

2-1997

Pine Tree Running Journal Vol. 1 No. 2

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February 1997

Vol. 1 - Issue Number 2 \$3.00

PINE TREE RUNNING JOURNAL

Covering Maine's Endurance Sports

A SEASON OF THANKSGIVING

RESULTS FROM THE NOVEMBER ROAD RACES

**PLUS:
HIGH
SCHOOL
INDOOR
TRACK
MEET
RESULTS**



ALSO IN THIS ISSUE: Great Pumpkin 10K, Great Osprey 10K, Septemberfest 5K
Belfast Pancake 5K, High School Indoor Track Results, Middle School
Championship Meet Results, and News and Information from the Running Scene

Pine Tree Running Journal
67 Church Street
Westbrook, ME 04092

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5K SPORTS - FALMOUTH

If the crowds at all of the turkey trots were to tell the tale, it would seem that many were giving thanks for the beautiful weather and good health this Thanksgiving season. Many events saw record attendance and were blessed with runners of all abilities, ages, and persuasions. The Maine running family certainly came together and celebrated the season in the way that it should be celebrated, thankful for friends, good health, and great food (which could be found at nearly every race on the schedule).

Before I go too far, I would like to give thanks to a couple people who helped me at some of these races (so that I could run and not gain weight by eating the food and remaining sedentary). Two people offered to take pictures, and I might add that their pictures were very well done. Thanks to Maureen Sproul who took pictures at the Shop & Save Turkey Trot races, and to Don Goodrich who took pictures at the Portland Thanksgiving Day 4-Miler. Anytime I can sneak away to race instead of snapping pictures, I am grateful.

A reminder that the magazine will not be publishing in March to allow for a lay-off and re-evaluation of the form and function of the magazine (Don't worry, I am not changing much, only the business operations, etc.) I will be back in mid-March with the April issue, which should be packed with applications and a loaded calendar (although few results) Next year I think that I will take February off instead, to allow for a more even distribution of results and race applications, but that is far in the future.

So try to survive until April, through the remainder of winter. If you are training for Boston, take heart, its just around the corner. Until then, keep your feet moving and your eyes on the horizon.

Volume 1-Issue Number 2

CONTENTS

- 2 Calendar of Upcoming Events
- 3 News & Views
- 4 Athlete Profiles
- 5 Group Runs/Thoughts on the Run
- 6 Guest Article: Non-Prescription
Relief for Colds and Flu
- 7 SMGITC Report
- 8 Results: Seasons Greeting 5.5M
Septemberfest 5K
Belfast Pancake Run
The Great Pumpkin 10K
CISV European X-Country
Masters 8k X-Country
The Great Osprey 10K
Shop N'Save Turkey Trots
Capital City 5K
Gasping Gobbler 2M & 10K
Brewer Turkey Trot 5K
Portland Thanksgiving
Day 4-Miler

High School Report

- 15 Table of Contents
- 16 Coaches Corner: Goal Setting
- 17 Keeping Pace: College News
- 18 Athlete Profiles:
- 19 Results: Maine Relays
Middle School
Cross Country
Indoor Track Meets
- 39 Race Applications: April Amble

On the Cover: A scene from the Maine Indoor Track Relay Meet at Bowdoin College.

CALENDAR OF UPCOMING EVENTS

ROAD RACING

February

- 2/ 2 **Midwinter Classic 10 Miler** - noon at Cape Elizabeth High School. Contact Don Penta - (207) 892-4526; Jeanne Hackett - (207) 766-5026; Ray Shevenell - (207) 799-6219.
- 2/22 **Maine USATF Indoor Track Meet** - Bowdoin College Contact: (207) 443-6171.

March

- 3/16 **Irish Road Race 5K** - Portland at 11 AM. Fore and Center Streets. Contact: Dan McKeown at 657-2184.
- 3/17 **Killarneys 10K** ???- Waterville.
- 3/21-23 **USATF Masters National Championship Indoor Track Meet**- Reggie Lewis Track, Boston MA.
Contact: (617)566-7600.
- 3/29 **Wild Katahdin Trust Snow Run 5 Miler**- Houlton at 11 AM. Contact : Steve McDonald of the Aroostook Musters.

