

June 1991

ISSUE NUMBER 3 \$2.50

# *Mainely Running*

Maine Endurance Sports Coverage



MAINELY RUNNING  
2 Howard's Hill Road  
Brunswick ME 04011

Bulk Rate  
U.S. POSTAGE  
PAID  
Brunswick, Maine  
Permit #43



## Race Directors Race Flyer Fees

For only \$40.00 per page MAINELY RUNNING will print your flyer in the body of the magazine. This saves you printing and mailing expenses. Flyers must be 8 1/2 x 11. Send one GOOD copy with payment to MAINELY RUNNING by the sixth day of the month prior to issue date.

DON'T FORGET! Put "Full race results in MAINELY RUNNING" on your flyers.

## MAINELY RUNNING IS AVAILABLE AT THE FOLLOWING ADVERTISERS

- \* Athlete's Choice - Hallowell
- \* Bath Cycle and Ski - Woolwich
- \* Cadillac Mountain Sports - Bar Harbor
- \* CycleMania - Portland
- \* Goldsmith's - Bangor \* Presque Isle \*
- \* Scarborough \* Auburn
- \* Maine Sports - Rockport
- \* Olympia Sports - Bangor  
and South Portland
- \* Rainbow Cycle - Auburn
- \* Sports East - Topsham

### Camera Ready

### Advertising Rates

### Advance Payment

	Single Issue	Five Issues	One Year	Size Height/Width	Size Height/Width
1/4 Page	\$ 25	\$110	\$200	2 1/2 - 7 1/2	5 - 3 3/4
1/2 Page	40	180	320	5 - 7 1/2	10 - 3 3/4
Full Page	75	335	600	10 - 7 1/2	
Covers	100	450	800		

**For More Information Call: 725-8680**

## MAINELY RUNNING MAGAZINE

Extensive coverage of endurance sports in Maine  
race schedules.....full race results.....race applications.....biking.....cross country skiing.....  
racewalking.....running.....swimming.....triathons

**- SUBSCRIBE NOW -**

**SAVE 25% OFF COVER PRICE**

**HAVE ALL THE RACE INFORMATION YOU NEED AT YOUR FINGERTIPS  
DON'T OVERLOOK AN IMPORTANT RACE DATE**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
Telephone \_\_\_\_\_  
Date of Birth \_\_\_\_\_

Miles Ran in 1990 \_\_\_\_\_  
CrossTraining hours in 1990 \_\_\_\_\_

Check all sports of interest:

bike\_\_ canoe\_\_  
racewalk\_\_ running\_\_  
swim\_\_ triathlon\_\_  
cross country skiing\_\_

Send check for \$17.50 for one year (10 issues) to:

**MAINELY RUNNING**  
2 Howard's Hill Road  
Brunswick, ME 04011  
Phone: 725 - 8680



## EDITORIAL

---

This past month has been great for MAINELY RUNNING. Going to the races every weekend has provided the opportunity to meet many subscribers and promote the magazine. Make sure you introduce yourself when you see us at the races. Opening the mail is now my favorite task, as each day brings more new subscribers with favorable comments about the magazine. Total subscribers now exceed our expectations as we go to press with the third issue. Thanks to all of you who are promoting the magazine. Keep talking it up and giving those subscription forms to your friends. When you visit our advertisers, don't forget to let them know that you saw their ad in MAINELY RUNNING. Also, let race directors know you appreciate them putting their flyer in the magazine, and then make sure you use the MR application when you register for the races!

The equipment used by Lincoln County Publishing prints 8 pages at a time, thus preventing us from adding or subtracting one or two pages for a particular issue. This month we again had to save some great articles for a future issue due to the number of race flyers and race results. We have decided not to include canoe race results in MR because it would be a duplication of the information published by the Maine Canoe and Kayak Racing Organization. For information on MaCKRO memberships call Adrian Humphreys on 866-3406. We still plan to give full coverage to cycling, triathlons (both swim and canoe), racewalking and cross country skiing.

We mail out each issue of MAINELY RUNNING 7-10 days before the first of the month so that the information is current. Subscriptions received after this bulk mailing begin with the next issue.

Congratulations to the 98 Mainers who finished Boston! (see race results section) The July issue will include a special article about Boston by Erin MacLean who writes the "Maine Running" column for the Maine Sunday Telegram.

See you at the races!



### *June Contributors*

*Sarah Andrus  
Rick Kraus  
Moshe Myerowitz  
Anne-Marie Davee  
Charles Oransky*

### *Coming*

*Brian Gillespie  
Jody King  
Deb Merrill  
Joe Pechinski  
Larry Poulin, Jr.*



*MAINELY RUNNING is published 10  
times per year in Harpsell ME.  
Editor is:*

*John W LeRoy  
2 Howards Hill Road  
Brunswick, ME 04011*

*ABOUT THE COVER: Tom Dann, Kennebunk resident and frequent winner of road races in Maine, crosses the footbridge at "Rocky Coast" alone. His major opponent between here and the finish line was the strong wind. Look to the July issue for a profile of Tom.*



# RUNNING CALENDAR

## JUNE

- 1 "TAC MAINE STATE RACEWALK CHAMPIONSHIP"-Brewer-11am-Dr Kari Hanson-947-3333-certified-flyer May
- 1 "NUBBLE LIGHT"-5k & 10k-York-York Recreation Dept-363-1040
- 2 "CAMDEN 10K"-Camden-9am-Maine Sport-1-800-244-8799-flyer May
- 2 "MARK HOFFMASTER RACE"-5 Miles-9:30am-Joel or Patricia Titcomb-839-5979
- 2 "COUNTRY KITCHEN 10K"-Auburn-9am-Jim Lawler-YMCA-795-4095-certified
- 2 "HELEN P KNIGHT"-5K-Caribou-1pm-Bruce Freme
- 8 "BAR HARBOR SPRING 5K"-Bar Harbor-10:30-1mi Fun Run at 9:45-MDI YMCA-288-3511-flyer May
- 8 "FREEPORT DARE RACE"-5k-Freeport-8:30am-Sue Morejorn 865-3273-flyer May
- 9 "RIVER CITY 5K RAMBLE"-Bangor-10am-Larry Dutch-942-5733-certification pending-flyer May
- 9 "CHILDRENS MUSEUM OLD PORT EVENTS" 3mi & 1/2mi-Tony Molica-797-5483
- 14 "DOC'S TAVERN 3 MILER"-Biddeford-7pm-Ken Dion-934-2242-flyer June
- 15 "REGIONAL CORPORATE TRACK CHAMPIONSHIPS"-9am-Thornton Academy
- 16 "BRUCE ELLIS MASTER'S MILE & BRUCE BICKFORD OPEN MILE"-Fairfield-8am-Jerry Saint Amand
- 16 "JOSEPH'S 5K"-Fairfield-8:30am-David Benn-873-0363-flyer June
- 22 "GARDINER COMMON 5 MILER"-Gardiner-8am-Cliff Fletcher-622-4766-certified-flyer June
- 22 "MAINE TAC CHAMPIONSHIP-EMERGING ELITE"-PORTLAND-Dave Thornton-623-3682
- 26 "TAC DEVELOPMENTAL MEET"-Brewer-6pm-Dave Thornton-623-3682
- 26 "CORPORATE TRACK MEET"-5:30pm
- 29 "TOUR DU LAC 10 MILER"-Bucksport-8:30am-Fred & Joan Merriam-469-2019-flyer June
- 29 "ROUTE 1 RUN"-5 miles-Freeport-10am-Dan Scheerer-865-1348-flyer June
- 29 "BIG LAKE FESTIVAL 5K"-Standish-8am-Rec Dept-Jack Wilkinson

## STOP DOING THE WRONG TYPE OF RUNNING AROUND!

WE HAVE EVERYTHING YOU NEED UNDER ONE ROOF



AWARDS CENTER



ROAD RACE 1991



SPORTSWEAR CENTER

TROPHIES MEDALS  
PLAQUES RIBBONS  
ENGRAVING EMBLEMS

T-SHIRTS SWEATSHIRTS  
SWEATERS GYM BAGS  
CAPS AWARD JACKETS

We Specialize in Custom Imprinted or Emboidered Sportswear & Bags  
Let us Help design your race t-shirts and awards

PARKWAY COMPLEX  
9 & 11 WESTMINSTER ST. LEWISTON, MAINE 04240  
TEL # (207) 786-2931



## JULY

- 4 "4 ON THE FOURTH"-Bridgton-8am-Jay & Loraine Spenciner-certified-flyer May
- 4 "LL BEAN 10K & FUN RUN"-FREEPORT-7:30-Lilie Hall-865-4761 ext 2356-certified-flyer June
- 4 "FOUR ON THE 4TH"-York-8am-York Recreation Dept-363-1040
- 4 "BANGOR 3K"-Bangor-Chuck Morris-989-1696-flyer June
- 4 "INDEPENDENCE DAY 5K"-Livermore Falls-8:30-Mike Simoneau-897-4048
- 4 "HOULTON 5 MILER"-Houlton-9am-Houlton Recreation Dept
- 4 "MAINE STREET MILE"-Sanford-10am-Sanford Recreation Bureau-324-2733
- 10 "TAC DEVELOPMENT MEET"-Brewer-6pm-Dave Thornton-623-3682
- 10 "CORPORATE TRACK MEET"-5:30pm
- 13 "OYSTER FESTIVAL 5 mile"-DAMARISCOTTA-8:30-Steve Reed-882-5450-flyer June
- 13 "MUSTERD MILE"-1 mile-Caribou-Joe Beasley
- 20 "THE DAM RUN"-5k-Moscow-9am-Gordon Hartwell-672-3250-flyer May
- 20 "BELGRADE LAKES 10k"-Belgrade-8:30am-Lisa Peacock-495-7734
- 20 "POTATO BLOSSOM"-5 mile-Fort Fairfield-9am-Paul Lamereau
- 21 "GRANT'S DAIRY MILK RUN"-Bangor-9am-Bangor Y-990-7212-flyer June
- 22 "CLAM FESTIVAL CHAMPIONSHIP"-Yarmouth-5 mile-Bill Stuart-799-5961-certified
- 24 "TAC DEVELOPMENT MEET"-Brewer-6pm-Dave Thornton-623-3682
- 26 "DEERING OAKS FESTIVAL TRACK & FIELD"-Portland-6pm-George Towle-878-8419
- 27 "PEAKS ISLAND RUN"-Peaks Island-5 mile-Carol Weeks-774-7302-flyer June
- 27 "LOBSTER CLASSIC 10-MILER"-Hancock-9am-Bob Myers-422-3527
- 27 "JOE McGRUIRE 10K"-Woodstock,NB-10am-Joe McGruire
- 28 "BERT 'n I"-5 Miles-East Vasselboro-9am-Jerry Saint Amand-873-6753
- 31 "RALPH THOMAS MASTER'S MILE & GERRY POULIN OPEN MILE"-Winslow-6pm-Jerry Saint Amand-873-6753
- 31 "ROLAND DYER MEMORIAL 5K"-Winslow-Jerry Saint Amand-873-6753-certified.

## WEEKLY GROUP RUNS

- Bangor - Sundays at 9am and weekdays at 12:20pm from Y - Tuesday & Thursday at 5:15pm from UM Fieldhouse - Sarah Gehrt 942-9940
- Brunswick- Brunswick Sunday Runners - Saturday & Sunday from Jr High - slow pace - hill repeats or track intervals on Thursday PM- John LeRoy 725-8680
- Brunswick - Lesser Durham Stiders - Saturday & Sunday 8AM from Bowdoin campus - fast paced long runs - track intervals - Dale Dorr - 729-5731
- Carmel - from Caravel Middle School - Sundays - 9am & Wed at 5:30 - varying paced runs - Kevin Vickers - 848-3601
- Northeast Harbor - Road Crows - Sunday 8am - Run on carriage paths - varying pace and distances - Gary Allen - 244-5712
- Oakland - Sunday AM - Long runs at good pace from Peter Lessards house - 465-9019
- Portland - Early mornings - from USM - 8 to 10 min pace - Bill Davenney - 772-1787
- Portland - Rat Pack - weekdays and weekends - 7 to 7:30 pace - John Gale - 775-5017
- South Portland - Weekday evenings - slow paced runs - Everett Moulton - 799-2894

Know of a group run or want to start one - call MAINELY RUNNING - 725-8680

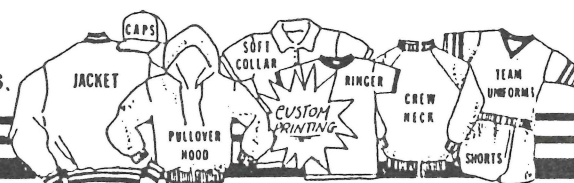


**COASTAL  
SILKSCREEN INC.**  
502 Woodford St.  
Portland, Maine 04103

# 772-4530

COMPLETE ART &  
DESIGN SERVICE  
1-800-287-4478

Custom T-Shirts.



Team Uniforms

Hats, Jackets, Custom Embroidery, etc.



# CANOE SCHEDULE

## JUNE

- 8 FISH RIVER RUN CANOE RACE-12mi-Fort Kent-1pm-Denise King-834-3730
- 22 ORONO CANOE SPRINTS-1500meters-Orono-Adrian Humphreys-866-5652
- 29 RACE THE LAKES-10mile-Belgrade Lakes-11am-Pete McAllister-397-5871

## JULY

- 4 SEBEC CANOE RACE AND MAINE FLATWATER CANOE CHAMPIONSHIP-5 & 10mile-Sebec Lake-Bob Morris-564-3920
- 12 MAINE EVENT-Greenville-5&7miles-on Kennebec-John Connelly-695-2512
- 14 MAINE EVENT-whitewater championships- on Lower Dead-John Connelly -695-2512
- 20 GREAT ROYALL RIVER RACE-Yarmouth-Art McEvoy-773-0910
- 21 UNION FOUNDERS' DAY RACE-4.5mi-Union-10am-Union C of C-785-4309
- 28 THE GREAT BAY RACE-9.2mi-Belfast-Kip Brundage-338-5210

## AUGUST

- 3 MEGUNTICOOK LAKE RACE-5.5mi-Camden-10am-Ken Bailey-236-3438
- 3 EAST BRANCH PENOBSCOT RACE-14mi-Medway-Troy True-746-5008

# BIKE CALENDAR

## JUNE

- 2 "Rainbow Time Trial Series"-Winthrop-9am-Larry Poulin Jr-784-7576
- 9 "Firecracker Classic Road Race"-Bangor YMCA-9AM-Mike Avery-942-1110
- 9 "Temple Mountain"-Mtn Bike Race-Peterborough,NH-(603)924-6949
- 16 "Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576
- 30 "Rainbow Time Trial Series"-Winthrop-9am-Larry Poulin Jr-784-7576

## JULY

- 14 "Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576
- 14 "County Cycle Classic"-VanBuren-24mi-11am-Caribou Recreation
- 21 "Tom Payson Race"-Yarmouth-USCF categories 1,2&3-RW Laramée-363-5670
- 28 "Rainbow Time Trial Series"-Winthrop-9am-Larry Poulin Jr-784-7576

## AUGUST

- 4 "Rainbow Time Trial Series"-Winthrop-9am-Larry Poulin Jr-784-7576
- 10-11 Mountain Bike Race-Sunday River-single track, rough run, cross country, downhill, dual slalom-Davis Carver-Bath Cycle-442-7840
- 25 "Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576

## GROUP RIDES

- Bangor Thurs 6pm-public library-Maine Freewheelers-Mike Avery-942-1110
- Bath Tues 5:30PM and Sun 10AM-Mtn bikes on trails-Bath Cycle-442-7002
- Brunswick Sat 7am and Wed 6pm-group rides-Brunswick Mall-Tom Legere-725-7314
- Ellsworth Wed 6pm-Mtn bike-Gullivers Bike-667-3223
- Orono Fri 5pm-Roses Bike-866-3525
- Portland Sat. 8AM-28mi-moderate to fast pace-Sun. 10am-50-100mi-easy to moderate pace-Mon.5:45-instructional ride (pacelines, drafting, race tactics)-repair class at 7pm-Tues.5:45PM-35+miles-moderate to fast and hilly-leave from Cyclemania-Portland Velo Club-Tim Corcoran-774-2933
- Portland Mon 6:00pm-"BREATHLESS" ride-moderate to fast pace-leave Backbay Parking lot-Casco Bay Bike Club-Chris Kinney-688-4450
- Scarboro Thurs 6pm-20-25miles-social pace-leave Pat's Pizza-Casco Bay Bike Club-Chris Kinney-688-4450
- Searsport Tues 6pm-Mtn bike-Wed 6pm-road ride pace varies-Birgfelds Bike-548-2916
- Southwest Hbr.Mon. 6PM-Mtn bike rides-Southwest Cycle-244-5856



# TRIATHLON CALENDAR

## June

- 9 NETS (New England Triathlon Series) Rhode Island-.5mi swim, 17mi bike, 4.8mi run-DMSE,Inc, 430 C Salem St, Medford,MA 02155- 617-396-3001
- 15 NETS Sprint-Hyannis, MA-.25mi swim, 8mi bike, 3.5mi run-DMSE, Inc. 617-396-3001
- 30 The Great Kennebec Whatever Week Challenge Biathlon-Augusta-6k run, 20k bike, 6k run-Kennebec Valley Chamber of Commerce-PO Box E, Augusta, ME 04332- 623-4559-flyer June

## July

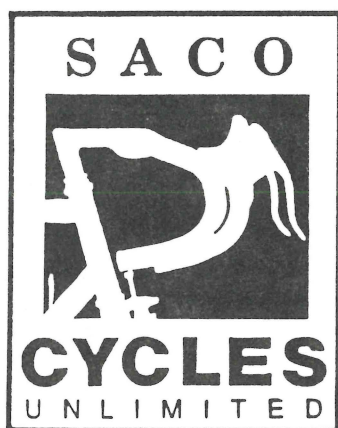
- 6 Shipbuilder's Triathlon- Bath- 1mi swim, 25mi bike, 6.2mi run- Bath Area Chamber of Commerce, 45 Front St, Bath, ME 04530- 443-9751
- 6 Piscataquis YMCA Triathlon-Dover-Foxcroft-10am-15mi bike,5mi canoe,10k run-Jere White 564-7111
- 14 Bud Light Triathlon Series New England- Mt Snow, VT- 1.5k swim, 40k bike, 10k run- CATT Sports Inc, 5966 La Place Ct, Suite 100, Carlsbad, CA 92008- 619-221-5555
- 21 NETS Bay State- Medford, MA- 1mi swim, 37.5mi bike, 9.5mi run DMSE Inc,. 430 C Salem St, Medford MA 02155. 617-396-3001
- 21 Oxford Triathlon for "Fun and Fitness"-Norway ME 1K swim, 30k bike, 8k run. Oxford Hills YMCA P.O. Box 208, Norway, ME 04268. 207-743-7184
- 28 NETS Vermont-Fairlee VT. .8mi swim, 23mi bike, 5.7mi run. DMSE Inc,. 430 C Salem St., Medford MA 02155. 617-396-3001
- 28 TRI-FED USA National Amateur Championship, Olympic Distance; Leon's QEM-Hammond, IN. 1.5k swim, 40k bike, 10k run. Leon Wolek, Jr. RR1, 32nd Court, Hobart, IN 46342. 219-962-1866.

## August

- 11 Mattanawcook Triathlon-Lincoln ME-9am-10k run,6 mi canoe, 20 mi bike-teams and individuals-Paul Smith 794-6638
- 11 NETS Massachusetts-Sharon MA. .75mi swim, 17mi bike, 5mi run DMSE, Inc, 430 C Salem St, Medford, MA 02155. 617-396-3001
- 18 Biathlon-Bangor ME-10k run, 25mi bike-Maine Freewheelers and Bangor YMCA Running Club-Mike Avery-942-1110 or Sarah Gehrt 942-9940
- 25 Star City Triathlon-Presque Isle-10am-5mi run,5mi canoe,20mi bike-764-2545
- 25 NETS Connecticut-Farmington CT .75mi swim, 19mi bike, 5.3mi run. DMSE, Inc. 430 C Salem St., Medford, MA 02155, 617-396-3001.

## September

- 1 Camden Tinmen Triathlon-Camden ME .5 mi swim, 26.5 mi bike, 6.6 mi run. Maine Sport, P.O. Box 956, Rockport, ME 04856 207-236-7120
- 7 NETS Endurance-Lake Sunapee NH 2.4 mi swim, 112 mi bike, 26.2 mile run. DMSE Inc, 430 C Salem St, Medford, MA 02155. 617-396-3001.
- 7 NETS New Hampshire-Sunapee, NH .75 mi swim, 22 mi bike, 6.7 mi run. DMSE Inc, 430 C Salem St, Medford MA 02155, 617-396-3001.
- 29 Waldo County Challenge Triathlon-Belfast-Dale Cross-338-4598



**We Make Custom Orthotic Footpads**

(Process takes only 30 minutes)

For Runners-\$39.95 For Cyclists-\$49.95

**283-BIKE**

**294 Main St. Saco Maine 04072**





# INTERVALS



If anyone is planning a trip to Connecticut and wants to find out about races or running there, call or write Martin Schiff, 153 Route 39, New Fairfield, CT 06812 - (203)746-9375. Martin is a Maine transplant and would be more than happy to help out his old friends from Maine.

Deke Talbot, from Machias, reports that a "Lunar Run" was held on April 28th in Eastport. As the name suggests the 15-18 runners ran under the light of the full moon. Dale Lincoln organized the run, which used 5 miles of his famous Eastport to Perry run. Dale is considering making this an annual affair.

The Boys & Girls Club 5-Miler set records with 1077 registrations and 914 finishers. MR understands that the only race in Maine to exceed this was the one Bill Rogers ran at Cooks Corner in Brunswick many years ago. If you know some of the background and demographics of that race let MR know.

Looking for something different for a vacation? Mike Hurley of Belfast is organizing a group to run the Marrakech Marathon in Morrocco next January. Mike is arranging a travel package which will include hotels and travel. This marathon is the premier North African marathon and attracts a large field from all over the world. If you are interested, call Mike on 338-1975.

MAINELY RUNNING is storing all race results in a computer data base so that any record can easily be retrieved for articles. For example, we can easily obtain a listing of your times for all your races simply by telling the computer your name. If the race results we publish have an error let us know so the data base can be corrected.

The Schoodic Point 10 mile race will not be run this year because of road construction. It is planned to have the race in 1992.

Rick Strout is undergoing treatment at the New England Medical Center in Boston starting on May 15th but is expected to be home by the time this issue reaches you.

Kelly Cullenberg, 1990 winner of the Rocky Coast 10k, is planning to undergo surgery on her achilles soon. She will miss the 1991 road race season but hopes that this will correct a persistent problem and pay off in the long run.

Do you have information that you would like to share with MR readers? This is the place. Just send it to 2 Howards Hill Road, Brunswick, 04011 or call us at 725-8680.



CENTERCOURT AT  
THE TOPSHAM  
FAIR MALL

**729-1800**





**SPORTS  
EAST**

**ANNOUNCEMENT!**



**new balance®**



**OPEN  
SUNDAY  
AFTERNOONS**

**FOR THE HARD TO FIT FOOT**



THE ONLY ATHLETIC SHOE ACCEPTED BY THE  
AMERICAN PODIATRIC MEDICAL ASSOCIATION

**MON.-FRI. 9:30-7:00 SAT. 9-5, SUN. 12-5**



---

# Whether you're out to set a personal record or a world record.

*Consider the advantages of a  
personal trainer like John DeHart who  
has coached committed runners at all  
stages of development. A personal trainer  
can help you use your schedule most  
effectively and safely to improve  
performance at every level of fitness.*



196 US Route One • Tennis of Maine • Falmouth, ME • 781-2671

*One-on-One Training • Prescription Fitness • Running Programs • Sports Specifics • Weight Control*





**Save 10%**

Why?  
It's the

**Athletes Choice**

100 Water Street - Hallowell, Maine - 626-3300

MAINELY RUNNING readers save 10% on all purchases at the Athletes Choice in Hallowell, where you will find a complete line of sportswear and sporting goods, including Avia cross-training shoes, Asics-Tiger and Brooks running & cross-training shoes, Saucony running shoes and much, much more.



# CLUB NEWS

- \* *Chris Kenney from the Casco Bay Bike Club reports that the club rides on Monday and Thursday nights have had large turnouts. The first ride on Thursday ride, which leaves Scarborough at 6pm had 43 riders. "Needless to say, we are very happy. With this many riders, all categories were represented and everyone found others who were riding their pace." For more information, Chris can be reached on 688-4450.*
- \* *The Run to Win Ladies Team raised a total of \$40 from sponsor pledges based on members' placement in the Roland Dyer Memorial Races. The money was donated to the McAuley Residence in Portland.*
- \* *Joanne Madden and Geoffrey Glasier from the Maine Alliance of Drug Free Athletes were the featured speakers at the April meeting of the Maine Track Club.*
- \* *Dennis Morrill, director of the Roland Dyer Memorial 5k and 10k races reports that \$1,500 was raised from the races for the Maine Running Hall of Fame. Anonymous former members of the Maine Masters provided almost all of the financial backing for the races.*
- \* *Dennis Smith will be providing coaching at track workouts for Maine Track Club members this summer. Sessions will be held at the Scarborough High School track on Wednesday evenings. Interested members should contacted Dennis on 839-4026.*
- \* *A new bike club has been formed in Brunswick called the Merrymeeting Wheelmen. They have already established regular group rides on Wednesday evenings and Saturday mornings and are currently establishing their ride schedule. Interested riders should contact Tom Legere on 725-7314.*
- \* *The Maine Track Club has announced that it will prepare a bid for the 1993 RRCA National Convention. Bill Stuart, from Toms of Maine, and Marla Keefe, from New England Telephone, will lead the effort.*



*Some of the attendees of last month's course measurement clinic. From left: Lin Smith, Dale Rines, Gene Roy (kneeling), John Gillis, Greg Nelson (course leader), Jim Booth, Mary Ann Milcetic (hidden), Rachel Roy & Rick Lane.*



# Mainely Nutrition

## THE HEAT IS ON

The best way to beat this summer heat is to pay attention to your body's most critical need: WATER. In fact, an adequate fluid intake is the single most important requirement for the endurance athlete. First, water serves as the body's coolant by allowing heat energy from the working muscles to evaporate through the skin - what we call sweat! Second, it brings the energy into your muscle cells and carries the waste products out. Fluids are essential for maintaining your cardiac output and for the normal digestive process.

To maintain these body functions and maximize your physical performance, water loss should be kept to less than 2%-3% of your total body weight. Losses beyond this amount begin to impair temperature regulation and performance as well as increase your risks for serious heat illnesses. Weigh yourself before and after a workout - every pound of body weight that you lose should be replaced with two cups of water.

Thirst is not a sensitive indicator of the body's need for water. Fluids should always be consumed before, during and after any exercise session. Water, sports drinks, fruit and vegetable juices, mineral/seltzer water and soft

drinks all contribute fluid to your diet. A general rule of thumb for active individuals is to consume one liter (quart) of fluid daily for every 1000 calories that you take in.

The beverages you do or do not drink during exercise may affect how far you go, how fast and how good you feel. For sessions consisting of less than 60 minutes of continuous activity, water is the best choice. A sports drink or diluted fruit juice will probably provide an added edge for events lasting longer than one hour.

The key is to begin hydrating at least two hours before any exercise event. Consume 8-12 ounces of fluid two hours prior, then again one hour prior and perhaps 15 minutes before you start. During exercise try to drink at least four ounces of fluid every 15 minutes. Experiment during practice sessions and find out what amounts of fluid are most comfortable for you. Fluids that are cool in temperature are absorbed the fastest. Quench your thirst, and then drink some more to further reduce your risk of dehydration.

During this summer season, remember "Hot" performers are hydrated!

*Anne-Marie Davee, M.S., R.D.*

*RR#1, Box 1653, Bowdoinham, ME 04008*



## RAINBOW CYCLES

*"Maine's Largest Bicycle Shop"*

1225 CENTER STREET

AUBURN, MAINE 04210

207-784-7576 - 1-800-244-7576

## SPECIALS OF THE MONTH

Blackburn Mountain Racks \$34.99 all colors  
Cannondale 6-panel shorts \$34.99 Made in USA.  
Specialized Velo Force Helmet \$39.99  
Blackburn Mag Trainer \$129.99 Limited quantity.  
Profile Aero II Bars \$64.99 Bolt-on speed!

## SERVICE SPECIAL

**Complete Overhaul Only \$79.99**

Includes complete disassembly, cleaning & service,  
all bearings, hubs, bottom bracket, headset.  
New cables, bearings, tape (if necessary).  
True wheels. Absolutely nothing overlooked.

## Join the Sub 5 Track Club

for the second annual  
BDN Charities, INC. Road Race Series;  
the Summer Social 24-Hour Relay  
(July 13 & 14);  
and the Twilight Twosome Couples Race  
(July 20).

*The Race Series consists of 10 great Maine events  
like SCHOODIC, KINGFIELD, TERRY FOX!*

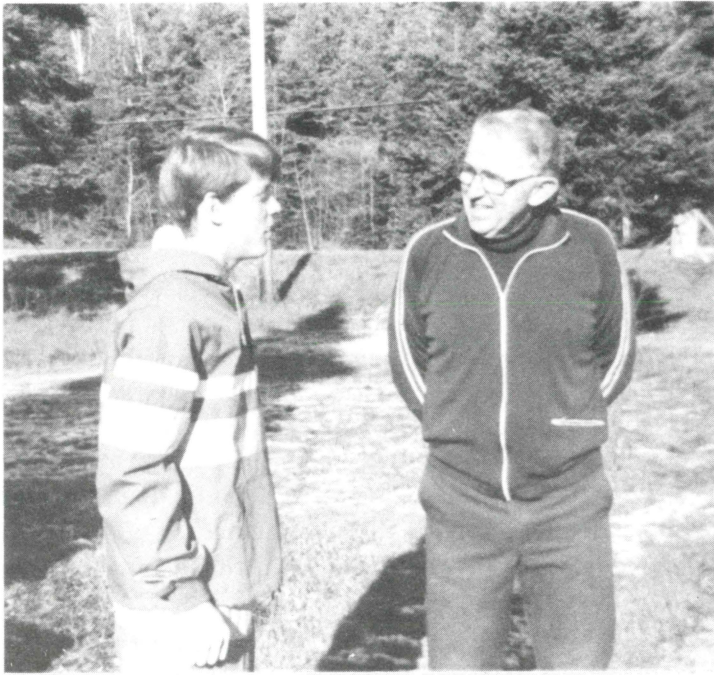
*The 24-Hour Relay  
has been a summer highlight for many runners;  
and the Couples Race  
will be a 4-mile affair  
with the women running first and handing off to the men.*

**For more information  
on any of these great events,  
contact Chuck Morris at (207) 989-1696.**



# A Glimpse into the Past

by Rick Krause



Dale Lincoln, right, stands with his son near their home in Perry in this photo taken about 1983. Lincoln was a pioneer of road race organization in Washington County where he started up a number of races in the Woodland-Eastport area. They included the Perry to Eastport 7-miler which has been an annual event since 1970. Lincoln, a high school teacher, started running in 1954, and was a founder of the Sunrise County Road Runners.

