cape Elizabeth 9-Miler, age 28)
15K: 51:00 (Lost Valley 15K, Auburn, age 31)
10 miles: 53:46 (Tour du Lac, Bucksport, age 32)
13.1 miles: 1:13:50 (Bar Harbor, age 33)
20 miles: 1:51:33 (Silver Lake Dodge 20-Miler, Newton, MA, age 26)
Marathon: 2:36:43 (Brockton Marathon, age 31)

Over the years Krause served as a volunteer track official at Colby for 17 years. And for 17 years he certified road race courses. He also directed four road races.

Since 1978, Krause has been a reporter, sports editor, and free-lance journalist, often writing articles about runners whenever the opportunity was there. He published *The Pine Tree Road Runner* in 1988, a biography of Roland Dyer who's hard work impressed Krause so much early in his running career. Krause also served as Maine correspondent for *New England Running* of Brattleboro, VT, through 1984, and he later wrote for *New England Runner* of Boston, MA. Among his fondest stories is one he wrote about the history of the event he watched as a child.

Over the years, his heroes were the winners of the Manchester Road Race, but Krause says he owes the most to a local sports editor. "Earl Yost is the man who revived the Manchester Road Race after the war, and if it wasn't for him I would never have started running."

Both before and after his induction into the Maine Running Hall of Fame, Krause volunteered to write biographies of the inductees for the MRHF committee. He served on the committee during the late 1990's. He decided to combine the biographies into a book, *One Hundred Years of Maine Running* which he published in 2001.

One of the most exciting things that happened to him later in life was that through his writing he had a chance to get to know the first two runners he'd ever seen as a youngster, Close and Robbins. While writing a story about the history of the Manchester Road Race in the early 80's, Krause traveled down to Middletown, Connecticut to see Charlie Robbins, still an active runner in his mid 60's.

"It was a special treat to sit down and talk with this runner who I once thought must be a kind of weirdo. His status among the great long distance runners of his time amazed me - the people he new and ran against and beat: Kelly, Cote, Pawson, etc. Here sitting in front of me was an 11-time national champ from 20 km through the marathon (3rd at Boston).

"But one of the most exciting things that ever happened to me was early one morning in the mid 1980's, I arrived at the office around 7 a.m. and there was some correspondence on my desk from Waldoboro. As I read through it I came across this name "Peter Close". I was in shock. How many Peter Closes could there be in this country? It had to be him, I said to myself. I got on the phone and called him. Even though it was early in the morning (Close was now retired) and he was still in bed, he was excited to hear who I was.

"In no time I set up an interview with him and wrote a long story about his athletic life. It was a real treat to finally get to know this elite runner and veteran college coach who had once lived right across the road from me. Life can sometimes come full circle. But there was some very important fact that Close never revealed to me.

"A few years went by and I was glancing at the obituary column, which I almost never do. Here was his name. Close, 54, had died of cancer. Today, whenever I look through the photos I took of runners over the years I often come across the one I took of Pete standing outside his house in Waldoboro, age 52, wearing his 1960 Olympic warm-ups with his track spikes slung around his neck, and I say to myself "I'm lucky to be alive."

CHAPTER SIXTEEN

The County's Bounty

THE MADAWASKA OVERACHIEVER

*Andy Palmer
by Phil Pierce and Rick Krause*

Andy Palmer, an Aroostook County runner who competed in the 1970's and 1980's, is a fine example of a runner who developed himself to the fullest potential, and then some. He came out of nowhere, lacking knowledge of training and racing, and by placing himself in the right company, and by his own desire and will to excel rose to heights achieved only by a handful of Maine runners.

Palmer, a native of Madawaska, did not start running until he was 23 years old. He had been a passionate basketball player, but after college there was no more basketball. With a degree in physical education, Palmer certainly must have had physical fitness as one of his life's priorities and he needed a way to maintain it. So a year after he graduated from UMPG, he decided to enter a 13-mile race in Waterville. He completed the first 12 miles at about 6 minutes per mile but crashed in the last mile, running it in about 12 minutes. A year later, he increased his weekly mileage from 20, running up to 100 miles a week.

But the sudden increase in training load cost him. He needed a break from running to heal up, so he spent the summer of 1977 swimming. In the fall, he was back running again. He took fourth place in two straight Aroostook County races. He won his first race in Fort Kent. Andy soon realized that he had endurance and moved up to the marathon, winning a race in the Maritime Provinces by a margin of three minutes. After the race, his closest challenger suggested to him that he move to an area where he could train with the best competition of the day. Andy took the advice.

In 1979 he moved to Boston where he met up and trained with Bill Rodgers, Greg Meyer, and Kevin Ryan. Rodgers found jobs for Palmer at his several stores and provided a healthy, high powered atmosphere in which to train. Kevin Ryan, a New Zealander, served as Andy's first coach, providing him with valuable tips on training schedules and discipline. Andy was also coached by Charlie Spedding, a British Olympian.

When Rodgers trained in the south during the winters, Andy moved into his house and even bought Rodgers' Volkswagen. Things really began to fall into place for Palmer in 1984 when he became a nationally ranked runner. At the prestigious Cherry Blossom 10 mile road race, he clocked 47:52, a time good enough to rank him 10th fastest in America for that distance. Unfortunately, Track and Field News listed him in their race results as being from England. Palmer corrected the error with typical Downeast humor by suggesting that, yes, "Maine is a long ways away, but . . ."



*Madawaska native Andy Palmer found one way to become the best
– move to Boston and train with the best.*

In 1984, he ran for an American record at the 30K distance for 29-year-olds. He ran in the Olympic Trials Marathon in 1984 and 1988. In the trials at the World Championship Marathon in 1986, he was 13th.

Palmer maintained a rigorous training regimen, and often ran between 150 and 190 miles a week. One February he averaged 27 miles per day, logging 670 miles for the month. In a 10K in Bermuda, Palmer finished behind Bruce Bickford in a world class field, taking 9th place.

Among his best times were: 3:55 for 1500 meters; 4:13 for the mile; 29:04 for 10K, and 2:16 in the marathon.

“Andy earned my respect from the very beginning because of his enormous determination to improve himself as a runner,” said Rick Krause. “And he also had the respect of the entire running community. It is my belief that Andy had no more raw running talent than any man on the street, but it was clear that his motivation, his desire to seek out the best runners in New England and train with them, set high but realistic goals for himself, led him to achieve heights that runners with twice his talent would never have dream of.

“I remember well the time that Andy began to emerge as a serious contender. I had heard that he had been training hard up there in Aroostook County. Then in October, 1978, I put on an 8 mile race in Albion and Andy showed up. I also ran in the race myself. It was a traffic free hilly loop, half on dirt roads, with the final 1/3 mile up a pretty steep hill. After the race started Fred Judkins and I ran out in front. I completely forgot about Andy. He was nowhere in sight. Eventually I found myself in second place, running alone. With about a mile left I thought I heard someone coming up from behind but I wasn’t sure. As I approached the bottom of the big final hill to the finish a runner came up slowly from behind and began to pass. It was who I’d expected, Andy. He seemed kind of shy about the whole thing, I thought, as if he wanted to apologize for pulling ahead of me. He moved on with powerful strides up the steep hill, taking second place. He earned my respect that day. I knew he was on his way.”

Equally important to Palmer was his education. His interests were physical and mental health. After he received his B.S. in physical education and recreation at UMPI, he later earned a masters degree in physical education and administration from Springfield College and received a masters in education exceptionality from USM. Finally, he earned his Ph.D. in educational psychology from Florida State University.

For most of Palmer’s professional career, he was a teacher and mentor. One of those he coached was Mars Hill native Michele Hallett, a state champion who went on to win two Big East cross country titles while at Boston College. She also won the National AAU Cross Country Championship in 1981. In 1980, Palmer founded the Maine Running Camp in Bar Harbor.

In 1995, after attaining his Ph.D., Palmer developed a private performance enhancement practice which continues to this date. His focus was on helping aspiring runners to develop the mental and emotional skills to succeed. He has been head coach at Craftsbury, Vermont from 1988 through 1995. Since 1995 he has been a sport psychology consultant for Roy Benson's Nike Running Camps. Palmer has been on the Road Racing Club of America's Committee for Certification of Coaches and Adult Road Runners since 1996, and he has been a consultant to Reebok, Nike, and New Balance over the past several years.

At the time of his induction into the Maine Running Hall of Fame in 2000, Palmer was in the process of establishing a fitness center in Lenoir, North Carolina. This facility will house around 30 runners and will host fitness and performance seminars. Plans also include horseshoe pits, a croquet court, a basketball court, volleyball area, biofeedback equipment, a lap pool, altitude simulation, and a fully equipped exercise science laboratory. The purpose of this facility will be to provide a high level of support to emerging athletes, with the proceeds from the camps, seminars, and workshops going towards supporting six to ten post-collegiate distance runners. To this end, he is working with Team USA with hopes of becoming one of their training facilities.

Andy is involved in private coaching and counseling with four athletes that qualified for their respective Olympic trials and a fifth person who made the USA National 100K Team. Andy's training philosophy is based upon the principles of periodization in training and patience in attaining results, using effort-based training to realize the athlete's individual goals.

Mars Hill to Big East

Michele Hallett Wakeman

The most successful woman runner ever to come out of northern Maine was Michele Hallett Wakeman. Hallett not only did what no other woman in Maine had done, she did what no other male runner in Maine had done. She won the National AAU Cross Country Championships in 1981. And as a collegiate runner at Boston College Hallett won two Big East cross country titles in 1982 and 1985. She also finished 12th in the country on the track for 10K in 1986 at the NCAA Division I nationals.

Hallett, born May 22, 1964, grew up in the small town of Mars Hill and ran for Central Aroostook High. She started running cross country to get into shape for the ski season. "I found that I enjoyed the running so much that I eventually gave up the skiing to focus my energies on the running," she said. From her freshman year on, Hallett was coached by local road racer Andy Palmer, and by her sophomore year, 1979, she emerged as regional and state champion in cross country. In 1980 and 1981 she repeated as regional and state champ, then went on to win the National AAU Cross Country Championship in 1981 at Amarillo, Texas.

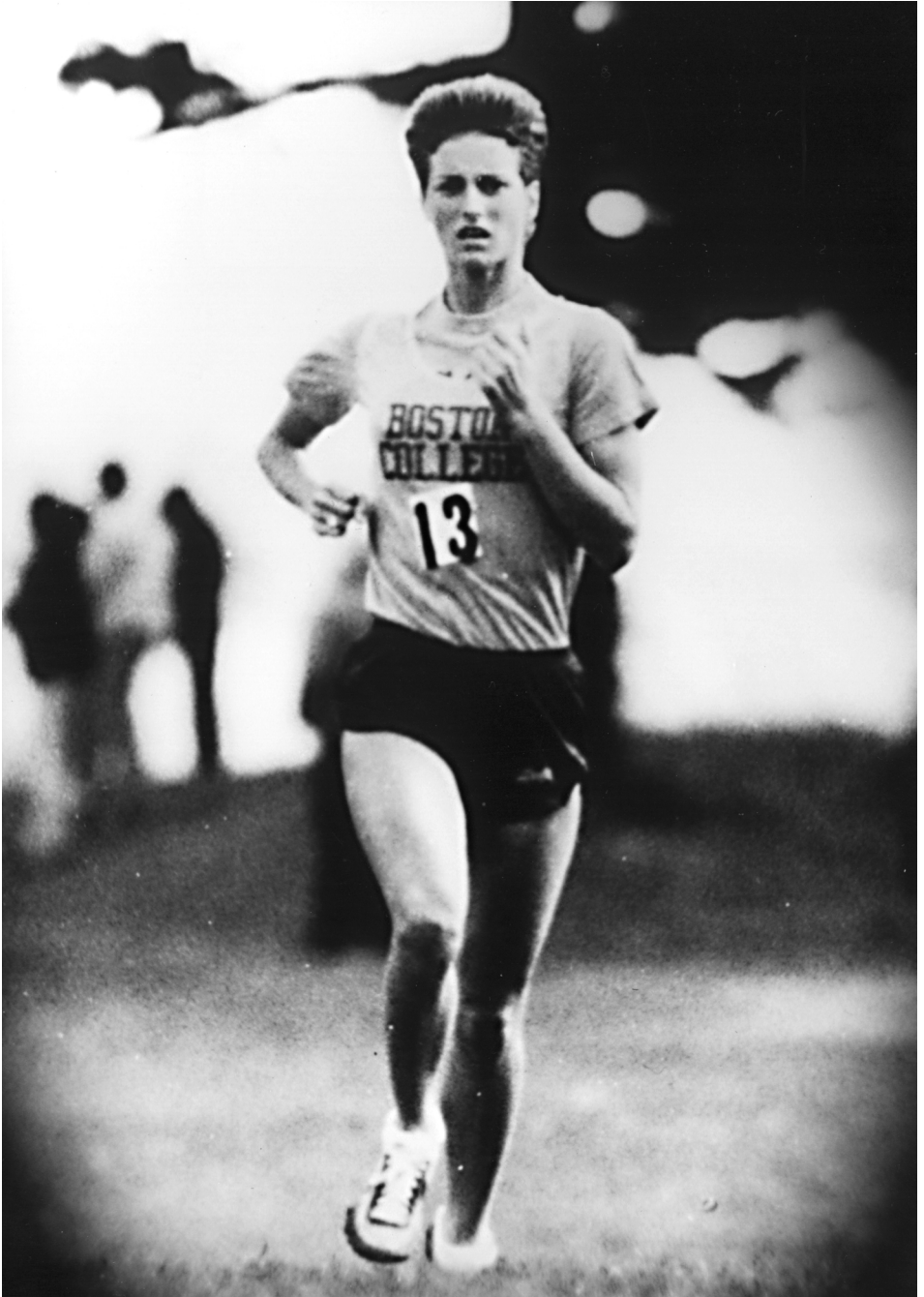
On the track, Hallett was regional and state champ in both the mile and two mile in 1980 and 1981 and state champion in the 1600 in 1982. She ran times of 5:00 for 1600 meters; 10:02 for two miles, and 9:35 for 3000 meters.

At Boston college where she studied nursing, Hallett continued her success in running. Two Big East cross country titles and 12th on the track for 10K (34:38) in the NCAA Division I Nationals were the highlights of her collegiate running. Also while in college she ran 34:08 for 10K; 16:24 for 5K, and 4:27 for 1500 meters. She was named BC's Eagle of the Year.

Her exceptional running would eventually earn her an induction into the Boston College Sports Hall of Fame in 1992, while back home she was named Maine Runner of the Year in 1991 and 1992.

Hallett, who was 5 ft. 6 in. and 105, says that those who influenced her running most were Andy Palmer, Jack McDonald, and her family. Palmer coached her through 1982 when she went to BC, and again in 1991.