April

- 4/5 **The Championship 25K Race** - Rockland. Contact: Ken Sylvester at 594-7035. See race application this issue.
- 4/6 **Presidential 5-Miler** - Kennebunkport at 10 AM. Contact : David McCullough at 967-3227.
- 4/21 **101st Boston Marathon** - Boston at Noon.
- 4/21 **Portland Patriots Day 5-Miler** - Portland at Noon. Contact: the Boys' Club.
- 4/26 **21st Annual April Amble 4 Mile Race** - Westbrook College in Portland. 1/2 Mile (10 & under) at 9 AM, Mile (14 & under) at 9:15 AM, 4 Miler at 10 AM. See race application this issue.

Editors note: Look for a more detailed list of spring races in the April issue which will be out in the middle of March. It has been difficult to get information on upcoming races, so if you know of any or are directing one this spring, please bring it to my attention so that readers will register early and run in your event.

CROSS COUNTRY SKIING

February

- 2/2 **Flying Moose Classic 20K and 5K** - Gould Academy, Bethel. Call Scott Jerome at 824-2778.
- 2/8 **Rangeley Classic 10K** - Rangeley. Call 864-2122.
- 2/9 **Acadia Crossing** - Bar Harbor. Call 288-3511.
- 2/9 **Androscoggin Tour** - Carter's Cross Country Ski Center, Bethel. Call 539-4848.
- 2/9 **Igor Beaver Run 5K** - Beech Ridge Cross Country Ski Center, Scarborough. Call 839-4098.
- 2/9 **Cape Nordic 2nd Annual Nordic Ski Festival** - Smiling Hill Farm, Westbrook.
- 2/22 **Moosehead Challenge 10K** - The Birches, Rockwood. Call 534-2242.

March

- 3/1 **Langlauf 15K and 1K** - Sunday River Cross Country Ski Center, Newry. Call 824-2410.
- 3/9 **Rangely Lakes Loppett 30K** - Rangely. Call 864-2122.
- 3/15 **Tubbs Snowshoe Festival 5K**- Sugarloaf Ski Touring Center. Call 237-6830.

NEWS & VIEWS

MAINER'S IN THE WINDY CITY

Kathryn Tolford of Falmouth placed fourth in the 40-44 age group division of the Chicago LaSalle Bank 5K on October 20th. Look for her to compete in the Chicago LaSalle Bank Marathon next year, along with **Kathleen Duddy**, and **Marjorie Adams**. They will be joined by **Nancy Lund** and **Nancy Cooper**, who will compete in the 5K. The date of next years race is October 19th for the 20th running of the event. Ask Kathryn for details.

A BLAST AT THE ROCKET CITY MARATHON

On December 14th, **David Weatherbie** of Cape Elizabeth competed at the Rocket City Marathon in Huntsville, Alabama. David ran a time of 2:36, a personal best, and 8 seconds faster than the time he ran at the Maine Marathon. He was competing for his new team, the Central Mass. Striders, which won the team division.

MORE NEWS FROM SOUTH CAROLINA

One of Maine's standout runners has been spending time in Columbia, South Carolina to train for the Carolina Marathon on February 8th. **Julia Kirtland** is training for the marathon, which is the National Championship race. She has been competing in several races in the south to sharpen her speed, and by the looks of the results, she is in great shape. She won the Governor's Cup Half Marathon in a time of 1:16:58. More recently, she placed third in the Feaster Five Miler in Andover, Massachusetts on Thanksgiving Day with a time of 28:18. The two runners ahead of her were Lynn Jennings and Lisa Brady. And on December 15th, Julia ran a personal best 1:15:14 at the Kiawah Island Half Marathon in South Carolina. She won the women's division and placed fifth overall. The time was 1:18 better than her previous best time, a pace of 5:45 per mile. Look for the results of the Carolina Marathon in the next issue.