During the early 70's he organized a unique 29-mile race from Woodland to Eastport which offered competition among teams of two, three, four, or solo runners. The idea was to give runners an opportunity to challenge themselves to see just how far they could run. Lincoln called it the Super Joggers Day 29-Miler. The event was always held on the weekend nearest April 1. He kept it as a low-key fun event where runners and teams kept their own times. Lincoln had run the course initially a number of times when he prepared for the Boston Marathon, and the idea of having a race emerged from that experience.

When Lincoln first started running on the roads in 1954 preparing for the baseball season. He remembers his parents encouraging him to run only at night so that people wouldn't think he was crazy.

Veteran runner and former Central Maine Striders president Deke Talbot of Machias once wrote about Lincoln, "Dale Lincoln enjoys the race itself, the way races were run when he began in the old days. The old days, for those of us who remember, were before there were such things as paid, non-running race organizers who wore special T-shirts and carried bullhorns. . . . before the days of Natural Light, No Nukes, Brown-For-President Half-Marathon. . . . The fun-run concept was firmly at the center of Dale's thoughts. If running is a tree, Dale Lincoln is patiently caring for the roots."

Lincoln was honored with a plaque for his pioneering efforts in race organization at the Ralph Thomas 15K race in 1985 in Gardiner. Lincoln had driven all the way down from Perry to serve as an official.

## Runners, Look Your Best!



### T-Shirts, Tank Tops & Shorts

Great for Races and Promotions. We screenprint on the front, back and leg for the best looking sportswear possible.

Bring in your design or have our art department help you develop one.

Quality 50 poly/50 cotton, name brand tees.

### Commercial Screenprint, Inc.

130 Thatcher St. Bangor, ME  
1-800-339-2862



# Profile - Sarah Andrus



**MR:** Earlier this year Sarah Andrus was awarded "Most Improved Runner" for 1990 by the Central Maine Striders. As part of MAINELY RUNNING's quest to uncover the secrets of running, we asked Sarah to share with our readers the reasons for her recent improvements. Sarah, 36, lives in Rockland and is a member of the Striders and the Pen Bay Pacers. Sarah and her husband, Don, are shown finishing the 1990 Aspirations 10K in Orono.

Even though I was able to achieve a few PRs last year, I really can't pinpoint what it is that I've done differently in my training. Probably training for my second marathon (Pine Tree 1989) six months previous to Boston (1990) has helped build my endurance. I also competed in more triathlons in 1990 than I have in the past.

I'm a strong believer in cross-training. I can't run any more mileage than I do without getting injured, so I put in almost as much time on my bike and in swimming as I do running. I logged just over 1300 miles running in 1990 which included training for the Boston Marathon.

During racing season, I run 3-4 days a week, 6-10 mile distances, bike 3 days a week and swim 3 days a week. I can't say that track or speed workouts account for increasing my speed, because I've probably been to the track twice in the past year, though I do have all the good intentions. For me, just doing a lot of races seems to help. I'm thankful that my husband, who is a faster runner than myself, is willing to do training runs with me. Also, I belong to a local running club, the "Pen Bay Pacers" and we get together once a week for a fun run.

Whatever did it, I am pleased with the PRs that I ran in 1990: 41:02 - Kingfield 10k; 41:19 - Aspirations 10k. My old PR at the 10k distance was 41:31 at the Great Pumpkin in Saco in 1988. I also had a PR at the 5k distance of 19:51 at the Pen Bay Hospital Family Health Run.

One of Maine's Most Unique Running Clubs!

FOUNDED 1975  
**CENTRAL  
MAINE  
STRIDERS**  
"WE SHARE THE ROADS"

**CENTRAL MAINE STRIDERS**

P.O. Box 1177  
Waterville, Maine 04901

For Information Contact:  
Gene Roy, President  
465-7296

## UPCOMING EVENTS

**June 16 - Fairfield**  
"Bruce Ellis Masters Mile"  
"Bruce Bickford Open Mile"  
"Joseph's 5K"  
**June 22 - Gardiner**  
"Gardiner Common"  
**June 29 - Bucksport**  
"Tour du Lac"  
**July 4 - Livermore Falls**  
"Independence Day 5K"



## Profile - Brian McCrea

Brian McCrea started running in high school when he was cut from the baseball team, but this first experience was not lasting. His real interest in running began when he was in college at Orono and started running to stay in shape. He decided to train for the Brewer Mad Witch Half Marathon to give his running some focus. The first year he ran a 1:30 and was immediately hooked on road racing. He came back the next year and won the Mad Witch!

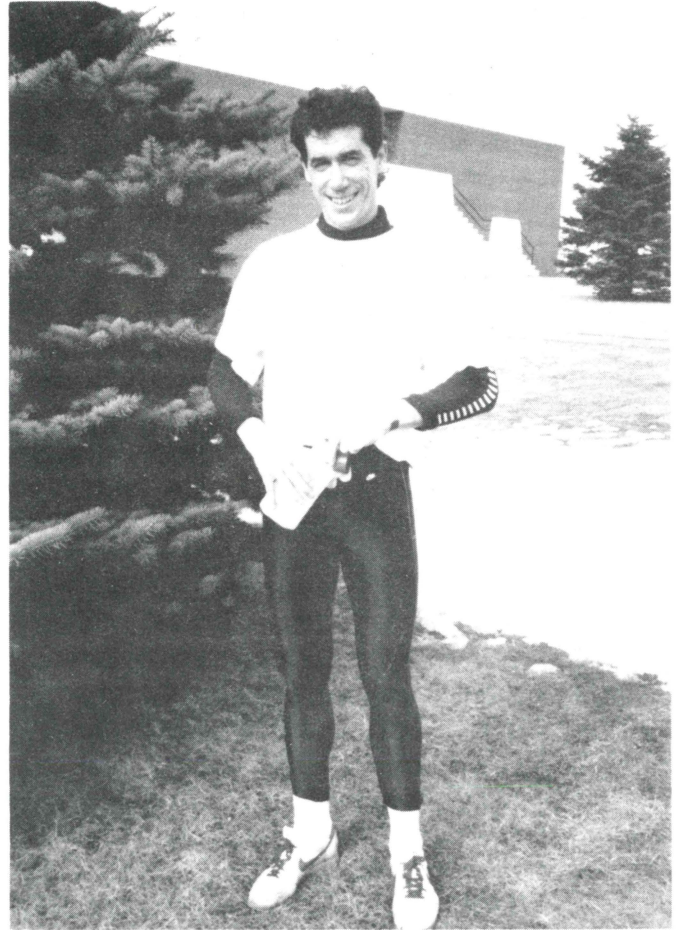
After he graduated from the University of Maine with a bachelors degree in business, he continued to improve his running. His best year was in 1984 when he ran a 1:13 at the Bar Harbor Half Marathon and a 2:34 at the Casco Bay Marathon. In this Marathon he had a weird experience. "I still haven't figured it out, I had the splits written on my arm to bring me in with a 2:47 PR and Voila!"

Although not running at his previous level, running continues to be an important part of his life. His fiancée, Rhonda Prime, is also a strong runner and they frequently do their Sunday morning runs together on the roads near Wolfe Neck State Park. Brian runs about 40 miles a week, adding track workouts once a week during the spring and summer.

For about a year he was coached by John DeHart of Falmouth. "I learned a lot from John. I never received any formal coaching in school so his coaching was especially meaningful. He helped give structure to my training and provided motivation. John is a real motivator!"

Brian's favorite races are Schoodic, Portland Boys and Girls Club, Kingfield 10k, and the Hancock 10 Miler. He also enjoys the experience of the big out of state races and has done Boston three times (2:45 to 2:50). "Two years ago I ran the Red Lobster 10K in Orlando when Liz McCoglan set a Women's World Record and I saw some real running legends at the award banquet." Last fall he ran in the Philadelphia Distance Run when the men's open and masters world record for the half marathon were set. This adventure was highlighted when he met John Campbell after the race. This fall he plans to run the New York Marathon.

Brian recently started his own business - Winter People Running and Race Promotions. "This was something I thought would be fun to do and maybe make some money at the same time." It's been fun! I've had a chance to talk with people involved with running from all over the country. It's great when you can do something you enjoy and deal with people who share your interests.



### WINTER PEOPLE

### RUNNING & RACE PROMOTIONS

Water Bottles  
Running Gloves  
Watches - Visors - Mugs  
Gym Bags

Specializing in Embroidered Clothing  
Team Singlets  
Jackets - Shirts  
Hats

*For information and ordering call Brian 829-3745 or 865-1760*  
**17 Somerset Freeport ME 04032**



# RACEWALKING....AND MORE

## RACEWALKING SHOES...WHAT ARE THEY?

by Dr. Moshe Myerowitz, D.C.

If there are sport specific shoes for basketball, football, soccer, running, etc...are there sport specific shoes for racewalking? Yes, there are shoes manufactured specifically for racewalkers, but they are largely unavailable in the United States. This is primarily due to the fact that the racewalking market is comparatively small when compared to other sports. So-o-o-o, what does the American racewalker do for a racewalking shoe? Americans in general are highly adaptable people. Competitive American racewalkers adapt to the lack of availability of a sports specific racewalking shoe. Most racewalkers turn to jogging shoes and racing flats to fulfill their needs.

Shoes are generally categorized on the basis of materials and construction. The last of a shoe can be constructed in one of four ways. A shoe may be straight-lasted, slip-lasted, curve-lasted and combination-lasted. The last of a shoe is a foot-shaped piece of wood, plastic or metal upon which the shoe is built, and which gives the shoe its shape. The shape of the last determines the shape of the shoe. Generally, faster, lighter walkers and those who need little foot support prefer a curved or slip-lasted shoe. Those racewalkers who overpronate generally select a straight or slightly curve-lasted shoe.

A straight-lasted shoe is relatively straight on the inside (medial) of the shoe from toe to heel. This adds stability to the shoe. The straighter the last, the greater the stability and support on the inside of the foot. On the other hand, a curve-lasted shoe is shaped similar to a banana, and offers less inner support but provides greater mobility. A combination-lasted shoe is one in which the rear foot is usually board-lasted for stability, but slip-lasted in the forefoot to provide flexibility. A slip-lasted shoe is the most flexible type of shoe construction. With a slip-lasted shoe, the upper is stitched together like a moccasin and glued to the mid sole. Slip-lasting allows for a better fit.

Racing flats that weigh less than nine and a half ounces seem to be especially well-suited for competitive racewalkers because of their flexibility and their tightness. There are several shoes on the market that fit this bill.

Asics GEL L.D. Racer and the Ekiden Racer seem to be the best suited. The Ekiden is lighter than the GEL Racer by approximately 1.2 ounces, and has a very responsive outsole, which provides for greatest flexibility and traction. The Ekiden is geared toward the walker who is more concerned with speed than protection. The GEL Racer is combination-lasted and is denser on the inside of the shoe, making it the shoe of choice for orthotic wearers and those who are stability conscious. The GEL Racer serves the heftier individual, is more protective, while being light-weight and still flexible.

The Nike Air Pegasus is a curve-lasted shoe which has a blend of lightness (7.5 oz.), performance, fit, and comfort. The Pegasus is well-cushioned and durable, although a bit cumbersome. The Nike Air Mariah PR and the Duelist, are also very acceptable shoes for racewalking. The Duelist is extremely light, very flexible, and enhances speed.

New Balance's NBX850 shoe is slip-lasted, has a slightly curved shape, and weighs 9.8 oz. It has strong stability features, and includes a very sturdy heel counter collar as well as a solid heel plug. It is somewhat heavy and probably better for training than for competitions.

Saucony's Sceptre and the Avia 2900 are very acceptable racewalking shoes. Obviously, picking out the proper shoe is a very individual and personal task. Such characteristics as the shape of the foot, the degree to which the foot pronates, the body type, training and racing patterns, are important when picking a proper shoe. Racewalkers require a light and flexible shoe which is also protective and relatively sturdy. Also, when purchasing shoes the rise from toe to heel is a consideration. The net difference between the toe and the heel rise should be no more than 1/4 of an inch. The heel when viewed from behind should not flare outward (side-to-side). For further information contact me at 947-3333.

(Portions of this article have been excerpted from material furnished by Harold W. Canfield)

**TREK**

**Southern Maine's Competition Bicycle Shop**



**SPECIALIZED**

- Expert Repairs - Friendly Service
- Custom Wheel Building
- Fit Kit

**BIANCHI**

• Clothing & Accessories  
featuring Bellwether,  
Blackburn, Diadora  
Look, Shimano  
Suntour,  
VOMAX

**MERLIN**

**MARINONI**

59 Federal Street  
Portland, ME 04101  
(207) 774-2933

(One Block From Levinsky's)

# MAINE FREEWHEELERS TIME TRIAL SERIES - Old Town

All three of the time trials went off on schedule although we experienced gale force winds and driving rain for the first race. The winners were determined by the best combined 2 of 3 rides over the 10 mile course in Old Town. Mark Burke was the overall winner beating out defending champion Scott Seymour. The masters division saw a very close battle with Todd Burpee squeezing out Bill Cochrane by only 7 seconds. Last season Todd was beating most of the competition with his "FAT-CHANCE" mountain bike. This year he has a real racing machine and will be a threat to many who are planning to expand their trophy case.

By Mike Avery - Maine Freewheelers

## Spring Runoff Mountain Bike Race - Camden - May 5

The 2nd annual Spring Runoff was a fun success with 57 racers from all over New England. This years event was organized and sanctioned by NORBA (National Off Road Bicycle Association). Beautiful weather found the Camden Snow Bowl at its finest. Nobody got lost, although the "very technical" and strenuous course did its best to claim riders and bikes. Photos next month. Results courtesy Annie Getchell - Maine Sport.

### EXPERT

1 Brian Simpson	1:35:14
2 Scott Seymour	1:35:48
3 Matt Boobar	1:44:37
4 Mark Caron	1:46:17
5 Chris Romak	1:50:07
6 Bill Douglas	2:04:31
7 Erich Stefanovich	2:04:34
8 Michael Grill	1:35:48
9 Barry Hinkley	1:43:35
10 Carla Carver	2:02:42*
11 Liz Hinkley (3 loops)	1:40:23*

### SPORT

1 Dennis Rudnicki	1:19:20
2 Jim Schwellenbach	1:19:38
3 Dan Ventura	1:25:57
4 Andre Casavant	1:26:46
5 Jamie Brooks	1:32:26
6 Matthew Hall	1:32:55
7 Doug Shumaker	1:33:35
8 David Schofiel	1:33:37
9 Marti-Jo Shaw	1:42:44*
10 Douglas Baumgartner	1:47:31
11 Sandy McKenney	1:48:00*
12 Pat Callahan	1:48:55
13 Jeff Davis	1:55:58
14 Christie Lawyer (2 loops)	1:21:18*

### BEGINNERS

1 Dave Rudnicki	57:04
2 Stuart Eunson	57:37
3 Michael Walker	1:04:59
4 Clifford Bicchieri	1:06:29
5 Christopher Smith	1:06:37
6 Peter McCarthy	1:06:52
7 Geof Finkles	1:10:06
8 Tom Goodman	1:15:25
9 Terry Campbell	1:16:06

## 1991 Maine Freewheelers Time Trial Results

	1st wk	2nd wk	3rd wk	Best Two
<b>Men 13-17</b>				
1. Ryan Tie	27:19	25:50	-	53:09
2. John Foley	36:29	31:36	32:17	63:53
3. Steven Foley	-	32:25	33:35	66:00
4. Kirk Ross	-	28:15	-	28:15*
5. Mike Phelps	-	35:05	-	35:05*
6. Matthew Foley	-	-	37:21	37:21*
<b>Women 13-17</b>				
1. Noelle Colson	42:01	-	38:43	80:44
<b>Men 18-29</b>				
1. Scott Seymour	24:52	23:10	-	48:02
2. Dennis Rudnicki	26:31	24:34	-	51:05
3. Todd Nadeau	28:03	26:43	-	54:46
4. Tom Weverstad	-	28:46	-	28:46*
<b>Women 18-29</b>				
1. Marie Wade	-	27:30	-	27:30*
<b>Men 30-39</b>				
1. Mark Burke	-	23:20	23:38	46:58
2. Bruce Williams	26:51	25:46	25:52	51:38
3. Mike Avery	-	26:22	25:40	52:02
4. Tony Mourkas	30:01	28:09	27:44	55:53
5. David Rudnicki	-	27:47	-	27:47*
<b>Women 30-39</b>				
1. Barbara Rattigan	-	29:44	30:06	59:50
2. Nancy Jacobson	33:11	-	32:11	65:22
3. Ann Fleischman-Williams	-	40:37	35:55	76:32
<b>Men 40-49</b>				
1. Todd Burpee	-	24:52	24:04	48:56
2. Bill Cochrane	26:54	24:22	24:41	49:03
3. Jim Gilbert	26:30	25:55	25:40	51:35
4. Bob Phelps	-	25:41	26:46	52:27
5. Lee Dupuis	-	29:30	28:46	58:16
6. Wayne Mitchell	-	33:06	32:43	65:49
7. Jim Hines	-	27:56	-	27:56*
<b>Men 50 and Over</b>				
1. George Walsh	28:09	26:07	27:00	53:07
2. Doug Birgfeld	34:35	-	31:24	65:59
3. John Gardner	-	-	34:01	34:01*

\* Participated in one race only.



### JUNIORS

1 Garth Schwellenbach	55:18
2 Jon Bernhard	55:38
3 Jeremiah Boobar	55:40
4 Gregg Moore	57:47
5 Jesse Peck	58:58
6 Scott Noble	59:15
7 Ezaak Michael Giberson	1:06:43
8 Jevon Crafts	1:08:06
9 Cy Perkins	1:10:20
10 Scott Michaud	1:10:58
11 Don Bouchard	1:14:16
12 Thomas Savage	1:15:04
13 Troy Dean	1:20:37
14 Charlie Bittner	1:41:13



## 25K Championship Run - April 7 - Rockland

Race director Vern Demmons reports that temperatures at the start were in the low 50s but cooled down as the race progressed. A moderate headwind confronted the runners over the last few miles. Being only 8 days before Boston prevented some from running this very challenging course. Not Carlton Mendell though, he ran under a 7:30 pace and then ran a fine 3:25 at Boston. It looks as though he is getting ready to rewrite the record book this fall when he turns 70 - a date to remember - October 19th!

1 Olsen	Mike	28 1:35:26	15 Wilson	David	49 1:55:37	28 Alex	Mark	31 2:02:06
2 DeVou	Bill	42 1:40:44	16 Tetu	Tom	43 1:55:50	29 Whitcomb	Dianne	31 2:04:14*
3 Davis	Bill	27 1:43:10	17 Baur	Chip	35 1:56:01	30 Drinkwater	Stanley	50 2:04:55
4 Bourgoine	Bryant	40 1:43:34	18 Kim	John	54 1:56:02	31 Dunlop	Louise	50 2:06:11*
5 Erskine	Rob	20 1:43:57	19 Mendell	Carlton	69 1:56:17	32 Benn	David	45 2:10:12
6 Fogg	Carl	43 1:44	20 Brown Jr	Dwight	43 1:57:06	33 Boyle	Colleen	37 2:11:05*
7 Farley	Francis	44 1:45:27	21 Bright	Jim	41 1:57:39	34 Spring	Ellen	38 2:11:17*
8 Meehan	Joe	44 1:46:21	22 Gillespie	Robert	52 1:58:20	35 Giglia	Michael	32 2:12:50
9 Taylor	Larry	45 1:51:00	23 Hooper	Kenneth	41 1:58:30	36 Mitchell	Sam	37 2:12:55
10 McGurn	Joe	42 1:51:00	24 Cegelis	Richard	40 1:58:33	37 Smith	Clifton	40 2:14:15
11 Preble	Jeffrey	37 1:52:13	25 Pierce	Carol	44 1:59:54*	38 Christie-W	Katherin	46 2:18:22*
12 Leather	Gregory	35 1:54:55	26 Bradley	Russ	67 2:00:54	39 Spaulding	Bruce	44 2:18:23
13 Yates	Bill	50 1:55:00	27 Paquette	Ron	49 2:01:15	40 Saint Amand	Jerry	47 2:22:49
14 Swan	Becca	32 1:55:14*						

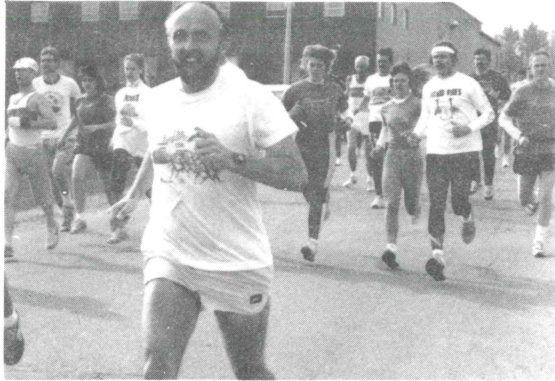
## Unity College Spring 5k - April 20th - Unity

A great day for running, sunny - about 55 degrees. A record turnout surpassed all previous turnouts by more than 50% (could it be because the Flyer was in MAINELY RUNNING?). Director Ed Raiola advertised a fast and flat course. He actually provided even more than that for the runner who is looking for a PR. He laid out the course so you run downhill at the start of the race but put the finish line at the bottom of the hill before you would have to run up it. Running friends Peter Lessard and Todd McGraw showed up each hoping to pick up an easy win, but to their surprise found each other was there. The result, they both shattered Ed Judkins 83 course record of 15:08.

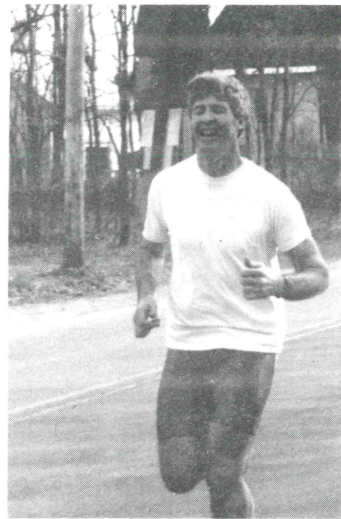
1 Lessard	Peter	28 14:29	32 McTimorey	Nicole	13 19:37*	63 Roy	Gene	44 23:18
2 McGraw	Todd	26 14:37	33 Gillespie	Robert	52 19:41	64 McTimoney	Dave	45 23:23
3 Chase	John	35 15:13	34 Fieweger	Sara	16 19:45*	65 Richards	Linda	28 23:24*
4 Kimball	Mike	37 15:43	35 Abello	Andy	46 19:47	66 Pohlman	Donna	40 23:25*
5 Strout	Bob	35 15:54	36 Hall	Clifford	55 19:57	67 Pagvette	Ron	49 23:26
6 Mills Jr	Jeff	17 15:55	37 Belanger	John	39 20:01	68 Quimby	Michael	12 23:33
7 Thompson	Michael	32 16:04	38 Jurgelevich	Cathy	27 20:07*	69 Kibler	Mark	36 24:00
8 Wood	Kevin	17 16:21	39 Benn	David	45 20:23	70 Gillis	Brian	47 24:02
9 Brobram	Michael	36 16:23	40 Mills, Sr.	Jeff	44 20:25	71 Graves	Renee	22 24:07*
10 Lytle Jr	David	23 16:59	41 Ciesla	Tammy	21 20:28*	72 Hertig	Joe	45 24:17
11 Salorunta	Rista	42 17:05	42 Edwards	Frank	49 20:29	73 Haskell	Robert	41 24:29
12 Jamieson	John	22 17:12	43 Beal	Barbie	31 20:30*	74 Mirer	Mary	39 25:02*
13 Eagan	Brendan	21 17:16	44 Campbell	Kelly Ann	13 20:31*	75 Dick	Cindy	24:33*
14 Reid	Tim	37 17:17	45 Robertson	Herb	55 20:40	76 Collins	Karen	21 24:35*
15 Reston	Todd	37 17:21	46 McMorro	Aaron	12 20:45	77 Tozier	William	63 24:40
16 Richards	Joe	47 17:24	47 Borg	Chris	21 20:47	78 Booth	Helen	42 24:41*
17 Larson	Gary	46 17:35	48 Zane	Gary	36 21:00	79 Connor	Robert	56 24:47
18 Pennoch	Douglas	31 17:49	49 Welzel	Andrew	34 21:03	80 Belanger	Rodney	31 26:05
19 McIntyre	David	29 17:52	50 Dunlap	Louisa	50 21:06*	81 Brosnan	Mary	37 26:08*
20 Jorgelevich	Kirk	38 18:12	51 unknown		21:07	82 Connor	Molly	34 27:18*
21 Jim	Kloster	33 18:17	52 Mendell	Carlton	68 21:13	83 Wright	Don	34 27:24
22 Haskell	Todd	17 18:25	53 Kinney	Chris	37 21:29	84 Kneeland	John	34 27:24
23 Cowles	Michael	53 18:44	54 Marshall	Lloyd	42 21:30	85 Milette	Dick	56 27:44
24 Day	Steve	25 18:56	55 Hastings	Carla	14 21:54*	86 Smith	Dave	20 27:44
25 Burton	David	42 19:05	56 Stoddard	Dorothy	39 21:54*	87 DeRoche	Keith	0 27:44
26 Hodges	Sheila	36 19:10*	57 Sockabasin	Alan	46 22:32	88 McMorro	Casey	8 28:00
27 Booth	Jim	45 19:11	58 Redding	Kris	27 22:38	89 Tanaka	Etsuko	20 29:18*
28 Hildreth	Greg	49 19:18	59 Murdock	Lucas	13 22:51	90 Leland	Donna	52 31:21*
29 Dorion	Bryn	29 19:26*	60 Roy	Rachel	16 22:51*	91 Benn	Linda	43 32:01*
30 Sullivan	Jim	44 19:27	61 Belanger	Michelle	20 22:55*	92 Paulson	Paul	64 36:01
31 Miles	Richard	36 19:28	62 Roy	Becky	15 23:17*			



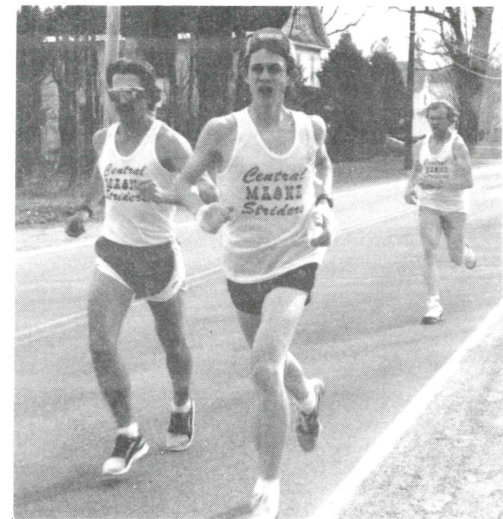
**Unity College Spring 5k  
April 20th - Unity**



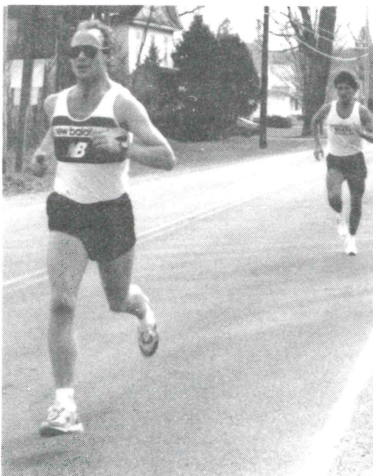
The downhill start at Unity makes everyone happy. Jim Booth of South China seems especially delighted.



Ecstasy or pain? Chris Kinney, Freeport resident and avid cyclist, appears in need of his bike.



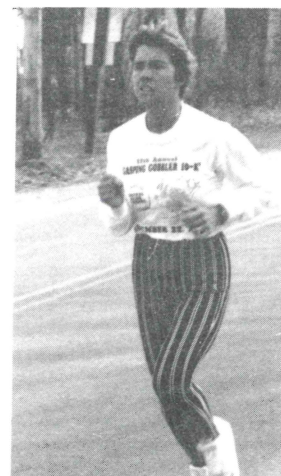
Jeff Mills Jr is leading fellow Striders Bob Strout and Michael Thompson.



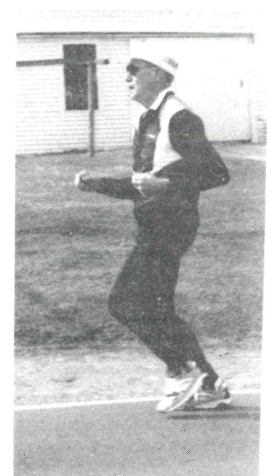
Peter Lessard stays in front of Todd McGraw for the win.



Mike Kimball of Kittery Point "flies" around the course.



Bryn Dorion from East Wilton, finished 2nd women.



Hallowell resident, Bill Tozier, has a good run.



## RUN AWAY !!

Enjoy the miles of wooded carriage trails and ocean views in Acadia National Park.

**Cadillac ▲ Mountain ▲ Sports**

Performance Gear for Active Endeavors  
26 Cottage Street ▲ Bar Harbor



## Rape Crisis 5k - April 21 - Waterville - 8:30 a.m.

Cool, cloudy and light rain for this group of runners, joggers and walkers as Jeffrey and Tina repeat their 1st place efforts of a year ago! Michael Thompson and Bob Strout fought a nose to nose battle for second. A group from Canada was on hand for this fund raiser. Courtesy - Jerry Saint Amond.