Racing for a total of 13 years, Hallett belonged to the Aroostook Mustards and Nike Boston. Her best racing distance may well have been 5K and 10K but Hallett adds, "I think the marathon may have been my best, but I only ran one marathon." That was in Toronto in 1991 when she finished 5th among women in 2:46.



Michele Hallett of Mars Hill won two Big East cross-country titles as well as the National AAU Cross Country Championship.

Among her best career races was a win in the Greater Boston Cross Country Championship in 1982 where she clocked 16:26 over a three mile course. Other top lifetime performances were a 34:08 clocking at the Penn Relays in 1986, and her 2:46 marathon at Toronto. She also had a career best of 27:19 for five miles and 16:24 for 5K.

Her greatest moment in running was “being honored in my hometown at Mars Hill at my high school. I was awarded the “Alumni of the Year” award. It was special to me to be surrounded by friends and family and have the opportunity to thank those who really made it possible for me to be successful at running.”

Andy Palmer wrote about his prize pupil, “Michele came to the sport at a time when both her and I were very naive about training, competing, and the political process of running. This naivete enhanced the excitement of the process. Being from northern Maine during her developmental years while having certain limitations also gave us a natural periodization process. As you’re well aware, an individual isn’t going to be doing a whole lot of speed work in Mars Hill, Maine, in January. So we took a different approach, winter and summer were set aside for basework.

“I suspect Michele was probably the strongest female high school runner Maine has ever produced. She reveled in the distance work. Remember I was just learning at the time and we decided that because I was away for much of it, that it would be much safer building up with volume than with intensity.

“I realize that there have been other Maine high school runners that have since run comparative performances in the mile and two, but to my knowledge none ran anywhere near what she did in the 3000 in high school (9:35 in the New Englands). This was in battle with Liz Natale, and it was a battle, they were back and forth for the entire race with Liz running a couple tenths faster in the final straight. As I said, her work ethic was tremendous, she had a great deal of faith in the program and with a couple of exceptions it always paid off. Her progression through her four years of high school is quite rare. Her two mile went like this: freshman, 11:48; sophomore, 11:03; junior, 10:42; senior, 9:35 in the 3000 (the equivalent of a 10:23 two mile). These results were possible because she had a great deal of self confidence and patience, very rare in a 15 to 18 year old.

“I’ve mentioned her training ethic, but there were times this paled compared to her race work ethic. She had an ability that I’ve seen only in a few rare athletes; she could run herself into oblivion, literally to the point where she didn’t recognize me or even her parents. This is a skill that is great to have, but you just don’t want to use it very often, if at all. In her few disappointments in high school this was usually the culprit. She would try too hard. I have seen her have a one minute lead with less than a 1/4 mile to go and lose because she wouldn’t relax and coast. This ability reminds me of the interview with Herb Elliot on the “Supermilers”

tape where he explains why he retired so early. I believe that Michele would have risen to even greater levels if I would have known to teach more patience and control.

“Once again, I’m sure that you are very aware of training in Maine winters, but I look back at Michele’s resolve and training regiment and marvel that a 15 to 18 year old had the tools to consistently run 80 miles a week over monster hills in chill factors that at times approached 100 degrees below zero. I will forever be impressed with Michele’s athleticism and focus. Years ago I would tell her that she was one of my heroes. That hasn’t changed. She is a very special athlete and a very special person. I’m proud to have had the opportunity to coach her and call her a friend.”

Hallett was inducted into the Maine Running Hall of Fame in 1996.

"The Bull"

*Bruce Freme
by Conrad Walton*

In 1971, a 5'4" Caribou High School Sophomore came out for the track team, but after one season of competition in the hurdle event it became obvious to Bruce Freme that hurdles was not to be his event. During the ensuing summer vacation Freme ran daily at Madawaska Lake, a spot he characterizes as "one of the best places on the planet to train" thus began a running career that spanned 29 years and was punctuated with a raining consistency that is nothing less than extraordinary.

During the period 1972 to 1999 he logged monthly mileage ranging from 50 miles to 450 miles without missing a month, and at one point ran 395 consecutive days. A long time friend and fellow competitor Sammy Pelletier said, "I learned many things from Bruce that helped my running career and the most important was the value of a consistent training routine."

After a full summer of training Freme began his racing career as a distance runner for the Caribou High School Vikings. During the next two years he established himself as the premier runner in Aroostook county and state competition in cross country, indoor and outdoor track. In 1973 he placed second in the Eastern Maine cross country regionals and 3rd place in the state meet behind Bruce Bickford. At the state indoor meet he was the second place finisher in the 2-mile and the state outdoor 2-mile champion.

His high school coach Conrad Walton remembers Freme as a team leader who motivated others by encouraging them to model his consistent year round training. Walton also credits his success "to a competitive spirit that burns brighter and more intense than any athlete I have encountered."

After graduating from Caribou High as an outstanding athlete and scholar, Freme attended Bowdoin College where under the tutelage of coach Frank Sabasteanski he was selected all ECAS, all New England, all NESCAC and IC4A runner. During his tenure at Bowdoin he was captain of the cross country squad and took 2nd in both the State Meet and the NESCAC meet in 1977, then placed 5th in the IC4A's.

He set school records in the indoor and outdoor 2-mile as well as the 3-mile in 14:21, and set a long standing cross country course record. His development as an outstanding college runner is underscored by personal best times of a 1:59.3 half-mile, 4:14 mile, and 9:14 two-mile.



Bruce Freme set many records at Bowdoin College before he joined the competition on the roads, earning "Maine Runner of the Year" in 1979.

In 1978, Freme graduated from Bowdoin and the next year attended the University of Maine where he trained with many outstanding UMO runners. During this period between UMO and completion of dental school, Freme was at his best. In 1978 he was the state AAU indoor mile and two-mile champion and was recognized as “Maine Runner of the Year” in 1979.

As road racing became more popular, Freme focused his talent on the racing scene. He set course records, lasting eleven years, at the Bar Harbor Half Marathon and the Apple Blossom Festival Five Miler. Freme’s most satisfying accomplishment was a second place finish in the Casco Bay Marathon (2:27:12) that was followed by a 9th place in the very competitive Philadelphia Half Marathon (1:07:19). In Aroostook County, Freme dominated road racing by winning his favorite race, the Caribou Labor Day Road Race four times and the Potato Blossom 5-Miler four times. His personal best times of 14:51 for 5K, 30:13 for 10K, 24:17 for 5 miles, and 51:20 for 10 miles indicates a quality and range of distance that set him apart as one of the top runners in the state. Freme says, “the highlight of my running career was winning the Sam Ouellette trophy in 1995.” This honor came later in his running career and was emblematic of Aroostook’s premier runner.

In 1984, Freme graduated from the University of Pennsylvania School of Dentistry and soon after married Gina Buckley. During the next few years he was busy establishing a successful dental practice and raising a family of four children. Drew, Grahm, Timothy, and Maura Freme rounded out his family and kept him quite busy, but still he says, “with consistent training and fewer injuries I still feel I have the speed to run 27:00 minutes for a five miler.”

Freme not only established himself as one of the State of Maine’s best high school, college, and road racing competitors, he has also taken great interest in the development of other runners. In 1979, Freme, along with Bob Duprey, Sam Hamilton, and Conrad Walton, founded the Musterd Racing Team. Serving as “The Bull” for several years Freme says, “the Musterd was a way for “The County” to showcase quality runners in all age divisions.” Also important to him is promoting road racing in Aroostook County as he was race director for the Musterd Mile for five years and the Helen P. Knight 5K for four years. Freme was inducted into the Maine Running Hall of Fame in 2000.

Freme has been very active in youth running programs. By serving two terms on the Caribou Board of Education he has been a strong voice for athletics and academic excellence. One of his training partners, Bob Duprey notes, “Bull Freme is a great ambassador for running in Aroostook County and the state.”

CHAPTER SEVENTEEN

Win, Win, Winn

"Son, Someday You're Gonna Be a Great Runner"

Bob Winn

Wells native Bob Winn is a four-time Maine Runner of the Year who began running competitively in 1973. Although he had run very fast times throughout his entire career, what was most impressive was his continued success in the open division while only months away from his 40th birthday. Even at age 39 he dominated races, breaking course records routinely, many of them his own.

Born Nov. 14, 1958, Winn reflects on his early experience in athletics. "I was a Little League player and all that stuff but I was always too small. When I graduated from high school I was 4 ft. 10 in. and about 85 pounds. Because I was so small I started out with my math teacher, told him I wanted to do a sport, and he just kind of dragged me out in my freshman year and that's how I got started (running). I really enjoyed it." The man was Joe Murphy, who turned out to be a big influence on Winn's early running career. "He really kind of got me going."

Another person played a big role in Winn's running in high school. "Ron Hankel was probably the biggest influence in my younger years," said Winn. Hankel had come to teach P.E. and coach at Wells from Chicago and had been a 4:14 miler in high school. "He has always challenged me. I remember one day I challenged him to a race on the cross country course. I beat him and ever since we kind of gained respect and he really brought me along as far as running goes. He taught me what running was all about."

Winn ran well enough at Wells High School to win the Western Maine Regionals in cross country and win the conference title. In the state class B meet in cross country in 1977, Winn, then a senior, took second by just a step. He also took second in the state championship two mile. "I was always second, I was always a bridesmaid." An honor student, he received the Senior Athlete Award.

Winn blossomed as a college runner at Central Connecticut from 1977 through 1981 when he also went through a big growth spurt, shooting up to 5 ft. 10. He was All-New England in cross country and in the 10,000 where he set a school record of 29:22. He was also named All-East in indoor track and cross country. He was awarded the Gladstone Award as the school's top senior athlete. Winn earned All-Eastern Conference in both academics and athletics. He qualified three times during college for the NCAA cross country and track and field championships. While at Central, he ran 14:15 for 5K, 8:58 in the two mile, and 29:22 for 10K.



Bob Winn's achievements in running were so impressive that the Maine Running Hall of Fame Selection Committee inducted him while he was still in his peak running years. He ran and competed longer than any other Hall of Famer.

Winn likes to recall an incident that happened early in his running career that helped inspire him. He was running in the Bernie's Fashions Cross Country Race at Gorham one year when he heard another runner coming up from behind. Chugging along with short powerful strides was future Hall of Famer, Ralph Thomas. As Thomas pulled up to Winn's shoulder, he slowed down and said to Winn, "Son, someday you're gonna be a great runner." Winn never got those words, and to this day he idolizes Thomas.

In fact, Winn took the comment to heart because many years later in 1984, he drove up to Gardiner to run in a special 15K event which honored the legendary Penobscot runner. Thomas stood and watched the race with great interest as Winn put on a show, averaging under five minutes per mile on the very hilly course. "He's been quite an influence on me," Winn said. Winn won the race by more than five minutes.

Winn's PR's include the mile, 4:10; 2-mile, 8:48; 5K, 14:10; 4-miles, 18:45; 5-miles, 23:38; 10K, 29:22; 20K, 1:02.00. During the 1980's he ran the Boston Marathon five or six times, and it was during one of those runs that he recorded his best marathon, 2:18. He won both the Maine Coast Marathon and the Casco Bay Marathon, and has finished 4th at Philadelphia and 5th at Montreal. Winn also was first in his age-group (sub-master) in the Columbus Mens National Marathon, running 2:21. In the fall of 1994, he was the first North American finisher in the Montreal Marathon in 2:26.

Winn, named Maine Runner of the Year in 1991, 1992, 1994, and 1998, by the Maine Track Club, was also named Runner of the Year by New England Runner. He held numerous road race course records throughout the state and hardly ever finished out of the top three in any race, in or out of state. Many of his course records were set when Winn was in his late 30's. In 1997 alone, at age 39, he broke his own course record at the Clam Festival 5 Miler in 23:56, and also shattered the course record in the challenging Pottle Hill 10K in Livermore Falls.

Who were others who influenced his success later in his running career? "In my later years probably Ziggy Gillespie, Rick Krause, and Ralph Thomas. He's been a big help and a big influence," Winn said of Gillespie. "Ralph Thomas was a huge influence. I was always in awe."

For several years during his 30's, Winn was coached by Gillespie. He opened a new chapter of his competitive running career under "Ziggy". With a relatively low mileage approach, 40 to 50 miles a week, mixed with timely high quality training, Winn discovered his second youth in his late 30's, setting course records at will. "Rest is important. I might take two days off a week. He's done wonders."

Working with Gillespie, Winn had the best year of running in more than 10 years in 1994 when he was 36. He ran the fastest four mile time in the state at the Angie Abrams Memorial Race with a 19:26 clocking on Aug. 21, then came back

on Sept. 3 and won the Falmouth 10K in a course record 30:46. It was also his fastest 10K of the season.

That year he also established a course mark in the Peaks Island 5 Miler in 24:46. Much of his training was pointed toward the Montreal Marathon on Sept. 17. Winn had to deal with some tough conditions yet still managed to be the top finisher from the U.S. His time was 2:26:38, and he finished 5th overall. He just missed the Olympic trials qualifying time.

Other wins in 1994 came in the Maine Track Club 10 Miler, the Maine Track Club 5K, the Campfire 5K, the Wells Week 10K, the Nubble Light 10K, and the L.L. Bean 10K. Its no wonder he earned Maine Runner of the Year honors.

Winn's best racing distance is "probably between five miles and 15K. I think my best type of running is cross country. I really love cross country."

One of the best indicators of Winn's running success were his performances over the years in one of the most competitive road races in the world, the annual Manchester Thanksgiving Day Road Race in Manchester, Connecticut. Running against Olympians, Kenyans, and the Irish who have dominated this race in recent history, Winn took 16th place in 1989 in a field of some 10,000 runners on the 4.76 mile course, clocking 23:02. He competed in this race a number of times over the years, and even at age 36, ran a time of 23:21, his second fastest.

Winn, who runs at 138 lbs., was the top Maine finisher at the New England Cross Country Championships in 1994 and also won the Maine TAC Cross Country Championship. He was a member of Team Maine, and as a member of Team Maine Ekiden he finished among the top 15 in a 15k leg in international competition in NYC.

Winn has had plenty of excuses to not run well due to health problems, but he is not a man to make excuses. For years he had suffered from severe allergies that pop up out of nowhere certain times of the year. It made breathing difficult. "I've learned to live with it. I wouldn't let that stuff bother me. I wouldn't be running this long if I did." In a cross country race in Boston in the summer of 1997, he ran a five mile course in 25:10 even in the middle of one of his allergy attacks.

Since 1978, Winn has also coached. Wherever he taught school he also managed to coach, too. In fact, he was still a student at Central Connecticut when he started coaching. A teacher who teaches technology education at the junior high level, Winn has taught and coached at Lawrence High, Wells, York, and Kennebunk. He's coached a number of individual state champs.

Most recently he has coached at Wells High School where his teams have won conference and regional meets from 1994 through 1996. In 1996 they were third in the state meet, they took fourth the year before that, and in 1995 they were third.