OUT OF STATE CROSS COUNTRY ACTION

Two former Maine athletes finished in the top twenty in the New England Championship Cross Country meet at Franklin Park in Boston on November 10th. **Rusty Snow** placed 14th in 30:42, and **Sean Tynan** placed 20th in 30:57 over the 6.1 mile course. Also, on November 24th, Rusty placed third in the Reebok Team Challenge over a 5K course, leading his team to a third place finish in the team event. His time was 15:12, just 5 seconds behind winner Chris Magill.

Missing Corporate Track Report

The report on Corporate Track that was supposed to be found in this issue will instead appear in the April issue with a full schedule of meets.

PERKINS WINS IN MASSACHUSETTS

Sally Perkins of Kennebunk won the Franklin 5-Mile Challenge Road Race in Franklin, Mass. on November 17th with nearly a minute and a half victory margin. Her winning time was 28:21.

SAUCONY/SUB 5 SERIES RESULTS

Winners were announced for the Saucony/Sub 5 Road Race Series following the Brewer Turkey Trot Race. Overall winners of the 10-event series were **Joanne Nealey** of Northport and **Sheldon Young** of Bangor. Other winners were as follows: 29 and Under - **Angela Edgecomb** of Monticello and **Scott Hosmer** of Bangor; 30-39 - **Katrina Bisheimer** and **Pat Sullivan**, both of Bangor; 40-49 - **Sheila Hodges** of Hampden and **Judson Esty-Kendall** of Glenburn; 50-59 - **Rene Collins** of Brewer and **Guy Berthiaume** of Augusta; and 60 and Over - **Leona Clapper** of Bucksport and **Gene Ross** of Waterville. Congratulations to all who participated.

WHITE MOUNTAIN MILERS HALF MARATHON

The White Mountains are not the place where you would expect fast times, but the White Mountain Milers Half-Marathon continues to turn out fast times every year. On October 27th, several Mainers made the drive to North Conway to try their luck over the course. **Jaime Jackson** placed fifth overall in 1:20:10, followed by **Mark Snow** and **Kevin MacDonald** in 1:21:00 and 1:21:18. **Kevin Gile** of Gorham was 10th in 1:21:54. The womens race saw **Ann Stairs** of Cape Elizabeth third in 1:32:14, followed by **Kim Coombs** (8th) of Gorham in 1:36:33 and **Nicole Campbell** (9th) of York in 1:37:02. Age group winners among men were **Richard L'Heureux** of Sanford in the 40-49 age group (1:22:28), and **Russ Bradley** of Cape Elizabeth in the 70 and over age group (1:49:33).

SENIOR ATHLETE EARNS HONORS

Congratulations to **Leo Cloutier**, a longtime resident of Brunswick, who was recently recognized by the State Senate and House of Representatives for his achievements in athletics. Mr. Cloutier currently competes in the 85-89 year old Senior age group in Track and Field meets, and has been featured on CBS, NBC, and in Sports Illustrated for his perseverance and athletic achievements.

TO WHAT LENGTH WOULD YOU GO?

Don Penta has reported the need for more courses to be certified, and for those courses that are certified, that they be recertified according to proper procedures. This makes record-keeping easier (for him as the statistician for the state, and for you as a runner) so let race directors know that you would appreciate certified courses.

RUNNER PROFILE - Ultramarathoner Phil Pierce

On September 21, 1996, Phil Pierce, age 55, of Falmouth, started the Lake Superior Trail 100, running up the north shore of Lake Superior from Silver Bay to Grand Marais, Minnesota. The course was root-ridden and rocky, just like running on the Appalachian Trail in Maine and New Hampshire. After 7 weeks of no rain on the north shore, it proceeded to rain steadily for the first several hours of the race. During the first 9 hours, Phil ran at a steady 5 miles per hour pace until the 45 mile mark when the sun went down. Due to the darkness, very poor footing and poor visibility, the pace for the next 10 hours dropped to 2 miles per hour. When the sun rose, Phil picked it up to 3-4 miles per hour, finishing in 31 hours, 49 minutes, and 49 seconds, good for 21st place in a field of 67 starters and 42 finishers. This is the eighth 100 mile trail race Phil has completed, buckling in each one. The next race on his schedule is July 11, 1997 in Silverton, Colorado, where he will attempt the Hardrock 100 which contains 11 passes at 12,000 to over 14,000 feet. There is a 48 hour cutoff on this race, the most difficult of all the trail 100 mile endurance races.