1 Meserve	Jeffrey	32 17:05	30 Ellingwood	Ken	34 23:20	59 Parker	David	21 27:33
2 Thompson	Michael	32 17:58	31 Abrams	Don	58 23:33	60 Hross	Michael	42 27:44
3 Strout	Bob	35 17:59	32 Fales	Emery	14 23:47	61 Diamond	Paul	21 27:48
4 Mills Jr	Jeffrey	17 18:20	33 Rau	Karl	42 23:48	62 O'Rourke	Kelly	18 27:55*
5 Meserve	Tina	24 18:46*	34 Mendell	Carlton	69 23:55	63 Bacon	Ann	43 28:14*
6 Dearnley	Mert	42 18:49	35 Myers	Bob	34 24:01	64 Connor	Robert	56 28:28
7 Erskine	Rob	20 19:15	36 Ellingwood	Cindy	32 24:17*	65 Attenweiler	Mary	33 28:29*
8 Richards	Joe	47 19:35	37 Erskine	Regina	26 24:22*	66 Cates	Cecil	47 28:38
9 McIntyre	David	29 19:42	38 Woods	Kristen	22 24:27*	67 Goodman	Bruce	43 28:38
10 Chapin	Jon	32 19:44	39 Laudiere	Brian	18 24:37	68 Wakefield	Kempton	48 29:32
11 Wildes	Tim	13 20:15	40 Saucier	Paul	25 24:40	69 Worden	Hope	24 30:14*
12 Pinkham	Bill	48 20:16	41 Harwood	Sally	38 25:07*	70 Belanger	Rodney	31 31:08
13 Karter	Fred	41 20:30	42 Widronau	Kris	22 25:23*	71 Hopperstead	Patti	46 31:30*
14 Green	David	33 20:36	43 Kolden	Greg	34 25:24	72 Connor	Molly	34 32:55*
15 Lathrop	Loren	42 20:42	44 Hastings	Carls	14 25:31*	73 Main	Alan	24 33:43
16 Kold	Michael	20 20:52	45 Clymer	Margaret	23 25:34*	74 Ruff	Melissa	24 35:36*
17 Bachorik	Bob	47 21:03	46 Hyer	Alton	43 25:38	75 Benn	Linda	43 36:35*
18 Pratt	Skip	37 21:15	47 Bouchard	Gary	35 25:42	76 Brown	Mardie	73 39:48*
19 Covell	Brian	31 21:24	48 Godfrey-Greenw	Jill	27 25:56*	77 Paulson	Paul	64 40:56
20 Oliver	Linn	22 21:37*	49 Donald	Donna	41 26:06*	78 O'Leary	Kevin	31 43:52
21 Boyce	Scott	22 21:47	50 Richards	Linda	28 26:07*	79 Pickering	Kelly	22 44:59*
22 McTimoney	Nicole	13 22:13*	51 Curtis	Keith	62 26:09	80 Saint Amand	Ruth	38 46:08*
23 Wilkie	Chris	14 22:13	52 Fales	Drew	39 26:10	81 Johnson	Maxine	49 46:50*
24 Campbell	Kelly	13 22:21*	53 Gilliss	John	37 26:28	82 Woodside	Susan	17 48:04*
25 Benn	David	45 22:25	54 Browne	Barbara	41 27:11*	83 Wooside	Dusty	43 48:16
26 Moore	Jim	47 22:33	55 McTimoney	Dave	45 27:12	84 Pickering	Carol	48 50:30*
27 Rau	Jane	41 22:34*	56 Gorman	Peter	63 27:26	85 Vigue	Joyce	41 50:31*
28 Lee	Bill	38 22:38	57 Gould	John	34 37:30	86 Sheble	Anne	35 53:35*
29 Finkels	Geof	35 22:53	58 Wood	Jenifer	21 27:33*	87 Goodman	Carol	44 60:29*

# OLYMPIA Sports

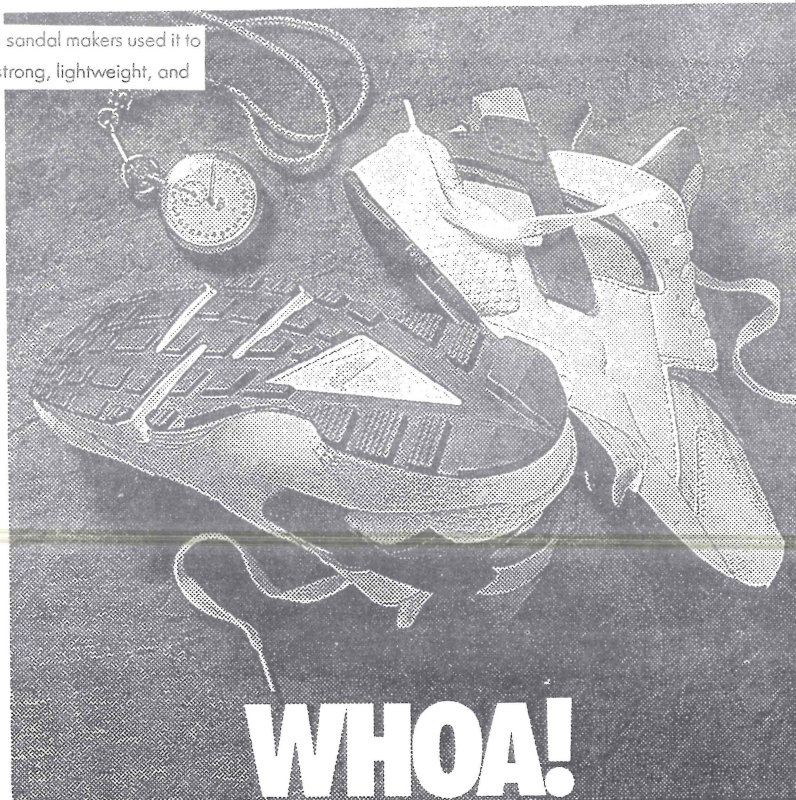
### UNIQUE TECHNOLOGY INSPIRED BY ANCIENT WISDOM

In 1887 a new word entered the English language—"huarache." Mexican sandal makers used it to describe the ancient, simple shoe made of interwoven straps of leather—strong, lightweight, and comfortable.

More than 100 years later, NIKE redefines the tradition with the Air Huarache. One look will tell you it's a radical departure from conventional shoe design. Typically NIKE. Long known for its innovative spirit, NIKE has already changed what the world thinks about cushioning, stability and the materials used in running shoes. The Air Huarache will change what the world thinks a shoe should or must be.



Maine Mall, So. Portland  
Bangor Mall, Bangor  
and locations throughout  
New Hampshire, Massachussets,  
and New York.



# WHOA!



## Rape Crisis 5K - April 21 - Augusta - 1:00 p.m.

Heavy rains greeted this hardy crew for the second 5k of the day to benefit the Rape Crisis Centers of Augusta and Waterville. A gritty Brown hung onto Thibeau for a mile, then surged ahead to stay, while Staples, won over late arrival Dara Jones. Many of these runners did both races, after having also run the "Unity 5k" the day before! Jerry the Saint was director for both Sunday events. Can we do three the same day??? Courtesy - Jerry Saint Amond

1 Brown	Scott	32 16:41	16 Cummings	Dick	53 21:15	31 Hyer	Alton	43 24:35
2 Hatch	Scott	24 16:57	17 Bies	Stephen	38 21:29	32 Shaw	Angela	23 25:23*
3 Thibeau	Tom	33 17:12	18 Booth	James	45 21:33	33 Abballayof	Monenjan	25 25:40
4 Howard	Jeremy	14 17:32	19 Jones	Dara	34 21:45*	34 Beaulieu	David	48 25:54
5 Jordan	Robet	31 18:43	20 Robinson	Art	40 21:53	35 Milcetic	Mary Ann	29 26:20*
6 Frank	Larry	35 18:58	21 Ellingwood	Ken	34 22:22	36 Katz	Roger	42 27:35
7 Scribner	Richard	39 19:20	22 Dalherm	Dennis	44 22:40	37 Clinch	Mark	35 28:37
8 McIntyre	David	29 19:24	23 James	Mary	34 22:42*	38 Morrill	Dennis	51 28:43
9 Hinckley	Scott	33 19:25	24 Hill	Debi	36 23:13*	39 Bacon	Ann	43 29:00*
10 Therrien	Rodney	29 19:52	25 Cusick	Jennifer	26 23:22*	40 Myers	Bob	34 29:02
11 Phillips	Lamros	33 19:59	26 Hample	Frank	42 23:42	41 Robbins	Karen	18 29:04*
12 Nicolides	Paul	35 20:14	27 Timm	Jeff	33 24:04	42 MacKinnon	Ian	52 29:50
13 Pinkham	Bill	48 20:21	28 Chabot	Dan	33 24:05	43 Petrini	Mary	37 33:36*
14 Staples	Sharon	31 20:40*	29 Crosby	Robert	42 24:15	44 Cummings	Susan	43 34:58*
15 McFarland	Raymond	25 20:45	30 Kelsey	Jane	28 24:28*			



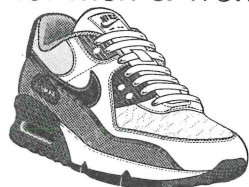
Our new-for-91



shoes & apparel  
have just arrived!

SO...

Save on antique  
AIR MAX for men & women



ca 1990

**NOW \$79.95**

reg \$99.95

See you at the Camden 10k  
Sunday, June 2

**MAINE SPORT**

P.O. Box 956 • Route One • Rockport, ME 04856  
207.236.7120

toll-free in Maine 800.244.8799

## The Maine Track Club

- June 2 **Mark Hoffmaster Memorial 5 Miler**, Westbrook Junior High School. Contact Joel or Patricia Titcomb 839-5979
- June 9 **Children's Museum Old Port Events 3 Miler, 1/2 Miler and Monster Dash**. Contact Tony Mollica at the Children's Museum 797-5483 or Charles Scribner, MTC, PO Box 8008, Portland, ME 04104
- July 20 **Clam Festival Classic 5 Miler**, Yarmouth. Contact Bill Stuart 799-5961 or Pat Buckley 775-4817
- July 26 **Deering Oaks Family Festival Track and Field Invitational**, Fitzpatrick Stadium, Portland. Contact Sandra Utterstrom 797-4710 or George Towle 878-8419
- July 27 **Peaks Island 5 Miler**, Peaks Island Lions Club. Contact Sumner or Carol Weeks 774-7302

For race applications and/or membership information write:  
The Maine Track Club, PO Box 8008, Portland, ME 04104.



Run with a friend!





**Moosabee Rotary - April 13****Jonesport****3.3 Mile**

1	Newett	Jimmie	17:43
2	Stasz	Danny	18:28
3	Leighton	Johnnie	18:46
4	Sprague	Tee Jay	18:57
5	Suddy	Jay	19:06
6	Francis	Mike	20:05
7	Alley	Dave	20:16
8	Moores	Joe	20:37
9	Smith	Frankie	20:37
10	Calder	Howard	21:04
11	St Pierre	Phil	21:12
12	Sprague	Tony	21:25
13	Stuart	Phil	21:28
14	Larson	Kris	21:59
15	Gilmore	Mike	22:13
16	Sprague	Tommie	22:26
17	Alley	Kevin	22:29
18	Gilmore Jr	Mike	22:30
19	Sawyer	Avery	22:57
20	Ayers	Wayne	23:01
21	Ferree	Jenn	23:58*
22	Auerbach	Sam	24:01
23	Dye	Donnie	27:30
24	Albee	Linda	29:36*

**One Mile Fun Run**

1	Penney	Shirl	5:58
2	Moores	Jamie	6:40*
3	Sprague	Josh	6:54
4	Kelley	Shawn	7:15
5	Reynolds	Chris	7:50
6	Johnson	Lacee	8:02*
7	Bryant	Courtne	8:06*
8	Kelley	Amber	8:17*
9	Stuart	Lance	8:48
10	Stuart	Phil	8:49
11	Newett	Sara	10:10*
12	Alley	Sheldon	11:21
13	Newett	Chris	11:42
14	Alley	Hayley	12:38*

**1991 Spring Runoff 5K****Presque Isle - April 20**

Courtesy - Chris Smith

1	Knight	Stacy	21	16:39
2	Ferland	George	17	17:17
3	Taylor	Melvin	18	17:38
4	Brannon	Greg	20	18:03
5	Clendenning	Darren	16	18:16
6	Taylor	Richard	15	19:06
7	Alden	Roy	0	19:23
8	Edgecomb	Angiea	23	19:33*
9	Hale	Sue	18	19:46*
10	Cuff	Peter	34	20:00
11	Dubois	Steve	18	20:01
12	Belyea	David	44	20:16
13	Cleaves	Rachael	17	20:23*
14	Souza	Mike	33	20:30
15	Heald	David	43	20:36
16	Goodwin	Leroy	16	20:50
17	Smith	David	42	20:54
18	Genz	Neal	44	21:00
19	Walton	Conrad	52	21:04
20	Lamoreau	Paul	30	21:04
21	Fillion	Danielle	17	21:06*
22	Johnson	Lendal	58	21:07
23	Caparotta	Eric	12	21:16
24	Atwood	Dave	39	21:29
25	Beasley	Joe	51	21:46
26	Albert	Dean	17	21:47
27	Bushey	Kevin	35	22:04
28	Richardson	George	44	22:11
29	Cloukey	AJ	13	22:12
30	McElwee	Carol	40	22:13*
31	Osgood	Eben	61	22:31
32	Hartford Sr	Richard	46	23:09
33	Thompson	Arthur	57	23:57
34	Middleton	George	41	23:59

**Skowhegan Jaycees 10K****May 4**

Courtesy Walter Crocket

1	Paul	Danny	37	34:07
2	Mawzer	John	37	37:13
3	Mills	Jeff	17	38:44
4	Pennock	Douglas	31	40:17
5	Fortin	Tim	26	40:55
6	Doble	Chris	31	41:56
7	Allen	Jennifer	24	42:00*
8	Paquette	Ron	50	42:44
9	Roy	Gene	44	42:44
10	Crockett	Ed	29	43:02
11	Fortin	Larry	42	43:12
12	Buzzell	Darrell	39	44:11
13	Paul	David	46	44:17
14	Hepburn	Mike	33	44:35
15	Mills	Jeff	44	44:57
16	Dufalt	Shaun	15	46:37
17	Kay	Mike	41	47:12
18	Ryding	Kris	27	49:20*
19	LaCasse	Karen	36	49:41*
20	Little	Andy	17	50:01
21	Pohlman	Donna-Jean	40	51:29*
22	Viles	Walter	50	51:29
23	Shannon	Eric	17	51:55

results courtesy the Alleys



# RUN OFF-ROAD WITH PRECOR.

## WORKOUT FITNESS STORE

Get a Precor M9.1 Electronic Treadmill and take the inside track away from cars, rain, mud and mad dogs. User-friendly electronics track calories burned, distance, speed and lapsed time. Child-proof safety key. Fingertip speed control. A runaway winner from Precor, maker of the world's finest home exercise equipment.

**PRECOR** USA  
**9.1**



Mon-Fri. 10-6 Sat. 10-5 Sun. 12-4

UNION STATION PLAZA, PORTLAND ST. JOHN ST. 772-7110



# 1991 Boston Marathon April 15th - Maine Finishers

57 Benoit Samuelson	Joan	33	2:26:54*	Freeport	2658 Connors	Russell	58	3:12:40	Cape Elizabeth
91 Wanamaker	Robert	32	2:30:42	South Berwick	2718 Wheaton	David	38	3:13:13	Guildford
122 Guliani	Lance	32	2:33:33	Brunswick	2822 Caron	Carroll	33	3:14:07	Oakland
166 Kuprewicz	Bryan	34	2:36:05	Alfred	2838 Carter	Michael	40	3:14:14	Machias
181 Johnson	Raymond	43	2:36:52	West Gardiner	2900 Sargent	Barry	46	3:14:43	West Buxton
329 Noel	Joseph	34	2:42:41	South Berwick	2935 Sylvester	William	43	3:15:08	Freeport
341 Reed	Stephen	43	2:43:19	Wiscasset	3063 Kelly	Daniel	35	3:16:21	Mapleton
367 Aretakis	Jonathan	32	2:44:09	Pembroke	3209 Hanstein	Walter	37	3:17:36	Farmington
484 Allen	Gary	34	2:46:57	Cranberry Isle	3242 Twombly	Bruce	38	3:17:56	Washburn
532 Junge	Nils	21	2:47:48	Brunswick	3410 Pride	William	51	3:19:20	York
537 Hagerman	Peter	40	2:47:54	Gardiner	3468 Dunfey	Eileen	34	3:19:41*	Cape Elizabeth
545 Cook	Stephen	24	2:48:04	South Berwick	3506 Erskine	Rob	20	3:19:57	Dixmont
601 Soule	Stafford	38	2:49:08	South Freeport	3637 Doss	Mary Ann	31	3:21:29*	South Portland
826 Rand	Glendon	29	2:52:56	Orrington	3784 Bird	John	54	3:22:42	Spruce Head
871 Goransson	Paul	37	2:53:36	Eliot	3799 Pierce	Philip	49	3:22:50	Falmouth
876 Scannell	Gordon	38	2:53:41	North Yarmouth	3871 Alarie	Tom	41	3:23:24	Saco
976 Jordan	Stewart	34	2:55:12	Cumberland	3975 Washburn	Malcolm	37	3:24:14	Portland
1047 Stackley	Sean	33	2:56:01	Cumberland	4108 Morejon	Roy	47	3:25:25	Freeport
1199 Merrill	Paul	36	2:57:42	Portland	4133 Mendell	Carlton	69	3:25:37	Portland
1269 Bennett	Thomas	33	2:58:34	Lewiston	4216 Miller	Edward	41	3:26:18	Farmington
1292 Boucher	Mark	32	2:58:49	South Portland	4354 Daniels	Corey	39	3:27:35	Wells
1319 Mendonca	Michael	34	2:59:07	Caribou	4372 McCarthy	Robert	28	3:27:42	Freeport
1394 Hine	Bill	41	2:59:41	Peru	4447 Mills	John	28	3:28:17	Brewer
1573 Nelson	Harry	36	3:02:04	North Yarmouth	4483 Webber	Walter	60	3:28:36	Walpole
1588 Torrey	David	43	3:02:15	Veazie	4623 Trott	Walker	32	3:29:48	Richmond
1626 Rogers	Cliff	32	3:02:37	Ellsworth	4777 Lyman	Bob	46	3:31:12	Freeport
1718 Lewey	Newell	32	3:03:47	Veazie	4892 Caron	Thomas	41	3:32:25	Portland
1814 McElwain	Franklin	36	3:04:50	Caribou	5013 Bright	James	41	3:33:49	Northeast Hbr.
1825 Reali	Michael	37	3:04:56	Cape Elizabeth	5036 Taylor	Russell	39	3:34:05	Presque Isle
2044 Payne	Robert	52	3:07:10	Raymond	5197 Kingma	Sharyn	41	3:35:47*	Bar Harbor
2059 Pelletier	Ron	31	3:07:16	Hampden	5202 Wilson	Donald	43	3:35:51	Biddeford
2065 Lemieux	Myles	49	3:07:21	Guilford	5262 Doran	Steven	39	3:36:27	Freeport
2198 Merrill	Samuel	40	3:08:39	Portland	5324 Andrus	Sarah	36	3:37:00*	Rockland
2331 Deprez	Ronald	46	3:09:39	Portland	5372 Cavanaugh	Richard	58	3:37:35	Freeport
2379 Wilson	Craig	41	3:10:05	Kittery Point	5394 Collins	Rene	49	3:37:46*	Brewer
2391 Boutet	Bruce	38	3:10:13	Auburn	5420 Hodgkin	Douglas	51	3:38:06	Lewiston
2412 Wilson	Gregory	32	3:10:26	Auburn	5432 Meehan	Mary	25	3:38:12*	Pownal
2421 Roy	Dan	30	3:10:31	West Buxton	5448 Clements	Roger	36	3:38:18	York
2429 Dewsnap	Rusty	32	3:10:34	Dresden	5525 Smith	Jeffrey	34	3:38:59	Portland
2433 Silk	David	33	3:10:36	Portland	5534 Dunlap	Louisa	50	3:39:03*	Belfast
2478 Olson	Clifford	48	3:11:57	Hallowell	5665 MacDonald	Ervin	48	3:40:49	Houlton
2654 Coughlin	Bob	52	3:12:38	Scarborough	5693 Kim	Young	54	3:41:07	Cape Elizabeth
					5753 Tolford	Kathryn	36	3:42:06*	Falmouth
					5803 Gagnon	Paye	46	3:42:40*	Auburn
					5818 Harkins	Abigail	29	3:42:50*	Bethel
					5946 Stewart	Hal	29	3:44:39	Preque Isle
					5948 Sund	Donna	26	3:44:41*	Stockholm
					6068 Sullivan	Patrick	37	3:46:15	Portland
					6177 Ohman	Michele	24	3:47:39*	Portland
					6214 Randall	Rosalyn	41	3:48:04*	Portland
					6509 Spring	Ellen	38	3:53:28*	Thomaston
					6560 Dow	Robert	46	3:54:22	Lincoln
					6561 Merriam	Fred	43	3:54:23	Bucksport
					6617 Hodnett	Sandra	43	3:55:30*	Kennebunk
					6938 Higbee	Heather	44	4:03:03*	Topsham
					6985 McLellan	Connie	40	4:04:35*	Caribou



## ENERGY WORKSHOP

CENTER FOR PHYSICAL THERAPY & FITNESS

1250 Forest Avenue, Portland, ME 04103

(207) 878-2244

Now providing even more healthcare services:

### ORTHOPEDIC/SPORTS INJURY TREATMENT

- Preseason evaluation and conditioning • Computerized advanced rehabilitation exercise • On-site fitness pool

### INDUSTRIAL/OCCUPATIONAL INJURY MANAGEMENT

- Clinic or on-site educational seminars • On-site industrial assessments • Work site simulation

### THERAPEUTIC HYDROTHERAPY

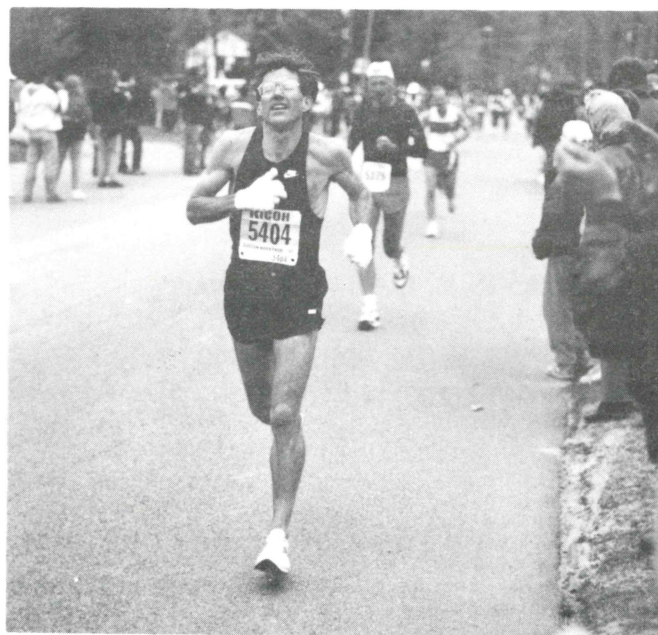
- On-site 95° fitness pool with pool therapist

### PRENATAL AND POSTPARTUM PROGRAMS

- One-on-one physical therapy • Individual fitness screening • Group exercise classes

### PERSONALIZED FITNESS PROGRAM

- General Public • In-depth medical screening and fitness testing by physical therapists • Cybex/Eagle weight machines • Aerobic exercise equipment



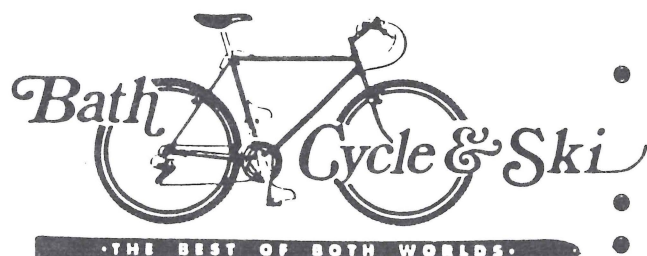
Steve Reed of Wiscasset at Mile 18 - courtesy Rick Krause



## Terrier Trot 5 Miler - April 13 - Waterville

Cloudy and cool for another "Jerry and Ruth" race for the Striders. Scott Ellis pulled away at 1 mile to give southern Maine another double win, as Portland's Donna Hubert tied the women's course record with her win! Strider president Gene Roy looked strong as did a returning Bryant Bourgoin! Two mother/daughter combos: Connie and Allison Towne ran as did Marje and Erin Force! By Jerry Saint Amond.

1 Ellis Scott	28 28:06	24 Hodges Sheila	36 34:03*	47 Coughlin Dan	30 37:54
2 Thompson Michael	32 29:22	25 Palman Gary	39 34:06	48 Mills, Sr. Jeff	44 37:56
3 Manzer John	37 30:13	26 Schmid Anthea	19 34:17*	49 Dalheim Dennis	44 38:18
4 Jeff Mills Jr	17 30:16	27 Hamilton Scott	34 34:26	50 Ellingwood Ken	34 39:12
5 Brosman Michael	36 30:25	28 Paquette Ron	49 34:33	51 Ellingwood Cindy	32 39:14*
6 Burnett Scott	24 30:41	29 LaFreniere Harvey	31 34:40	52 Viles Walter	54 39:33
7 Bourgoin Bryant	40 31:04	30 Scribner Richard	39 34:59	53 Dall Paul	49 40:20
8 McIntyre David	29 31:41	31 Nichols Laurie	23 35:04*	54 Towne Connie	52 41:00*
9 Hubert Donna	24 31:44	32 Jacobson Ryan	15 35:10	55 Jones Sarah	16 41:19*
10 Arsenault Jeff	34 31:54	33 Butler Mike	39 35:12	56 Kobischen Eric	34 41:39
11 Roy Gene	44 32:07	34 Benn David	45 35:14	57 Johnson Julie	17 42:49*
12 Pennock Doug	31 32:17	35 Kneeland Nancy	36 35:23*	58 Force Margie	44 43:16*
13 Richards Joe	47 32:46	36 Wagner Nate	16 35:54	59 Begin Carol	31 43:24*
14 Parlin Greg	38 32:55	37 Samuelian David	44 35:54	60 Swett Alan	34 43:27
15 Tiess Tim	17 33:00	38 Jones Jeff	41 35:55	61 Richards Linda	28 43:30*
16 Preble Jeff	37 33:05	39 Nelson Scott	41 36:00	62 Greenwood Jill G.	27 44:10*
17 Gillespie Robert	52 33:24	40 Belanger John	39 36:25	63 Godfrey Carol	28 44:10*
18 Kloster Jim	33 33:30	41 Moore Jim	47 36:28	64 Mixer Mary	39 45:19*
19 Doble Chris	31 33:39	42 Wilkie Chris	14 36:43	65 Jacob Karen	42 47:03*
20 Jacobsen Steven	41 33:46	43 Towne Allison	21 36:49*	66 McAleer John	67 47:24
21 Weymouth Charles	49 33:50	44 Robertson Herb	55 36:57	67 Harrington Dennis	41 50:40
22 Whittier Susan C.	33 33:57*	45 Force Erin	17 37:20*	68 Brosman Mary	37 51:00*
23 Morgan Troy	23 34:00	46 Fowles Bruce	51 37:51		



DAVIS B. CARVER, Owner  
Route 1  
Woolwich, Maine 04579  
(207)442-7002

- Specialized, Fuji, Trek, Kona, Fisher, Univega, GT, Fat Chance, Cannondale, Klein
- Custom built wheels
- Brazing and frame repair
- The largest selection of off-road bikes north of (and possibly including) Boston
- Over 700 in stock
- All the latest models, as well as great deals on leftovers and closeouts
- Honest advice on all your cycling needs
- We mail order parts almost anywhere
- We stock tandems & parts

Hours: Monday - Saturday 9:00 - 6:00, Friday 'till 8:00 pm  
(207)442-7002 or (207)442-7840



## Togus 5 Miler - April 27 - Togus

*Perfect running weather for director and former winner of this event, Chris Bovie. A few early season black flies enjoyed a feast as Todd McGraw and Tom Thibeau led the Striders in. Linda is now a two time winner here, but a missed turn cost Hugh McLean and Peter Allen 3rd and 4th at mile four! Look at the race for male seniors - big Bob Marquis held on for the win! - By Jerry Saint Amand*

1 McGraw	Todd	26 26:34	29 Jones	Dara	34 34:10*	57 Jordan	Robert	33 39:29
2 Thibeau	Tom	33 27:10	30 Trafton	Dick	42 34:30	58 Trafton	Will	13 39:42
3 Thompson	Michael	32 29:37	31 Booth	Jim	34 34:33	59 Trafton	Ben	13 40:10
4 Brosman	Michael	36 29:47	32 Kirby	Tom	34 34:37	60 Nichols	Carol	41 40:10*
5 Farley	Francis	44 30:11	33 Fortin	Larry	42 34:50	61 Pohlman	Donna Jean	40 40:31*
6 Lytle	David	23 30:18	34 Cook	Byron	44 35:23	62 Welzel	Hank	64 40:42
7 Fone	Scott	31 30:30	35 Ramage	Shawn	15. 35:39	63 Sims	John	47 40:51
8 Stuart	Phil	43 30:37	36 Bies	Stephen	38 35:44	64 Trafton	Barbara	41 41:03*
9 McGurn	Joe	42 30:52	37 Williams	Bruce	40 35:54	65 Wood	Marilyn	27 41:34*
10 Beauparlant	Doug	19 31:03	38 Vickers	Keith	45 36:00	66 Beaulieu	David	48 41:35
11 Bovie	Justin	17 31:24	39 Nelson	Scott	41 36:08	67 Shaw	Angela	23 41:59*
12 Chapin	Jon	32 31:48	40 Brosius	Bob	38 36:31	68 Schilinger	Jim	49 42:07
13 Pennock	Doug	31 32:11	41 Benn	David	45 36:40	69 Gray	Spencer	29 42:45
14 Fortin	Tim	26 32:15	42 Robertson	Herb	55 36:45	70 Schillinger	Cathy	21 43:08*
15 Pinkham	Bill	48 32:21	43 Hebert	Jim	49 37:05	71 Giddinge	Harry	57 43:14
16 Marquis	Robert	52 32:32	44 Sylvester	Ken	46 37:11	72 Muttty	Larry	57 44:52
17 Cowell	Mike	53 32:46	45 Casey	Shannon	19 37:15*	73 Conner	Robert	57 46:07
18 Cummings	Dick	52 32:58	46 Arbour	Norman	39 37:36	74 Briggs	David	61 46:15
19 Gillespie	Robert	52 33:07	47 Dalheim	Dennis	44 38:01	75 Vaughn	David	41 46:48
20 Palman	Gary	39 33:10	48 Lynch	Kim	31 38:03*	76 Jacob	Karen	41 47:08*
21 Keniston	Linda LaR37	32:22*	49 Richardson	Tim	42 38:12	77 Booth	Helen	42 48:01*
22 Hazzard	Bob	59 33:31	50 Arbour	Ray	41 38:15	78 Trafton	Sam	10 49:25
23 Demmons	Vern	45 33:43	51 Spring	Ellen	38 38:18*	79 Pelletier	Jackie	41 50:51*
24 Allen	Charles	41 33:52	52 Crosby	Rob	42 38:30	80 Brunelle	Lori Lee	29 51:23*
25 Alex	Mark	31 33:53	53 Fortin	Amy	16 38:33*	81 Whipple	Robert	40 51:23
26 Canning	Keith	26 34:00	54 Hyer	Alton	43 38:40	82 Pepe	Deborah	49 54:15*
27 Sweeney	Don	43 34:02	55 Jordan	Bruce	32 39:03	83 Mason	Harvey	57 56:57
28 Hamilton	Scott	34 34:07	56 Robichaud	Paul	32 39:28	84 Penlason	Shirley	55 59:43*

## PEAK TO PEAK MAINE ALPINE RUNNING SERIES

The **PEAK TO PEAK**, is a presentation of the Ski Maine association.