"I like kids. That's probably the only reason I keep running because these kids keep me going year after year. They even got me into that mountain biking craze."

At the time of his induction into the Maine Running Hall of Fame in November, 1997, just a few weeks from his 40th birthday, Winn was running for Adidas and trying to qualify for the nationals in Oregon in December.

Looking back at his fondest memories . . . "As small as I was I ran a 9:38 two mile in high school. Probably one of my best races was when I was in college. The two-mile Eastern indoors I got down to the 8:40's. I'll never forget that race. Again, in outdoor track in college, making it to the NCAA's."

Other career highlights include winning the Portland Boys Club 5 Miler, and in 1995 he broke Dave Dunham's course record for the first leg of the Lake Winnepesaukee Relays. Another fond memory was his course record win at the Monmouth Apple Blossom 15K in 1996. His idol Ralph Thomas once held the course record.

One veteran runner who knew Winn as well as anyone was Carol Weeks. Weeks was a pioneer of womens marathoning in Maine and one of the two best in the state during the mid 1970's. In later years she served as president of the Maine Track Club and also served on the Maine Running Hall of Fame Selection Committee. From the very first time that Weeks met Winn in 1990, she realized that "Bob possessed some very special gifts, not only as a runner, but as a human being," said Weeks. "Bob surrounds himself with young people. He works with early adolescents as a teacher at Wells Junior High School. After school he coaches cross country and track. When he isn't coaching, he spends time with his many young followers, mountain biking, camping or just sitting around and talking with them.

"Bob is extremely generous with his time. He is always willing to help a young athlete to develop into a better athlete. He assists them by running with them and coaching them with constructive criticism and encouragement. Over the years I have witnessed Bob's dedication to Maine youth by helping them pay to attend running camp, or buying a pair of sneakers for a student that cannot afford to buy them, or by spending quality time and working directly with them.

"As talented runner as he is, he always has the time to give back to the sport by helping others. Most of the people that Bob runs with are slower than he is so they benefit far more than he does from the workouts.

"Bob has not had things handed to him in this life. He has worked hard for everything that he has. His success with running is the result of his extreme dedication and determination. He is very focused on his training. In order to complete the workouts on his schedule he rises by 5 a.m. in order to get in a

training run before school. After school he runs with the students on his cross country and track teams.

“Because of his own outstanding accomplishments in the sport of running and his sincere dedication to young people, Bob stands out as an exemplary member of Maine’s running community. It is amazing to think that Bob has been running for more than twenty-five years and continues to set new records.”

CHAPTER EIGHTEEN

Old and Fast

"When I Go, I Go!"

Barrington Ivers

Barrington Ivers was a high school sprinter who returned to the track late in life to leave an astonishing mark in veteran competition. He set numerous American and world records in the sprints. And even just five months after undergoing a double bypass operation in March, 1997, the 86 year old said, "I'm looking at the 100 and 200 in the 85 to 89 age group."

Barry Ivers was born on Dec. 6, 1910, in Monmouth. His parents had come over to this country from England. Before he had reached high school the family moved to Lewiston where Barry and his younger brother often passed the time practicing sprinting.

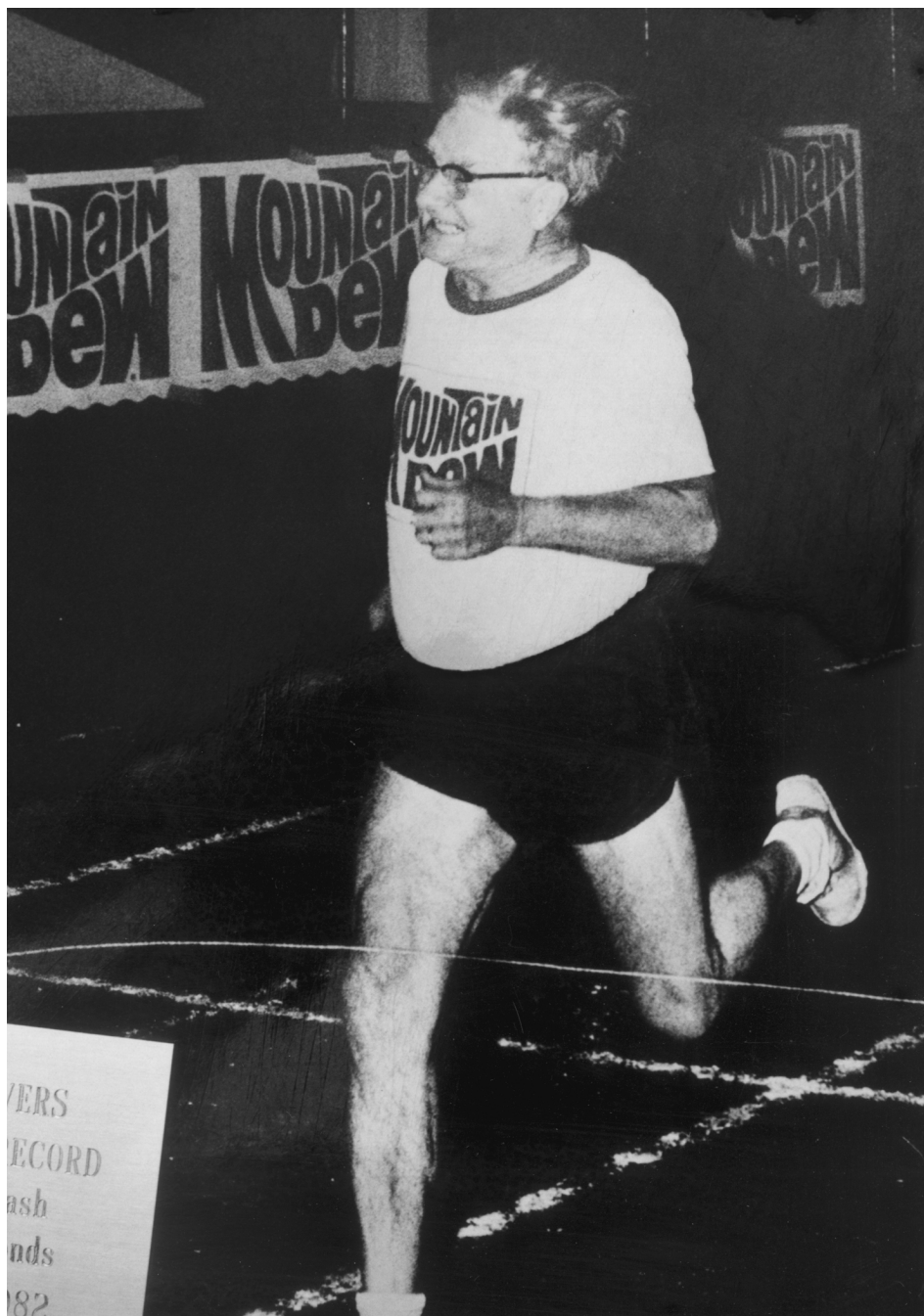
"My brother and I would practice, running in the back alley. Of course, running was my favorite thing, and his too. We used to time each other in the 100 yards. And I was always trying to make the 100 yards in 10 seconds. Never quite made it, though." And he remembers the old Armory where in the cellar there was a dirt track. This was the only place around where anyone could run indoors, except at the old Bates College cage.

From Lewiston, the Ivers family moved to Brewer in Barry's sophomore year, and it was at Brewer High that Barry developed into a state champion sprinter. He won the 200 meters in the state meet at Orono in his senior year and he took 2nd in the 100 meters. He also took 4th in the long jump.

At an earlier state meet at Bates he won the 100, the long jump, and took 2nd in the 200 meters. In the long jump, he had placed his left foot about eight inches behind the white line at the takeoff board, yet still managed to soar 20 feet, 8.5 inches. "The guy kept telling me, why don't you hit the board and you'll go 22 feet."

He was a proven quarter miler, too. At the eastern regionals at Old Town he twice won the event. "I would stay back until about the 220 mark, and then I'd just let it go."

He graduated from Brewer High in 1929 but did not attend college. Yet he ran in the 1932 Olympic trials at Harvard. At that time he was working for the Eastern Steamship Company and he traveled to the meet by steamship. But there was a sickening odor from the furniture polish in the stateroom that made him ill, and that, along with getting sea sick, he was in no shape to run well in Boston. "I'm pretty sure I would have been about 2nd in the 100 meters if I'd been feeling good." He ended up getting fourth in his heat. Back in these times there were no starting blocks, and the sprinters dug holes at the starting line.



World recordholder Barry Ivers trained and raced at one speed – all out.

Except for one 100 yard race in 1936, Ivers did not run for about 47 years. It was in 1976, while living in Nova Scotia that he starting practicing the sprints once again at age 65. He practiced at the Acadia University track in the town where he lived, Wolfville. In September that year in only his third meet he won the 100 meters and the 200 meters at the Canadian Masters Championships.

While living in Nova Scotia, Ivers and his wife managed the Historic Inn in Wolfville from 1975 to 1977 when they returned once again to Brewer. Ivers was an accountant and handled tariffs on freight movement to Canada. He also served 13 years on the Brewer city council and was elected mayor for three terms. As mayor, he signed Brewer's world famous billboard which read, "Brewer Welcomes UFOs. Landing Sites Available."

For a small man of 5 ft. 6 in. Ivers had enormous strength. During the years that he was general manager of Sanborn's Express for the Maritime Provinces, he remembers one day at work the truckers were passing the time trying to out do each other lifting a 100 lb. cart overhead. Most could do it with two hands. Someone asked Ivers to "go show them how to do it." Ivers got up from the chair in his office, strode over and grabbed the cart by one hand and pressed it overhead two times, and walked away. "They couldn't believe it," he said. "I was called a pencil pusher, but I could outlift all the guys."

In his training, there was only one way to do it. All out. He'd go down to the track in Brewer and practice running 100 yards. "If I couldn't make it in 12.5, there was something wrong with me. I stayed until I could run it in 12.5.

"Everytime I ran I ran for speed. I didn't run just for the sake of jogging. There's a difference between jogging and running. You bring your knees up. I ran it. When I go, I go."

At the World Masters Championship in Gothenburg, Sweden, in 1977, Ivers took 7th in the 200 meters with a time of 31.0, and he was 14th out of 28 competitors in the 100 meters, clocking 1.45 seconds. He was 66 at the time.

One of his greatest efforts was his World Record 15.4 seconds for 100 meters at Tampa, Florida in April, 1982 when Ivers was 71 years old. "I never really had any coaching."

He ran in 61 meets from the time he was 66 until he was 82. And just where did he get his speed from? His mother was known to be athletic, and his father was an accomplished step dancer.

Ivers, inducted into the Maine Running Hall of Fame in 1997, earned All American honors from the Athletics Congress in several sprint events in 1986 and 1989 while in his late 70's. He was also featured in an issue of Sports Illustrated in "Faces in the Crowd."

The following is a summary of Ivers many American and World Record runs:

At age 72 he tied the American Record in the 100 yards in 13.6
At age 72 he set the World Record in the 100 yards in 13.4
At age 76 he set a World Record, indoors, in the 200 meters in 33.1
At age 76 he set an American Record in the 200 meters in 32.26
At age 77 he set the World Record, indoors, in the 60 meter dash in 9.5
At age 80 he set the World Record in the 100 meters in 15.3
At age 81 he set an American Record in the 200 meters in 33.87
At age 81 he set an American Record, indoors, in the 60 meter dash in 9.97

Ivers currently holds the following American and World Records:

American 70/74 age group record for 100 yards, 15.4 sec.
Canadian 75/79 age group record for 100 meters, 15.33
World Indoor age group, 75/79 for 60 meters, 9.5
World Indoor age record for 79 years olds for 200 meters, 32.8
World 80/84 age group for 200 meters, 32.9
World age group, 80/84 for 100 meters, 15.3
American age group, 80/84 for indoor 200 meters, 33.87

"I Was Very, Very Fortunate I Was Born An American"

Leo Cloutier

Leo Cloutier, a lifelong resident of Brunswick, had always been a big sports fan throughout his lifetime, and as a younger man had played baseball, football, and hockey. But it wasn't until he was well into his 60's that he realized he had the ability and motivation to become a world-class athlete, even after retirement. Cloutier started serious training and wound up setting a slew of world age-group records in the sprints and weight events. The athletic facilities at nearby Bowdoin College became his second home.

Here is his own story. "It all started in 1974 in early April. On my way home from the doctor's office, I decided to stop at the Bowdoin track and talk with Arthur Minchin, who I knew at Bath Iron Works where I was supervisor for 32 years. He asked me how I was feeling and I told him that I was bothered with kidney stones, prostate trouble and a back problem. I also was on the verge of getting hardening of the arteries, plus three operations in the past.

"I don't know why, but something was telling me to run the whole length of the football field, so I asked Arthur if I could run. He didn't say yes or no, but I knew he wasn't in favor of it. He told me I was on my own. Being dressed for cold weather, I went underneath one goal post and started to run at a good speed the whole length of the field. I was surprised my heart was beating quite fast and my legs felt good. So the next day I went back and did the same thing over again. Arthur told me if I wanted to run I'd have to get permission from the headquarters, which I did.

"People ask me if I ever did any running before. I never did take part in any race. When I was young, between age 12 and about 20, I would get up early in the morning and run two to 10 miles. That was 50 years ago. Of course, playing semipro baseball and football, there was some running involved. Not knowing too much about running shoes, I bought a pair of Converse, but it wasn't the right shoe. They were for basketball. I used them just the same all that year.

"The following year, 1975, I started to run early and with the help of Dave Watson who was an outstanding dash man in his prime. He taught me the standing start which I liked. He also told me to get a good pair of running shoes. So that year I felt ready to break the world record of 14.4.

"On August 9, I broke the world record time, 13.5 for the 100 yd. dash. At the Greater Bangor Open Invitational Meet at the University of Maine, I established a



Leo Cloutier never discovered the magnitude of his athletic ability until he was in his 60's.

new world record in the shot put. Thanks to Frank Sabasteanski, track coach at Bowdoin, who taught me the technique to throw it. My age was 66. Carl Wallin who was a great shot putter at Northeastern, told me to throw the 12-lb. instead of the 16-lb., due to the hot weather.

“The following year, 1976, age 67, I broke the world record in the hammer throw, a 16-lb., 56 feet, again thanks to Frank Sabasteanski.

“Without him I wouldn’t have gotten anywhere. A funny thing happened before that. Weighing only 154 lbs., I almost gave it up. I told Arthur Minchin that I was going to turn it in because I felt it was too much for me. He told me that I wasn’t doing it the way Frank taught me, so that noon he said to try and throw it again and don’t forget to do it the way he taught you. I threw it three times and broke the world record each time.