****Look for the results of the Fat A** Fifty Mile race on page eight to see Phil's training for the Hardrock 100. Pictures will be in the next issue of Pine Tree Running Journal.**

Editor's note: The fifty-mile race distance has been intriguing me lately (but not enough to attempt one). I think it has something to do with typing in the results from the MTC 50-Miler along with Phil's event. I do know that several people have asked me about them and seem generally (and genuinely) interested. I would also like to acknowledge those people who drive to these events to run a few miles with the competitors as part of a long run. I'm told that it helps the time to go by.

RUNNER PROFILE - Kristin Pierce

With a 3:05 first-time marathon (run only for the experience of finishing) to her credit, it would seem that Kristin Pierce has an excellent future on the Maine road-racing circuit. The Dartmouth grad, by way of South Portland, is back in Maine applying for acceptance to law school. That alone should tell you of her work ethic and drive to succeed.

In fact, Kristin claims that she "always looks forward to new challenges and setting PR's". She believes that running teaches a person skills applicable to all facets of life. One skill Kristin learned while running at Dartmouth was teamwork, and she says that she misses that camaraderie and her teammates. She also misses being pushed in practices, a push that helped her to improve her times.

It was her boyfriend who pushed her last fall in the Maine Marathon, as they ran together for several miles before she was forced to stop several times to go back for him in the final miles (after all, he was only an 800-runner at Dartmouth). Winning was the farthest thing from her mind at the starting line, where all she wanted to do was finish her first marathon before turning twenty-three.

Despite her victory, and very good time, Kristin will be focusing on her 5K times rather than marathons in the upcoming months. Her goal is to break 17 minutes, saying that the distance is her favorite because it is "long enough so it's not too intense, but still exciting and fast." Words that some would say describe her marathon experience.

Kristin Pierce's Typical Week:

Kristin usually runs 60 to 70 miles per week, with usual runs of 7 to 9 miles and a long run on Sundays of 10 to 15 miles. Her schedule allows for a few double workout days and a day off every other week, which sometimes alternates with a pool workout. For Strength work, Kristin can be found twice a week in the weight room.

GROUP RUNS

<i>Location</i>	<i>Group</i>	<i>Day/Time</i>	<i>Leaves from...</i>	<i>Contact</i>
Bangor	YMCA Running Club	Mon & Fri 6 PM	Bangor YMCA	Annette Hatch-Clein 942-3476
Brunswick		Saturdays-8 AM	Brunswick Junior High	John LeRoy 725-8680
Falmouth	All abilities welcome	Saturday - 7 AM	5K Sports- Route 1	Jim McCorkle 781-3134
Gardiner		Odd Saturdays-8:30AM Even Saturday-8:30AM	Gardiner High School Cony High School	Tom Thibreau
Gorham	Pine Tree Running Group	Sundays - 9 AM	Gorham High School	Roland Thibault 854-5168
Portland	USM Morning group	Daily- 5:45 AM	USM gym	Mel Fineberg 774-8868 Ruth Hefflefinger 797-4625
Portland	Rat Pack	Sundays- 7 AM	Payson Park	Ron Deprez 772-4312 Mike Reali 829-2014
South Portland	S.P. Road Runners	Thursdays-5:30 PM	S.P. High School	Russ Bradley 799-3864 Donna Moulton 799-2894

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

THOUGHTS ON THE RUN

"Fall seven times, stand up eight."

Japanese Proverb

"Don't fall before you're pushed."

English Proverb

"A hobby is hard work that you wouldn't do for a living."

Anonymous

* Keep this in mind as you are doing those long runs for Boston in the dark, cold and slippery streets. Take strength from the fact that you are a runner. Many people do not run because they consider it a chore.