This years series has expanded to include six mountains. The Peak to Peak takes runners to Maine's ski areas where each event is designed to challenge runners with a three to four mile race which is mostly uphill. This year's series will take runners to:

**SHAWNEE PEAK**  
August 24,

**SADDLEBACK**  
August 31,

**LOST VALLEY**  
September 22,

**SUGARLOAF/USA**  
September 29,

**CAMDEN SNOW BOWL**  
October 6,

**SUNDAY RIVER**  
October 12.

Winners will be determined by high place points. The age categories for the races include male and female divisions in Junior(18 and under), Adult(19-39) and Masters(40 and over). Awards will be given to the top three finishers in each division. Each mountain will also offer individual awards for their race and t-shirts.

For more info on the Peak To Peak series send to:  
Ski Maine, Peak To Peak, PO Box 991, Portland,  
ME, 04104.



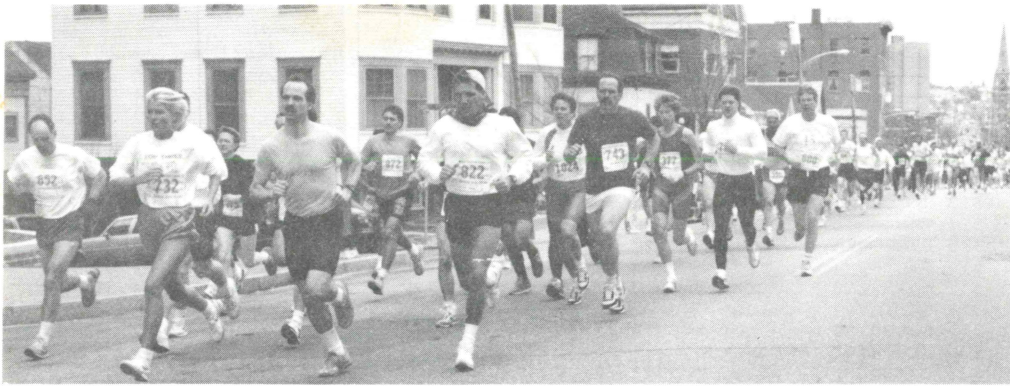


# PORTLAND BOYS AND GIRLS CLUB 5 MILER -April 15

Paul Hammond of Willmington MA won his second Patriots Day race when he pulled away from Bob Winn in the last mile. The real news was that the top female finisher was newcomer Romalda Clark of Lewiston. She stated that this was only her 4th road race! Blustery, cool winds bothered many but didn't seem to affect the finishing times. Romalda's 28:24 betters all previous times except those of Joan Benoit, Lynn Jennings and Allison Quilch from Australia. A great performance by masters winner Steve Podgajny - 25:49 for a 7th overall finish.

1	Hammond	Paul	31	24:35	73	McKee	Walter	23	29:48	145	Caiazzo	Mike	14	31:44
2	Winn	Bob	31	24:47	74	Worth	Andrew	15	29:53	146	Brown	Cameron	34	31:45
3	Whipkey	Myron	33	24:57	75	Licht	Rick	31	29:55	147	Barron	Martin	34	31:45
4	Ritchie	Frank	34	25:07	76	Coffin	Philip	35	29:55	148	Freeman	Bill	18	31:47
5	Coffin	Todd	29	25:41	77	Brume	Frank	50	29:56	149	Cribby	Steve	18	31:48
6	Spaulding	Rob	35	25:47	78	Dearnley	Mert	42	29:57	150	Driscoll	Paul	34	31:49
7	Podgajny	Steve	40	25:41	79	Frank	Larry	35	30:00	151	Towle	Mike	43	31:52
8	Muir	Allen	37	25:50	80	Agnew	Alex	32	30:01	152	Lawless	Robert	31	31:52
9	Paul	Danny	37	25:57	81	McKinney	Thomas	38	30:01	153	Dunham	Scott	30	31:53
10	Dearing	Dan	29	25:58	82	Bourgoin	Bryant	40	30:04	154	Moriarty	Steve	41	31:53
11	Meserve	Jeffrey	32	26:00	83	Avery	Derek	18	30:05	155	Powell	John	37	31:55
12	Wettlaufer	Kim	34	26:01	84	Knight	Veronica	23	30:06*	156	Jones	Tony	14	31:57
13	Hogan	Stu	29	26:05	85	Kimball	Mike	50	30:08	157	Parsons	Ben	14	31:58
14	Botting	Ken	30	26:16	86	Kiermaier	Lock	38	30:13	158	Lavangie	Paul	33	31:58
15	Libby	David	25	26:19	87	Bonsey	Cameron	31	30:13	159	Bowden	Ellen	38	31:59*
16	Toulouse	Jim	42	26:28	88	Brady	John	32	30:15	160	Paul	James	41	32:01
17	Gigware	Michael	26	26:30	89	Gile	Kevin	33	30:17	161	Wright	Amos	16	32:03
18	Sholl	Bob	44	26:39	90	Edwards	John	37	30:19	162	Perkins	Charlie	42	32:04
19	McCarthy	Tom	31	26:43	91	Jordan	Robert	31	30:21	163	Dugas	Greg	36	32:08
20	Burham	David	25	26:44	92	Noyes	Brian	32	30:23	164	Barton	Muzzy	39	32:08
21	Bockus Jr	George	24	26:48	93	Abello	Tom	17	30:25	165	Chong	Yun	30	32:09
22	Brooks	Richard	24	26:52	94	Paterson	David	36	30:25	166	Curtis	Kenneth	50	32:11
23	Hall	Peter		26:54	95	Stuart	Robert	36	30:26	167	Lathrop	Loren	42	32:13
24	Iverson	Alan	24	27:00	96	Turner	Gail	31	30:27*	168	Turner	David	27	32:14
25	Reed	Larry	33	27:07	97	Davis	Jimmy	16	30:29	169	Hodgkin	Deanna	24	32:15*
26	Croteau	Dennis	40	27:11	98	Pomroy	Jeffrey	24	30:33	170	Cedrone	Ron	42	32:17
27	Ellis	Scott	28	27:13	99	Cameron	David	18	30:35	171	Quentin	Bob	33	32:18
28	Fluet	Stephen	32	27:20	100	Wight	Barry	32	30:36	172	Zillman	Don	46	32:19
29	Hartford Jr	Richard	21	27:27	101	Green	David	33	30:36	173	McManus	Dave	33	32:20
30	Houle	Ken	43	27:28	102	Gallupe	Glen	31	30:38	174	Davis	Scott	40	32:20
31	Westphal	Rolf	26	27:33	103	James	John	38	30:38	175	Shearer	Spencer	28	32:22
32	Towle	George	40	27:39	104	Ashley	Timothy	16	30:40	176	Cox	Jacob	14	32:22
33	Thibault	Roland	23	27:47	105	Leeming	John	34	30:44	177	Hackett	Jeanne	32	32:23*
34	Smith	David	20	27:53	106	Estey	Rob	17	30:46	178	Morse	Parker	17	32:24
35	Hutch	Ted	26	27:55	107	Allen	Tom	35	30:46	179	Coflesky	Janice	30	32:25*
36	Kusche	Ray	36	27:57	108	Bell	Kert	27	30:49	180	Beaudoin	Michael	48	32:26
37	Olsen	Mike	28	28:03	109	Gray	Craig	35	30:59	181	Shevenell	Ray	50	32:27
38	Roy	Glen	29	28:09	110	Arsenault	Jeffrey	34	31:00	182	kCheney	Peter	46	32:29
39	Fagan	Paul	38	28:14	111	Clark	Terry	46	31:02	183	Pringle	Jack	41	32:30
40	Holmgeen	Kurt	29	28:17	112	Lewis	Howard	47	31:04	184	Tukey	Paul	30	32:30
41	Howard	Jeremy	15	28:17	113	Baron	Brian	16	31:06	185	Jurgelevich	Kirk	38	32:32
42	McKinstry	Bill	43	28:20	114	Lee	Eddie	21	31:07	186	Philbrick	Leighton	31	32:33
43	Strout	Bob	35	28:21	115	Coolidge	Clyde	52	31:10	187	Brantner	Karl	36	32:35
44	Gagnon	John	24	28:23	116	Poulin	Denis	30	31:11	188	Lajoie	Dick	50	32:36
45	Croteau	Joel	47	28:24	117	Levesque	David	36	31:12	189	Gorman	James	27	32:40
46	Clark	Romalda	23	28:24*	118	Scribner	Richard	39	31:13	190	Andrews	Douglas	38	32:40
47	Skerritt	William	31	28:25	119	Hinckley	Scott	33	31:14	191	Cummings	Dick	53	32:41
48	Goodwin	Eric	15	28:26	120	Ludewig	Doug	51	31:17	192	Poulin	Roger	34	32:42
49	Bickart	Jeff	30	28:32	121	Campbell	John	30	31:18	193	O'Malley	John	38	32:43
50	Lancaster	Mike	33	28:33	122	Chadbourne	Howie	37	31:21	194	Cummings	Tim	40	32:44
51	Bristol	Bill	34	28:34	123	Regail	Joe	37	31:22	195	Nevers	Eric	26	32:45
52	Perkins	Sally	28	28:36*	124	Myatt	Gerry	39	31:24	196	Wilson	David	47	32:46
53	Allen	Todd	27	28:45	125	McCormack	Robert	39	31:24	197	Martin	Bruce	38	32:47
54	Snekvik	Charles	48	28:47	126	Vezina	Phil	31	31:25	198	Conley	Paul	39	32:47
55	McCrea	Brian	31	28:56	127	Richards	Joe	47	31:25	199	Thomas	Stephen	41	32:48
56	Devou	Bill	42	28:58	128	Clohohey	Jim	38	31:26	200	Weeks Jr	Sumner	43	32:50
57	Gorneau	Scott	18	29:04	129	Jones	Scott	26	31:26	201	Davee	Anne	34	32:50*
58	Galipeau	Sean	16	29:04	130	Fogg	Carl	43	31:27	202	Real	John	40	32:51
59	Mathieu	John	33	29:05	131	Messier	Brad	15	31:27	203	Hazzard	Bob	59	32:51
60	Mangone	Joseph	34	29:06	132	Flaherty	Peter	44	31:28	204	Currier	David	30	32:52
61	Thompson	Larry	37	29:11	133	Kinner	Larry	41	31:28	205	Bachorik	Bob	47	32:52
62	Bunnell	Jim	33	29:14	134	Hilton	Chris	36	31:30	206	Gobeil	Roger	45	32:53
63	Titus	John	35	29:16	135	Fredey	Marilyn	22	31:32	207	Smith	David	49	32:53
64	Manzer	John	37	29:28	136	Sargent	Frederick	36	31:33	208	Curry	Dick	44	32:54
65	Laidley	Zal	18	29:30	137	Mercier	Jack	47	31:36	209	Weeks	Carol	42	32:56*
66	Nielsen	Kurt	36	29:31	138	Dyer	Jeffrey	16	31:37	210	Blood	Jim	32	32:57
67	Meserve	Tina	24	29:33*	139	Berry	Les	43	31:39	211	Rines	Dale	38	32:57
68	Cavallaro	Louis	24	29:37	140	Schnapp	Scott	35	31:40	212	Campbell	Bruce	36	32:58
69	Swatland	Craig	26	29:42	141	Serunian	Peter	31	31:42	213	Kortecamp	John	44	32:59
70	Segars	Guy	31	29:43	142	Ward	Steve	42	31:42	214	Barker	Larry	41	33:01
71	Hightower	Steve	29	29:45	143	Rappa	Robin	44	31:43	215	Merrill	Deb	35	33:03*
72	Smith	Dennis	41	29:46	144	Grady	Gary	42	31:43	216	Garfield	Angus	31	33:03





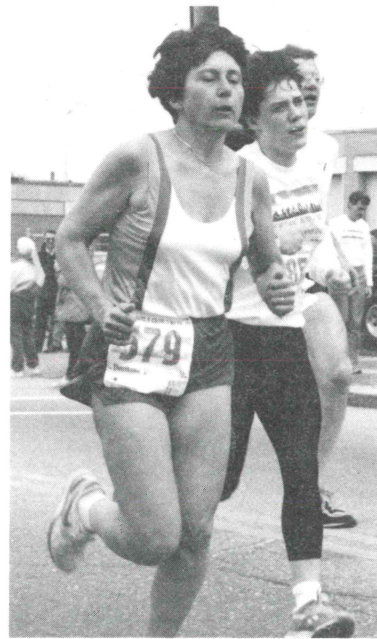
Almost 1000 runners head up Cumberland Ave.



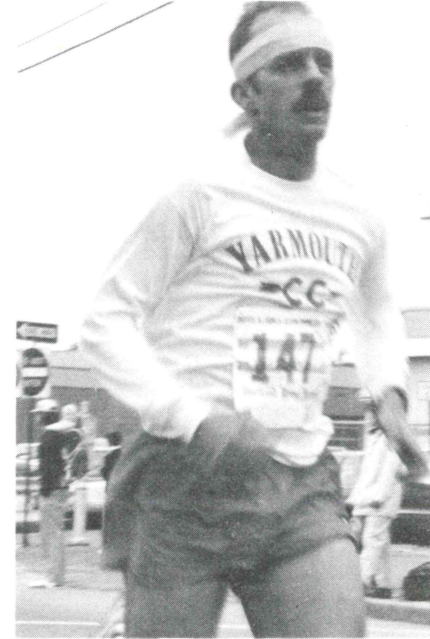
The MAINELY RUNNING booth.



Joel Croteau of Biddeford matches strides with winner Romalda Clark.



Jane Rau (579) directs the China 5 Mile Classic



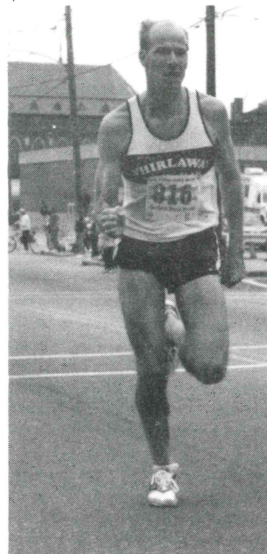
Coach Dennis Smith runs under a 6 minute pace.



Myron Whipky wears his Aroostook Mustards singlet to a 3rd place finish.



1990 winner, Sally Perkins, finishes only 8 seconds off last years pace.



Paul Hammond repeats his 1989 Boys Club win.



Albert Giasson, 71, Auburn, can tell you about running in Maine years ago.



Portland Police Chief, Mike Chitwood, ran better then an 8 minute pace.



## Boys &amp; Girls Club - continued

217	Cowell	Michael	53	33:04	306	Sokaitis	Al	39	34:36	396	Woodworth	Charles	33	36:11
218	Detroy	Peter	43	33:05	307	Delois	David	43	34:37	397	Wespi	George	34	36:12
219	Morse	Stephen	18	33:06	308	Plante	John	44	34:37	398	Delogu	Orlando	54	36:13
220	McDonald	Charlie	43	33:06	309	Fischer	Stephanie	23	34:37*	399	Sapp	Joseph	32	36:14
221	Hewitt	Mike	15	33:07	310	Berrang	Dave	31	34:37	400	Soule	Benjamin	47	36:15
222	Locke	Norman	32	33:10	311	Black	William	38	34:38	401	Chellis	Mark	27	36:16
223	Murphy	Mike	31	33:11	312	Cavanaugh	Michael	40	34:38	402	Gresenz	Cathy	29	36:17*
224	Hewitt	Joe	15	33:12	313	McCorkle	James	36	34:39	403	Strom	Herb	61	36:17
225	Bay	Lynn	23	33:13*	314	Thatcher	Poppy	36	34:41*	404	Atchison	Tom	42	36:18
226	Ingalls	Andrew	32	33:13	315	Paquette	Ronald	49	34:41	405	Nason	Brian	41	36:18
227	Ingram	Andrew	25	33:14	316	Denbow	Dana	18	34:42	406	Ellis	Eric	38	36:21
228	Demers	Bob	34	33:16	317	Mullen	Terry	28	34:43	407	Rabasca	Stephen	34	36:22
229	MacFarland	Raymond	26	33:17	318	Childs	Glenn	27	34:44	408	Loring	Mark	31	36:23
230	Corsetti	Rocco	43	33:18	319	Anthoine	Robert	33	34:45	409	Bradley	Russ	67	36:24
231	Crocker	Jeff	27	33:18	320	Crockett	Edward	29	34:45	410	Buschman	Cindy	33	36:25*
232	Whitcomb	Walter	39	33:19	321	Barton	Gary	44	34:46	411	Williams	Champ	36	36:26
233	Volin	David	46	33:19	322	Miller	Paul	29	34:46	412	Gridley	Bruce	36	36:26
234	Colwell	Timothy	33	33:20	323	Bright	Cameron	30	34:47	413	Kenison	Paul	48	36:27
235	Chapin	Jay	30	33:20	324	Howell	Edward	42	34:47	414	Dipalma	Stephen	35	36:28
236	Giroux	Mark	22	33:23	325	Geib	Karl	32	34:48	415	Nilsen	Thor	43	36:29
237	Allen	Jennfer	24	33:24*	326	Nemmers	Ducky	13	34:48	416	Detscher	Michael	34	36:30
238	Menter	Daniel	27	33:25	327	Liberty	Brian	36	34:50	417	Rose	Charles	44	36:30
239	Robinson	Richard	31	33:27	328	Hill	Thomas	36	34:51	418	Gorham	Stephen	17	36:31
240	Fecowicz	Rick	35	33:28	329	Hopper	Karen	16	34:51*	419	Benn	David	45	36:31
241	Toof	Jonathan	44	33:29	330	Carley	Kevin	36	34:52	420	Creamer	Jamie	20	36:32
242	McKenzie	Paul	15	33:29	331	Meinking	Rick	30	34:53	421	Rau	Cody	13	36:32
243	Labelle	Chris	16	33:29	332	Dorsey	Mark	35	34:54	422	Jurgelevich	Cathy	27	36:33*
244	Menendez	Thomas	37	33:30	333	Del Biamco	Peter	32	34:55	423	Englund	David	17	36:33
245	Howe	Paul	38	33:33	334	Gillis	Kevin	36	34:55	424	Heckel	Tom	29	36:40
246	Russell	William	33	33:39	335	Bay	Mark	24	34:56	425	Buckard	Dwight	38	36:41
247	Mathews	Robert	35	33:41	336	Handy	Elizabeth	33	34:57*	426	Barrett	Betsy	40	36:43*
248	Martin	Neil	48	33:42	337	Frederick	John	37	34:57	427	Sawyer	Jennifer	15	36:44*
249	Law	Stephen	29	33:47	338	McDonald	Michael	40	34:58	428	Harrod	Elizabeth	22	36:44*
250	Cathcart	Wendy	33	33:48*	339	Klett	Thomas	38	34:58	429	Hillman	Chris	38	36:45*
251	Bernier	Peter	29	33:49	340	Lilly	Jack	47	34:58	430	Lavoie	JP	36	36:46
252	Broydrick	Steve	38	33:50	341	Wheeler	Tammy	16	34:59*	431	Forrest	William	30	36:47
253	Laglos	Eric	31	33:53	342	Taudvin	Katherine	27	34:59*	432	Sandin	Eric	33	36:47
254	Steege	Mark	36	33:54	343	Boyson	Mike	37	35:00	433	Abello	Andy	46	36:48
255	Richards	Jeffrey	17	33:54	344	Fordhan	Wayne	46	35:01	434	Brennan	Michael	38	36:48
256	Kirchner	Ted	43	33:55	345	Black	Dick	35	35:02	435	Tremberth	Joan	46	36:50*
257	Cooper	George	35	33:57	346	Rau	Jane	41	35:03*	436	Tarbell	Becky	28	36:51*
258	Chamberland	David	29	33:57	347	Probert	Charles	47	35:03	437	Obery	Sharon	34	36:52*
259	Bowie	Chris	25	33:58	348	Kurkjian	Karen	34	35:03*	438	Hersom	Allen	32	36:52
260	Ray	David	38	33:58	349	Newton	Jeffrey	48	35:04	439	Messier	Donald	45	36:53
261	Houser	David	40	34:01	350	Mitchell	Ethan	11	35:05	440	Rogers	Martin	40	36:53
262	Carter	Tim	55	34:01	351	Beam	David	38	35:06	441	Gorton	Lawrence	35	36:53
263	Kelly	Michael	35	34:02	352	Leadbetter	Ed	37	35:06	442	Graybeal	Alan	38	36:54
264	Dinan	Chris	35	34:03	353	Rundell	Jonathan	31	35:07	443	Flynn	Jack	53	36:54
265	Richard	Robert	39	34:04	354	Mason	David	37		444	Richard	Stephen	20	36:54
266	Harmon	Maurice	41	34:05	355	Mason	Nathaniel	42	35:08	445	Oberg	Ken	33	36:55
267	Trafton	Dick	42	34:06	356	Mack	Colin	29	35:08	446	Dutton	Roger	47	36:55
268	Amory	Thomas	41	34:07	357	Veinot	Jan	32	35:09*	447	Whipple	John	45	36:55
269	Simard	Chris	18	34:08	358	Dwyer	Dane	37	35:10	448	Hall	Peter	36	36:56
270	Lilly	Bob	35	34:09	359	Carr	Lucy	22	35:11*	449	Pelton	Ron	37	36:56
271	Fee	Thomas	24	34:09	360	Rand	David	24	35:14	450	Wirth	Theodore	30	36:57
272	Hill	Geoffrey	44	34:10	361	Kingsbury	Jason	15	35:15	451	Ridge	William	31	36:57
273	Conrad, Jr.	Austin H.	35	34:11	362	Poulin	Mary	31	35:15*	452	Bryant	Jerre	37	36:58
274	Haggett	Craig	36	34:13	363	Frizzell	Norman	40	35:15	453	Tobiasen	Tiffany	17	36:59*
275	Moore	John	13	34:14	364	Salvo	Gerard	36	35:16	454	Hight	Susan	32	37:00*
276	Hutchinson	David	51	34:14	365	Easley	Thomas	26	35:17	455	Read	Erika	16	37:00*
277	Arsenault	Robert	40	34:15	366	Carpenter	John	32	35:23	456	Perkins	David	31	37:01
278	Bulgajewski	Michael	25	34:15	367	Martin	Michael	39	35:23	457	Howe	John	56	37:04
279	Moulton	Robert	37	34:16	368	Levesque	John	36	35:24	458	Sylvester	Ken	46	37:07
280	Leadbetter	Steve	41	34:17	369	Campbell	Richard	39	35:25	459	Pierce	James	35	37:09
281	Doane	Joseph	30	34:18	370	Dunfee	Roy	38	35:26	460	Golding	Pete	36	37:09
282	Osterrieder	James	38	34:20	371	Kline	Robert	39	35:26	461	DiDonato	Bob	30	37:11
283	Cavallaro	Travis	13	34:20	372	Johnson	Bud	29	35:27	462	Wolstat	Henry	57	37:12
284	Scontras	Peter	62	34:21	373	Doyle	Michael	26	35:28	463	Raifsnider	Chris	15	37:13
285	Edquid	Brigitte	43	34:22*	374	Record Jr	Richard	29	35:36	464	Ridlow	Bill	42	37:14
286	Sequin	Dana	37	34:22	375	Knight	Frank	45	35:39	465	McGittigan	Justina	27	37:14*
287	Profenno	Daniel	30	34:23	376	Hearl	Gerald	51	35:39	466	Doherty	James	57	37:15
288	Neal	Jim	33	34:23	377	Dow	James	40	35:40	467	Porter	Art	47	37:15
289	Ayers	Wayne	36	34:24	378	Beale	Stephen	48	35:41	468	Cote	Eric	43	37:16
290	LeFreniere	Harvey	31	34:25	379	Scontras	Chris	34	35:42	469	Fontaine	Jessica	15	37:18*
291	Hessel	Tracy	29	34:25*	380	Clark	Chris	38	35:42	470	Fontaine	Peter	42	37:19
292	Gordon	William	44	34:27	381	Little	Steve	37	35:43	471	Dewick	Gladys	37	37:20*
293	Reali	Dominic	48	34:28	382	Nixon	Jeff	41	35:43	472	Van Orden	Margie	13	37:26*
294	Moody	Doug	42	34:28	383	Moore	Jay	38	35:59	473	Warman	Vicki	28	37:27*
295	Brennan	John	15	34:28	384	Smith	Bruce	44	35:59	474	Rolfe	John	36	37:28*
296	Haskell	Dr. David	45	34:29	385	Terison	Mark	38	36:00	475	Kinne	Timothy	40	37:28
297	Allen	Terrance	29	34:29	386	Merrill	Dave	36	36:01	476	Charek	Michael	37	37:31
298	Iselborn	Charles	34	34:30	387	Neil	Tim	40	36:02	477	Clarke	Tom	32	37:31
299	Pierce	Carol	44	34:30*	388	Conti	Fred	41	36:03	478	Gillis	Carol	32	37:32*
300	Divirilio	James	33	34:31	389	Rich	Larry	43	36:04	479	McDonald	Jim	13	37:32
301	Mirone	Dominic	40	34:32	390	Skerritt	Michael	34	36:05	480	Shaw	Michael	16	37:34
302	Kirby	Tom	34	34:33	391	Benoit	Donald	30	36:05	481	Ziemann	Van	34	37:34
303	Burkhardt	Douglas	34	34:34	392	Johnson	Joe	16	36:06	482	McDonough	Sheila	18	37:34*
304	Dupont	Raymond	35	34:36	393	Boyd	Laurence	48	36:08	483	Austin	Hadley	32	37:35
305	Cooper	Nancy	36	34:36*	394	Gazzelloni	Thomas	31	36:09	484	Moulton	Robert	27	37:35
					395	Aliberti	Joseph	42	36:10	485	Fred	Thompson	44	37:35