“In 1977 at age 68, at the Greater Bangor Open at the University of Maine, I broke the 100 meter world record in 14.1. The old record was 15.1 That same year Frank Sabasteanski called me and asked if I was going to officiate or run. I didn’t intend to run any more that year, but out of a clear sky, I said I would run and go after the 100 yard dash record. He said okay. So on Aug. 6, I broke the record, 13.9, beating the old record of 14.1. In that race Jerry Crommet, about 35 years younger than me, finished first in 12.4. Dennis Morrill stayed with me all the way to the finish line. So to Dennis and Jerry, thanks.

“The year 1978 was supposed to be a big year for me. I was going after three world records: the 100 yard dash, the 100 meter dash, and the hammer throw. But due to surgery I missed them all.

“I had the honor to be invited to try to make the Masters Olympic Track Team, USA, in 1976. I was also invited last year to go to Sweden, but wasn’t feeling just right. People ask me since I’ve been running if I get hurt. Yes, at first I pulled lots of muscles, ligaments, etc., but you work that out. I was on the Today Show, and didn’t know it. A surgeon who was at the Greater Bangor Open was using me as an example of what a man of 68 could do. Some friends told me about seeing it.”

In addition to Cloutier’s late-life athletic achievements, he gave freely of his time as a track official at Bowdoin until he was 89 years old. No one appreciated this service to younger athletes more than Bowdoin’s track coach, Peter Slovenski. At the end of Cloutier’s officiating career, Slovenski, honoring Cloutier with the title, “track official emeritus,” took time to make a special tribute to his senior high jump official in a special citation. Slovenski wrote, “Since 1974 when Ned Vachon introduced Leo to track officiating, Leo has become highly respected and admired figure at local track meets. He has worked national college championships meets, but he is also quick to volunteer for high school, junior high, and Special Olympic meets in Brunswick. Leo’s enthusiasm for sports has spanned

many decades and many achievements. In his school days he was a baseball pitcher and also played football and hockey. As a senior athlete, he set several world records in the 100 and 200 meter runs for his age group. He has also won many medals in Maine Senior Games competition for throwing and running events.

“He still works out every day walking around the Bowdoin campus, running on Bowdoin’s track, or hiking for miles along railroad lines . . . In recent times Leo’s favorite Bowdoin track memory was watching Joan Benoit-Samuelson wear the black & white Bowdoin uniform.

“To the Bowdoin track team Leo is not only known as the senior high jump official, but he is also known as the Boxer. His speed bag punching exhibitions, which include hitting the bag blindfolded and with his elbows, have been part of Bowdoin’s preseason track preparations for the past eight years. Leo’s blindfolded elbow jabs to the punching bag, speed on the track, and helpful advice to aspiring athletes will forever hold a place in the hearts of Bowdoin coaches, officials, and track athletes.”

Only a month before his death in the spring of 2000, age 90, Cloutier had told Rick Krause and Dennis Morrill at his home, “I was very, very fortunate I was born an American.” Cloutier was inducted posthumously into the Maine Running Hall of Fame that November.

Following is a summary of Leo Cloutier’s outstanding achievements as a senior sprinter and weightman.

Aug. 9, 1975, age 66, broke the world 100 yard record by .9 seconds, clocking 13.5.

Age 66, at the Greater Bangor Open Invitational Meet, he set a world record of 42 ft. in the 12-lb. shot put.

1976, age 67, he broke the world record in the 16 lb. hammer throw with a toss of 56 ft. He broke the record with each of three successive throws.

1977, age 68, at the Greater Bangor Open, he broke the 100 meter world record by a full second with a 14.1 clocking.

August, 6, 1977, he broke his own world record in the 100 meter dash with a time of 13.9.

In 1976, he was invited to try out for the U.S. Master Olympic Track Team. Also, he was invited to compete in Sweden.

In walking, in 1985, age 76, he walked 46 miles in 24 hrs in the Rowdy Ultimate Marathon.

CHAPTER NINETEEN

The Striders' Mom

Unselfish Giving Has Made All the Difference

Leona Clapper

A native of North Haven, Leona Clapper, born March 11, 1930, was one of the legendary Clapper Family of Bucksport, perhaps the best-known running family in road racing from the late 1970's through the 90's. Leona and her husband, Charles, who was also an avid road racer, raised twelve children, six of whom took up competitive running. Perhaps the best known was Gerry Clapper who became one of the best college distance runners ever to run for the University of Maine.

Leona, a housewife and mother most of her life, started running when she was 48 in 1978, and was drawn into the sport from watching her children run. "We decided we wanted to do it too," she said in 1994, just a few months after she was inducted into the Maine Running Hall of Fame at a ceremony in Waterville. Leona was one of only a few women who competed in the 50+ age bracket during the early 1980's, and she set many course records.

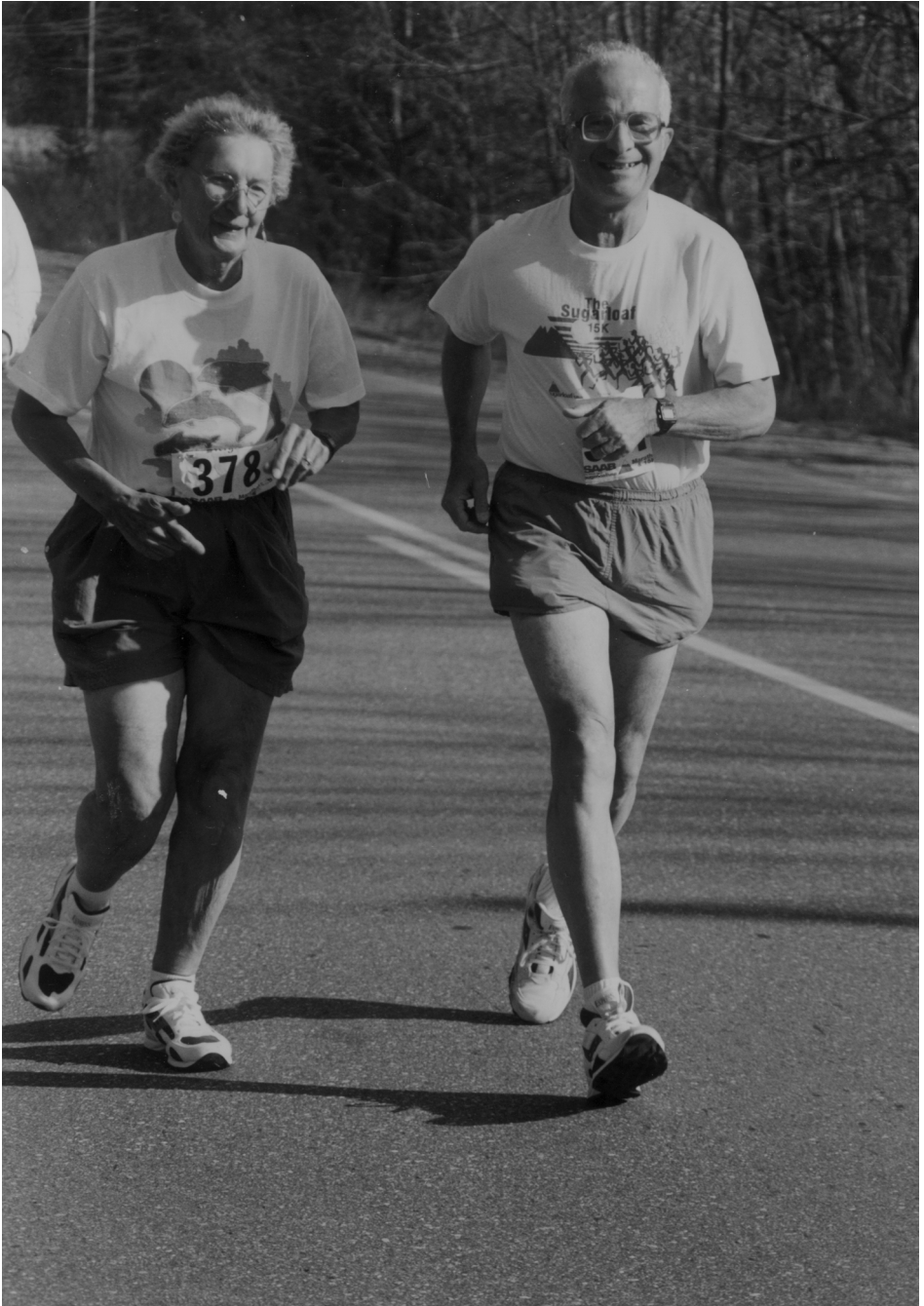
Her best career efforts include a 22:09 5K age 54 in 1984; a 1:18:52 ten miler at age 52 in 1982 when she also ran her fastest marathon, 3:50:33 in Orono. Among her best races were a 45:33 in the Great Pumpkin 10K in 1981 at age 51; 22:39 in the Cranberry Island 5K in 1982; 22:29 in the Terry Fox 5K in 1984 (age 54), and 72:14 for 15K in the Schoodic Point 15K in 1984. Leona was 5-7 and 131 pounds at her racing prime.

Through 1994, she had completed six marathons, her first at the Paul Bunyan Marathon in Orono in 1980, two years after she started running. A member of the Central Maine Striders, she was honored as Strider of the Year in 1986.

Among her many great admirers over the years was Jerry Saint Amand, president of the Central Maine Striders from 1985 through 1990. Saint Amand wrote the following about one of his favorite people.

"It's easy to overlook this gentle, gray haired lady, now in her late 60's, should you see her in a group," said Saint Amand. "She has never been loud, always a simple person in dress and manner, and she would blush and "poo poo" you should you recognize her as one of the leading lights of women's running in Maine for many years.

"It was never her running times that made Bucksport's Leona Clapper someone you'd notice at the top of state race results. It was instead her love of running, the surprise within herself at her love of age group competition, and her becoming the unofficial "mother" of all women runners that made her a core person in Maine running circles.



Leona and Charles Clapper run together in the Kingfield 15K during the mid 1980's.

"This is a woman who started late in life, for it was daughter Margaret and son Gerry who were usually listed among the leading male/female race results in the early to mid 80's. Leona didn't start showing up in results until her late 40's. At 49 years old, she was finishing the Grand Willey 10K in August of '80 in 58:13. Not much to shout about you might think, until you find her at age 50 crossing the finish line in the well known Benjamin's 10K in Bangor in November of '81 in 45:48.

"It was her determination to improve that kept her busy, but it was her gracious manner and genuine smile that won the hearts of all Maine runners and officials who knew her. Leona and husband Charlie opened their hearts and their home to runners from all over the state after each summer's Tour du Lac 10 Miler in Bucksport, a tradition that continues today.

"It has been Leona's warm words of encouragement to countless younger female runners that inspired them to keep going as she herself set the example that older women can run distance from the popular 5K's to marathons! Voted by Maine's 2nd largest running club, the Central Maine Striders, as their female "Strider of the Year" in 1986, Leona and Charlie also shared the special "Bruce Ellis Award" in 1991 for their contributions to running over the years.

"I am only one of the people who Leona has quietly encouraged when things were not going well, and her acceptance of life and it's ups and downs continues to inspire many of us.

"The Maine Running Hall of Fame has places for Maine's fastest male and female runners, and for others who have had long, successful running careers. I truly believe there must also be a special place for those whose unselfish giving of their heart and soul to running has made the difference for so many others, and Leona Clapper is the finest example I know of."

Former Maine Running publisher Bob Booker feels much the same. He wrote in one of his issues . . . "One day this spring, Tanya went to the mail box and retrieved a brown shipping envelope addressed to Ethan. She opened it and found a beautiful hand knit sweater with the words, "Paul Bunyan Marathon" across the back and the legendary lumberjack himself on the chest. A note was attached that simply said, "For the little fellow." Right out of the clear blue! No strings attached! That's the kind of person Leona Clapper is. A woman who has dedicated her life to the concerns of others before her own needs and desires."

Clapper was inducted into the Maine Running Hall of Fame in 1992.

CHAPTER TWENTY

The Marathoners

"It Was Time for Wild Cheering, for Heart-Thumping Exultation"

Joan Benoit Samuelson

Joan Benoit-Samuelson was the best known woman distance runner in the world in the 1980's and few could argue that she was the most successful athlete of any sport in Maine during the 20th century. The Cape Elizabeth native reached heights in distance running in the late 1970's and 80's that are unmatched in womens distance running. Her major achievements are threefold. She won the first womens Olympic marathon ever held in 1984 in Los Angeles, she is a two-time winner of the Boston Marathon where she set a world record of 2:22:43 in 1983, and two years later she was honored with the prestigious Sullivan Award as the greatest women athlete in the United States.

Born May 16, 1957, Samuelson's venture into sports began in junior high when she took up track in a summer recreation league. In high school she played J.V. basketball at Cape Elizabeth for three years as well as four years of varsity field hockey. At Bowdoin College she played field hockey through her sophomore year. At the time, Bowdoin had no track or cross country programs for women.

Skiing cross country and alpine were two other sports she did growing up, and she eventually made them lifetime sports. "I was never very serious about x-c skiing," Samuelson wrote in the summer of 1994. "It has always been a recreational sport for me with the exception of a couple of citizen races in college and one race at Sugarloaf in the mid 80's. I did a lot of x-c skiing during the two winters preceding the Olympics when I did very little if any downhill skiing for fear I might get hurt. I have done more downhill skiing with the family in recent years and less x-c."

She ran her first road race in 1974 when she was 16, and won. It was the 5K event of the Maine Masters sponsored road race season-opener, the Roland Dyer Memorial Race in March. Her time was recorded as 21:00. She was the only woman in the race, as Robin Emery ran the longer 10K event that day. Benoit entered the sport at a time when women were just beginning to be accepted as serious competitors in distance running events. Pioneers like Emery and Diane Fournier had helped pave the way in this evolution, working their way into an all-male sport while overcoming frustration and social barriers. Within a few short years Benoit would set the record straight.

In 1977, after two years at Bowdoin she accepted a running scholarship at North Carolina State where she began concentrating solely on her running. After three



Joan Benoit in route to an Olympic gold medal at Los Angeles, 1984.

semesters there she returned to Bowdoin to finish her degree. The school by now had a womens track and cross country program in place.

Samuelson, who was 5-3 and 108 lbs., ran her first marathon in Bermuda in January, 1979. She was there to run the 10K, but the marathon was held the day before so she ran in it as a training run, although she was officially entered. She finished in 2:54.

Only three months after her Bermuda, she ran for the first time in the Boston Marathon. She was 21 and still a student at Bowdoin College where that spring she had been named to All America at 3,000 and 10,000 meters. There were many people in Maine who believed that Benoit was a serious contender at Boston. One was Portland Press Herald writer Vern Putney.

"No newspaperman from the paper had ever been permitted to cover the Boston Marathon," said Putney. His superiors at the Herald were against the idea. But Putney persisted and for a good reason. "Joanie was on the rise," he said. "I told company executives that Joanie had an excellent chance to win the BAA, and that I should be there to cover it." Finally, the management gave in. Putney headed south.

"At Hopkinton, I talked with a recent California marathon winner. The best luck I can wish you is that you keep pace with Joanie, because she's going to win it," Putney remembers saying to her.