TRAINING TIPS

HEALTH REPORT

Non-Prescription Treatment Options for Colds and Flu

by Tom Clemence, RPh

By December 1996, Portland, Maine had become one of many states to report epidemic numbers of "The Flu". As if Fall and the associated "Allergy Season" wasn't enough to deal with. In the United States, today, over 2000 prescription drugs are on the market. There are almost as many "Over the Counter" or "OTC" drugs available as well. The process of choosing a proper "OTC" medication to take for self-treatment of symptoms associated with a cold or the flu is not an easy one. It is extremely important to recognize when an "OTC" medication is appropriate. Equally important is choosing the right product. The majority of "OTC" products have multiple ingredients in the formulation. They are often identified as "Multi Symptom" relievers. The drug manufacturer is attempting to sell the product by emphasizing the convenience of taking only one medicine which might cover all the symptoms.

In choosing an "OTC" medication, the health condition of the individual must also be considered. Many diseases such as high blood pressure, asthma, diabetes, and others can be severely compromised by one or more of the ingredients of "OTC" cold and flu preparations. Many "OTC" products have a potential for significant drug interactions with medications prescribed by a physician or other health care practitioners. The age of the individual is important. Doses of all medications are different for infants, children, adolescents, adults, and geriatrics. Known allergies are important to consider as well. These medications are intended for symptomatic relief only and are not cures for the cold or flu. Often times it is best to treat the symptoms with rest and plenty of fluids. "Starve a cold, feed a fever." is not bad advice. A single ingredient drug is usually a wiser choice. The drug should match the symptom which is most uncomfortable to the individual. For example, oral and topical decongestants are beneficial in limited cases. Most importantly, these medications should be limited to a very short term use. One possible alternative is Nasal saline spray with the least amount of Benzalkonium chloride (a preservative) as possible can be used almost unlimited and is as effective and with fewer side effects than most popular topical nasal decongestant sprays. An early morning run is also very beneficial for clearing a stuffy nose. It is often stated that the Flu is about the only thing that you shouldn't "run through".

The term "OTC" often is considered by the consumer to mean harmless or a safer product. Or the medication is not very strong or effective. This is truly not the case. The Food and Drug Administration (FDA) determines the legend status (prescription or "OTC") of those products which are considered to be medications within the United States. Aspirin and Tylenol (TM), now "OTC" medications, would probably not be given "OTC" status today if they were newly developed medications. These two medications are very beneficial when used properly, but are extremely dangerous when consumed improperly. The safety and effectiveness of all medications is only maximized when they are used properly and in accordance with the recommended indications and dosage. The importance of reading or hearing and understanding the directions for use of any medication, "OTC" or prescription, cannot be stressed enough. A Pharmacist or your medical health care provider should be consulted with questions about the proper use of these medications.

Southern Maine Girls Indoor Track Conference Begins 15th Season

by Tom Blake, SMGITC Meet Director

The Southern Maine Girls Indoor Track Conference (SMGITC) began its fifteenth season on January 4, 1997 at the Portland Exposition Building. The Conference started in 1983 with 4 teams, and with the addition of Edward Little for the 1997 season, the Conference has grown to thirteen teams. Prior to 1983, high school girls had no organized teams in Southern Maine and either took the winter months off or ran on the boys' teams. This season has 335 girls on the rosters of the participating schools.

Portland, South Portland, Thornton Academy and Scarborough have all shared in winning the previous fourteen championships. The 1996 season ended with South Portland and Thornton Academy tying for the Championship Meet. The 1997 season promises to be one of the most exciting ever, with three other teams showing the strength to challenge the four perennial powerhouses. Biddeford and Windham each won their openers while Deering tied Thornton Academy.

The girls' races consist of a 40, 300, 600, 1000, and either a mile or two-mile, as well as the hurdles, high jump, shot put, and 840 relay. The conference offers two divisions: those under sixteen compete in the junior division, while those over sixteen compete in the senior division. Competition is every Saturday beginning at 7:45 AM at the Portland Exposition Building with four consecutive meets. The Championship will be held at 9:00 AM on February 8th. Admission is \$3.00 for adults, and \$2.00 for students. Come on down and experience the excitement and hard-fought competitions coming from the track and field areas of the Expo. It is well-worth the price of admission.