## Boys &amp; Girls Club - continued

486 Crosby	Thomas	38	37:37	575 Clancy	Sean	29	39:02	665 Anderson	Roger	44	40:30
487 Neagle	Chris	39	37:38	576 Douglas	Don	40	39:03	666 Brady	Gerald	33	40:32
488 Dyer	Richard	25	37:39	577 St Louis	Penny	26	39:03*	667 Baxter	Ralph	59	40:42
489 Sproul	Maureen	35	37:43*	578 McCullum	Richard	42	39:04	668 Thompson	Dana	34	40:45*
490 Baker	Deborah	32	37:43*	579 Curran	Kevin	31	39:05	669 Wirth	Cathy	30	40:48*
491 Stanhope	Don	48	37:45	580 McGettigan	John	28	39:05	670 Thomas	Johanna	25	40:49*
492 Redmond	Colleen	26	37:45	581 Munton	Joanne	34	39:05*	671 Lachance	Mike	38	40:51
493 Guevin	Ronald	43	37:46	582 Bickford	Brian	30	39:07	672 Merrill	Cheryl	32	40:53*
494 Jackson	James	35	37:46	583 Loveitt	Kenneth	44	39:08	673 McCrodden	Jane	37	40:56*
495 Cumback	Steven	29	37:47	584 Gendron	Charlie	32	39:08	674 Perkins	Lawrence	46	40:57
496 Knight	Monica	24	37:48*	585 Oliver	Haven	47	39:09	675 Conn	Tim	45	40:58
497 Rundlett	Derry	45	37:50	586 Cushman	Bob	53	39:09	676 Perkins	Bob	48	40:59
498 Pierce	Lawrence	41	37:52	587 Kemp	Donald	37	39:12	677 Morton	Jeffrey	29	41:00
499 Walker	Helen	24	37:56*	588 Elgee	Bill	46	39:14	678 Flynn	Kevin	30	41:01
500 Foster	Peter	41	37:57	589 Kennard	Harlan	38	39:15	679 McCourt	Catherine	27	41:03*
501 Bedard	Kevin	26	37:58	590 Bartlaett	Phil	43	39:17	680 Dudley	Milt	39	41:04
502 Lear	Stanley	38	37:58	591 Dunham	Barbara	31	39:18*	681 Tyson	John	28	41:06
503 Leary	Shannon	30	37:59	592 Chitwood	Mike	40	39:19	682 Whiton	Craig	40	41:09
504 Newell	Chris	39	38:00	593 Conrad	Joseph	41	39:20	683 Pohlman	Donna	40	41:11*
505 Robertson	Herb	55	38:01	594 Johnson	Lori	32	39:21*	684 Lebel	Ernie	47	41:11
506 Dудley	Brian	36	38:02	595 Johnson	Kelly	32	39:22*	685 Ross	Bun	55	41:12
507 Rau	Karl	42	38:03	596 Walker	Peter	31	39:22	686 Ritchie	Kent	29	41:12
508 Rodrigue	Norm	41	38:03	597 Colby	Calen	27	39:22	687 Marzul	William	67	41:14
509 Laidley	Bill	48	38:04	598 Bushey	Jerri	47	39:23*	688 Trafton	Barbara	43	41:15*
510 McAllister	Glen	42	38:04	599 Dall	Paul	49	39:24	689 Tracy	Hyla	50	41:17
511 Medina	Patty	32	38:06*	600 Sobel	Daniel	43	39:24	690 Batchelor	Nancy	38	41:18*
512 Smith	Dennis	40	38:07	601 Rodrigue	Scott	36	39:25	691 Hughes	Ralph	42	41:19
513 Loftus-Ray	Kay	28	38:07*	602 Limpila	Linda	31	39:26*	692 Wentworth	Peter	36	41:22
514 Wilson	Katherine	46	38:10*	603 Laetsch	David	40	39:27	693 Trafton	Will	13	41:25
515 Pennoyer	Peggy	34	38:11*	604 Bessette	Curt	43	39:28	694 Keyes	Stanley	64	41:25
516 Chase	Jim	59	38:11	605 Dorsey	John	44	39:29	695 Irish	Ormond	58	41:25
517 Harper	Jay	29	38:13	606 Hogan	Carol	40	39:29*	696 Rumpf	Tom	39	41:28
518 Short	Terence	30	38:13	607 Hyer	Alton	43	39:32	697 Peterson	Mary	30	41:29*
519 Russell	Andrew	39	38:13	608 Richard	Albert	46	39:33	698 Shorey	Kathleen	34	41:30*
520 Fee	Jim	33	38:13	609 Kenny	Caryn	28	39:33*	699 Morrill	Dennis	51	41:31
521 Goodwin	Steve	32	38:14	610 Thomas	Kevin	36	39:34	700 McInerney	Patrick	45	41:33
522 Mayberry	Warren	33	38:14	611 Feidelseit	Marlene	22	39:35*	701 Sanders	John	40	41:34
523 Wilson	Warren	57	38:14	612 Czuchra	Rosemary	23	39:36*	702 Mathews	Mary Beth	36	41:36*
524 Montimurro	Joe	33	38:15	613 Sparkowich	Janet	33	39:36*	703 Randall	Jack	52	41:40
525 Cook	Joseph	41	38:15	614 Nobile	Michael	38	39:36	704 Gleason	Jack	47	41:42
526 Cunningham	Craig	31	38:16	615 Allen	Rick	45	39:37	705 Libby	Leon	42	41:43
527 McCourt	Paul	55	38:17	616 Chaplin	Stoddard	52	39:39	706 Deetjen	Bill	47	41:44
528 Rubino	John	45	38:17	617 Strand	Stephen	36	39:40	707 Carbone	Diane	43	41:44*
529 Mannette	Rick	40	38:18	618 Dyer	Larry	46	39:43	708 Gagne	Peter	40	41:45
530 Hayes	Waldo	48	38:18	619 Taylor	Saranne	48	39:44*	709 Richards	Linda	28	41:46*
531 Morong	Frank	57	38:19	620 Greenleaf	Davidt	52	39:44	710 Frost	Richard	27	41:47
532 Brown	Daniel	45	38:19	621 Bond	Robert	40	39:44	711 Scott	Thomas	25	41:48
533 Perley	Joyce	27	38:20*	622 Custeau	Rene	28	39:45	712 Scherder	John	38	41:54
534 Tierney	Kevin	30	38:20	623 Queeney	Tim	32	39:46	713 Clement	John	35	41:55
535 Jordan	Rod	35	38:20	624 Ziemann	Melissa	35	39:46*	714 Kline	Duane	42	41:56
536 Lee	Akerley	55	38:21	625 O'Donnell	Peter	29	39:49	715 Tschudy	Kristie	28	41:58*
537 Saint Amand	Jerry	47	38:22	626 Dill	Cynthia	26	39:50*	716 Body	David	53	41:58
538 Tinkham	Phil	44	38:23	627 Poirier	Kimberly	30	39:51*	717 Littlefield	John	35	41:59
539 Pontaine	Sarah	14	38:23*	628 Kreiton	David	48	39:52	718 Chadbourne	David	24	42:00
540 Jordan	Eileen	48	38:24*	629 Crawford	James	40	39:52	719 Maloney-Kell	Teri	35	42:03*
541 Jordan	Sam	52	38:24	630 Boisvert	Cristy	16	39:53*	720 Flynn	Core	43	42:04
542 Bruton	Keith	36	38:25	631 Sawyer	Keith	38	39:53	721 Costello	Brenda	37	42:05*
543 Curry	Bob	42	38:26	632 Thayer	Marion	29	39:53*	722 MacDonald	Ruby	35	42:06*
544 Wilson	Tina	34	38:28*	633 Dewick	Stephen	51	39:54	723 Clark	David	39	42:07
545 Gorham	John	46	38:29	634 Peters	Donald	52	39:56	724 Reno	Richard	42	42:12
546 Mavor	Frian	26	38:30	635 Gillian	William	28	39:57	725 Keene	Brenda	37	42:21*
547 Jackson	Philip	43	38:31	636 Brown	Deborah	34	39:58*	726 Morrill	Robert	44	42:21
548 Ianello	Chris	33	38:33	637 Smith	Carl	50	39:59	727 Worth	Paul	48	42:22
549 Schroeder	Jeri	43	38:34*	638 Broadhead	Clara	41	40:01*	728 Kobischen	Eric	34	42:23
550 Wolanski	John	32	38:35	639 Porter	Heidi	26	40:02*	729 Sinclair	Bob	23	42:24
551 Corson	David	51	38:36	640 Scott	Russell	17	40:02	730 D'Amboise	Paul	61	42:24
552 Brewer	Don	36	38:37	641 Downs	Gary	59	40:03	731 Murray	Kyle	32	42:25
553 Morin	Glenn	29	38:39	642 Gayton	Bill	51	40:05	732 MacDonald	Alana	42	42:25*
554 Mosley	David	44	38:40	643 Collins	Steve	54	40:08	733 Ludwig	Herb	43	42:25
555 Adelman	Edward	41	38:42	644 Blanchard	Gary	27	40:09	734 Moran	Dennis	47	42:26
556 Neault	Robert	49	38:43	645 Plawlock	Stan	52	40:10	735 Brewer	Arthur	41	42:27
557 Parkinson	Jim	34	38:45	646 Ray	Kenneth	33	40:11	736 Ray	Linda	38	42:29*
558 Hooper	Carol	31	38:46*	647 Perruzzi	Robert	60	40:11	737 Hall	Wendy	25	42:29*
559 Wilhelm	John	46	38:47	648 Stone	Gred	54	40:12	738 Smith	Todd	42	42:31
560 Wallace	Brian	52	38:47	649 Shevenell	David	29	40:12	739 Linnehan	Barbara	35	42:33*
561 Wiles	Jerry	49	38:47	650 Brewster	Alexander	13	40:13	740 Russell	Shirley	40	42:33*
562 Gross	Bob	35	38:48	651 Brewster	Benjamin	38	40:13	741 Dowe	Paul	42	42:34
563 Cloffi	Caren	35	38:51*	652 Pasquariello	John	35	40:14	742 Libby	Karen	33	42:35*
564 Maddock	Steve	37	38:52	653 Pompeo	Peter	45	40:15	743 Voorhees	John	38	42:39
565 Brown	Chris	32	38:53	654 Gilman	Bob	51	40:16	744 Fraenckel	Judy	42	42:40*
566 D'Amour	Carol	46	38:55*	655 Mayer	Rhonda	33	40:16*	745 Jones	Philip	40	42:41
567 Meucci	Nick	49	38:56	656 Elvin	Priscilla	33	40:17*	746 Ludwig	Ann	34	42:43*
568 Branson	Bob	50	38:56	657 DeBree	Steven	34	40:19	747 Rosnow	Jonathan	36	42:48
569 Keefe	Marla	37	38:58	658 Thompson	Rita	35	40:20*	748 Hart	Bruce	33	42:49
570 Russell	Don	53	38:58	659 Mand	Chris	30	40:21	749 Budroe	John	52	42:51
571 Bingham	Peter	47	38:59	660 Mand	Michelle	31	40:26*	750 McGillicuddy	Holly	33	42:52*
572 Gordon	JoAnn	30	38:59*	661 Payson	Philip	38	40:27	751 Reali	Marlene	39	42:55*
573 McCarthy	Ted	49	39:01	662 Paradis	Susan	29	40:28*	752 Perley	Douglas	29	42:57
574 Picard	Mike	42	39:01	663 Mitchell	John	48	40:28	753 Wyman	Robert	54	42:57
				664 Coughlin	Mark	27	40:29	754 Roper	John	39	42:57



# Boys & Girls Club - continued

755 Turner	Juliane	24	42:58*
756 Christensen	William	46	42:59
757 Rosenthal	Andy	33	43:00
758 Trafton	Benjamin	13	43:00
759 File	Peter	43	43:01
760 Rohde	Harvey	48	43:01
761 Peyser	Mary	33	43:02*
762 Robb	Mike	50	43:02
763 Levesque	Mark	34	43:05
764 Smith	George	53	43:06
765 Bridgham	Amy	30	43:088
766 Morris	Nathan	54	43:09
767 Amory	Sally	67	43:09*
768 Lane	Matthew	30	43:10
769 Salmon	Bob	62	43:11
770 Salmon	Jeanne	60	43:11*
771 O'Brien	Rick	44	43:12
772 MacDonald	Reg	46	43:12
773 Hillman	David	39	43:13
774 Pusch	Allen	56	43:17
775 Helming	David	42	43:18
776 Carbone	Gregory	42	43:18
777 Gagne	Kathy	36	43:29*
778 Chadbourne	Tom	45	43:21
779 Gilbertson	Robert	64	43:25
780 Fallon	Chris	33	43:30
781 O'Brien	R.J.	43	43:31
782 Lauritsen	Tammy	31	43:32*
783 Veney	Paul	46	43:33
784 Stevens	Paul	53	43:34
785 Johnson	Donald	60	43:39
786 Flynn	William	48	43:40
787 Laroche	Jeannine	28	43:40*
788 McDonough	Thomas	38	43:41
789 Clark	Debbie	33	43:42*
790 Flaherty	David	37	43:45
791 Clark	Bryan	27	43:52
792 Greenleaf	Kathy	48	43:53*
793 Willard	Martin	53	43:53
794 Zelinsky	Edward	50	43:54
795 Carrier	Matt	17	43:55
796 Scribner	Theresa	32	43:56*
797 Oleary	Gary	36	44:01
798 Daniels	James	40	44:02
799 Hinkle	Ona	46	44:03*
800 Rafferty	Maureen	42	44:10*
801 Marshall	Jeffrey	16	44:12
802 Bolouc	Rebecca	29	44:16*
803 St.Hilaire	Carolyn	37	44:16*
804 Loring	Sabrina	34	44:17*
805 Bither	Stephen	42	44:20
806 Morris	Irene	49	44:21*
807 Nemmers	William	48	44:25

808 Littlefield	Robert	60	44:29
809 Fitzgerald	Andrew	31	44:35
810 Robinson	Earl	48	44:35
811 Yorkey, Jr.	Donald	53	44:39
812 Whipple	Ezra	15	44:43
813 Stanlon	Lorelei	29	44:46*
814 Taylor	Steve	35	44:54
815 LaFlamme	John	63	44:55
816 Simpson	Stanley	43	44:56
817 Berchick	Joseph	39	44:56
818 Grassi	Judy	52	45:00*
819 Branch	Patricia	34	45:02*
820 Zimmerman	Lynne	52	45:09*
821 Tarraza	Marianne	50	45:13*
822 Trafton	Sam	10	45:14
823 Snekuk	Ingrid	16	45:21*
824 Kennedy	John	44	45:24
825 Johnson	Jeffrey	31	45:27
826 Clark	David	42	45:29
827 Gillis	John	37	45:48
828 O'Connor	Jay	37	45:49
829 Whitney	Madeline	52	45:50*
830 Babbin	Bruno	36	45:56
831 Poore	Deborah	41	46:01*
832 Manderson	Christine	27	46:03*
833 Curran	Jim	44	46:04
834 Goodie	Joyce	58	46:07*
835 Kent	Don	38	46:08
836 Hardison	Thomas	35	46:14
837 Gorman	Kristine	26	46:14*
838 Guillerault	Sue	36	46:14*
839 McMahon	David	33	46:18
840 Gardner	Bonnie	36	46:20*
841 Kross	Michael	42	46:25
842 Harmon	Stanley	46	46:31
843 Donaldson	Tom	59	46:33
844 Merchant	Karin	30	46:34*
845 Kemp	Debra	31	46:34*
846 Murphy	Cathy	15	46:37*
847 Behnke	Jerry	44	46:39
848 Ouellette	Patricia	38	46:42*
849 Clauson	Susan	32	46:48*
850 Crosby	Robert	42	46:51
851 McKenney	Harry	31	46:56
852 Bond	Ang	31	46:58*
853 Edwards	Thomas	51	47:00
854 Franklin	Florinda	31	47:01*
855 Perverada	John	63	47:05
856 Isenberg	Loraine	48	47:06*
857 Anderson	David	48	47:09
858 Penny	Frances	23	47:10
859 Goodine	Deborah	39	47:17*
860 Everley	Bob	44	47:18
861 Osterrieder	Sandra	43	47:22*

862 Howe	Andrew	36	47:23
863 Foley	Daniel	57	47:33
864 Mathieu	Mary	35	48:04*
865 Ayers	Sue	28	48:05*
866 Magnusen	Josey	25	48:30*
867 Clinch	Mark	35	48:33
868 Hanusek	Linda	28	48:36*
869 Dickson	Peter	46	48:36
870 Montefusco	Amy	33	48:45*
871 Montefusco	Joe	34	48:52
872 Mason	Deborah	38	48:52*
873 Brownell	Mead	60	48:53*
874 Guy	Jim	38	49:03
875 Roag	Cathy	30	49:04*
876 Scott	Rick	30	49:05
877 Leeman	Patty	24	49:22*
878 Hadlock	Susan	34	49:27*
879 Valati	Louise	40	49:33*
880 O'Malley	Judie	38	49:34*
881 Frederick	Nancy	40	49:37*
882 Detroy	Christine	62	49:37*
883 Holmes	Wilber	50	49:53
884 Wingate	Paine	13	50:03
885 Wingate	Fred	45	50:03
886 Gros	Barbara	48	50:10*
887 Hinkle	Bobby	50	50:10
888 Burke	Joseph	56	51:39
889 Blais	Maurice	43	51:50
890 Bragdon	Lottie	42	51:54*
891 Beane	Susan	27	51:59*
892 Beane	Dawna	33	52:04*
893 Kibler	Mark	36	52:23
894 Dearth	Yumi	35	52:35*
895 Dearth	Ron	35	53:02
896 Mavor	Preston	53	53:19
897 Holmes	Lloyd	64	53:57
898 Silverstein	Mark	28	54:27
899 Carroll	James	81	54:59
900 Mitchell	Wendy	41	55:01*
901 Penny	Mary Lu	27	53:20*
902 Moulton	Donna	42	53:21*
903 Wood	Marsha	36	53:22*
904 Damboise	Delwood	59	53:23
905 Hefflefinger	Ruth	62	53:23*
906 Mason	Harvey	57	53:24
907 Thomas	Mel	34	52:25*
908 Brewster	Stephanie	16	53:57*
909 Farrin	JoAnne	36	54:27*
910 Stanhope	Sue	49	54:59*
911 Long	Frank	73	55:01
912 Stokes	Thornton	48	55:21
913 McFarland	Francis	59	55:30
914 Giasson	Albert	71	62:22

# REWARD!

- One of the largest selection of Trophies & Plaques in Northern New England
- We manufacture our own Trophies to offer lowest possible prices
- On location computerized engraving
- Ask about Guaranteed-on-time delivery via our exclusive "no-charge" courier
- Large discounts available
- The ability to create or design a specific award for your special needs



## CREATIVE AWARDS

A Division of G.M. Pollack & Sons

Trophies • Plaques • Corporate Gifts

# 883-8676

600 Roundwood Dr Scarborough, 1 Mile South Of ME Mall



Janice Coflesky a Burlington University Med student was the 1000th registrant.



# Terry Fox 5K - Bangor - May 11

## Results and Photos Courtesy Chuck Morris

1	Garster	Jim	15:48	85	unknown		20:04	171	Welch	Robert	21:54
2	Dearing	Dan	15:52	86	unknown		20:04	172	Sargent	Isom	21:55
3	Leighton	Brent	16:09	87	Tetu	Tom	20:05	173	Dupuis	Ronald	21:56
4	Everett	Bob	16:13	88	Gashlin	Robert	20:07	174	Bloom	Michael	21:57
5	Sargent	Michael	16:14	89	Meehan	Mary	20:08*	175	Craig	Patricia	21:58*
6	Charlie	Violette	16:24	90	Sargent	Todd	20:08	176	Higgins	Gary	21:59
7	Hartford Jr	Richard	16:25	91	Burton	David	20:09	177	Wardwell	Todd	21:59
8	Norton	Giles	16:34	92	Tarbox	Lewis	20:10	178	Sargent	Cole	22:00
9	Henderson	Jay	16:39	93	Clapper	Michael	20:10	179	Michaud	Gerald	22:01
10	Rogers	Cliff	16:49	94	Newton	Ethan	20:11	180	Herz	Gregory	22:03
11	Newett	James	17:02	95	Edgecomb	Angela	20:11*	181	Edwards	Frank	22:08
12	Butterfield	Scott	17:23	96	Palmer	Steven	20:12	182	Wilson	David	22:09
13	Frost	Jack	17:24	97	Ayers	Wayne	20:12	183	Savage	Joe	22:10
14	Thompson	Michael	17:26	98	Roy	Tony	20:15	184	Remson	Karl	22:11
15	Pelletier	Ron	17:30	99	Rochefort	Jeff	20:15	185	Smith	Peggy	22:13*
16	Renault	David	17:31	100	Hodges	Sheila	20:18*	186	Penney	Shirl	22:14*
17	Locke	Joe	17:43	101	Lindsay	Richard	20:20	187	Beal	Barbie	22:14*
18	Frank	Larry	17:45	102	Morrill	Richard	20:20	188	Merrill	Dan	22:15
19	Erschine	Rob	17:46	103	Bragg	Frank	20:22	189	Chute	Randy	22:16
20	Brannon	Greg	17:47	104	Graves	Ron	20:22	190	Daphine	Peter	22:16
21	White	Ryan	17:47	105	Horne	Brian	20:23	191	Coombs	Sean	22:19
22	Esty-Kendall	Judson	17:47	106	Allen	Martin	20:23	192	Fisher	Dick	22:20
23	Leighton	John	17:57	107	Fisher	Tim	20:24	193	Unknown		22:23
24	Mansfield	Chris	17:58	108	Benn	David	20:25	194	Robbins	Sam	22:27
25	Henry	Arnold	18:03	109	Hildreth	Greg	20:26	195	Collins	Rene	22:29*
26	Young	Sheldon	18:10	110	Morris	Serena	20:27*	196	Geiser	Glenn	22:31
27	McKinney	Tom	18:11	111	Tapley	Robert	20:30	197	Brochu	Rick	22:31
28	Keith	John	18:13	112	Brennan	Steve	20:30	198	Clark	Arnold	22:32
29	Logue	OJ	18:14	113	Deane	Beric	20:31	199	Hatfield	Cliff	22:35
30	Burnett	Scott	18:15	114	Jones	Jeff	20:33	200	Dubois	Yvonne	22:36*
31	Jordon	Robert	18:16	115	Dow Jr	Robert	20:33	201	Harmon	Denise	22:38*
32	Lockman	Melissa	18:19*	116	Strang	Jeff	20:33	202	Gordon	Pat	22:39
33	Emery	Steve	18:20	117	Kirby	Tom	20:34	203	Erb	Don	22:40
34	Burke	Alan	18:22	118	Miles	Dick	20:33	204	Gilmore	Mike	22:40
35	Dana	Joe	18:24	119	Rau	Cody	20:35	205	Joaquin	Arthur	22:41
36	Lewey-Dog	Riley	18:26#	120	Rau	Tory	20:35	206	Hart	DJ	22:43
37	Lewey	Newell	18:26	121	Loring	Chip	20:37	207	Clements	Howard	22:45
38	McIntyre	David	18:33	122	Jacobson	George	20:40	208	Staples	Matt	22:46
39	Larson	Gary	18:36	123	Allen	Kermit	20:41	209	Comeau	Al	22:52
40	Remsen	Ken	18:39	124	Crooker	Nate	20:42	210	Norklun	Mike	22:52
41	Higbee	Ehan	18:41	125	Gilmore Sr	Mike	20:43	211	Later	Doug	23:01
42	Love	Awani	18:44	126	Robinson	Troy	20:45	212	White	Stacy	23:01*
43	Reid	Tim	18:44	127	Clapper	Joe	20:47	213	Gartenbroeke	Oliver	23:01
44	Carr	Matt	18:49	128	Rochefort	Don	20:50	214	Cole	Rich	23:02
45	Hinckley	Scott	18:50	129	Slowikowsky	Richard	20:54	215	King	Robert	23:03
46	Mittelstadt	Dan	18:55	130	Capehart	Zach	20:57	216	Abrams	Don	23:03
47	Francis	Mike	18:56	131	Flagg	Richard	20:57	217	Sockabasin	Allen	23:08
48	Blake	Russell	18:57	132	Reich	Kevin	20:57	218	O'Halloran	Don	23:08
49	Carter	Mike	18:58	133	Sargent	Alec	20:59	219	Scott	Elizabeth	23:08*
50	Hawes	Norm	18:59	134	Gordon	Jared	21:01	220	Capehart	Joe	23:11
51	Pinkham	Bill	19:04	135	Hess	Tony	21:02	221	Knowlton	Abe	23:13
52	Gallant	Joe	19:07	136	Ellingwood	Ken	21:03	222	Gray	Bob	23:15
53	Dana	Barry	19:07	137	Thomas	Matthew	21:04	223	May	Wayne	23:18
54	Haley	Tim	19:09	138	Grant	Adam	21:05	224	Carson	Stan	23:18
55	Emery	Paula	19:09*	139	Antone	Shelley	21:06*	225	Hardison	Ron	23:20
56	Skelly	Colleen	19:10*	140	Talbert	Michael	21:06	226	Ellingwood	Cindy	23:20*
57	Twombly	Bruce	19:13	141	Halberstadt	John	21:07	227	LoPotro	Bill	23:23
58	Alley	David	19:20	142	Hooper	Kenneth	21:09	228	Chute	Rusty	23:23
59	Cartier	Justin	19:22	143	Nichols	Tina	21:11*	229	Remsen	Nancy	23:24*
60	Murphy	Chuck	19:23	144	Springer	Harvey	21:11	230	Pearce	Ralph	23:26
61	Haskell	Todd	19:24	145	White	Dereck	21:11	231	Lolar	Rena	23:27*
62	Merrow	Brook	19:27*	146	Ryan	Ring	21:13	232	Christie	Katherine	23:28*
63	Beveridge	Jay	19:30	147	Raczek	David	21:14	233	Seavey	Jason	23:29
64	Harris	Mark	19:32	148	Daigle	Angela	21:14*	234	Horne	Cathy	23:29*
65	Abrams	Bob	19:33	149	Barr Sr	Benjamin	21:14	235	Walls	James	23:30
66	Bazinet	Chad	19:34	150	O'Brien	Susan	21:15*	236	Marquis	Bonnie	23:30*
67	Bell	Jeremy	19:35	151	Luro	Walt	21:16	237	Bishop	Tony	23:30
68	McEwen	Mark	19:36	152	Rau	Jane	21:18*	238	Henderson	John	23:32
69	Galipeau	Brian	19:36	153	Jacobs	Paul	21:19	239	Auerbach	Sam	23:33
70	St Pierre	Phil	19:36	154	Dieffenbach	Fred	21:21	240	O'Leary	Darrell	23:36
71	Worster	Marcus	19:40	155	Macleod	Shawn	21:23	241	Lawler	Bill	23:36
72	Comeau	Bill	19:46	156	DeRaps	Michael	21:25	242	Greatorex	Wanda	23:37*
73	Fernald	Mark	19:52	157	Drinkwater	Stanley	21:26	243	Merchant	Shawn	23:38
74	Smith	Chris	19:52	158	Dapice	Deedra	21:26*	244	Coleman	Linda	23:38*
75	Ranco	Mark	19:53	159	McCracken	Karen	21:30*	245	Phillips	Butch	23:43
76	Santos	Matt	19:54	160	Preble	Donald	21:31	246	Robichaud	Robie	23:51
77	Francis	David	19:56	161		Unknown	21:34	247	Green	Vonnie	23:53*
78	Butterfield	Jason	19:57	162	Samuelain	David	21:35	248	Guyer	Rick	23:53
79	White Sr	Jeff	19:58	163	Sylvester	Ken	21:36	249	Burgess	Gary	23:54
80	Ellis	James	19:58	164	Coughlin	Mariah	21:38*	250	Hinckley	David	23:56
81	McDonald	Steve	19:59	165	Mapleton	Tom	21:44	251	Fugarino	John	23:59
82	Taylor	Rusty	20:00	166	Anderson	Eleanor	21:45*	252	Ramsdell	Cathy	23:59*
83	Bunte	Mike	20:03	167	Smith	Gordon	21:49	253	Aubin	Joe	23:59
84	Walker	Chris	20:04	168	Budney	Steve	21:50	254	Dana	Mali	24:02*
				169	Cataldo	Brian	21:51	255	Bishop	Kate	24:02*
				170	Lawson	Lenny	21:53	256	Burton	Matt	24:03





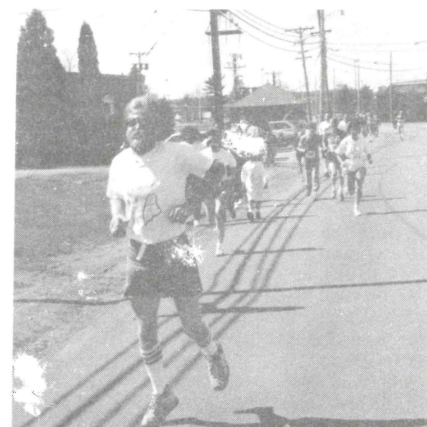
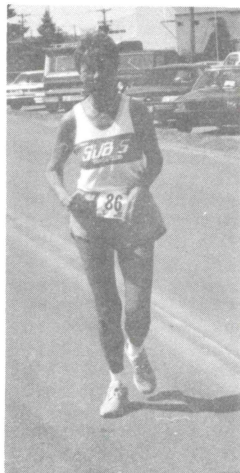
Terry Fox - continued							
257	Brochu	Bill	24:04	346	Jenkins	Julie	27:15*
258	Hoxie	Don	24:05	347	Brown	Kristi	27:18*
259	Harper	Chris	24:06	348	Brown	Jim	27:22
260	Smith	Trina	24:09*	349	Theeman	Miles	27:22
261	Robbins	Scott	24:12	350	Connor	Robert	27:23
262	Rowe	Ashley	24:13	351		unknown	27:23
263	Pelton	Chad	24:14	352	White	Jeff	27:27
264	Carr	Maureen	24:20*	353	Campbell	Molly	27:31*
265	Bodkin-Rubino	Gabe	24:21	354	Russell	Jonathan	27:31
266	Rubino	John	24:23	355	Dilts	Lindsey	27:32*
267	Sprague	Thomas	24:23	356	Dilts	Paige	27:32*
268	Cousins	Nicki	24:26*	357	Belanger	Rodney	27:33
269	Morse	Julie	24:23*	358	Philips	Anthony	27:33
270	Tapley	Kate	24:27*	359	Glidden	Stacey	27:39
271	Haggerty	Lilly	24:28*	360	Kane	David	27:41
272	Beatty	Lynn	24:28*	361	Howell	Robert	27:44
273	Brochu	Tim	24:31	362	Bradt	Joanne	27:47*
274	Shackelford	Bill	24:32	363	Bragg	Jane	27:52*
275	Noyes	Lisa	24:35*	364	Gordon	Lennie	27:53
276	Parcak	Aaron	24:35	365	Michaud	Justine	27:54*
277	Capehart	Margaret	24:43*	366	Tapley	Noah	27:56
278	Fleury	Rick	24:44	367	Trafford	John	28:04
279	Tilden	Robie	24:46	368		unknown	28:07
280	Boyle	Janet	24:52*	369	Guyer	Mark	28:16
281	Rideout	Jeannie	24:52*	370	Thompson	Kim	28:17
282	Jones	Harold	24:53	371	Clapper	Leona	28:18*
283	Duperry	Pat	24:55	372	McKeever	Rich	28:19
284	Savage	Jeff	24:56	373	Richards	Laura	28:20*
285	Sargent	Edward	25:02	374	Richards	Brynne	28:28
286	Horton	LJ	25:03	375	Heath	Kathy	28:29
287	Bedner	Frank	25:06	376	Brewer	Kathy	28:42*
288	Flagg	Scott	25:06	377	Blood	Chandra	28:45*
289	Richards	Nicole	25:08*	378	Pierce	Gayle	28:49*
290	Torrey	Ian	25:10	379	Blood	Sasha	28:55*
291	Tozier	Tammy	25:14*	380	Brown	Karen	29:09*
292	Dominguez	Phil	25:16	381	Brown	Viola	29:21*
293	Cary	Matt	25:17	382	Tandy	Dan	29:21
294	Ozlu	Ali	25:19	383	Hanscom	Kate	29:22*
295	Sprague	Terry	25:20*	384	Hanscom	Phylis	29:23*
296	Gaige	Stephany	25:21*	385	Lifeord	Thomas	29:23
297	Hunter	Phil	25:26	386	Weidner	Bill	29:28
298	Johnson	Bob	25:26	387	Nable	Lori	29:29*
299	Hunt	Ron	25:31	388	Smith	Jessica	29:31*
300	Dyer	Jodi	25:32*	389	Burke	Jake	29:33
301	Clark	Stephanie	25:34*	390	Stevenson	Grady	29:34
302	Palmer	Stephanie	25:36*	391	Banasiak	Chester	29:35
303	Cartier	Nina	25:43*	392	Shackelford	Donna	29:41*
304	McDougall	Linda	25:44*	393	Fenderson	David	29:44
305	Tanis	Chris	25:47	394	Simko	Jessie	29:45
306	White	Ken	25:49	395	Ireland	Jackie	29:49*
307	Fraser	Art	25:50	396	Smith	Susan	29:49*
308	Cote	Ron	25:55	397	Turtillotte	Connie	29:49*
309	Curtis	Kelley	25:58*	398	Tourtillotte	Tanya	29:51*
310	Michaud	Kendra	25:59*	399	Worchester	Todd	29:51
311	Deprey	Chris	26:00	400	Simko	Robert	29:56
312	Clark	Tim	26:02	401	Deane	Terry	30:10*
313	Clark	David	26:05	402	Pelletier	Larry	30:14
314	Graves	Renee	26:09*	403	Gosselin	Trisha	30:16*
315	Desmond	Terry	26:11	404	Kennedy	Patricia	30:32*
316	Waring	Nate	26:12	405	Connor	Molly	30:35*
317	Raymond	Van	26:12	406	Ellis	Rodney	30:36
318	Lawlor	David	26:13	407	Butler	Gina	30:39*
319	Ballard	Dennis	26:14	408	Clifford	Alice	30:40*
320	Allen	Darlene	26:21*	409	Cowan	Jodi	30:42*
321	Haskell	Robert	26:23	410	Hussey	Diane	30:44*
322	Kotredes	Jon	26:24	411	Gran	Janice	30:46*
323	Kotredes	Art	26:26	412	Donaldson	Frank	30:46
324	Mattson	Joe	26:26	413	Danforth	Danielle	30:53*
325	Muth	William	26:30	414	Rogers	Amy	30:56*
326	Carrera	Robert	26:32	415	McGrath	Meagen	30:56*
327	Pelletier	Andrea	26:33*	416	Sommers	Angela	31:01*
328	Smith	Shannon	26:35*	417	Dyer	Jamie	31:07*
329	Clapper	Charles	26:36	418	Russell	Charles	31:06
330	Roberts	Margaret	26:38*	419		unknown	31:14
331	Dubois	Reynold	26:40	420		unknown	31:16
332	Buffington	Don	26:43	421	Sockabasin	Gail	31:18*
333	Coombs	Shane	26:45	422		unknown	31:20
334	Philbrick	Todd	26:47	423	Curran	Margaret	31:23*
335	Charpentier	William	26:49	424	Morse	Aaron	31:27
336	Jankowski	Carol	26:57*	425	Lawrence	Ryan	31:38
337	Brochu	Samantha	27:00*	426	Steinmetz	Gary	31:42
338	Theriault	Brenda	27:01*	427	Lawson	Marylyn	31:42*
339	Tanski	Tish	27:04*	428	Capehart	Emily	31:50*
340	Cyr	Aimee	27:08*	429	Capehart	Gary	31:59
341	Cary	Paul	27:09	430	Hardison	Travis	32:00
342	Burke	Diana	27:10*	431		unknown	32:10
343	Kierstead	Stephanie	27:10*	432		unknown	32:11
344	Paradis	Diana	27:11*	433	Waring	Julie	32:11*
345		unknown	27:12	434	JDamon	Derrick	32:20
				435	Giroux	Priscilla	32:20*
				436	Drucker	Allen	32:30
				437	Koutre	Anne	32:32*
				438		unknown	32:37
				439	Dyer	Ginger	32:40*
				440	Dyer	Patsie	32:40*
				441	Pelton	Todd	32:40
				442	McGinty	Tom	32:47
				443	Steinhoff	Hedda	32:49*
				444	Hoxie	Ellen	32:49*
				445	McCoy	Brian	32:53
				446	Sibley	Catherine	32:53*
				447	Hoxie	Jenna	32:53*
				448	D'Errico	Michelle	32:55*
				449	Holmes	Elizabeth	32:57*
				450	Edmondson	Melissa	33:00*
				451	McInnes	Cherrie	33:15*
				452	Siddel	Amanda	33:15*
				453	Frantzman	Seth	33:16
				454	Rice	Meisha	33:24*
				455	Rice	Ed	33:25
				456	Boss	Ralph	33:25
				457	Boucher	Steven	33:30
				458	Stanko	Ron	33:50
				459	Teel	Bob	33:54
				460	McKinnon	Don	34:05
				461	Soulas	Robert	34:10
				462		unknown	34:17
				463	Blish	Missy	34:32*
				464	Snider	Nancy	34:35*
				465	Baker	Philomena	34:44*
				466	Myerowitz	Moshe	34:46
				467	Bean	Emily	34:47*
				468	Ryan	Dan	34:50
				469	Watson	Denzel	34:51
				470	Hartin	Patti	34:54*
				471		unknown	34:58
				472		unknown	35:02
				473		unknown	35:03
				474	Guyer	Sandra	35:07*
				475	Holway	Sharon	35:09*
				476	Berube	Wendy Jo	35:15*
				477	Ambrose	Stephanie	35:16*
				478	Anderson	Carl	35:17
				479	Comeau	Kate	35:26*
				480	Simko	Bonnie	35:27*
				481	Silbarmen	Sharon	35:32*
				482	Higgins	Kristine	35:37*
				483	Butterfield	Amy	35:39*
				484	Leland	Donna	35:42*
				485	Downie	Liz	35:49*
				486	Dubois	Angela	36:22*
				487	McKinnon	Beverly	36:25*
				488	Pelkey	Norman	36:30
				489	Dana	Julia	36:32*
				490	Howes	Edward	36:38
				491	Hatfield	Katie	36:39*
				492	Hart	Anne-Marie	36:51*
				493	Phillips	Isreal	36:51
				494	Weston	Jen	36:55*
				495	Rice	Mildred	36:59*
				496	Wiebe	Kate	37:05*
				497	Saint Amand	Amy	37:34*
				498	Worster	Rose	38:06*
				499	Paulson	Paul	38:14
				500	Newcomb	Patricia	38:21*
				501	Bender	Jennifer	38:31*
				502	Ruge	Soleste	38:36*
				503	Allen	Mandi	38:37*
				504	Tapley	Anna Kate	38:38*
				505	Holbrook	Terrin	38:39*
				506	Holbrook	Sherri	38:45*
				507	Blish	Cheri	38:47*
				508	Gould	Dave	39:09
				509	O'Brien	Kelly	39:24*
				510	Glidden	Enoch	39:32
				511	Dyer	Robert	39:54
				512	Higgins	Barbara	39:55*
				513	Clapper	Alta	40:24*
				514	Clapper	Roxanne	40:31*
				515	Benn	Linda	40:31*
				516	Danforth	Ryan	40:39
				517	Gray	Marion	40:40*
				518	Babine	Mark	40:46
				519	McDonald	Megan	40:47*
				520	Stevenson	Joyce	40:47*
				521	Welch	Ryan	40:49
				522	Sockabasin	Stephanie	41:02*
				523	Dana	Maulian	41:59*
				524	Fraser	Carlene	41:58*
				525	Armes	Mary Lou	41:59*