"It was my biggest thrill in sports coverage. The now-veteran reporter, perched on a catwalk above the Boston Marathon finish line with The Flag brushing his head, espied a gutty little lass from Cape Elizabeth pounding home in an American record of 2:35:15. To heck with formality and objectivity. It was time for a wild cheer, for heart-thumping exultation. Joan Benoit, a dynamic bundle of talent and determination, had taken hundreds of giant steps and had done Maine proud."

At Boston that year, Patti Lyons of Boston, who had been running and winning marathons since 1976, was the favorite. On this cool, rainy day Lyons started slowly and Benoit took the lead from the start and went through the mile in 5:42. Lyons soon took over and ran with a pack which included her coach. By five miles (28:00) Lyons had a 40 second lead. By Wellesley, Benoit, wearing No. 11 on her black Bowdoin jersey, had closed the gap to within 15 seconds. She caught Lyons at the start of Heartbreak Hill, the two running together for a mile. Lyons had been having problems with bursitis in her foot and could no longer hold the pace.

At mile 23, a fellow student handed Benoit a Red Sox ball cap which she put on backwards and wore the rest of the race. Her cap and Bowdoin shirt drew tremendous applause from the crowd as she ran the final miles. She crossed the finish in 2:35:15 to establish a new American record, and erased Liane Winter's course

record of 2:42:24, set in 1975. Her time was the world's third best, as Benoit beat 520 women, 25 of whom ran under 2:56. Lyons took second in 2:38:22.

Later that fall, Benoit, who had been named to All America in college cross country from 1972 through 1975, won the Div. III National Cross Country Championships. In 1980, she ran another marathon in Auckland, New Zealand, clocking 2:31:23.

After a third place showing at Boston in 1981 (2:30:16), Benoit was back again in 1983. She was now a track coach at Boston University and living in Watertown, MA. The favorite this year would be New Zealander Alison Roe who had won the race in 1981, and was the world recordholder. Roe's opposition this day would come from Benoit who was in great shape, although the press did not consider her as a big threat to win. However, in September, 1982, she had run a 2:26:11 marathon in Eugene, Oregon, for the third fastest time in the world, and she'd run a 31:44 10K. Two weeks before Boston Benoit had run 122 miles. But she was prepared for speed as well, having run a personal best in the mile, 4:36, just two months earlier. And she was physically strong as evidenced by her fourth place finish in the World Cross Country Championships in March.

Frustrated at all the attention given to Roe, and with a world record on her mind, Benoit started hard and went through the mile in 4:47. She passed the 10K mark in 31:45, only a second slower than her personal best for 10K.

She was on a 2:17 pace, but did not let up. She was feeling tremendous. Her 10 mile split was 51:38 and at the halfway point, 1:08:22. Roe by now had lost sight of Benoit and was having problems with a cramp in her calf. Jacqueline Gareau passed Roe and moved into 2nd place. Roe dropped out at 17 miles.

Benoit made it through the hills, but the bottoms of her feet were raw and she wondered if she was going to make it. She passed the 20 mile mark in 1:46:44. At Coolidge Corner she could hear her name being shouted from the rooftops. Most of her Boston University track team had gathered on top of the transit station roof to cheer her on. Benoit crossed the finish in a new world record time of 2:22:43, and she'd beat Roe's Boston course record by about four minutes. She had lowered the world womens mark by 2 min. 46 seconds. Benoit was now in the national spotlight. She ran the Boston Marathon six times from 1979 through 1993.

Benoit persevered through a number of serious injuries, even during the height of her running career. She fractured a tibia in the winter of 1977 skiing. She had surgery on both Achilles in the winter of 1982 and 1986. She underwent arthroscopic knee surgery on March 17, 1984, less than two months before she went on to win the Olympic trials marathon in 2:31:41, a feat that drew tremendous public attention to her running.

At the 1984 Olympics in Los Angeles, Benoit and Grete Waitz were the favorites. Waitz, a two-time Olympian at 1500 meters and a former marathon world record holder, was undefeated in seven marathons and had beaten Benoit at various distances 10 of the 11 times they had met. Benoit, who was wearing a white painters cap with a flap in back, moved ahead after only 14 minutes and pulled away, amazed that no one went with her.

Waitz apparently believed that Benoit would fade. But it did not happen. At 15K Benoit had a 51 second lead, and by 25K she was 1 min. 51 seconds in front. After 30K, Waitz started to close in, but it was too late. As Benoit approached the tunnel leading to the stadium she could sense the excitement of the huge crowd as they rose to their feet. She decided to look straight ahead, as she thought she might faint if she looked around her. She finished 400 meters in front of Waitz in a time of 2:24:52, an amazing time considering the intense heat and humidity. That moment remains her greatest in running.

The 1984 Olympics did not mark the end of her racing career and certainly not her interest in and love of running. Benoit continued to compete not only in her home state but she received many invitations over the coming years to compete throughout the country as a masters runner. In February, 2000, just three months from her 43rd birthday, she ran in the Olympics trials in Columbia, South Carolina. Her 2:41:06 qualifying time gave her a 27th place ranking in the field which included four Mainers. On a hot, humid day on a hilly course in Columbia, Benoit finished 9th in 2:39:59. She was one of two Mainers in the top 10 as Susannah Beck, a Yarmouth native, took 4th in 2:36:46. Through age 42, Benoit had run 25 marathons, winning nine.

Those who had the greatest influence on her were Ron Thompson, the coach of Country Runners, and Ron Kelly. "Ron Kelly took me to several meets in the New England area when I first started to run competitively," said Benoit. "Ron Thompson provided the coaching for my first running team experience." Others praised by Benoit were Keith Weatherbie, the Cape Elizabeth boys coach who allowed her run with the boys teams, and John Babington, coach of Liberty AC, who "provided me with great coaching and the first opportunity to compete at the national level." Finally, Bob Sevene advised and coached her during the period when she was coaching at Boston University.

As of 2000, Benoit still owned the American record in the marathon, 2:21:21, which is the second fastest time ever run by a women. Her record run was in the Chicago Marathon in October, 1985 when she finished 15 seconds behind Ingrid Kristiansen of Norway. Samuelson's two best marathons are among the top ten of all-time.

Among her other personal bests are 4:36.48 for the indoor mile (1983); 8:53 for 3,000 meters (1983); 15:43 for 5K (1980); 31:43 for 10K; 53:18 (American record) for 10 miles (1982); 1:08:31 (world best) for the half-marathon (1984).

Other outstanding achievements include a womens course record at Falmouth, MA in 1982, and a fourth place finish in the World Cross-Country Championships in 1983 in Gateshead, England.

Among the awards she received were Brodrick Award in 1979 as the outstanding college cross country runner in the nation, and the Jesse Owens Award in 1984. She was inducted into the Maine Sports Hall of Fame the same year and was also inducted into the National Boys and Girls Club Hall of Fame. In 1994, she received the New England Womens Leadership Award.

From 1981 through 1983, Benoit was Boston University's long distance coach. She has been a consultant to Nike, Inc. since 1978, and she has also written an autobiography, *Running Tide*, as well as *The Complete Book of Womens Running* published in 1994. She has been a highly sought-after lecturer. Samuelson has also received honorary degrees from Williams College and Colby-Sawyer College.

Her hometown of Cape Elizabeth erected a life-size sculpture of Benoit at Fort Williams Park depicting her poised on one foot in the middle of a stride holding the American flag shortly after she'd won the first women's Olympic marathon in Los Angeles. She was inducted into the Maine Running Hall of Fame at the first induction ceremony held in 1989.

Now that she had won everything there was to win, Benoit decided that it was time to give something back to her sport, something very basic, the very foundation of her sport. She organized a race. Starting in 1997 she organized a 10K race in her hometown of Cape Elizabeth and called it the Beach to Beacon 10K. It became an annual event, and even in its first year, Benoit's name and reputation helped draw some of the world's best distance runners. Overnight it became the largest and most competitive race Maine ever had.

The Tougher the Better

Kim Moody

Kim Moody, a native of Gorham, competed during the 1970's and 80's and became one of the best marathoners and ultra-marathoners in the nation. She was a national champion at 50 miles and ran the second fastest time ever by an American and the third fastest in the world. She also placed 7th in the Boston Marathon, making her the third Hall of Famer to accomplish that.

Moody, born June 18, 1955, began running for fitness in 1973 while she was an exchange student in Norway. Later while attending Westbrook College, she was encouraged to try racing by Ted Perry who she sometimes ran with. Her first race was the Roland Dyer 10K at Riverside, Portland, in March, 1976. The race was two miles further than she had ever run before. Discovering that she had talent, she was further motivated.

She became fascinated with the marathon and quickly excelled. She ran her first at Casco Bay in 1978, and did good enough to qualify for the Boston Marathon. Several marathons later, Moody eventually recorded a personal best of 2:46 at Boston in 1985, placing 7th among women. "This was a big thrill, to place so high in such a prestigious race," said Moody.

In 1981, she was second in the hilly Casco Bay Marathon in 2:54, won the Maine Coast Marathon, and ran her first ultramarathon at the Maine Rowdy Ultimate 24-Hour at Bowdoin. She finished first among women, completing 102 miles in 20 hours. Moody later ran many ultras including the Rowdy 50-miler in Brunswick, which she won several times. Of her 10 career marathons, she won both the Casco Bay Marathon and the Maine Coast Marathon several times each with bests of 2:54:39 and 2:50:07 respectively. In 1983, she finished first among women in the Chicago National Championship 50-Miler in 6:30.

A prime example of a strength runner, Moody, 5-4 and 122 lbs., was named Maine's "Runner of the Year" three times: in 1979, 1980, and 1982. In 1984 at Lake Waramaug, Connecticut, she ran the second fastest time ever run by an American at 50 miles recording a time of 6:01. It was just a minute off the American best and five minutes off the world best.

She even ran the prestigious and gruelling Western States 100 several times, taking third place in 1984 in 20 hrs., 55 minutes.

Her time of 2:51 at Boston in 1984 (28th among women) qualified her for the Olympic Trials Marathon. She competed in the trials that year as well as in 1988.



Kim Moody ran 50 miles in 6:30, winning the RRCA National Championship 50 Miler in Chicago in 1983. It was the second fastest time for an American and the third fastest in the world.

Moody also ran excellent times at the shorter distances, running the Bonney Bell 10K in 1984 in 36:25. Her husband was also an outstanding distance runner, winning the Seattle Marathon in 2:30.

A nurse and 1981 USM graduate, Moody eventually earned a PhD in nursing from the University of Washington in 1994. She lived in Seattle, Washington from 1986 until 1994, returning to Maine to take a faculty position at USM.

Moody said that among her greatest moments in running were winning the Lake Waramaug 50-miler and her participation in the 1984 Olympic marathon trials which Mainer Joan Benoit won.

"I enjoyed most of all the camaraderie and the celebration of my fellow runners' improvement as well as my own," said Moody in 1994, the year she was inducted into the Maine Running Hall of Fame.

One of those who was greatly impressed with Moody was Bob Coughlin of Cape Elizabeth who used to train and race with her. "Kim never shied away from the tough races, Casco Bay Marathon, 50 and 100 milers, Rocky Coast 10K and Mt. Washington are just a few examples," said Coughlin. "She not only showed up, but she completed them all at an exceptional level. I know. I've chased her in many of them. Kim walked the walk and never had to talk the talk.

"I remember a 24 hr. relay held at Portland Stadium. Eight runners were on a team. Each runner ran a mile and handed off to the next runner. By 2:00 to 3:00 o'clock in the morning, everyone was wiped out. Kim never lost her quick smile or sense of humor. This is one of the special traits I've seen over the years. The longer and harder the event, the more Kim would reel in competitors, and the bigger her smile became.

"She just seemed to enjoy the competition and pushing herself. Kim always was as supportive to others as she was in setting and meeting personal goals. She was a wonderful training partner. Cold, wind, rain, it didn't matter. If she said she would meet you at 7:00 a.m., she was there. She made our training runs effective because of her strength in pacing, as well as therapeutic in her feedback on all the groups banter on injuries, personal problems, and future goals. Kim's a great friend.

"Last, I would like to state that Kim was one of the few Maine Track Club members that had the respect of the Maine Rowdies, or at least their version of respect. She never lost the friendships she built up over the early years in the Maine Track Club. Kim gave many lectures on training and would talk with anyone after or before a race. She set high standards for herself and brought along many fellow runners and associates who were trying to keep up. Kim was always someone you could rely on. It's always a more enjoyable event when she's there."

"He Just Kind of Folded Up Like a Lawn Chair"

Sammy Pelletier

Sammy Pelletier, a native of Fort Kent, started running at an early age, the youngest of 10 children. A standout track and cross country runner at the University of Maine during the late 1970's, Pelletier peaked during the 1980's when he recorded the fastest marathon ever run by a Mainer. He did that in 1983 when he won the Philadelphia Marathon, clocking 2:15:26. Pelletier also set a course record that exists to this day at the Portland Boys Club 5 Miler. His time there was a sizzling 23:33.

Born Oct. 14, 1957, Pelletier grew up the son of a woodsman in a large family of wrestlers and runners. He had an older brother, Bruce, who had been a good runner during the late 1960's, county champ in fact. Sammy started running in 1968 at age 11. "I was one of ten children and we use to have family races around a big field that was approximately 1.5 miles. I was the youngest that ran. It took all I had to keep up with everybody."

At Fort Kent Community High from 1971 through 1975, he, like his older brother Bruce, became county champ in cross country. He went on to win the Eastern Maine Championship, and took 6th in the state meet. In track he ran a 9:50 two mile and placed 6th in the state meet.

At the University of Maine he was a member of the strongest cross country squad the school had seen in 13 years. The team included Peter Bridgham, Phil Garland, Bill Pike, and Mike Rodin. Every one of these runners could average under five minutes a mile in a cross country race, said Pelletier who ran anywhere from first to third place during his junior and senior years.

"One exciting one I won was when we ran against UMass and UNH, and UMass left their two best guys home because they thought they would beat us. And we handed them their rears that day, and I won the race."

Garland, who became close friends with Pelletier, remembers his friend as an overstriding freshman who had great promise. "One thing that really sticks out in my mind is his drive and determination," said Garland. "He is one of the most stubborn individuals that I've ever met, and he's bullheaded, and he will just drive and drive and drive. He is incredibly determined and focused."

"I remember just an incredible transition from his freshman to his senior year. In his freshman year is this kid who kind of undertrained, he overstrode incredibly. He had a talent but it wasn't really channeled or focused at the time, and I think a



Sammy Pelletier of Fort Kent did his best running after college when in 1983 he ran the fastest marathon in Maine history.

lot of it was just hooking up with people like myself and just having a more structured training regimen. He was definitely an individual who improved steadily every single year. He wasn't distracted like other freshman with partying or whatever it might be that got them off on something else. Sam was very determined and got even more so as he improved and got better. Sam's always had that incredible drive and determination, and I could say clearly that's what stood out more than anything about him."

In track, Pelletier won the state meet in the steeplechase in the first year they held that event. In indoor track he took second in the state in the two mile, running 9:12. But he says years later, "I've run faster than that on a way to a 10K now." He ran 9:03 in the first two miles of one 10K in later years, and also broke 14 minutes in the first 5K of a 10 miler.

"My best running came after college. I'm one of those guys who matured really late and I really came on after I graduated from college."

Pelletier always had the feeling that he was too big to be a good distance runner. He was 5 ft. 10 in. and 150, "a tough Frenchman" as Garland puts it. Yet he proved that he was good, even great, at even the marathon distance. It was while still at the University of Maine when he made his debut in the marathon. At the time, the only marathon in Maine was the annual Paul Bunyan Marathon in Orono during the dead of summer. He ran it three times during the late 1970's. It was on a 90 degree day in July, 1979, that he won the race in 2:33. This was a beginning.

"Usually if I was in the lead by two or three miles, I usually won a race." He said that his quick start tactics were used all the time except when it came to marathons. He knew better than. "If you went out too hard, you didn't finish."

As much as Pelletier wanted to run the Boston Marathon, it always came at a time of year when final exams were going on. And, of course, his college coaches frowned upon their runners taking on this race in the middle of the outdoor track season. After college, his workload in medical school forbid any serious attempt at Boston. But when he finally decided to give it a try, something always seemed to interfere. "It never panned out." It was usually a cold or an injury that popped up. "I was one of those people that, if I couldn't run it 100 percent, I didn't run it."

It was during the early 80's that he tried the Casco Bay Marathon, taking second to Bruce Ellis, running 2:24. But his real rise in the world of marathoning came during the years he was in medical school in Philadelphia. It started with 100 miles a week, building up to 130 to 140 miles a week over a three year stretch of consistent running.

In 1981, he put his serious training to the first test, running 2:22 at Philadelphia. He was back again the following year. He ran with the lead pack for about 17 miles when Bill Shoul suddenly started reeling off 4:50 miles. Pelletier tried to go with him but couldn't keep the pace and allowed Shoul to get about a 30 second lead. At the finish, Shoul had a 40 second lead just dipping under 2:16. Pelletier was clocked in 2:16:34. He was getting there.

In 1983, Shoul was at the starting line again. This time Pelletier had other ideas for the outcome, but he was going to race on his terms. "I was determined to run my own race. I figured that if I could run 5:06's, I could probably win. The first mile was about 4:55, and there was about 20 of us. And I remember thinking to myself, none of us are going to run this fast, because we didn't have that caliber people there. So I consciously put the brakes on right at the mile and I left. It was the hardest thing I ever did. I let that group of about 10 runners pull away from me, and they put about a minute on us. So, I just went to 5:05's, and just listening to the splits.

"And there was a group of about five or six guys with me, and another group ahead of us. And I remember right at eight miles hearing the split was 5:20. I said, oh no, this is where it happened. So I consciously pressed a little harder, brought it back down to about 5:05, and you know what, didn't we start reeling those guys in. It took us about four miles to catch them, and by about 12 miles, we caught them. All of a sudden I was going up Chestnut Hill (one mile long) and there is me and one other guy. And I basically dictated the pace there on in because the other guy that ran with me to about 20, it was his first marathon.

"But when I put a surge on him at about 20 to see what he had in him, he just kind of folded up like a lawnchair. Then I was on my own, and I thought to myself, why did I do that? I ran by myself the last six miles. I ran it as steady as I possibly could, as even as I could. I ran negative splits. I ran 1:04:50 the first half and the second half was 1:04:30.

"Maybe I could have run faster. I don't know. If there is anything I can say about training, it is consistency over the long haul, and that's what I had when I got to the Philadelphia marathon in 1983."

After winning the Philadelphia Marathon, the Army brass took notice of their now famous running doctor. They offered him a rare opportunity to go live in California, just to train for the 1984 Olympics. The offer was tempting but Pelletier looked at it from a common sense perspective. He'd just graduated from medical school and he did not want to forget what he had learned. He needed to get practical experience in his field soon after graduation or he faced losing touch with his skills. He also had a family to think about.

When he was in the prime of his running career in the 1980's when he routinely

did 130 to 140 miles a week, Pelletier said that he rarely had an injury. But in later years as he began to lose interest in racing, and his training became more inconsistent, injuries started to pop up, usually calf pulls. "The worst thing you can do is be inconsistent in your training. That's one sure way to get hurt."

He ran in the Olympic Trials in 1984. "That was the only marathon I ever ran where I wasn't 100 percent, but I ran it anyway. But I didn't even finish that day."

Some of the best performances Pelletier had were times when he might finish 10th or even 20th place, but against world class competition. He ran in the Philadelphia Distance Run, a half marathon, while in the Army, clocking 1:04:30, taking 10th place among over 7,000 starters. "That was one of the best performances of my life." The following year he nearly duplicated that with a 1:04:40 for 12th place on the same course.

Also while in the Army from 1983 to 1987, he ran in some international cross country races "in places that didn't mean anything." Yet, in these military championships were Olympic team members from third world countries who were in reality paid professionals supported by the government. They came from countries such as Morocco. In one of these races Pelletier remembers averaging 4:51 per mile for 12K and still finishing only in 20th place, "running the race of my life. You'd go out in the first mile and run 4:30, and they were already 15 seconds ahead of you!"

Those who have had the greatest influence on his running were his brother Bruce and Bruce's twin, Boyd, "my encourager." And then there was his closest buddy and running partner at UMO, Phil Garland, who "modeled what it meant to be dedicated." He also owes much to Bruce Freme, one of his closest running friends over the years who he ran against in high school, college, and later in road races. "Bruce taught me consistency and love for the sport."

"There was a big rivalry in cross country between Caribou and Fort Kent," Freme recalls. For years and years, Fort Kent had beaten up on Caribou in cross country. But that changed one year when Freme was a junior. "When I was a junior and he was a sophomore, when Fort Kent won every meet, we got to the county championship (Caribou had never beaten them in that meet), a couple of us ran out of our heads that day and we won the county championship. And he never forgot that! We have a long running joke about that."

Freme and Pelletier were close in ability. They continued to compete against each other when Freme was at Bowdoin and Pelletier at UMaine, and even after college they both attended graduate school in Philadelphia where they trained together. Freme said that Pelletier won a lot of races in New Jersey during those years, and among those that stand out most were some exceptional performances at the half marathon distance.

“He was a real hard worker. He ran 135 miles a week. When he was running well in the 80’s, he was running 500 or 600 miles a month. And he trained hard. He was ready to go. He was strong as a bull. He was a talented athlete. He was strong, mentally tough. I remember in the summer when we were in college we would get together and run, and we’d go on these 15 or 20 milers up in Fort Kent, and we just pounded each other, and its real hilly up there.”

Pelletier believes that his three best lifetime performances were his 1983 run in the Philadelphia Marathon, that, understandably, his greatest moment in running; his course record victory in the 1984 Portland Boys Club 5 Miler; and a race in the World Military Cross Country Championships when he averaged 4:51 per mile for 7.4 miles.

His best racing distance was the marathon, and his PR’s for other distances include: 4:20 for the mile; 14:00 for 5K (the first half of a 10K race); 23:33 for 5 miles; 29:16 for 10K; 48:48 for 10 miles; 1:04:30 for the half marathon.

He sums up his racing strategy this way: “I’ve never been a good kicker so I’ve always gone out hard from the gun “and lets just see what we’ve got left when its all gone.” The way I figure it, if I don’t beat those guys, I’ll make ‘em pay!”

Not a prolific racer, Pelletier typically ran anywhere from six to ten races a year. “I won most of them except for the big races which I peaked for, two to three per year.”

Over his 25 years of running, he belonged to the Reebok Racing Club and the Saucony Racing Club. Special awards he has received include Tri State Runner of the Year for New York, New Jersey and Pennsylvania in 1982; Member of the Military (CISM) Cross Country Team from 1984 to 1987; and selection to the Ekiden Team in 1990. He was inducted into the Maine Running Hall of Fame in 1997.

If the Opportunity's Not There, Make It

Marjorie Tennyson

Marjorie Tennyson grew up in a time when opportunities for women to compete in sports was limited, a time when there was no such thing as womens track or cross country. Yet, running, as a means of winter training for another sport she loved, cycling, changed the course of her athletic life. In time, a very short time, she evolved into one of the best long distance runners in the country. This woman, who would set the course record at the Casco Bay Marathon and run a 35:48 10K, would end up being ranked in the top 100 female runners worldwide by one major running magazine. And last, but not least, Tennyson would take time late in her running career to give her time freely so that young runners would have opportunities to compete, something which she did not have as a youngster.

Tennyson was born in Youngstown, Ohio on May 7, 1953, and attended school in Philadelphia at the Philadelphia High School for Girls. She played varsity field hockey all four years. Her team was the Philadelphia City Champions three years. She also competed in swimming and diving four years as her team won two city championships, while she collected individual honors in diving. She also played lacrosse three years and softball her freshman year.

She went on to Penn State where she earned her bachelors in 1974. She received her masters in counselor education in 1977 and then her BSN in 1989 from USM. Finally, in 1981, she earned her MS in exercise physiology from the University of Pittsburgh.

At Penn State she was on the cycling team and took 2nd place in the road championship in 1976 and 2nd in track sprint in Pennsylvania. She was also 14th in the 1976 USCF National Championship (43 miles) in Louisville, KY. As a member of the Raleigh Racing Team, she was one of just two women among the men in the Century Road Club of America.

She first started running in the winter of 1976/77. "I read that the top male cyclists were running up to ten miles per day in the winter. I thought that women should train as hard as men if they wanted to be as good, although, at that time women were not expected to do as much and were discouraged from training "too hard". I stress fractured within four weeks of beginning to run as I was fit but not from a weight bearing sport. I worked with Charlie Maguire, NCAA 10,000 meter champ in 1973, in grad school and he told me I'd never be any good so I tried harder to prove to him women could run OK.

"The major excitement of my running career was that when I started no one knew what women were capable of. There were no teams to run on in high school



Marjorie Tennyson was the greatest all around women athlete ever inducted into the Maine Running Hall of Fame. Besides her achievements in distance running she was a national caliber springboard diver and cyclist.

or college and any sport participation was with men and only one or two other women at most. The men were wonderfully supportive of women's efforts on the roads but society and most non athletic women were always discouraging female runners. There was no Olympic distance to try for in running or cycling so everyone questioned why I did it.

"New England was far ahead of the rest of the country (except CA) in opportunities for female competition with Liberty AC nurturing the Joan Benois and Lynn Jennings early on.

"Knowing nothing, my first race was the February, 1977, Nittany Track Club Marathon where I qualified for my second race, the Boston Marathon. At that time there were roughly two women from each state in the U.S. running. There wasn't anyone who knew anything about women and marathons so we learned by trial and error (mostly errors)!

"What a thrill to participate in the Bonne Bell series and then the Avon series. Finally, we got to meet each other instead of winning our "division" of hardly any women in local races. In the 1982 NYC Marathon, I had my first experience of running in a women's "pack" of about 15 that formed in the first few miles and lasted at least half way. We all new each other!"

Among Tennyson's best running performances was a course record run at the Casco Bay Marathon in Portland in 1981, clocking 2:49:36. She was RRCA Southern Region Champion. She ran 2:47:36 at the Rocket City Marathon in 1981. But her greatest moment in running came in the fall of 1980 when she decided to run in the Marine Corps Marathon in Washington.

"November, 1980, was to be my last marathon because I had given up on ever breaking three hours after five tries. I had three lists of splits for OK, good, or a "great" performance written on my arm. At 10K I was so far ahead of my "great" split list that I decided just to stay behind a woman with a long braid who was running (and chatting) with two men. By 13.1 I had passed the "womens pack" and had never even heard or considered the split I heard. I began to hyperventilate and had to calm down. At 23 miles I passed Sue Peterson of CA who was the pre-race favorite. A huge Marine met me at the finish line and pinned a heavy medal on my singlet and I was led to stand on the 3rd place awards podium. I had been following Laura DeWald who ran 2:35 at the 1981 Boston Marathon and competed on many USA teams." Tennyson beat Peterson by nearly three minutes in her third place finish of 2:46:28.

Another of her top three career races was the 1981 Avon 20K in Washington when she ran with Lorraine Moller of New Zealand and beat Laura DeWald and Nancy Meiszzak, both 2:30 marathoners. Her performance won her a trip to the Avon International Marathon, the first all-womens marathon. And finally,

Tennyson's ran in the 1981 Bonne Bell 10K where she recorded her career best 35:48.

Her career PR's include: Mile, 5:13; 1500 meters, 4:55; 5K, 17:09; 5 miles, 28:32; 10K, 35:48; 10 miles, 59:53; 13.1 miles, 1:18:36; marathon, 2:46:28. She also ran 1:16:37 for 20K and 8:32 for 50 miles.

In the Mt. Washington race in 1981, she placed 2nd among women. She qualified and ran in the first ever marathon championship for women, the Avon International Marathon in 1981. Tennyson was 5 ft. 5 1/2 in. and weighed 112 to 124 in her running prime.

"I love to run trails for hours in the mountains, but can't get there very often," said Tennyson. Looking back, she believes that opportunities to run earlier in high school might have changed things somewhat. "I probably would have been best at the mile if I had the opportunity in high school." Clear evidence of her potential on the track are her only performances on the track which were done without any track training whatsoever. In 1982, she took 3rd in the BAA Invitational mile in 5:13, and in 1983, she won the 1500 in 4:55 at the Demer's Track Classic at Bates.

Over the years she has belonged to the Nittany Valley Track Club, the Allegheny Nike Club, Moving Comfort Racing Team, and the Harpswell Harriers, which she founded. Among the special honors she has received was being named to the top 100 female road racers (international) in 1983 by The Runner magazine. She was inducted into the Maine Running Hall of Fame in 1999.

Tennyson and her husband Steve, who moved to Maine in 1981 when he took a job in Saco, gave something back to their sport when from 1992 through 1995 they managed Team Maine for Maine USATF. "Marj handled the women's team and Steve the men's," said John LeRoy, who nominated Tennyson to the Maine Running Hall of Fame. "I remember this as a great period for Maine's elite women. Three or four women qualified for the Olympic marathon trials and one met the qualifying times for the track. The Team Maine women won the national team title at Freihofer's in the 5K at least two consecutive years. Marj was instrumental in obtaining sponsorship from Poland Springs which provided uniforms and travel for the women."

Besides that, Tennyson had given much of her time to young local runners. She took one group of 11 and 12 years to the nationals in Junior Olympics in 1998 and took second place.

Tennyson, who currently teaches high school, has spent her professional career in life and health sciences as an exercise physiologist, APRN and counselor/psychotherapist. In her free time she has served as Maine correspondent for New England Runner Magazine.