Terry Fox - continued  
 526 Burke Zachary 42:06  
 527 Dubois Anne-Marie 42:06\*  
 528 Brown Kim 42:08\*  
 529 McDonald Patty 42:10\*  
 530 unknown 42:36  
 531 Brooks Kelly 42:36\*  
 532 Merrill Julie 42:36\*  
 533 unknown 42:48  
 534 Conner Frank 42:48  
 535 Dawson Rob 43:28  
 536 Norton Harry 43:28  
 537 Logue Amanda 43:31\*  
 538 Logue Barbara 43:46\*

539 Fisher 44:40\*  
 540 Emerson 47:39\*  
 541 Emerson Leo 47:39  
 542 Powell Hannah 47:39\*  
 543 Hardison Lucas 49:23  
 544 Spearren Rick 49:25  
 545 Winslow William 49:44  
 546 Spearren Lisa 49:59\*  
 547 Spearren Tim 50:04  
 548 Washburn Jan 50:21\*  
 549 Cunliffe Nancy 50:41\*  
 550 Mapleton Carla 50:41\*  
 551 Lee Mary 51:20\*  
 552 York Gloria 51:22\*

553 Berry 51:30\*  
 554 Berry John 51:35  
 555 Lawson Henry 51:36  
 556 Burleigh Henry 51:54  
 557 Preston Gayle 51:54\*  
 558 Tracey Moxie 51:54\*  
 559 Tracey Ed 52:12  
 560 Smith Anne 53:29\*  
 561 Hamblen Nancy 54:38\*  
 562 Burrill Barbara 54:38\*  
 563 Stockley Bernice 55:03\*  
 564 Tracey Barbara 55:17\*  
 565 unknown 55:17  
 566 Parker Myma 55:50\*  
 567 Spear Margaret 55:53\*



## ELECTRICIAN DENNIS A. SMITH

• RESIDENTIAL • COMMERCIAL • INDUSTRIAL

Electrical work for  
new construction or  
renovations.

9 Sullivan Drive  
Gorham, Maine 04038

CALL  
(207) 839-4026

Clockwise from top left: Rene Collins; "The Start"; winner Melissa Lockman; Henry Burleigh; Giles Norton(left) passing race founder Ed Rice and daughter Neisha; Richard Hartford, Mike Sargent and Charlie Violette



# April Amble 5 mile - April 27 - Portland

The 70 degree temperature made those not acclimated feel a bit woozy by the finish. The heat didn't seem to affect the kids, however, as many finished under 4 minutes for the advertised 1 mile distance! Before you high school coaches start recruiting, you should know that the field made a wrong turn and shortened the course to about 1k. According to race director Rob Spaulding, Myron Whipkey does training runs on the April Amble course and used this course knowledge to his advantage. Tom Dann and Myron were together until they reached the woods, and then Myron took off down the curved path.

1 Whipkey	Myron	33	19:34	71 Kilburn	James	22	24:39	141 Bryant	Raymond	54	26:47
2 Dann	Tom	34	19:45	72 Corsetti	Coreen	26	24:43*	142 Reali	Dominic	48	26:50
3 Bockus Jr	George	24	20:17	73 Green	Shawn	17	24:44	143 Komulainen	Craig	28	26:54
4 Libby	David	25	20:20	74 Davis, Jr.	Bradford	36	24:45	144 Scontras	Peter	62	26:55
5 Wettlaufer	Kim	34	20:22	75 Dunfey	Eileen	34	24:47*	145 Whitcomb	Dianne	31	26:55*
6 Podgajny	Steve	40	20:31	76 Ramonas	William	33	24:50	146 Ouellette	Bob	36	26:58
7 Botting	Ken	30	20:37	77 Cox	Jake	14	24:52	147 MacLean	Erin	28	26:59*
8 Hall	Peter	29	20:43	78 Bowden	Ellen	38	24:56*	148 Kells	Jesse	13	26:59
9 Snow	Mark	24	20:49	79 Chong	Yun	30	24:57	149 Gordon	Kevin	36	27:02
10 Brooks	Richard	24	21:06	80 Coolidge	Clyde	52	25:00	150 Crockett	Ed	29	27:02
11 Berard	Dennis	23	21:09	81 Manedez	Thom	38	25:02	151 Locke	Norman	32	27:03
12 Thibault	Roland	23	21:16	82 Moody	Douglas	42	25:04	152 James	Mary	34	27:03*
13 MacDonald	Kevin	41	21:19	83 Bastow	Peter	54	25:06	153 Plante	John	44	27:03
14 Houle	Ken	44	21:22	84 Nichols	Charles	41	25:06	154 Mendell	Carlton	69	27:04
15 Smith	Dave	20	21:35	85 Giroux	Mark	22	25:07	155 Lockie	Pattie	28	27:05*
16 Bryant	Peter	30	21:35	86 Gorman	Jim	27	25:07	156 Cavanaugh	Mike	40	27:07
17 Kimball	Mike	37	21:41	87 Rines	Dale	38	25:08	157 Hitchcox	Mark	30	27:11
18 Lary	Don	24	21:51	88 Sild	David	33	25:09	158 Isaza	Jaime	37	27:12*
19 Fluet	Stephen	32	21:56	89 Merrill	Dave	36	25:12	159 Fordham	Wayne	46	27:12
20 Snekvik	Charles	48	22:08	90 Dowling	David	37	25:13	160 Sparkowich	Janet	33	27:13*
21 Reilly	Alen	37	22:11	91 LaVangie	Paul	33	25:13	161 Braceras	Andrew	28	27:13
22 Croteau	Joel	47	22:16	92 Davis	Scott	40	25:14	162 Perterson	Eric	25	27:14
23 Balakier	Anthony	19	22:28	93 Trout	Nicholas	28	25:15	163 Hendrix	Anne	34	27:15*
24 McCrea	Brian	31	22:30	94 Shevenell	Ray	50	25:15	164 Whiting	Richard	36	27:18
25 Mangone	Joseph	34	22:34	95 O'Malley	John	38	25:16	165 Works	Norm	30	27:18
26 Devou	Bill	42	22:35	96 Weeks	Sumner	43	25:17	166 Basvert	James	34	27:19
27 Gagnon	John	24	22:41	97 Lagios	Eric	31	25:19	167 Rundell	Jon	31	27:19
28 Polrier	Bob	35	22:46	98 Hall	Ruth	33	25:19*	168 Parsons	Keith	34	27:26
29 Bristol	Bill	34	22:52	99 McCarthy	Bob	28	25:20	169 Merrill	Ian	19	27:28
30 Perkins	Sally	28	22:54*	100 Paviisko	Bill	41	25:21	170 Nicholas	Laurie	23	27:31*
31 Cirillo	Michael	25	22:58	101 Hackett	Jeanne	32	25:22*	171 Cole	Nicholas	16	27:31
32 Merrill	Sam	40	23:13	102 Higbee	Ethan	12	25:24	172 Kneeland	Nancy	36	27:32*
33 Thompson	Larry	37	23:17	103 Howe	Paul	38	25:24	173 Campbell	Dick	39	27:36
34 Nowinski	John	27	23:19	104 Berrang	Dave	31	25:28	174 Dumphre	Cliff	43	27:39
35 Leeming	John	34	23:20	105 McCorkie	Jim	36	25:30	175 Flanders	Diane	34	27:40*
36 Foster	Roger	44	23:21	106 Merrill	Clint	42	25:32	176 Vachon	Peter	33	27:43
37 Jordan	Robert	31	23:24	107 Beaudoin	Michael	48	25:32	177 Woodsum	Steve	35	27:44
38 Braceras	Christine	28	23:32*	108 Lamontagne	Anne	22	25:34*	178 Doyle	Michael	26	27:44
39 Smith	Dennis	41	23:34	109 Grant	Reggie	42	25:35	179 Binette	Wanda	24	27:46*
40 Peterson	David	36	23:36	110 Lajoie	Dick	50	25:42	180 Profenno	Dan	31	27:47
41 Coughlin	Bob	52	23:37	111 Sloan	Art	35	25:46	181 Milliken	Kyle	12	27:48
42 Libby	Andrew	19	23:39	112 Mead	Larry	38	25:47	182 Dutton	Roger	48	27:48
43 Hayes	Joe	45	23:42	113 St. Hilaire	Joe	44	25:48	183 Beale	Stephen	48	27:51
44 Casey	Terry	28	23:44	114 Tripp	Amy	20	25:48*	184 Milliken	Brian	37	27:52
45 James	John	38	23:47	115 Weeks	Carol	42	25:49*	185 Wood	Bill	38	27:53
46 Kimball	Michael	50	23:48	116 Baxter, Jr.	Ralph	29	25:50	186 Monn	Sharon	32	27:56*
47 Brume	Frank	50	23:49	117 Corsetti	Rocco	43	25:51	187 Bradley	Russ	67	27:57
48 Fogg	Carl	43	23:50	118 DeHart	John	50	25:52	188 Ramonas	Joseph	40	27:57
49 Ashley	Timothy	16	23:52	119 Dupont	Ray	36	26:00	189 McAtee	Bill	34	27:58
50 Hightower	Steve	29	23:53	120 Mathews	Robert	35	26:02	190 Dunfey	Roy	38	27:59
51 Coffin	Philip	35	23:54	121 McDonald	Peter	30	26:04	191 Howe	John	56	28:01
52 Clark	Terry	46	23:55	122 Baker	David	24	26:06	192 Touchette	Tony	31	28:03
53 Hubert	Donna	24	23:56*	123 Barker	Larry	41	26:06	193 Caulkins	Andrews	14	28:04
54 Wight	Barry	32	24:00	124 Houser	David	40	26:08	194 Ladarakos	Louie	45	28:05
55 Arsenaault	Jeff	34	24:04	125 Bessey	Don	45	26:09	195 Mercier	Jeff	11	28:07
56 Perkins	Charles	42	24:07	126 Berry	Les	43	26:12	196 Stewart	John	37	28:07
57 Hinckley	K Scott	33	24:08	127 Smith	Michael	30	26:20	197 Niehoff	Paul	35	28:08
58 Salamone	Gary	33	24:09	128 Mason	Nathaniel	42	26:21	198 Strout	Scott	28	28:10
59 Vezina	Phil	31	24:11	129 Mason	David	37	26:22	199 Lugg	Stephanie	35	28:12*
60 Kiellman	Mark	31	24:14	130 Murphy	Alan	23	26:29	200 Charek	Michael	37	28:14
61 Messier	Brad	15	24:16	131 Nappi	Gamle	38	26:31*	201 Brennan	Mike	38	28:16
62 Leavitt	Steven	38	24:17	132 Moulton	Rob	37	26:34	202 Hight	Susan	32	28:17*
63 Richards	Joe	47	24:18	133 Leon	Gorge	39	26:36	203 Liming	George	39	28:17
64 Pride	Douglas	27	24:23	134 Flanigan	Sean	30	26:38	204 Johnson	Jerry	40	28:22
65 Lewis	Howard	47	24:25	135 Moore	Randy	37	26:40	205 O'Berg	Ken	33	28:24
66 Swan	Tom	41	24:30	136 Martin	Neil	48	26:43	206 Love	Ted	48	28:26
67 Mercier	Jack	47	24:32	137 Crocker	Jeff	26	26:44	207 Medina	Patty	32	28:27*
68 Scribner	Richard	39	24:F3	138 Dinan	Christophe	35	26:44	208 Gray	Dan	33	28:29
69 Krzyzewski	Mike	28	24:37	139 Cavalloro	Travis	12	26:45	209 Wiley	Terry	31	28:30*
70 Ginder	Ken	25	24:38	140 Jacobsen	Steven	41	26:45	210 Smith	Bruce	45	28:32







Joe St Hilaire of Portland heads for the finish line ahead of Larry Mead of Cumberland and master's winner Carol Weeks.



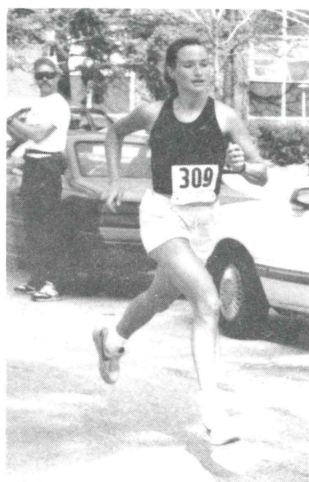
Clyde Coolidge of NH is very competitive in Maine's 50+ division.



South Portland's Carl Fogg leads Frank Brume of Cumberland into the finish.



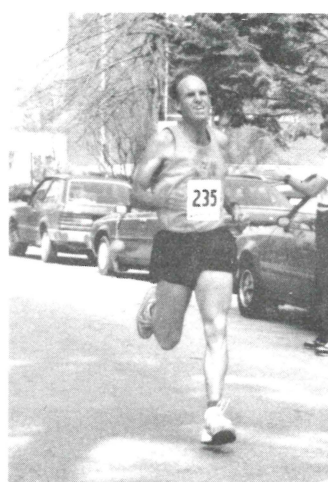
From left - Bob McCarthy - Freeport, Eric Lagios - South Portland, Bill Pavisko - Gray, Ruth Hall- Gorham



Portland's Christine Bracer has a great performance and a 2nd place finish.



L to R- David Mason -Hebron, Nathaniel Mason-East Stoneham, and Gayle Nappi-C.E.



At 48, Chuck Snekvik's 22:08 and 20th place finish is impressive.



Wanda Binette and Michael Doyle of Portland.



Sixth place finisher Ellen Bowden keeps improving under Coach John DeHart.



Maine Track Club's Ted Cunningham prepares equipment for the race.



John DeHart is now competing in the 50+ division.



Rocco Corsetti of Westbrook finishes in under 26 minutes.



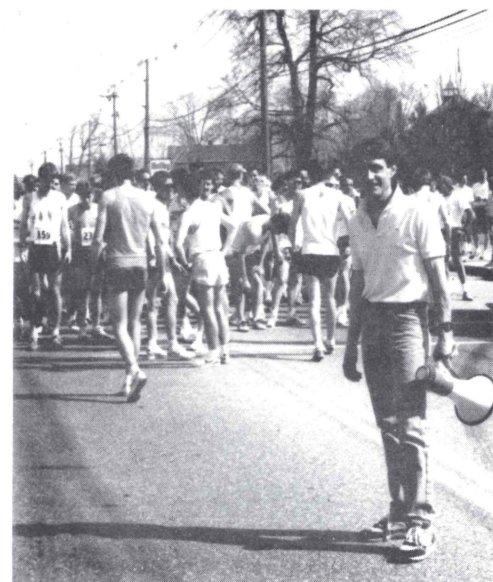


# April Amble - Continued

211 Neagle	Chris	39	28:33
212 Clemence	Jeanne	42	28:35*
213 Messier	Donald	45	28:41
214 Rolfe	John	36	28:43
215 Johnson	Joe	16	28:44
216 Hanson	Chad	19	28:45
217 Monahan	Tim	37	28:47
218 Labonte	Chris	26	28:50
219 Laetsch	David	40	28:52
220 Schroeder	Jerilynn	43	28:55*
221 Johnson	Kelly	32	28:57*
222 Ellis	Eric	38	28:58
223 Parkinson	Jim	34	29:00
224 Morse	Bruce	30	29:02
225 McCourt	Paul	55	29:02
226 Gillis	Carol	32	29:03*
227 Tremberth	Joan	46	29:07*
228 Redmond	Colleen	26	29:09*
229 Richard	Stephen	20	29:15
230 Oliver	Haven	47	29:15
231 Cushman	Bob	53	29:21
232 Strand	Steve	32	29:22
233 Fall	Greg	24	29:22
234 Wallace	Brian	52	29:23
235 Levesque	Joel	32	29:25
236 Brown	Daniel	45	29:32
237 Shevenell	David	29	29:35
238 Merrick	Parley	43	29:37
239 Peck	Mary	32	29:37*
240 Mayberry	Warren	35	29:38
241 Barnard	Chuck	27	29:44
242 Ohman	Michelle	24	29:46*
243 Keefe	Marla	37	29:47*
244 Lemoine	John	30	29:48
245 Hochman	Bruce	35	29:48
246 Brady	Gerald	33	29:49
247 Caulkins	Allen	36	29:52
248 Baker	Deborah	32	29:56*
249 Sawyer	Scott	33	29:57
250 Gelish	Marilyn	37	29:58*
251 Smith	Dennis	40	30:04
252 Smith	Rodge	45	30:05
253 Kazillionis	John	43	30:07
254 Collins	Steve	54	30:10
255 Lusignan	Marc	38	30:14
256 Hooper	Carol	31	30:14*
257 McDonald	Michael	33	30:16*
258 Flynn	Kevin	30	30:18
259 Bickford	Brian	30	30:19
260 Russell	Richard	45	30:20
261 Shoemaker	Jill	18	30:21*
262 Tableman	Patti	32	30:22*
263 Hill	Mike	30	30:37
264 Newsome	Lana	32	30:47*
265 Finkelman	Derek	18	30:47
266 Noble	Michael	39	30:47
267 Chasse	Sandra	22	30:53*
268 McLaughlin	Dawn	28	30:55*
269 Marcinuk	Paul	58	30:55
270 Labelle	Eric	27	31:00
271 Connelly	Dennis	42	31:01
272 Spear	Howard	41	31:02
273 Desauliner	Ted	44	31:05
274 Whitten	Bob	57	31:07
275 Stone	Fred	54	31:13
276 Mayer	Rhonda	33	31:13*
277 Merrill	CherylAnn	32	31:15*
278 Baxter Sr	Ralph	59	31:16
279 Sawyer	Ellen	32	31:22*
280 Strout	Rick	52	31:25
281 Osbourne	Tom	39	31:26
282 Thompson	Rita	35	31:26*
283 Hews	Charles	44	31:28
284 Thompson	Beth	31	31:29*
285 Cook	Lloyd	57	31:30
286 Peters	Don	50	31:40
287 Perretti	Peter	43	31:44
288 Tenpenny	Ann	30	31:43*
289 Perkins	Robert	48	31:54
290 McCrodden	Jane	37	31:55*
291 Walker	Helen	24	31:55*
292 Serunian	Kathy	30	31:58*
293 Gleason	John	48	32:01
294 Moroney	Michael	27	32:09
295 D'Amboise	Paul	61	32:11
296 Deetjen	Bill	4	32:14
297 Houser	Svelene	27	32:16*
298 Wallace	Rebecca	18	32:18*
299 Shorey	Kathleen	34	32:21*

300 Richards	Linda	28	32:24*
301 Folan	Joe	34	32:32
302 LaFountain	Judith	38	32:32*
303 Goodrich	Todd	18	32:32
304 Cunningham	Julia	24	32:36*
305 Chadbourn	David	24	32:36
306 Perkins	Larry	46	32:37
307 Sawyer	Keith	38	32:42
308 Foye	Warren	43	32:43
309 Grant	Michael	18	32:46
310 Barron	Jane	32	32:49*
311 Johnson	Donald	60	32:53
312 McGuigan	Adrienne	32	32:55*
313 Levesque	Mark	35	33:01
314 Blanchard	Ann	33	33:02*
315 Hillman	David	39	33:05
316 Rice	Tim	28	33:05
317 Hairsine	Judy	40	33:08*
318 Trussell	Adam	11	33:09
319 McMahon	David	33	33:10
320 Strout	Beverly	39	33:10*
321 Carter	Betsy	34	33:12*
322 Robinet	Ruth	31	33:17*
323 Kent	Don	38	33:18
324 Duddy	Kathy	39	33:21*
325 Berman	Pam	27	33:27*
326 Anderson	Charlene	41	33:29*
327 Munson	Justin	18	33:30
328 Gibbs	Annie	21	33:31*
329 Sawyer	Jennifer	15	33:32*
330 Betts	Donna	30	33:40*
331 Betts	John	30	33:40
332 Neveu	Raymond	52	33:42
333 Stevens	Paul	53	33:52
334 Berchick	Joe	39	33:53
335 Simpson	Stanley	43	33:58
336 LaGreca	Joe	19	34:01
337 Hansen	Judy	22	34:02*
338 Pelletier	Millie	31	34:04*
339 Jordan	Marie	21	34:08*
340 Lauritsen	Tammy	31	34:11*
341 Wyman	Bob	54	34:23
342 Grassi	Judy	32	34:31*
343 Bamberger	Ann	21	34:34*
344 Gorman	Kristine	26	34:39*
345 Curran	Jim	45	34:40
346 Tarraza	Mananne	30	34:50*
347 Chamberlain	Lori	21	34:51*
348 Paterson	Sally	49	34:54*
349 Penta	Donald	44	35:03
350 Hunt	Linda	44	35:18*
351 Billings	Dolores	61	35:24*
352 Richmond	Jeanne	32	35:25*
353 Simpson	Wendy	15	35:39*
354 Daly	Glen	18	35:40
355 Bennett	Joe	71	35:40
356 Russell	Erica	22	35:41*
357 Lausier	Joan	47	35:42*
358 Kenniston	Pauly	54	35:43*
359 Linnell	Bill	35	35:45
360 Harmon	Stanley	69	35:59
361 Shorr	Cathie	37	36:04*
362 Clinch	Mark	35	36:06
363 Guillerault	Sue	36	36:10*
364 Edwards	Tom	52	36:21
365 Fowles	Don	48	36:41
366 Gardner	Bonnie	36	36:49*
367 Brown	Sharon	44	36:51*
368 Ashley	Ryder	61	37:12*
369 Tait	Bill	60	37:22
370 Radis	Sandra	36	37:25*
371 Henderson	Tina	20	37:29*
372 Wing	Ellen	27	37:32*
373 Edwards	Mary	42	37:34*
374 Barron	Larry	62	38:11
375 Burgess	Stan	46	38:14
376 McDonald	Hiedi	32	38:30*
377 Dionne	Roger	37	38:42
378 Soule	Nelson	70	38:46
379 Mason	Deborah	38	38:49*
380 Gagne	Marianne	50	38:56*
381 Belanger	Rodney	31	39:20
382 Flaherty	Paula	29	39:21*
383 Cyr	Peggy	28	39:27*
384 Wharton	Diana	28	39:43*
385 Martin	Sally	30	39:56*
386 Donagan	Russ	38	39:57
387 Ashley	Rebecca	15	40:12*
388 Russell	Marlene	48	40:27*
389 Burke	Joseph	56	40:31

390 Wood	Marsha	36	40:39*
391 Buckley	Pat	53	41:26*
392 Hefflefinger	Ruth	53	41:34*
393 Elesmore	Judith	35	41:35*
394 Long	Frank	73	42:11
395 Farrin	Joanne	36	42:11*
396 Pride	Catherine	50	40:45*
397 Mondor	Michelle	43	42:55*
398 Mondor	Michelle	43	42:55*
399 Marquis	Eunice	48	44:10*
400 Silversteine	Marc	28	45:58
401 Woolford	Shawn	20	63:39



Race Director Rob Spaulding prepares for the start.

## Kid's One Mile Race (see comments)

1 Caiazzo	Mike	14	3:36
2 Kells	Jesse	13	3:43
3 Esty	Eric	13	3:48
4 Dann	Alex	10	3:53
5 Perkins	Ben	11	3:54
6 Libby	Sara	13	3:56*
7 Tableman	Eric	11	3:59
8 Salamone	Chris	11	4:03
9 Mason	Nathaniel	11	4:09
10 Claric	John	10	4:09
11 Foster	Derek	10	4:10
12 Swinburne	Honey	13	4:13*
13 Perkins	Shannon	8	4:16
14 Howe	Thomas	8	4:22
15 Poirier	Dan	12	4:22
16 Koenigsberg	Sam	7	4:23
17 Foss	Matt	11	4:24
18 Osborne	Jessica	9	4:25*
19 Merrill	Jake	10	4:31
20 Howe	Edward	12	4:40
21 Munroe	Sarah	10	4:41*
22 Gray	Amy	9	4:43*
23 Mason	Steven	11	4:51
24 McMahon	Laura	14	4:52*
25 Mason	Sarah	14	4:53*
26 Poirier	Sarah	10	4:59*
27 Osborne	Anne	11	5:01*
28 Thomas	Zackery	8	5:11
29 Menendez	Jenny	10	5:15*
30 Menendez	Kate	9	5:18*
31 Leach	Grif	7	5:19
32 McMahon	Kate	12	5:20*
33 Gordon	Thomas	5	5:23
34 McDonald	Ian	7	5:29
35 Mason	Eric	8	5:31
36 Begin	Patty	10	6:07*
37 Dunfey	Julia	2	6:49*
38 McDonald	Tara	5	6:53*
39 Allard	Jason	4	7:34
40 Black	Mari	4	7:47*
41 Poirer	Andy	2	8:05



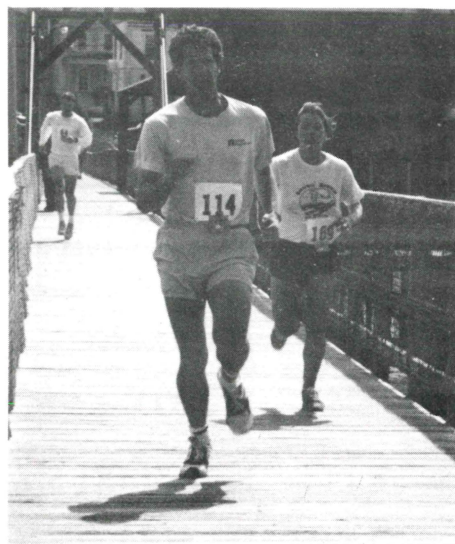
## Rocky Coast 10K - May 4 - Boothbay

Strong winds slowed the finish times considerably but didn't prevent the strong age group field from pursuing those prized pottery awards. Master winners Carol Weeks and Jim Toulouse finished 3rd and 4th in the open divisions, while 52 year olds Bob Payne and Bob Coughlin continued their contest to determine top veteran honors for Maine. Men's winner Tom Dann left the field when he turned it on about half way, while Ruth Hall ran her own even pace for the women's 1st prize. This was Ruth's second race since giving birth last November. She and husband Peter (3rd place men) are in training for a summer of Corporate Track but are also planning to run some of the road races. Results courtesy Boothbay YMCA.