"MAKE A DIFFERENCE"

Peter Millard
by Giles Norton

It isn't easy to learn about Dr. Peter Millard's extraordinary achievements as a runner by asking him in person. His genuine modesty, born out of his respect for the achievements of others, renders him almost silent when he is asked questions that begin: "How fast . . . ?" or "What place . . . ?" This is true despite the fact that his achievements are impressive both in quality and in number. Millard did not just have one great race, or even many good races; he had many great races over a range of distances, but you'll probably have to ask someone else to tell you about them. Few people would be as reticent as Millard to recount how, despite the hot conditions at the 1980 Boston Marathon, he managed to run 2:21:55, good enough for 30th place overall, or to mention that this time was quick enough to secure a place in the Olympic trials later that year. But when Millard thinks about great finishes at Boston, he shrugs off his own achievements, preferring to think about his great uncle Fred Cameron who won the race in 1910, or runners of the caliber of Gelindo Bordin who won the 1990 marathon, the last Boston that Millard ran (2:31:35).

There is, too, the possibility that Millard knows how unlikely some of the stories about him can sound, and not just as an athlete. Any runner knows that stories recounted in the middle of a leisurely Sunday morning long run can rank alongside the famous "Lies, Damn Lies, and Statistics": when checked for truth. But Dr. Julie Millard, Peter's younger sister and a talented marathon runner in her own right, has corroborated many of the stories about her brother which would otherwise seem apocryphal at the very least: Yes, it is true that when the shortage of water in the family well threatened the vegetable crop in his Windham garden, Millard dug a new well despite the fact that he wasn't even ten years old; Yes, it is true that the "tree fort" that Millard built with two of his friends in his early teens was in fact a sizable log cabin, complete with sleeping loft and wood stove; And yes it is true that Millard declined a general anaesthetic when surgery was performed on his knee so that he, as a trainee doctor, could watch what the surgeon was doing. However outlandish the stories of his activities may appear, it really doesn't pay to doubt them.

So what is the truth about Millard's accomplishments as an athlete? Born Jan. 18, 1954, Millard started into athletics at Cheverus High School in Portland where he was one of the first crop of talented athletes to be coached by Charlie Malia. Malia said of him, "At that point in time (and you have to remember that Peter was a 4:20 miler before there were too many 4:20 milers) I think he was a better athlete than I was a coach. I'd love to have him to coach now." Malia went on,



Peter Millard winning the Sugarloaf Marathon in Kingfield.

without missing a beat, to recount Millard's successes during his time at Cheverus: State Champion 1000 yards indoors (1971); Southwestern State Champion, Mile (1972); Southwestern State Champion, 880 yards (1972); Co Captain State Champion Team (1972). It was also while he was at Cheverus that Millard developed another ability, which has continued to this day: the ability to maintain and develop his athletic excellence while achieving an extraordinary level of success in his personal life. Millard graduated from Cheverus valedictorian in 1972 and was granted early admission to Amherst College in Massachusetts.

The supporting evidence for Millard's achievements while at Amherst College is provided by Bob Williams, coach of the track and cross country teams. When asked about Millard's record as the best miler on the track team (and his abilities as a Captain of the Track and Cross Country teams) at Amherst, Williams said, "From the moment when he set our freshman record for the mile, I knew that Peter had a rare combination of toughness, dedication, and a love for the sport. His racing philosophy was simple: he ran as fast as he could for as long as he could, and because he was so tough, it was a philosophy that gave him more than his fair share of wins. Most of the time he was running above his head, he just wouldn't admit it.

While competing for Amherst at the Eastern Championships in 1975, Millard ran at 4:18 mile. The normally undisclosed nugget of information which makes this achievement truly special was that Millard set his mile PR less than a week after finishing in the top 170 runners at the Boston Marathon, a 2:34 effort from the 21 year old Millard which caused him to comment at the time, "My legs tightened up like bear traps. I couldn't stand up. The next day I almost didn't get out of bed. I felt as though I'd been on the rack. Every muscle in my body hurt . . ."

Although this Boston experience was painful for Millard, it wasn't enough to put him off altogether, and with a gruelling training program in the company of runners like Mike Gaige, he continued to improve. He ran 2:28 in 1978, 2:25 in 1979, but his real breakthrough performance was his 2:21:55 in 1980, which led to his Olympic Trials invitation. Millard's coach at Amherst provided the sub plot to this invitation to the trials. Williams said, "What was amazing about Peter's performances that year were that they came at a time when he was training to be a doctor." Williams knew what this meant in reality: Millard and his training partner, Kurt Lauenstein, deprived of quality training time by a work schedule that could stretch to a hundred hours or more a week, used to snatch time between patients to sprint up and down the stairs of the hospital building. On other occasions they would run their interval sessions around the parking lot so that they could, in the days before beepers, be on call for emergencies. These ad hoc training sessions were indicative of the demands that medicine was going to make on Millard's life for many years.

At the age of thirty, when many marathoners are approaching their peak, Millard made a decision which effectively ended his career as a national caliber athlete. He accepted a posting to the Willis Pierce Hospital In Mt. Selinda, Zimbabwe as a staff physician, one of a handful of doctors responsible for looking after nearly half a million local inhabitants. It was not a glamorous position, but Millard's decision to go was not a surprise to many people. Tom Derderian, author of a book on the Boston Marathon, remembers a discussion he had with Millard when they were both students in western Massachusetts. He recalls asking Millard if he was going to be a "fat cat" doctor, making huge amounts of money. He has never forgotten the reply: "No, I'm going to med school so that I can become a family practitioner in a rural area. I want to make a difference."

Derderian never doubted that this athlete, who used to sneak over to UMASS so that he could run workouts with their Division 1 team, would stay true to his word, and even a cursory glance over the other medical positions that Millard has held reveals the depth of Millard's long term commitment to his youthful ideals.

Again, probably the least efficient way to find out about Millard's accomplishments is to ask him directly. But between the bald facts of his published Curriculum Vitae are contained thousands of instances where an individual's, or community's life has been improved and enriched by contact with him. During his four years in Zimbabwe, Millard lived on the edge of war zone. An edge that at times came so close that he and his family listened night after night to artillery shells, mortars, and machine guns; an edge that came so close that he treated bullet wounds and tended to victims of wartime atrocities.

Millard is a Quaker and embraces the long Quaker tradition of placing adherence to beliefs above personal comfort. During his appointment in Zimbabwe he put his job on the line to organize one of the protests on social issues for which he has become well known over the years: a march to highlight his concern about the allocation of the scarce water resources in the hospital. At another point in his life, a protest stemming from his strongly held pacifist principles saw him arrested at a Maine National Guard Base for protesting against nuclear weapons.

On his return to the U.S., Millard continued to "make a difference." He studied for his Ph.D. in epidemiology and went on to work as an Epidemic Intelligence Service Officer with the Center for Disease Control, where he was involved in the fight against the spread of AIDS, tuberculosis, and other epidemic diseases. Today, Millard is still a hands on doctor: he is President of the Eastern Maine AIDS Network and his work at the Family Practice Residence Program in Bangor includes teaching new physicians, research, and clinical work. In addition, he has published over 40 scholarly articles, and many of them reflect his concern with the problems facing the working people of Maine: he has written about the work related injuries facing blueberry rakers, and he has written about the deaths of sea urchin divers.

Many physicians with Millard's education, credentials, and expertise, would have left Maine long ago for greener professional pastures, but, for Millard, Maine is home. One of his proudest possessions is his Maine Rowdies racing singlet, and the Maineiacs racing team that he initiated has been a force to be reckoned with every year at the Cape Breton relay. For more than twenty years, whenever his work schedule would permit it, he has stepped to the starting line of Maine road races and "run as fast as he could, for as long as he could." It is a philosophy which has guided his running and his contribution to the human race.

Millard was inducted into the Maine Running Hall of Fame in 1998.

“Running to Me is Just Like Putting Your Pants on in the Morning”

Bruce Ellis

Bruce Ellis was one of Maine’s greatest long distance runners of the 1980’s and certainly one of the fastest marathoners of all time from the state of Maine. He was one of only a few Maine runners to have run in the Olympic trials marathon which he did in 1988, finishing 29th in 2:23:02 at Jersey City, New Jersey.

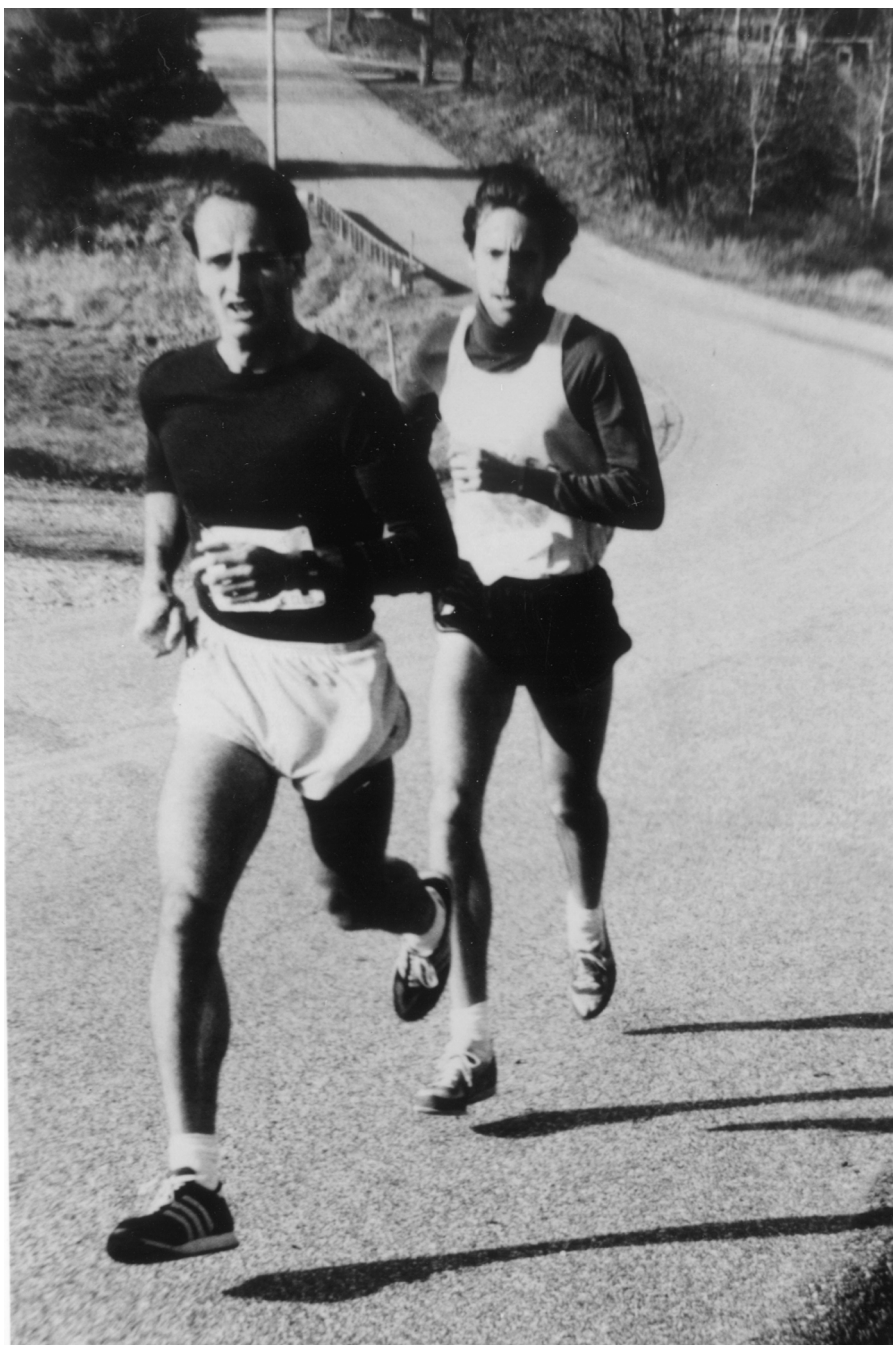
Born Feb. 21, 1952, Ellis was a native of Lawrence, MA, and never even gave serious thought about trying out for sports like football or basketball in high school. He was short and weighted just 92 pounds. “Running was a last resort,” Ellis said in an interview in early 1989. Starting running in 1965, he followed in the footsteps of two older brothers who had been excellent runners. “I finished last in every race in my first year of running.”

It was during college at Central Connecticut State where Ellis first took to road racing. As a college student in 1972, he entered the hilly Connecticut Marathon in Middletown and turned in a respectable time of 2:38:05. He had hoped to qualify for the Olympic trails that year, but that never happened. He had bad luck at Boston in April and came up with blood blisters and finished a disappointing 3:09:10.

After living in Exeter, N.H. for eight years, he moved to Sheepscot Village in Newcastle in 1987 and began running in Maine road races. He had his own real estate appraisal business, which he called Marathon Appraisals. He even ordered license plates that read, “Run 26.2.” His greatest assets were his great physical and mental strength, according to his wife, Nancy, an excellent marathoner herself. Ellis, who had a degree in physical education, was a six-footer, weighed 148 and had great strength. He could bench-press 250 pounds. His idols were Jim Ryun and Geoff Smith. “He was a very hard worker. He trained hard and loved it,” said his wife. Ellis got his inspiration from “Jesus, Terry Fox, and my fellow runners,” his wife remembers him saying.

“I just love to run,” Ellis said in a 1989 interview. “I simply, purely, love to run. Running to me is just like putting your pants on in the morning. Its something that you do every day.”

Ellis would run between 110 and 150 miles a week on the hilly roads in Newcastle, Sheepscot, and Alna, and he even had a 26.2 mile course laid out which he ran in around 2:41, which, for him, was a comfortable training pace. His favorite racing distance was between the half-marathon and marathon. In



Bruce Ellis leads former Bates All-American Kim Wettlaufer in the Cape Elizabeth Turkey Trot during the mid 1980's.

1983, when he was 31, he won the Cape Cod Marathon in 2:26:27, the second fastest time ever run on that course.

Very quickly he became the top runner in Maine. He ran his first of three sub 2:20 marathons at Sugarloaf in 1986, clocking 2:18:37, a course record that holds to this day. That also happened to be the second fastest marathon ever run in Maine. In 1988, he won the Portland Boys Club 5-Miler in 24:17, beating talented Paul Hammond. He won the Schoodic Point 15K, his favorite race, three times and set the current course record of 46:38. He also won the Casco Bay Marathon in 2:21:04, just 48 seconds off the course record, and he won the Maine Coast Marathon in 1988 in 2:25:03. In 1987, Ellis was named Maine Runner of the Year.

His greatest races included the Twin Cities Marathon in 1986 where he ran a PR of 2:17:54, the Schoodic Point 15K, and the 1986 Sugarloaf Marathon when he ran 2:18:37. His third fastest marathon was 2:19:06 in Grandma's Marathon in Minnesota, 1987. He broke 2:20 three times over his 24 year career during which he completed 23 marathons.