1	Dann	Tom	34	32:52
2	King	Jeremy	27	33:42
3	Hall	Peter	29	33:58
4	Toulouse	Jim	42	34:11
5	Hartwell	Gordon	33	34:48
6	Thibeau	Tom	33	35:18
7	Shea	Steve	20	35:50
8	Croteau	Dennis	40	35:56
9	Randall	Fred	40	36:13
10	Gorneau	Scott	18	36:45
11	Molvar	Jack	29	36:56
12	Devou	Bill	42	37:07
13	Benoit	Andre	39	37:09
14	Thompson	Michael	32	37:12
15	Payne	Bob	52	37:16
16	Farley	Frances	44	37:52
17	Griffin	Bill	39	38:04
18	Jordan	Stewart	34	38:23
19	Davee	Richard	35	38:39
20	Coughlin	Bob	52	38:41
21	Wight	Barry	32	38:44
22	Lytile	David	23	38:46
23	Sylvester	Bill	43	39:05
24	Burke	Alan	27	39:06
25	Clark	Terry	46	39:08
26	Fone	Scott	31	39:13
27	Coombs	Jim	34	39:15
28	Deprez	Ronald	46	39:20
29	Beauparlant	Doug	19	39:26
30	Carter	Michael	41	39:40
31	Noyes	Brian	33	39:40
32	Boucher	William	33	40:06
33	Chapin	Jon	32	40:17
34	Paulin	Denis	30	40:26
35	Collidge	Clyde	52	40:30
36	Hall	Ruth	32	40:35*
37	McGurn	Joe	42	40:37
38	Bachovik	Bob	47	40:44
39	Cotton	John	32	40:51
40	Paul	Jimmy	41	41:06
41	Wilson	Randy	38	41:20
42	Menendez	Tom	37	41:20
43	Therrien	Rodney	29	41:21
44	Grady	Gary	42	41:25
45	Hickey	Colin	29	41:26
46	Marquis	Robert	52	41:26
47	Scribner	Richard	39	41:39
48	Turner	David	27	41:45
49	Cummings	Dick	53	41:48
50	Shea	Chuck	49	42:58
51	Merrill	Deb	35	42:00*
52	Rush	John	41	42:01
53	Russell	William	33	42:03
54	Eriksson	John	40	42:12
55	Gorneau	Walter	48	42:13
56	Greenleaf	Michael	38	42:14
57	Brantner	Carl	36	42:23
58	Knowlton	Rick	29	42:28
59	Molvar	Philip	40	42:29
60	McDonald	Peter	31	42:29
61	Weeks	Carol	42	42:36*
62	Weeks	Sumner	42	42:37
63	Demmons	Vern	45	42:37
64	Leather	Greg	35	42:46
65	Moore	Randy	37	42:50
66	Gagnon	Peter	47	42:52
67	Haggett	Craig	36	42:53
68	Moyer	Robert	46	42:53
69	Barker	Dan	37	42:57
70	Neitling	David	54	43:06

71	Ellis	Nancy	38	43:08*
72	Jones	Dara	34	43:09*
73	Arsenault	Robert	40	43:12
74	Leon	Jorge	39	43:35
75	Rines	Dale	38	43:36
76	Hill	Geoffrey	44	43:39
77	Foshay	Don	32	43:44
78	Walker	Chris	20	43:48
79	Conrad	Austin	35	43:50
80	Cyr	Jude	40	43:51
81	McManus	Dave	33	43:57
82	Hazzard	Bob	59	43:59
83	Hersom	Allen	32	43:59
84	Doiron	Bryn	29	44:13*
85	Yates	Bill	50	44:17
86	Bellemare	Rick	33	44:25
87	Schwaerdel	John	45	44:35
88	Rau	Jane	41	44:46*
89	Hooper	Kenneth	41	44:48
90	Lavin	Joan	43	45:02*
91	Bean	David	34	45:04
92	Drinkwater	Stanely	50	45:09
93	Mendell	Carlton	69	45:10
94	Alex	Mark	31	45:19
95	Coombs	Jim	39	45:24
96	McGrath	Brian	30	45:25
97	Gordon	Bill	44	45:28
98	Jacques	Jim	30	45:28
99	Cavanaugh	Richard	58	45:31
100	Bradley	Russ	67	45:31
101	Randall	Roselyn	41	45:36*
102	Coffin	Jeff	39	45:39
103	Kneeland	Nancy	36	45:42*
104	Martin	Rob	37	45:57
105	Austin	Hadley	32	46:02
106	Jones	Steven	33	46:08
107	Gagnon	Faye	46	46:14*
108	Merritt	John	40	46:17
109	Reilly	Carl	38	46:20

110	Clarke	Tom	32	46:22
111	Giglia	Micabel	32	46:34
112	Wood	Bill	38	46:41
113	Poulin	Mary	31	46:49*
114	Hastings	Jack	49	46:53
115	Conti	Fred	41	47:04
116	Rellis	Eric	38	47:07
117	Dunlap	Louisa	50	47:29*
118	Laporte	Howard	49	47:44
119	Rutenberg	Josh	17	48:13
120	Mesrobian	Alex	40	48:15
121	Brewer	Don	36	48:17
122	Clarke	John	28	48:30
123	Lynch	Kim	31	48:31*
124	Gayton	Bill	51	48:34
125	Spring	Ellen	38	48:46*
126	Rau	Karl	42	48:47
127	Woodworth	Charlie	33	48:58
128	Ellingwood	Cindy	32	49:03*
129	Blane	Stan	43	49:07
130	Ellingwood	Ken	35	49:08
131	Rasmussen	John	54	49:08
132	Melanson	Jay	36	49:22
133	Bouchard	Gary	35	49:35
134	Lavetere	Nancy	47	49:56*
135	Woodcock	Robert	43	50:09
136	DeCourcy	Tommy	10	50:15
137	Turcotte	Raymond	49	50:21
138	Kelmurray	James	46	50:23
139	Towne	Connie	52	50:31*
140	Chadbourne	Wes	57	50:35
141	Dyer	Larry	47	50:53
142	Dill	Cynthia	26	51:20*
143	Welch	Katie	18	51:26*
144	Power	Ronald	52	51:28
145	Rasmussen	Jane	54	51:35*
146	Warman	Vickie	29	51:35*
147	Dodge	F Munro	37	51:44
148	Kahl	Tom	40	51:53
149	Martin	Edward	49	52:07
150	Griffin	Corby	28	52:14
151	Kobischen	Erick	34	52:15
152	Colban	Donald	51	52:16
153	Hilton	Debi	34	52:43*
154	Rice	Tim	28	52:46
155	Gingold	Art	52	53:17
156	Vise	Kathe	29	53:24*
157	Rubio Jr	Domingo	26	53:35
158	Wilson	Warren	57	54:00
159	Whitney	Eleanor	51	54:14*
160	Matteson	David	26	54:23
161	Rubicam	Steve	45	54:35
162	Lewis	Stanley	30	54:37
163	Dorey	Stephen	48	54:49
164	Stevens	Mary	28	55:08*
165	Noyes	Mary	32	55:26*
166	Daiute	Mark	37	55:44
167	Wills	Richard	33	56:07
168	Begin	Carol	31	56:28*
169	Bean	Kathryn	33	56:32*
170	Snekvik	Ingrid	16	56:39*
171	O'Brien	Elaine	30	57:22*
172	McGurk	Edmund	59	58:54
173	Swanton	Jack	45	59:17
174	Swanton	Gail	45	59:47*
175	Penta	Donald	44	59:51
176	Odell	Marieclair	33	63:54*
177	Richter	Gail	49	64:28*
178	McGurk	Josephine	58	65:03*
179	Rhoades	Lester	75	63:09



With a mile to go, Jon Chapin is a wind screen for winner, Ruth Hall.





# 11th Annual Doc's Tavern 3-Miler

**DATE:** Friday, June 14, 1991

**TIME:** 7:00 p.m.

**WHERE:** Doc's Tavern (located behind  
Biddeford Franklin Fire Station  
and courthouse) Biddeford, Maine

**COURSE:** 3 Miles, Wheel measured, mostly flat

**AWARDS:** To Male and Female Divisional Winners

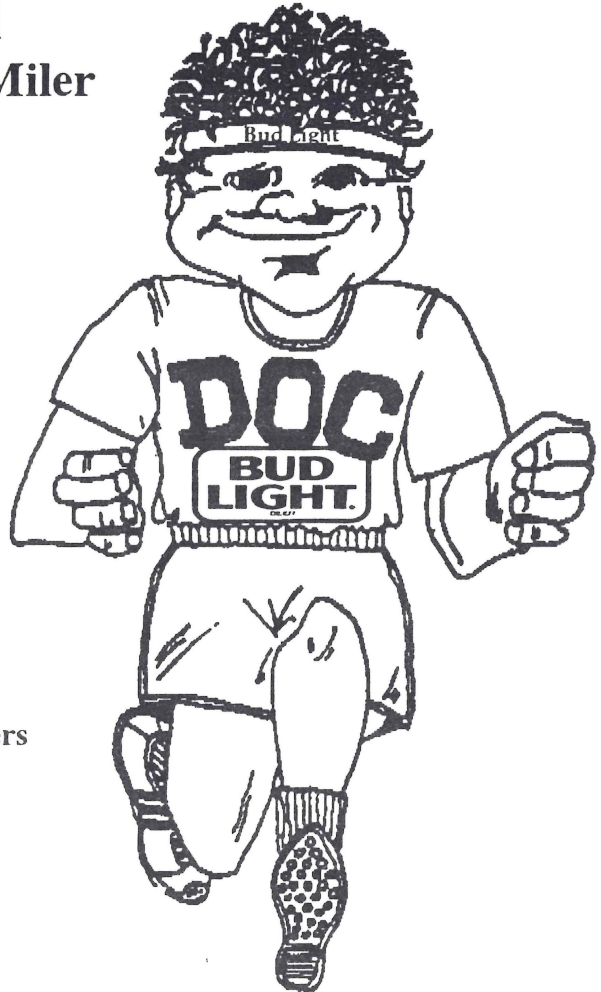
**FACILITIES:** Come ready to run

**T-SHIRTS TO THE FIRST 50 ENTRANTS - Limit 300 runners**

**RACE DAY REGISTRATION TIL 6:30 p.m.**  
- MAIL NO REG. AFTER JUNE 10, 1991

**RACE DIRECTOR:** Ken Dion (Phone # Home 934-2242)  
(Inquiries at Doc's Tavern)

**ENTRY FEE:** \$6.00 (checks payable to Maine Coast Road Runners)



**MAIL ENTRIES TO:** Ken Dion                      OR    Doc's Tavern  
45 Old Salt Road #10                      Franklin Street  
Old Orchard Bch, ME 04064              Biddeford, ME 04005

Include stamped-self-addressed envelope and we will send you your number.

---

## OFFICIAL ENTRY FORM

In consideration of this entry being accepted, I for myself, my heirs, and assigns hereby waive and release any and all rights and claims I may have against the sponsors and official of this race.

NAME \_\_\_\_\_ TELEPHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_ T-SHIRT SIZE \_\_\_\_\_ (if applicable)

SIGNATURE \_\_\_\_\_

(Parent or guardian if under 18)

- Copies Permissible -





Club #137

# CENTRAL MAINE STRIDERS, INC.

*Proudly Announces A Summer Triple Header!*



Club #480

**5th**  
**JOSEPH'S**  
CLOTHING & SPORTING GOODS

## 5-K

**SUNDAY, JUNE 16th, 1991**

**Events start at 8:00 a.m.**

**Lawrence High School**  
**(off Exit 35, I-95)**

**1st Bruce Bickford**  
**"OPEN MILE"**



Bruce & Stan Bickford  
2 Lawrence High Graduates

**1st Bruce Ellis**  
**"MASTER'S MILE"**



Ellis after '84 Waterville Race

The first of the Striders 3 big "Triple Headers" takes place behind Lawrence High School on the "David Martin Memorial Track". We start at 8 a.m. with the "Bruce Ellis Master's Mile". Bruce's last race in Maine was his winning run in the '89 "Killarney's 10-K", which goes right past Lawrence High. At 8:10 we hold the "Bruce Bickford Open Mile" on the track in honor of Lawrence High graduate Bruce Bickford of Benton, who later became one of the fastest runners in New England history! We complete our busy morning at 8:30 with the 5th "Joseph's 5-K", one of the fastest in the state! Join us for this super summer race morning!

**ENTRY FEES:** 5-K \$6.00 — Pre-registration to June 12th (Free T-Shirt to 1st 75 Entries).

Race day entries welcome — 7 a.m. on.

Open & Master's Mile \$2.00 — enter day of race.

**SPONSOR:** "JOSEPH'S CLOTHING" of Fairfield — Harold Joseph/Jon Eustis

**RACE DIRECTOR:** Jerry Saint Amand (873-6753) Volunteers Welcome!

Assistants: David Benn & Ed Worcester

**FEATURES:** Rest rooms, Changing Room & Showers available / Time splits / Refreshments following race

**COURSE:** Open & Master's Mile held on track.

5-K Starts/Finishes on Track, loop course very flat/certification pending.

**AWARDS:** Open & Master's Mile: 1st Male & Female / 5-K: 1st overall Male & Female / 1st and 2nd in Age Groups

**RESULTS:** Published in Morning Sentinel and "Interval" Newsletter & Mainely Running

### 5-K RACE HISTORY

1990 — Peter Lessard 15:14  
Edie Dubord 17:48★

1989 — Greg Hale 14:32★  
Eunice Phillips 19:21

1988 — Todd McGraw 15:06  
Andri Smith 21:12

1987 — Peter Lessard 15:53  
Wendy Hosea 20:11

★ **Course Records**

### Waiver & Entry Form — Joseph's 5-K

☐ 5-K \$6.00

☐ Bruce Bickford Open Mile \$2.00

☐ Bruce Ellis Master's Mile \$2.00

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Maine Striders Club, City or Town officials and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TEAM or CLUB: \_\_\_\_\_ T-SHIRT SIZE: \_\_\_\_\_

SIGNATURE \_\_\_\_\_

PARENT or GUARDIAN if under 18 \_\_\_\_\_

**Central Maine Striders, Inc. • P. O. Box 1177 • Waterville, ME 04901 • 873-6753**



## Waiver & Entry Form — Gardiner Common 5 Miler

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Maine Striders Club, City or Town officials and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TEAM or CLUB: \_\_\_\_\_ T-SHIRT SIZE: \_\_\_\_\_

SIGNATURE

PARENT or GUARDIAN if under 18

Central Maine Striders, Inc. • P.O. Box 1177 • Waterville, ME 04901 • 873-6753



Club #137

# CENTRAL MAINE STRIDERS, INC.

*Proudly Announce the 13th Annual*



Club #480

## "GARDINER COMMON 5 MILER"



Saturday, June 22nd, 1991

8:00 a.m.

Gardiner Middle School



Veteran Augusta area runner & director Cliff Fletcher returns to direct the 13th edition of this event that serves as the Kick-off for the "Great Whatever Week" activities! The event started in 1979 and was held on a very tough course for the first 4 years. In 1983 Greg Nelson and the former "Maine Road Ramblers" changed the course to it's present double 2½ mile loop over a much flatter route. Last year Tom Thibeau held off Hugh McLean for one of his many wins, while Portland's Gail Turner showed up to easily take 1st among women in a field of nearly 100 finishes!

**ENTRY FEE:** \$6.00 — Pre-registration to June 17th (Free T-shirt to 1st 75 entries).

Register race morning from 7 a.m. on.

**RACE DIRECTOR:** Cliff Fletcher (622-4766) / Volunteers welcome!

**SPONSOR:** "SCHATZ, FLETCHER & ASSOC." of Augusta.

**FEATURES:** Rest Rooms, Changing Rooms — no showers / Time splits / Water Stops / Refreshments following race.

**AWARDS:** 1st Overall Male & Female / 1st & 2nd, Male & Female in Age Groups — 19 & under — 20 to 29 — 30 to 39 — 40 to 49 — 50 to 59 — 60 & over.

**RESULTS:** Published in Kennebec Journal, Morning Sentinel, "Interval" Newsletter and Mainely Running.

### RACE HISTORY

### ★ COURSE RECORDS

#### 1990

Tom Thibeau 26:52  
Gail Turner 31:14

#### 1986

Ralph Duquette 26:12  
Anne-Marie Davee 31:49

#### 1982

Steve Russell 26:38  
Stacy Prescott 31:47

#### 1989

Tim Wakeland 25:26  
Sarah Andrus 34:05

#### 1985

Peter Lessard 26:51  
Linda L. Keniston 31:46

#### 1981

Brad Brown 27:18  
Marty Thornton 36:54

#### 1988

UNKNOWN

#### 1984

Jeff Crocker 26:37  
Marti Reed 34:00

#### 1980

Peter Hagerman 28:18  
Katie Donovan 36:53

#### 1987

Tim Wakeland 24:54★  
Lori Johnson 31:06

#### 1983

Chris Bovie 26:15  
Kim Beaulieu 30:43★

#### 1979

Neil Lash 29:32  
Marsha Giglio 38:07





Club #137



# CENTRAL MAINE STRIDERS, INC.

Proudly Announce The 16th Annual



Club #480

## "TOUR du LAC" 10 MILE ROAD RACE

**Saturday, June 29th, 1991 – 8:30 a.m. – Bucksport High School**

Veteran Striders Fred and Joan Merriam once again invite you to one of Maine's legendary running events, the challenging "Tour du Lac" 10 miler around Silver Lake in Bucksport. Named after an early bike race, the list of past male and female winners reads like a "who's who" of Maine running through the years. Last year Portland's Steve Fluet led most of the way to win over Bangor's Lee Stover, while Bangor standout Julia Kirtland won the women's division by a wide margin as nearly 100 runners finished! Charlie and Leona Clapper host a great post-race "potluck" lunch afterwards, and you have to do this famous race at least once.

**ENTRY FEE:** \$5.00 — Register race morning from 7:15 a.m. on

**RACE DIRECTORS:** Fred & Joan Merriam (469-2019) Volunteers welcome!

**COURSE:** Starts/ends in front of high school. Loop course with several gentle, rolling hills throughout route. (Gentle when riding in cars).

**FEATURES:** Restrooms, changing rooms and showers at school / Time splits / Water stops / Refreshments following race.

**AWARDS:** 1st Overall Male & Female, 1st & 2nd male & female in age groups / other special awards determined by directors.

**RESULTS:** Published in Bucksport Free Press, Bangor Daily News, "Interval" & Mainely Running

### RACE HISTORY

<b>1990</b> Stephen Fluet 56:39 Julia Kirtland 1:02:33	<b>1989</b> Mike Sargent 56:44 Deb Potter 1:01:03 ★	<b>1988</b> Joe McGuire 54:13 Kathy Wheeler 1:14:56	<b>1987</b> Chris Jones 56:01 Cynthia Lynch 1:01:07
<b>1986</b> Gerry Clapper 50:48 ★ Carol McElwee 1:13:40	<b>1985</b> Dan Dearing 54:13 Ann England 1:08:27	<b>1984</b> Gerry Clapper 51:45 Ann Blumer 1:05:30	<b>1983</b> Gerry Clapper 51:35 Robin Emery 1:06:30
<b>1982</b> Gerry Clapper 53:30 Robin Emery 1:04:35	<b>1981</b> Kurt Lovenstein 51:18 Robin Emery 1:07:30	<b>1980</b> Mike Westphal 53:17 Robin Emery 1:05:38	<b>1979</b> Danny Paul 54:31 Robin Emery 1:05:07
<b>1978</b> Fred Judkins 52:00 Barbara Hamaluk 1:08:56	<b>1977</b> Bill Pike 53:32	<b>1976</b> UNKNOWN	

★ Course Records

### Waiver & Entry Form — Tour du Lac

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Maine Striders Club, City or Town officials and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TEAM or CLUB: \_\_\_\_\_

SIGNATURE

PARENT or GUARDIAN if under 18

**Central Maine Striders, Inc. • P.O. Box 1177 • Waterville, ME 04901 • 873-6753**



### Waiver and Entry Form - Freeport FunFest Route 1 Run

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the sponsor(s) of the race, City or Town officials and race officials, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Name(please print): \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F Official use only:  
Full Address: \_\_\_\_\_ T-Shirt Size: S M L XL  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parent/Guardian  
if under 18: \_\_\_\_\_



Sponsored by  
The Ski & Tennis People  
at  
**TUCKERMAN'S**

223 US Route 1 South, Freeport

Tuckerman's Outfitters  
(formerly Carroll Reed Ski)  
is the oldest continually  
operating ski shop in the  
country with thirteen stores  
throughout New England.  
For locations call:  
(207)772-3431

# 5 MILE ROUTE 1 RUN

**Saturday, June 29th, 1991**  
**10:00 AM**



**GRANITE STATE  
RACE SERVICES**

## This is no ordinary road race!

It is an event which will kick off a full day of fun and frolic in the sun. The sponsors of the Freeport FunFest have pooled their resources to host the largest festival in Freeport's history, all to benefit Freeport Community Services. Thunder 107 will be on location for the day to provide musical excitement and give away prizes which include registration for a trip for two, gift certificates, and prizes galore! There will be games for the whole family from Putt-Putt golf to a batting cage, crafters and artists, pony rides and clowns, live music and dancing till closing time, and food of all kinds all day. **Special guest, Joan Benoit Samuelson**, will be awarding the prizes for the race! So come to Freeport for the FunFest of your life and run for fun and Freeport Community Services.

**WHERE:** The Freeport Outlet Mall, Freeport, Maine, just south on Rt. 1 off the Desert Rd. exit of 295. (Additional race entry forms may be found in the stores of the sponsors on Rt. 1 South in Freeport)

**ENTRY FEE:** \$7.00 - Pre-registration until June 19, \$9.00 race day(non-refundable).  
Register from 7:00 to 9:30 AM. Free T-Shirts for the first 50 registered entrants. Make checks payable to: The Freeport FunFest, c/o Tuckermans Outfitters, 223 US Route 1 South, Freeport, ME 04032. (Date of entry form issue: May 15, 1991)

**AWARDS:** 1st and 2nd Male and Female overall, 1st Male and Female by age group (10 year splits i.e. under 21, 21-30, 31-40, 41-50, 51-60, 60+).



THE GREAT KENNEBEC WHATEVER WEEK CHALLENGE BIATHLON

SUNDAY, JUNE 30, 1991  
8:00 A.M.

Individuals/Teams: 2.5 mile Run, 14 mile Bike, 2.5 mile Run

Entry Fee: \$15 - individuals; \$30 - teams. Make checks payable to: Whatever Week Corporation, P.O. Box E, Augusta, ME 04332-0192 and mail to us by June 24, 1991

Awards will be given by age group, sex and teams. Age categories are as follows:

Under 18 - Juniors	35 to 49 - Veterans
18 to 34 - Seniors	Over 50 - Masters

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Age as of 6/30/91 \_\_\_\_\_ T-shirt size \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone - work \_\_\_\_\_ home \_\_\_\_\_

In case of emergency, contact: \_\_\_\_\_

Telephone \_\_\_\_\_

WAIVER: I acknowledge that a Biathlon is an extreme test of a person's physical and mental limits, and carries with it the potential for death, serious injury and property loss. I hereby assume the risk of participating in the Great Kennebec Whatever Week Challenge Biathlon. I certify that I am physically fit, have sufficiently trained for participation in this event, and have not been advised otherwise by a qualified medical person. Therefore, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and assigns, waive and release any and all rights and claims for injuries of any kind or type, or losses and damages sustained by me against the Kennebec Valley Chamber of Commerce and the Whatever Week Corporation.

SIGNATURE: \_\_\_\_\_

- \* Teams: Please have a copy of this registration sheet completed and signed by each team member and submit them together, if possible.

T-shirts will be given to the first 100 participants to register. A late fee of \$5 per runner will be charged for all who register on the day of the race.



**SUB 5**  
TRACK CLUB



DEAD RIVER COMPANY

**ELEVENTH ANNUAL  
GREATER BANGOR  
FOURTH OF JULY  
3000 METRES**

*"Maine's Fastest Road Race"*

(ALL DOWNHILL)

**Where:** Brewer Auditorium  
Wilson St.  
Brewer, Maine

**Awards:** 1-3 in the following divisions (M & F)

**When:** Thursday, July 4, 1991  
Race starts @ 10:45 AM

**Entry Fee:** \$5.00 includes free T-shirt  
for first 150 registrants.  
Preregistration is encouraged

Open  
10 and under  
11 - 14  
15 - 18  
19 - 29  
30 - 39  
40 - 49  
50 and over  
Team (top 3 finishers)

**Race Day Registration:** 9:00 - 10:30 AM inside the Brewer Auditorium.

**Parking:** In the Brewer Auditorium parking lot or Brewer Shopping center.

**Course Description:** In a word, *fast*. The race starts on Wilson Street in Brewer and continues across the Chamberlain Bridge into Bangor. This first mile has been run in 4:07 and many others run under 5 minutes for the first time! The course continues down Main Street in Bangor in front of thousands of spectators lining the street for the parade which follows. After a right turn onto State and Exchange Street, the runners enter the footbridge over the Kenduskeag, the end of which marks the finish.

**Course Records:** M - 8:10 Tim Wakeland (1987) & Gerry Clapper (1988)  
F - 9:28 Wendy Delan (1988)

This race is the 4th leg of the **Bangor Daily News Race Series**.

---

**ENTRY FORM**

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone # \_\_\_\_\_ Sex \_\_\_\_\_  
Address \_\_\_\_\_ Team \_\_\_\_\_ Shirt Size: S M L XL

In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any rights and claims I may have against sponsors and officials of the Greater Bangor Fourth of July 3000 Metre Road Race. I also attest that I am physically fit and trained for this event.

\_\_\_\_\_  
signature

\_\_\_\_\_  
signature of guardian, if under 18

Make check payable and send to **SUB 5 TC**, PO Box 63, Brewer, Me. 04412.



# REGISTRATION FORM:

•SIGNATURE\_\_\_\_\_

Name\_\_\_\_\_

Street Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Phone ( )\_\_\_\_\_ T-Shirt Size\_\_\_\_\_

✓ If for 1 Mile\_\_\_\_\_ ✓ If for 10K\_\_\_\_\_ ✓ If Employee\_\_\_\_\_

✓ If Freeport Resident\_\_\_\_\_ Age\_\_\_\_\_ Sex\_\_\_\_\_

\* Make check payable & send to: L.L.Bean, Inc., Road Race, Freeport, ME 04033 (Map on back)

## JULY 4TH 10K & FUN RUN 1991 ★★★★ L.L.Bean®

10K & 1 Mile  
4th of July Road Races  
Thursday, July 4th

### PRIZES

SPONSORED BY L.L.BEAN, INC.

- \$150 - \$100 - \$50 L.L.Bean Gift certificate:  
Top 3 male finishers.
- \$150 - \$100 - \$50 L.L.Bean Gift certificate:  
Top 3 female finishers.
- \$50 - \$25 - \$10 L.L.Bean Gift certificate:  
Top 3 finishers all other divisions.
- Hand Carved Trophies  
Top 3 finishers in each division.
- T-Shirts (100% Cotton)  
To the first 600 registrants.

### RACE WAIVER:

I agree to assume all responsibility for all risk or damage or injury that may occur to me as a participant in the L.L.Bean Road Race. I also state that I am physically fit and sufficiently trained for this event.

Signature (Parent or guardian if runner is under 18)

### FOR ADDITIONAL INFORMATION CALL:

Race Director: Lili Hall (207)865-4761 Ext. 2356

### TIME

- 10K starts at 7:30 a.m. SHARP!  
(Registration 6:00 - 7:15)
- 1 Mile starts at 8:45 a.m. SHARP!  
(Registration 6:00 - 8:30)

### REGISTRATION

- 10K: \$5.00 Fee. Register at the Retail Store by July 1st, by mail, postmarked no later than June 26th. \$6.00 day of the race.
- The "Main St. Mile": \$3.00.
- Registration & Number Pickup the day of the race at: Freeport Town Park, Bow St. (See map on back)

### COURSE RECORD

- 10K — Men: Hank Pfeifle, 30.25(1983)  
Women: Joan Benoit Samuelson, 34.03 (1988)

### SPECIAL BONUS

- \$150 L.L.Bean Gift Certificate:  
First Male to break 30.25 & First Female to break 34.03 in the 10K race.

### DIVISIONS: For 10K

#### MEN'S

- Open
- Men's 19 & Under
- Men's 20 - 29
- Men's 30 - 39
- Men's 40 - 49
- Men's 50 - 59
- Men's 60 & Up
- L.L.Bean Employee
- Freeport Resident

#### WOMEN'S

- Open
- Women's 19 & Under
- Women's 20 - 29
- Women's 30 - 39
- Women's 40 - 49
- Women's 50 - 59
- Women's 60 & Up
- L.L.Bean Employee
- Freeport Resident

### 1 MILE "FUN RUN"

No times or places will be recorded. Prizes will be awarded through a random drawing of names. You must be present to win. Awards will be at 9:30 a.m. in the Freeport Town Park.

ORGANIZED BY L.L.BEAN EMPLOYEES

T.A.C.  
Certified Course  
#Me-86005-GN

Electronic  
Timer

Big Digital Clock  
At The Finish

Rest  
Rooms

Refreshments



DAMARISCOTTA, ME  
563-1200



Pharmacy Group of New England



**Briggs HealthPlus Pharmacy**  
Coastal Market Place  
Route 1A Damariscotta, Maine  
563-3506 or 563-8489

### 1991 OYSTER FESTIVAL

The Damariscotta Newcastle Rotary Club and Central Maine Striders with the generous support of Poole Brothers Lumber and Briggs HealthPlus Pharmacy present the 1st annual Oyster Festival Five mile road race on Saturday July 13th. This rolling moderately challenging TAC Certified course takes a scenic route around the Great Salt Bay. It should be an enjoyable race for all ages and levels of expertise.

Registration will begin at 7am and end at 7:45am at Contel Telephone and the start of the race will be at 8:30 at Contel Telephone on Route 1 in Damariscotta where rest room utilities will be useable. Water and time splits will be available at the 2 and 4 mile marks. The finish will be in the buisness section of Damariscotta - Newcastle close to the Oyster Festival, with a very ample crowd to greet you. Preregistration applications may be obtained from, and mailed to David Pierce, c/o Briggs Pharmacy, P.O. Box 280 Damariscotta, Maine 04543. Registration on the day of the race will be from 7am to 8:15. Long sleeves T-shirts will be available to the 1st one hundred runners. Fee is \$7 prior to race day and \$8 thereafter. Race directors will be Steve Reed, M.D. and David Pierce, R.Ph. There will be awards to the winners (male and female) and age catagory awards as noted below.