"He loved the Sugarloaf Marathon course and everyone involved and the wonderful scenery," said his wife. "It was so appropriate he broke 2:20 there. He was elated." But his time was not quite fast enough to qualify Ellis for the Olympic trails, so he had to make another attempt. And that was at the Twin Cities Marathon in October 1986, where he came through with his PR of 2:17:54.

Some of Ellis's best times were: 30:08 for 10K (Boston Milk Run, 1989); 24:17 in the Portland Boys Club, 1988; 50:30 for 10 miles (ten-mile split at the New Bedford Half-Marathon, 1989); 46:38 for 15K (Schoodic Point, 1986; 1:07:32 half-marathon (New Bedford, 1989); and 2:17:54 marathon at Twin Cities, Minnesota, 1986.

Over the years he ran for several clubs including Winners' Circle, Seacoast Athletic Club (which he founded), the Maine Track Club, and the Central Maine Striders. He was inducted into the Maine Running Hall of Fame in 1991.

His long-term goals included being a successful masters runner. "He actually was looking forward to turning 40 and entering a new challenge in his running career," said his wife.

But Ellis never reached age 40. On April 15, 1989, just a few days before he planned to run in the Boston Marathon, he was at his parents home in Derry, New Hampshire. While sitting on a couch talking to his mother he suddenly collapsed and died of heart failure. He was 37. The Maine running community never found out just how good he might have become. They had lost a friend and idol.

"BORN TO RUN"

Anne-Marie Davee
by Faye Gagnon

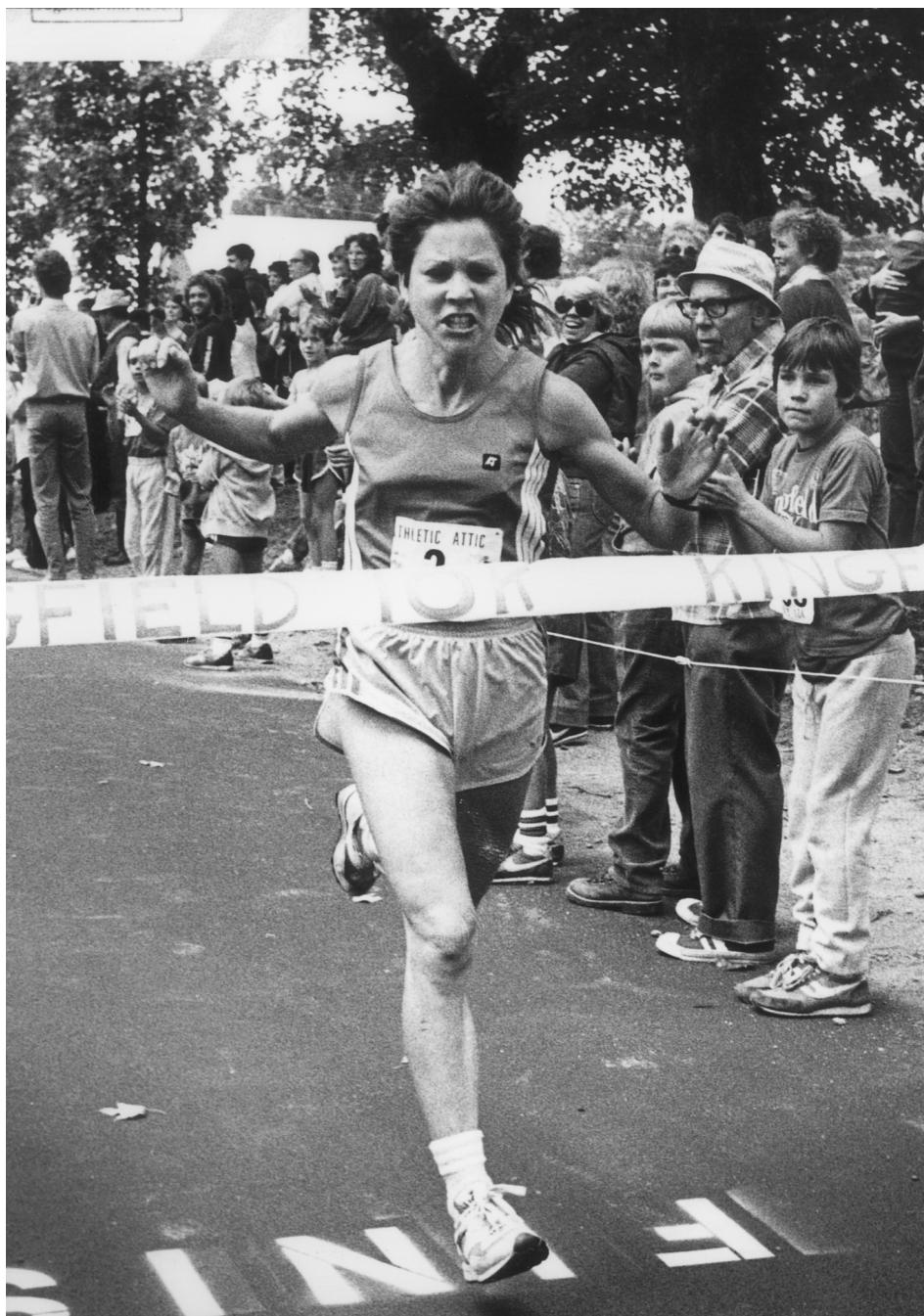
"I was born to run" said Anne-Marie Davee, and run she has! One of Maine's premier runners, she ran competitively for 30 years, beginning when she was a teenager with the Acton-Boxborough (MA) Girls Track Team competing in the half mile.

Anne-Marie, born June 2, 1956, actually began running in junior high school with her father when he started jogging to increase his fitness level. As the eldest of four children, this was an opportunity for her to spend time with Dad and it set the stage for lifelong exercise habits.

After high school, Anne-Marie competed in the mile on the University of Maine's women's track team. During this time, it was evident that she had an aptitude for longer distances which require endurance. Anne-Marie ran her first marathon as a college senior in 1977. Her training regime consisted of a daily 10-mile run for six weeks with a goal to finish the Paul Bunyan Marathon course in Bangor. She completed the course taking third place in the women's division in 3:45:00. This race began her competitive career in distance road racing, and as of 2000 she had competed in over 160 races.

Her breakthrough in marathoning came five years later at the Casco Bay Marathon when she completed the course in 3:04:07, dropping 41 minutes from her previous marathon best. This was accomplished by improved training techniques and the ongoing support of a group of runners in Norway, Maine. This success led to two new goals for her: a sub-3 hour marathon and qualification for the first Women's Olympic Trials Marathon. To achieve these goals, she enlisted assistance from Hebron Academy's cross country and track coach, Gino Valeriani. He taught her the importance of interval workouts and set a training schedule to improve her speed. As a result of his guidance and a lot of hard work, Anne-Marie made the Olympic qualifying standard with a personal best of 2:50:40 at the Bostonfest Marathon in Oct., 1983. The opportunity to compete with the top 200 women runners in the country in the first women's Olympic marathon trials in Olympia, Washington was truly the highlight of her running career. She completed the Olympic Trial Marathon in 3:11:00.

As of 2000, she had completed 18 marathons, three of them under three hours: the Bostonfest, Boston Marathon, and the Sugarloaf Marathon. At Sugarloaf in 1986, she won the women's division with a time of 2:54:40 and the following year she ran 3:03:59, finishing third for women. The Boston Marathon was another of her favorites where she ran a 2:58:12 in 1983.



Anne-Marie Davee, running here at the Kingfield 10K, qualified for the first women's Olympic marathon trials in 1984.

As a registered dietitian, Anne-Marie has combined her knowledge of good nutrition and proper training techniques to not only improve her marathon times, but improve at other distances. A versatile competitor, she has the following personal records:

5K Skyward Mother's Day, 1986 - 18:09
4 Mile Maine Milk Run, 1987 - 24:54
5 Mile, Belfast, 1985 - 29:50
10K, Kingfield, 1983 - 37:00
15K Schoodic Point, 1987 - 57:09
Half Marathon, Bangor in 1984 - 1:23:54

In addition to road racing, Anne-Marie has completed eight Mt. Washington Uphill Climb races between 1989 and 2000. Her best finish over the difficult 7.6 mile uphill course was 13th among women with a time of 1:29:20. She competed in another uphill cross country run in 1987, the Blue Hill Mountain 10K, placing first female with a time of 45:01. And she won the Sugarloaf Uphill Climb in 2000, in 41:10. Anne-Marie has also completed two triathlons, winning the women's division in the Norway Triathlon in 1983 and placing in the top 10 women in the Camden Tinman Triathlon in 1993.

She has contributed to running in other ways as well. She was an active member of the Central Maine Striders for 12 years and was awarded "Strider of the Year" in 1991. As a self-syndicated columnist and sports nutritionist, she has helped many athletes with her knowledge of proper nutrition, physical training techniques and psychological conditioning to maximize one's chances for top performance and optimal health. With a masters degree in nutrition and exercise, Anne-Marie has provided hundreds of presentations and her nutrition column has been carried in *Mainely Running*, *Maine Running and Outing*, the *Connecticut Runner*, *New England Runner* and *Sports Nutrition News*.

Inducted into the Maine Running Hall of Fame in 2000, she lives in Pownal with her husband (also an avid runner) and two daughters who enjoy fun runs. She continues to burn up the roads as a masters runner with the ongoing support of her family.

CHAPTER TWENTY-ONE

A Hall of Fame

Founding Father and Principled Man

*Bob Payne
by Sandy Utterstrom and Rick Krause*

In 1989, a seniors runner from Raymond etched his name into Maine running history when he founded the Maine Running Hall of Fame. Bob Payne had begun thinking about the need for a Running Hall of Fame two years before. "I thought that a lot of running history in Maine was being lost," he said. In the spring of 1988, he took his idea to the Maine Track Club to which he belonged. They endorsed it and in the following months, after other clubs were notified and meetings held, the Hall had its first inductees in 1989.

The intent of the Hall was to honor those distance runners and track and field athletes who had made particularly outstanding achievements. It was also intended to honor those who had made special contributions to the sport, people like track officials and volunteers. Payne's goal was "to recapture" as much of Maine's running history as possible.

Each year since its founding, between four and six individuals, as well as some teams, have been honored. Payne served as chairman of the committee from 1989 through 1991, then resumed the chairmanship in November, 1993, and continued as chair through August, 1995. In the years afterward he continued to sit in at meetings out of interest.

A resident of Raymond, Payne, born July 3, 1938, has been part of the sport since the early 1950's when he ran track and cross country at Fryeburg Academy. He was on two teams which won state cross country titles, and Payne took third individually in 1954. He got away from running after high school and focused on his professional career. Hard work and stress took its toll and he ended up in the hospital with what he thought was a heart attack. At age 38 he was, in his own words, "a physical wreck." He was overweight, overworked, and in poor health.

Following this wake up call, he decided to improve his health through diet and exercise. Within a short time he was running 30 mile weeks and he set goals which included running in the Boston Marathon. In the years ahead he would run 31 marathons, 15 of them at Boston. Payne eventually became one of the state's top five runners in the highly competitive seniors bracket. He accumulated a room full of plaques and trophies, and perhaps the most prestigious is his plaque stating, "outstanding contribution to Maine distance running," given to him by the Maine Track Club. It is one of the two most prized annual awards handed out in Maine each year.



*Bob Payne was a successful seniors runner, race director,
and founder of the Maine Running Hall of Fame.*

Payne, who was 5 ft. 11 in. and 155 pounds, ran 31 marathons and ran Boston 14 times, clocking 2:57:20 when he was in his 50's. But his greatest joy was running cross country. He sought out the woods and trails near his home, and he enjoyed races off the road which offered special challenges like the 3-mile Sugarloaf uphill climb where he'd done 35:29, and the Mt. Washington 8-mile where he's run 1:30:40. He's also done his share of race directing, serving for 13 years as director of the Mid-Winter 10 Mile Classic in Portland. He also co-directed the YMCA Back Bay 5K for five years.

His PR's include: 100 meters, 14.8; 400 meters, 64.7; 800 meters in 2:22; 1500 meters, 5:03; mile, 5:10; 3200 meters in 11:01; 2-mile, 11:05; 5K, 16:40; 4 miles, 22:10; 8K, 30:02; 5 miles, 29:04; 10K, 35:58; 15K, 55:35; 10 miles, 62:08; 13.1 miles, 1:22:32; 15 miles, 1:38:32; and a 2:55:11 marathon.

In the spring of 1998, he set five Maine Corporate Track Assoc. age group records for the 50 and over age group. In 1990, he set a small company 10K USCAA National Seniors record of 37:15 in Boulder, Colorado.

His favorite race was the Maine State Cross Country Championship at Maranacook School in Readfield. A typical training week would include 40-45 miles, 5 to 6 days a week, a long run of 12 miles, and speedwork on the track during the summer. His favorite training run is running the trails in East Raymond.

His most important goal was to "be competitive and to enjoy running for years to come."

Payne organized and coached the New England Telephone Company Track Team for eight years, competing in local and regional track meets. He also served on the board for the Maine Corporate Track Association for many years. And he served on the board for the United States Corporate Athletic Association for two years, and on the board for the Maine Senior Games.

Payne enjoys working with youth and has worked with the Special Olympics program in Maine. As of 1998 he had served seven years on the board for the Special Olympics. He has also worked with several sports through the Raymond Recreation Association.

Payne retired from NYNEX in July, 1994.

ABOUT THE AUTHOR



As a child, Rick Krause remembers going up to Main Street every Thanksgiving Day morning with his family to watch the Manchester (CT) Thanksgiving Day Five Mile Road Race. Here, there was excitement in the air unlike any he had ever seen, as the best runners of New England battled each other down to the wire. It would be this race that would eventually draw him into running at the age of 20. He ran his first race at Manchester in November, 1968.

After four years in the Navy, Krause went to the University of Maine where he ran track and cross country from 1970-74. In 1975, he founded the Central Maine Striders, today the state's second oldest and second largest running club. In 1976, he was named "Maine Runner of the Year", and the following year he started Maine's first publication on distance running, *Maine Runner*.

In 1978, the Maine Masters presented him with their annual award as that year's "outstanding contributor to Maine distance running." He published a biography, *The Pine Tree Road Runner*, about Roland Dyer. During the 1980's he served as Maine correspondent for *New England Running* of Brattleboro, Vt., and *New England Runner* of Boston, MA. He was the most prolific writer of his time on the Maine running scene.

Krause served as a track official at Colby for many years and was one of the first in the state to certify road race courses for The Athletics Congress which he did for 17 years.

He was inducted into the Maine Running Hall of Fame in 1994. From 1994 through 2000 he served on the Maine Running Hall of Fame Selection Committee. He has lived in Edgecomb since 1987.