15 and under  
16 - 29  
30 - 39  
40 - 49  
50 - 59  
60 and above

World class running shoes will be awarded to the top female and male runners and trophies to all other female and male categories. In addition there will be post race refreshments, massages and a large raffle with prizes for all.

### 1991 OYSTER FESTIVAL 5 MILE ENTRY FORM

NAME \_\_\_\_\_  
MAILING ADDRESS \_\_\_\_\_  
ZIP \_\_\_\_\_  
AGE \_\_\_\_\_ SEX \_\_\_\_\_ T-SHIRT SIZE \_\_\_\_\_

#### WAIVER/RELEASE

Damariscotta-Newcastle Rotary Oyster Festival 1991 Road Race

The undersigned, a participant in the 1991 Road Race conducted an sponsored by the Damariscotta-Newcastle Rotary Club does hereby release the Rotary Club, its directors, officers, members, employees, and agents from any claim both legal and equitable for any injury or loss of property resulting from participation in the 1991 Road Race.

DATE \_\_\_\_\_

ENTRANT \_\_\_\_\_



## MILK RUN WAIVER AND REGISTRATION FORM

I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Bangor YMCA, city or town officials and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I hereby permit free use of my name and picture in broadcasts, telecasts and the press as they pertain to this event.

PLEASE PRINT

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_

Grant's Dairy Employee: Yes \_\_\_\_\_ No \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_ Shirt size S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Signature \_\_\_\_\_

Parent or Guardian if under 18 \_\_\_\_\_

Please make checks payable to Bangor YMCA

# GRANT'S DAIRY AND THE BANGOR YMCA

*Are Pleased to Announce The 3rd Annual*

## "GRANT'S DAIRY MILK RUN"

### 5 Mile Road Race



**WHERE:**

Bangor YMCA  
127 Hammond Street  
Bangor, Maine 04401

**WHEN:**

Sunday, July 21, 1991

**STARTING TIME:**

9:00 A.M.

**ENTRY FEE:**

\$6.00 up to Friday, July 19  
\$7.00 Race day registration - 8:00 to 8:45 a.m.



Race packets may be picked up on Saturday July 20th between 10:00 a.m. and 2:00 p.m. at the Bangor YMCA  
T-shirts will be given to the first 100 entrants

**AWARDS:**

Top 3 male and female finishers  
Top male and female in each age category  
First Grant's Dairy Employee

**CATEGORIES:**

14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over

*Random Drawings for Prizes Donated by Grant's Dairy*

<b>PREVIOUS</b>	<b>1989</b>	<b>Tim Wakeland</b>	<b>26:04</b>	<b>Deb Potter</b>	<b>30:30</b>
<b>WINNERS</b>	<b>1990</b>	<b>Michael Gaige</b>	<b>26:42</b>	<b>Julia Kirtland</b>	<b>29:51</b>



**PEAKS ISLAND LIONS CLUB  
LOBSTER BAKE  
MENU**



Sanctioned by



Meals served from Noon - 2:00PM

- **Lobster** \$11.00  
Includes clams, corn, rolls and coleslaw.
- **Steak** \$11.00  
Includes corn, rolls and coleslaw.
- **Chicken** \$8.00  
Includes corn, rolls and coleslaw.
- **Children's Meals** \$5.00  
Includes hotdogs and hamburgers

Meal Order Form

# Of Meals Total

LOBSTER \$  
STEAK \$  
CHICKEN \$  
CHILDRENS \$

TOTAL \$

Please make checks payable to:  
Peaks Island Road Race  
P.O. Box 5069 Station A  
Portland, Maine 04101

Meal orders must be postmarked no later than  
July 20, 1991.

**THE 1991 PEAKS ISLAND  
FIVE MILE ROAD RACE  
AND  
ISLAND LOBSTER BAKE**



Proceeds to Benefit the Peaks Island  
Lions Club

WHEN: SATURDAY, JULY 27, 1991  
WHERE: PEAKS ISLAND, MAINE  
TIME: 10:00 AM

**RACE LIMITED TO 300 RUNNERS  
REGISTER EARLY**

**FREE T-SHIRTS GIVEN TO THE FIRST  
50 PRE-REGISTRANTS**

SPONSORED BY  
Peaks Island Lions Club  
and  
Casco Bay Island Transit District

**COURSE:** Paved road following the shore  
line of Peaks Island

**STARTING AREA:** Peaks Island Lions Club

**CHECK IN:** 9:00AM-9:50 AM

**ENTRY FEE:** \$6.00  
Please make checks payable to:  
Peaks Island Road Race  
P.O. Box 5069 Station A  
Portland, Maine 04101

**PLEASE INCLUDE SELF ADDRESSED  
STAMPED ENVELOPE**  
Directions to ferry terminal, a boat schedule and  
your race number will be sent to you

**AWARDS TO THE FOLLOWING MALES  
AND FEMALES**

**OPEN 1ST, 2ND, AND 3RD**

19 - UNDER	1ST AND 2ND
20-29	1ST AND 2ND
30-39	1ST AND 2ND
40-49	1ST AND 2ND
50-59	1ST AND 2ND
60 AND OVER	1ST AND 2ND

Prizes will be awarded immediately following the  
race, at the Peaks Island Lions Club.

**COURSE RECORDS**

Men	Bob Winn	25:03
Women	Christine Snow	29:58

I know that running a road race is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, the City of Portland, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Name \_\_\_\_\_ Age on race day \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Signature \_\_\_\_\_

T-Shirt Size S M L XL

(Please circle)





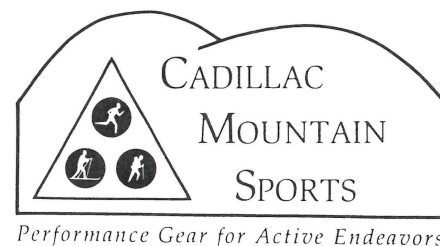
14th Annual

# BAR HARBOR 13 MILER

New England's Most Scenic Road Race

**SPONSORED BY: BAR HARBOR BANKING AND TRUST COMPANY**

BAR HARBOR • BLUE HILL • DEER ISLE • ELLSWORTH • LUBEC • MACHIAS  
MILBRIDGE • NORTHEAST HARBOR • SOUTHWEST HARBOR • WINTER HARBOR  
Member FDIC



**WHEN:** Saturday, September 21, 1991. 10:00 a.m.

**WHERE:** Bar Harbor, Maine, located on scenic Mount Desert Island, home of famous Acadia National Park, a runner's Mecca, with 52 miles of carriage paths winding through forests, mountains, ponds and surrounded by the Atlantic Ocean.

**DISTANCE:** TAC Certified 13.1 miles - 1/2 marathon.

— AWARDS —		Divisions	Awards
		Men's Open	1-3
		Men's (30-39)	1-3
		Men's (40-49)	1-3
		Men's (50-59)	1-2
		Men's (60 & over)	1-2
		Women's Open	1-3
		Women's (30-39)	1-3
		Women's (40-49)	1-3
		Women's (50-59)	1-2
		Women's (60 & over)	1-2
		Under 16	1
		1st MDI Man	1
		1st MDI Woman	1
		Year Round Residents	1

— Award Ceremony To Follow Race —

**COURSE:** A challenging TAC Certified loop course, with start and finish at the athletic field. Nine miles of the course is on vehicle prohibited carriage paths, offering an excellent running surface. Race monitoring done by the Bar Harbor Police Dept. and Acadia National Park Rangers. All participants and spectators are reminded to help keep Acadia National Park pristine.

**PRESENTED BY:** Mount Desert Island YMCA

**ENTRY FEE:** \$10.00 (Pre-Registration) \$12.00 (Day of Race)  
Registration Time: 8:00 - 9:45 (Day of Race)

**FEATURES:** Cash Prizes for the First Three Places  
in the Men's and Women's Open Division \$250.00,  
\$100.00 and \$50.00 respectively  
**\$50.00 RANDOM CASH DRAWING**  
Prizes By Local Merchants • Post Race Pasta Buffet  
Free T-Shirt For Each Racer  
Aid Station • Splits • Finish Times • Mile Markers  
Chronomix Timer • Showers Available (YMCA)  
Accommodations: Motels - Off Season Rates

Full Results will be in Mainely Running.

## ENTRY FORM

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

Signature \_\_\_\_\_

If Under 18 Parent Or Guardian Must Also Sign

Print Name \_\_\_\_\_

Address \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Where did you hear about the race? \_\_\_\_\_

— Please Print Carefully —

### RETURN ENTRY FORM WITH REMITTANCE TO:

MDI YMCA • Bar Harbor 13 Miler • Box 51, Bar Harbor, ME 04609  
Tel: 207/288-3511 for more information.

ENTRY FEE	\$10.00 (Pre-Registration) (\$12.00 Day Of Race)	\$
POST RACE PASTA BUFFET*	\$6.00 (Adults) (\$7.00 At Door)	\$
	NO. IN PARTY	
	\$3.00 (Children) (Under 12) (\$3.50 At Door)	\$
	NO. IN PARTY	
TOTAL ENCLOSED		\$

\*Held at Athletic Field weather permitting, or in case of rain held at YMCA,  
Immediately Following The Race  
Dinner Includes: Lasagna or Pasta, Salad, Bread, Beverage & Dessert



# Epstein's Five Aces Road Race

## 5K - May 12 - Brewer

Large prizes for the top finishers attracted many top runners, but strong winds and mid-summer like temperatures slowed most performances. Tina and Jef Meserve won a big \$355 shopping trip at Epstein's with their 1st and 3rd place finishes. Master Mike Sargent finished 7th overall with a time that could easily translate to under 16 minutes with better conditions. I would love to see Mike and Harpswell's Steve Podgajny compete in the same race. One of the few to improve their time from last year was 18 year old Melissa Lockman from Howland. She improved by almost a minute and finished 2nd.

### Courtesy Tom Manship

1 McGraw	Todd	26 15:43	67 Lindsay	Richard	36 20:22	134 Capehart	Zachary	10 22:51
2 Lessard	Peter	28 15:45	68 Deane	Beric	42 20:25	135 Dutch	Larry	41 22:52
3 Meserve	Jeffrey	32 15:53	69 Walker	Chris	21 20:25	136 Beal	Barbie	31 22:53*
4 Garster	Jim	24 16:12	70 Butterfield	Jason	18 20:32	137 Jacobs	Neal	34 22:59
5 Norton	Giles	35 16:18	71 Neptune	John	19 20:35	138 Lloyd	Gary	31 23:01
6 Morris	Chuck	27 16:28	72 Clapper	Michael	22 20:39	139 Michaud	Gerald	49 23:01
7 Sargent	Michael	40 16:35	73 Herz	Gregory	34 20:40	140 Ostern	Chris	15 23:06
8 Leighton	Brent	21 16:51	74 Clapper	Margaret	27 20:42*	141 Gordon	Jared	10 23:11
9 Butterfield	Scott	16 16:56	75 Hodges	Sheila	36 20:43*	142 Welch	Robert	34 23:12
10 Gaige	Michael	38 17:01	76 Thereault	Bruce	36 20:44	143 Chute	Rusty	12 23:13
11 Newett	Jim	33 17:14	77 Anderson	Eleanor	14 20:47*	144 White	Dereck	17 23:13
12 Renault	David	42 17:51	78 McDonald	Steve	40 20:49	145 Ryder	Howard	42 23:20
13 Thompson	Michael	33 17:54	79 Hooper	Kenneth	41 20:53	146 Howard	Skip	45 23:23
14 Sanborn	Edgar	16 17:56	80 Miles	Dick	36 20:58	147 Joaquin	Arthur	37 23:26
15 Pelletier	Ron	31 17:59	81 White	Jeff	36 21:01	148 Gordon	Pat	14 23:29
16 Love	Anami	17 18:02	82 Doiron	Bryn	29 21:04*	149 Knowlton	Abe	14 23:30
17 Saloranta	Risto	41 18:05	83 Booth	Jim	43 21:10	150 Erb	Don	24 23:32
18 Tina	Meserve	24 18:09*	84 Henry	Andrew	16 21:13	151 Borden	Steve	15 23:33
19 Leighton	John	17 18:24	85 Talbert	Micheal	33 21:13	152 Clark	James	35 23:34
20 Lockman	Melissa	18 18:21*	86 Ohmeis	James	23 21:18	153 Hastings	Carla	14 23:38*
21 Lienbenning	Darren	16 18:24	87 Flagg	Richard	22 21:20	154 Merrick	Perley	43 23:39
22 Henry	Arnold	15 18:24	88 Nichols	Jeffrey	29 21:20	155 Green	Vonnie	28 23:40*
23 Locke	Joseph	0 18:26	89 Sargent	Todd	15 21:25	156 Raczek	James	36 23:41
24 Braceras	Christine	28 18:29*	90 Rau	Jane	41 21:26*	157 Lawler	Bill	66 23:44
25 Jordan	Robert	31 18:30	91 Hildreth	Greg	49 21:27	158 Ellingwood	Cindy	32 23:45*
26 Kasper	Gene	44 18:32	92 Hutchings, Jr	Robert	35 21:28	159 Myers	Bob	34 23:47
27 Sprague	Tony	14 18:42	93 Drinkwater	Stanley	50 21:28	160 Rau	Karl	42 23:48
28 Emery	Steve	33 18:47	94 Ayers	Wayne	36 21:29	161 Look	Erin	16 23:51*
29 Beardsley	James	17 18:48	95 Rau	Cody	13 21:30	162 Hammond	Cameron	20 23:56
30 Skelly	Colleen	24 18:48*	96 Allen	Pauline	42 21:30*	163 Sockabasial	Allen	46 23:58
31 Carter	Mike	41 18:49	97 Loring	Chip	43 21:32	164 Penney	Shirl	14 24:01
32 Dana	Joe	14 18:50	98 Dawson	Edward	31 21:32	165 Gross	Carolyn	22 24:03*
33 Bradbury	Gunner	15 18:53	99 Ellingwood	Ken	35 21:34	166 Aubin	Joe	63 24:11
34 Santos	Matt	14 18:54	100 Wellman	Dennis	34 21:34	167 White	Stacy	25 24:13*
35 MacDonald	Ervin	48 19:04	101 Dieffenbach	Fred	33 21:35	168 Bodkin-Rubino	Gabe	12 24:13
36 Torrey	David	43 19:07	102 Dauphinee	Peter	16 21:35	169 Rubino	John	45 24:14
37 Remsen	Kenneth	41 19:10	103 Merrill	Daniel	38 21:38	170 Grant	Carl	19 24:15
38 Galipeau	Brian	17 19:10	104 Thomas	Methew	22 21:38	171 Largay	Aaron	13 24:19
39 Taylor	Rusty	39 19:11	105 Bragg	Frank	49 21:39	172 Cyrus	Tony	28 24:38
40 Larson	Gary	46 19:13	106 Barr Jr	Benjamin	36 21:41	173 Gray	Bob	41 24:40
41 Blake	Russell	18 19:15	107 Francis	Chris	16 21:42	174 Hoxie	Donald	48 24:42
42 Rall	Tory	17 19:16	108 Hammond	Paul	29 21:44	175 Hart	D.J.	17 24:47
43 Carr	Matthew	15 19:17	109 King	Robert	26 21:45	176 Robbins	JSam	14 24:48
44 Burnett	Scott	24 19:24	110 Nicholas	Laurie	23 21:47*	177 Fleury	Richard	38 24:49
45 Emery	Paula	34 19:29*	111 Chute	Randy	14 21:49	178 Giffard	Gary	32 24:55
46 Young	Sheldon	18 19:31	112 Howgate	Martin	15 21:57	179 Robbins	Scott	17 25:02
47 Carter	Dan	15 19:34	113 Higgins	Gary	41 21:57	180 Beatty	Lynn	33 25:03*
48 Reid	Tim	27 19:36	114 Craig	Patty	24 22:00*	181 Hiland	Jodi	14 25:04*
49 Lemieux	Myles	49 19:37	115 Sheafe	Torrey	18 22:01	182 Hamilton	Jodi	12 25:07*
50 Hubert	Donna	24 19:38*	116 Graves	Ron	40 22:03	183 Kanus	Todd	10 25:09
51 Alley	David	41 19:39	117 Mapleton	Tom	40 22:03	184 McTimoney	Dave	45 25:11
52 Murphy	Todd	24 19:39	118 McTimoney	Nicole	13 22:08*	185 Cousins	Nikki	34 25:11*
53 Mittelstadt	Daniel	16 19:41	119 Antone	Shelley	23 22:08*	186 Shackelford	Bill	49 25:34
54 Emery-Rappa	Robin	44 19:43*	120 Raczek	David	11 22:19	187 Ozluk	Ali	38 25:36
55 Benridge	Jay	18 19:44	121 Lambert	Adam	12 22:19	188 Murphy	Tim	41 25:40
56 Howard	Alan	44 19:47	122 Seastead	Erik	39 22:19	189 Gilliss	Brian	47 25:41
57 Highbee	Ethan	12 19:50	123 MacDonnell	Paul	42 22:20	190 Cartier	Nina	15 25:41*
58 Smith	Chris	33 19:51	124 Campbell	Kelly	13 22:24*	191 Harmol	Denise	15 25:43*
59 Pinkham	Bill	48 19:51	125 Savage	Joe	53 22:31	192 Lambere	Rod	40 25:43
60 Cummings	Dick	53 20:01	126 Young	Tracy	17 22:32*	193 Sargent	Isom	39 25:44
61 Healy	Ian	20 20:05	127 Smith	Peggy	43 22:34*	194 Hunt	Ronald	23 25:48
62 Pickard	Brian	35 20:05	128 Crooker	Nate	11 22:35	195 Folger	Scotty	51 25:51*
63 St. Pierre	Phil	39 20:06	129 Later	Douglas	34 22:36	196 Capehart	Margaret	38 25:57*
64 Bowden	Ellen	38 20:10*	130 Samuelian	David	44 22:43	197 Fraser	Art	53 26:03
65 Tetu	Tom	43 20:15	131 Collins	Rene	49 22:43*	198 MacDonald	Bill	47 26:04
66 Merriam	Fred	43 20:20	132 Osgood	Egen	61 22:46	199 Cote	Ron	42 26:06
			133 Larson	Kipp	20 22:50	200 Roderick	Gil	57 26:09



Epstein's - continued				249	Cyr	Climee	23	28:58*	298	Brochu	Chris	25	36:50	
201	Ramsdell	Cathy	35	26:09*	250	Day	Patty	14	29:10*	299	Snow	Anna	33	37:00*
202	Brochu	Tim	31	26:09	251	Lyford	Thomas	44	29:11	300	Kimball	Joel	13	37:06
203	Brochu	Bill	30	26:10	252	Knapp	Dara	12	29:29*	301	Leland	Donna	52	37:13*
204	Roseberry	Kathryn	37	26:11*	253	Miles	Annette	31	29:30*	302	Frace	Nathan	9	38:34
205	Smith	Trina	14	26:15*	254	Knapp	Heather	10	29:30*	303	Coffin	O.	36	38:37
206	Johnson	Julie	18	26:15*	255	Heath	Kathy	33	29:35*	304	Teel	Robert	7	38:40
207	Lagerquist	Kirk	18	26:29	256	Clapper	Leana	61	29:36*	305	Paulson	Paul	64	38:43
208	Bednar	Frank	52	26:32	257	White Jr	Jeff	9	29:40	306	McKinnon	Beverly	69	39:12*
209	Lindsay	Matthew	10	26:35	258	Snow	Barry	40	29:48	307	Jeffrey	Jay	7	39:35
210	Roi	Tabatha	15	26:45*	259	Polk	Jeremy	17	30:00	308	Jeffery		39	39:36
211	Suppa	Kyril	15	26:45*	260	King	Patricia	23	30:15*	309	Johnson	Trisha	8	40:15*
212	Thompson	Kim	42	26:48	261	Gray	Allison	10	30:17*	310	Brown	Michelle	15	41:49*
213	Gay	Mike	14	26:48	262	Donaldson	Frank	41	30:17	311	Chung	Su Im	12	41:50*
214	Peasce	Ralph	35	26:53	263	Polk	Peter	49	30:18	312	Brown	Kelly	13	41:16*
215	Raymond	N. Van	45	26:55	264	Peirce	Gayle	31	30:23*	313	Armes	Mary Lou	42	42:56*
216	Waring	Nathaniel	10	26:55	265	Pelletier	Andrea	29	30:23*	314	Lawrence	Adam	11	44:40
217	Talbert	Janice	29	26:58*	266	Connor	Molly	34	31:14*	315	France	Evan	11	44:42
218	Lawler	Patrick	15	27:00	267	Kane	David	41	31:18	316	Sibley	Catherine	11	44:50*
219	Lawler	David	48	27:00	268	Cataldo	Brian	10	31:39	317	Hoxie	Jenna	11	44:51*
220	Theeman	Miles	41	27:11	269	Benson	Travis	13	31:40	318	Sidell	Amanda	10	44:54*
221	Cohen	Leah	14	27:11*	270	Shackelford	Donna	53	31:40*	319	Lawrence	Jamie	6	45:00*
222	Connor	Robert	56	27:16	271	Briendel	Jodi	11	31:53*	320	Lawrence	Ryan	9	45:03
223	Bacon	Ann	43	27:19*	272	Lever	Scott	8	32:02	321	Lawler	Ellen	30	46:30*
224	Reynolds	Alice	18	27:22*	273	Lever	Thomas	38	32:03	322	Ouellet	Aurelle	63	46:42
225	Folger	Brad	53	27:22	274	Gran	Janice	51	32:18*	323	Tozier	Charles	49	47:20
226	Booth	Jimmy	11	27:23	275	Till	Catherine	15	32:20*	324	Tozier	Jane	42	47:29*
227	Smith	Shannon	14	27:31*	276	Booth	Helen	42	32:20*	325	Carey	Robert	38	47:57
228	Davis	Andrew	16	27:34	277	Hussey	Diane	38	32:20*	326	Carey	Barbara	38	47:57*
229	Benson	Donald	50	27:34	278	Waring	Julienne	38	33:03*	327	Wellmen	Kathleen	34	48:09*
230	Graves	Renee	22	27:35*	279	Knapp	Steven	7	33:10	328	DuFoor	George	50	48:27
231	Jacobs	Cheryl	32	27:45*	280	McKinnon	Don	71	33:29	329	Askineze	Ilya	50	48:28
232	Labbe	Daphne	30	27:50*	281	Dana	Julia	34	33:43*	330	Bolstridge	Theresa	33	49:08*
233	Deprey	Chris	14	28:01	282	Levesque	Linda	39	33:57*	331	Cartier	Laurie	40	49:09*
234	Clapper	Charles	61	28:11	283	Boss	Ralph	31	33:24	332	Brown	Deborah	39	49:55*
235	Cyr	Matt	22	28:14	284	Drucker	Allen	44	34:30	333	Barry	Paulette	45	49:55*
236	Billings	Dolores	61	28:28*	285	Watson	Denzil	67	34:57	334	Butterfield	C.	12	50:39*
237	Hainer	Theresa	36	28:28*	286	Cummings	Sue	43	35:01*	335	Wiebe	Kate	12	50:40*
238	Day	Chuck	11	28:35	287	Silberman	Sharon	30	35:02*	336	Day	Fran	43	51:18*
239	LaChance	Dave	33	28:36	288	Jacobs	Terry	31	35:17*	337	Ripley		3	51:19
240	LaChance	Mike	38	28:37	289	Higgins	Kristine	21	35:21*	338	Day	Richard	44	51:20
241	Gordon	Lenny	39	28:37	290	Comeau	Kate	12	35:27*	339	Manship	Megan	8	51:22*
242	Felisberto	Kevin	15	28:38	291	Jankowski	Carol	31	35:36*	340	Coffin	Catherine	7	51:22*
243	Day	Betsy	16	28:41*	292	Pelkey	Norman	75	35:48	341	Breindel	Debbie	35	51:54*
244	Clandenning	Derek	13	28:44	293	Holway	Sharon	45	35:54*	342	Fox	Audrey	57	51:56
245	Brochu	Samantha	22	28:44*	294	Jensen	Brian	11	36:18	343	Fox	Glenn	57	51:56
246	Pickard	Neal	32	28:48	295	Booth	Mary	13	36:30*	344	Forni	Mary	75	71:58*
247	Rowe 111	Ashley	12	28:53	296	Jensen	Andrew	8	36:42	345	Cyphers	Pat	0	72:20*
248	McAleer	John	67	28:53	297	Clark	Beth	36	36:48*					

## MAINELY RUNNING MAGAZINE

Extensive coverage of endurance sports in Maine  
 race schedules.....full race results.....race applications.....biking.....cross country skiing.....  
 racewalking.....running.....swimming.....triathlons

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Telephone \_\_\_\_\_  
 Date of Birth \_\_\_\_\_

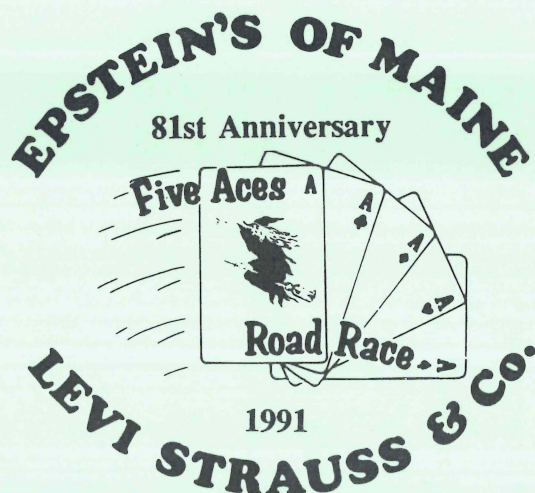
Check all sports of interest:  
 bike\_\_\_\_ canoe\_\_\_\_  
 racewalk\_\_\_\_ running\_\_\_\_  
 swim\_\_\_\_ triathlon\_\_\_\_  
 cross country skiing\_\_\_\_

Miles ran in 1990 \_\_\_\_\_  
 CrossTraining hours in 1990 \_\_\_\_\_

JOHN LeROY - 725-8680

Send check for \$17.50 for one year (10 issues) to:  
**MAINELY RUNNING**  
 2 Howard's Hill Road  
 Brunswick, ME 04011





# Congratulations To All Finishers

TURN PAGE FOR FULL RACE RESULTS

## Overall Winners Male

1st Todd McGraw Augusta  
2nd Peter Lessard Oakland  
3rd Jeff Meserve Livermore Falls

### 12 & under Male

1st Ethan Highbee Topsham  
2nd David Raczek Hampden  
3rd Adam Lambert Pittsfield

### 13-15 Male

1st Arnold Henry Warren  
2nd Tony Sprague Edmonds  
3rd Joe Dana Old Town

### 16-18 Male

1st Scott Butterfield Bangor  
2nd Edgar Sanborn Bangor  
3rd Awani Love Old Town

### 19-29 Male

1st Jim Garsten Orono  
2nd Chuck Morris Brewer  
3rd Brent Leighton Hampden

### 30-40 Male

1st Giles Norton Orono  
2nd Michael Sargent Bangor  
3rd Micheal Gaige Bangor

### 41-50 Male

1st David Renaul Northeast Harbor  
2nd Risto Saloranta Troy  
3rd Gene Kasper Old Town

### 51-60 Male

1st Dick Cummings Manchester  
2nd Joe Savage Bangor  
3rd Art Fraser Lincoln

### 60 and over Male

1st Eben Osgood Orono  
2nd Bill Lawler Brewer  
3rd Joe Aubin Hampden

## Team Winners Male

Sub 5 Track Club - Giles Norton, Chuck Morris,  
Michael Sargent, Brent Leighton, Micheal Gaige

## Overall Winners Female

1st Tina Meserve Livermore Falls  
2nd Melissa Lockman Howland  
3rd Christine Braceras Portland

### 12 & under Female

1st Jodi Hamilton Oronocto NB  
2nd Dara Knapp Cherryfield  
3rd Heather Knapp Cherryfield

### 13-15 Female

1st Eleanor Anderson Houlton  
2nd Nicole McTimoney Oronocto NB  
3rd Kelly Campbell Oronocto NB

### 16-18 Female

1st Tracy Young Bangor  
2nd Erin Look Addison  
3rd Julie Johnson Thorndike

### 19-29 Female

1st Colleen Skelly Old Town  
2nd Donna Hubert Portland  
3rd Margaret Clapper Portland

### 30-40 Female

1st Paula Emery Atkinson  
2nd Ellen Bowden Cumberland  
3rd Sheila Hodges Hampden

### 41-50 Female

1st Robin Emery-Rappa Ellsworth  
2nd Jane Rau China  
3rd Pauline Allen East Holden

### 51-60 Female

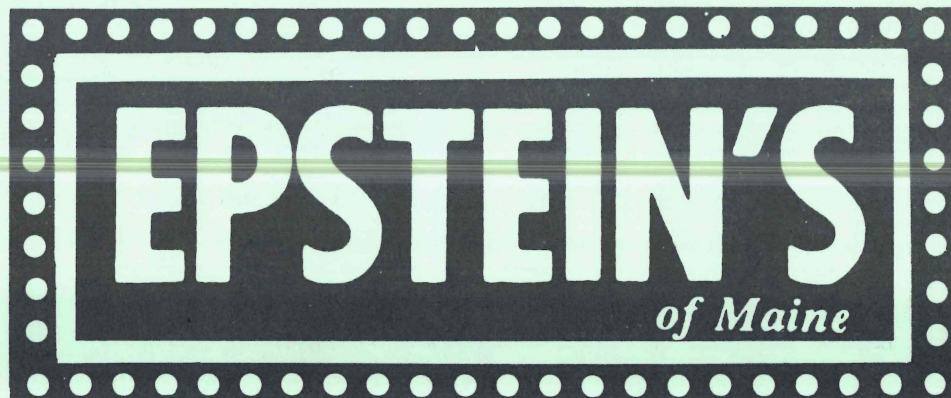
1st Scotty Folger Orono  
2nd Annetta Miles Orrington  
3rd Donna Shackelford Bangor

### 60 and over Female

1st Dolores Billingape Porpoise  
2nd Leana Clapper Bucksport  
3rd Beverly McKinnon Bangor

## Team Winners Female

Coastal Cruisers - Christine Braceras, Donna  
Hubert, Margaret Clapper, Laurie Nichols, Patty Craig



Brewer \* Ellsworth \* Millinocket \* Presque Isle \* Houlton \* Searsport \* Stonington