Editors Note: The Boys Southwestern Meet will be held the same day, beginning at 3:00 PM. It will also feature a very tight team race as the league is very balanced this year. The individual battles should also feature some great performances and competitions. Also, look out for the League Championships of other leagues, and if possible attend, as there is no better value than watching young athletes compete and enjoy such a great sport as track and field.

PINE TREE RUNNING JOURNAL

CALENDARS

RESULTS

RACE APPLICATIONS

NEWS

PICTURES

COMING IN APRIL

- * Results from Winter Races and Other Activities.
- * Athlete Profiles of Runners from around the state.
- * Health and Training Tips.
- * High School Indoor Track Results from End-of-Season Meets
- * A Report on Corporate Track and Field.
- * A Preview of the Upcoming Road-Racing Season.

SEASONS GREETINGS 5.5

Madison

December 8, 1996

1 Judd Esty-Kendall	47	32:04	7 David Benn	51	41:05	12 Loretta Wilber	38	47:40*
2 Randy Hastings	42	33:53	8 Julie Lagin-Nasse	17	41:25*	13 Carlton Mendell	75	49:42
3 Lawrence Mogor	16	37:05	9 Don Harriman	50	41:41	14 Mark Clinch	40	61:38
4 Joe Ewings	27	37:55	10 Jim Moore	53	43:59	15 Julius Marzul	70	67:24
5 Richard Scribner	45	38:40	11 Nancy Lagin	46	44:07*	16 Shirley Fenlason	61	68:36*
6 Angela Edgecomb	29	39:14*						

Seasons Greetings 5.5 Miler - Madison 12.8.96

A few tough souls made the trek to central maine to take part in this Central Maine Striders event despite a snow/rain/ice storm with temperatures in the lower thirties. Credit has to be given to the sixteen who braved the conditions to race. Judd Esty-Kendall defended his title, and Angela Edgecomb added a new name to the list of race winners in this event. Credit must also be given to Central Maine Striders President Ron Paquette for directing this event during that part of the season that seems to be lacking in other events. It also helps to add to the feel of the Christmas season while continuing the feel of Thanksgiving. Results courtesy of the Central Maine Striders.

FAT A** FIFTY MILE RACE

Brunswick

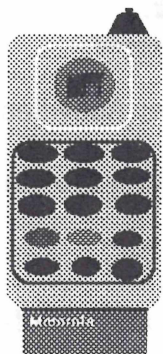
December 28, 1996

<u>50 Mile</u>			<u>50 Kilometer</u>		
1. Craig Wilson	47	Kittery Point	7:31:05	1. Dan Whittemore	ageless New Hampshire
2. Phil Pierce	55	Falmouth	8:22:40	4:24:06	
3. Egor Egan	39	Nova Scotia	9:21:01	2. Ron Paquette	55 Waterville 5:07:37
				3. Bert Meyer	CN no time given

Fat A** Fifty Miler/50Kilometer Run - Brunswick 12.28.96

Why anyone would want to run fifty miles is beyond me, but these cheerful souls certainly love it and do well at it. Phil Pierce reports that 18 people started the race, with several who were just getting in long runs of 12 to 20 miles on the four mile loop course. The PowerBars and Gu were abundant, as was the pasta and vegetable soup provided by Al and Sandy Utterstrom. Look for pictures in next months issue. Results courtesy of Race Director (and second place finisher) Phil Pierce.

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Seventh Annual SEPTEMBERFEST

Kittery

September 8, 1996

results courtesy of Granite State Race Services

Athletes under USATF age group guidelines:

3, 7, 181, 347,

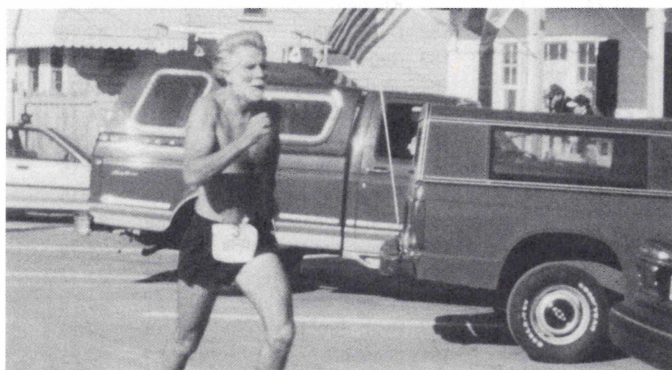
1	Dan Verrington	34	15:33
2	Kevin Way	27	15:39
3	Raymond Youngs	18	15:49
4	Michael Grigware	31	16:16
5	Kevin Retelle	40	16:22
6	Mark Dudley	36	16:25
7	Ron Newbury	46	16:45
8	Jeff Mitchell	34	16:52
9	Jeff Tidd	31	16:58
10	Peter Heslam	29	17:10
11	Donald Alvey	42	17:11
12	John Boyle	52	17:22
13	Yuri Horwitz	17	17:31
14	David Fernald	38	17:33
15	Dan Works	36	17:46
16	Randy Bartlett	40	17:47
17	Jerome St Louis	17	17:47
18	Mike Paulhus	21	17:52
19	Don Berney	39	17:52
20	Will Lund	41	17:55
21	Randy Easter	40	18:00
22	Joel Croteau	52	18:01
23	Kevin Konieczny	35	18:03
24	Evan Hallquist	14	18:07
25	Todd Knight	27	18:08
26	Justin Easter	15	18:19
27	Mark Palmer	31	18:22
28	Mike Kress	16	18:29
29	Sally Perkins	33	18:33*
30	Jeffrey Maclean	17	18:37
31	Ted Hutch	31	18:41
32	Ken Mackie	42	18:44
33	Dennis Strausfogel	40	18:49
34	Kevin Fernald	17	19:00
35	John Burke	50	19:02
36	Linda St Laurent	37	19:03*
37	Scott Gardner	41	19:04
38	Ben Cantara	16	19:04
39	Djamel Hafiani	40	19:05
40	Loren Scott	15	19:10
41	Donald Foster	39	19:12
42	Lawson Noyes	54	19:16
43	Stephen Libby	29	19:17
44	Paul Lessard	39	19:18
45	Joerge Myers	18	19:19
46	Mark Stern	51	19:20
47	Elaine Christy	32	19:25*
48	Matthew Cote	14	19:27
49	Mike Feld	17	19:30
50	Gregory Evans	16	19:30
51	Justin Ork	14	19:32
52	Carol Gephart	40	19:38*
53	Joe Hayes	47	19:41
54	Jon Bielski	22	19:42
55	Russ Deforest	22	19:43
56	Susannah Landreth	28	19:44*
57	Patrick Condry	32	19:45
58	Scott Mangiafico	35	19:46
59	Rick Daniel	42	19:48
60	Joe Welsh	33	19:49
61	Dick McKenney	54	19:50
62	John Klossner	36	19:51
63	Andrew Laska	19	19:51

64	David Estes	15	19:57
65	Trevor Herrin	13	19:57
66	Josh Burt	24	20:02
67	Michael Promnitz	36	20:04
68	Chris Kuil	14	20:05
69	David Smallman	43	20:06
70	Gary Goss	50	20:08
71	David Anderson	12	20:11
72	Colin Berry	33	20:13
73	Brad Wolcott	14	20:14
74	Duncan McEachern	55	20:14
75	Paul Berton	41	20:15
76	Laurie Gaudreau	27	20:16*
77	Frank Spicer	47	20:16
78	Mike Moniz	32	20:19
79	Hal Long	18	20:21
80	David Mannai	35	20:23
81	Kim Coombs	39	20:24*
82	Eric Norton	38	20:30
83	Martin Sullivan	36	20:33
84	Bob Emerson	56	20:33
85	Roger Evans	51	20:34
86	Ralph Lewis	37	20:34
87	Don McGilvery	44	20:36
88	Bill Schenck	45	20:38
89	Marc Huppe	35	20:44
90	Wayne Fuller	27	20:48
91	Charley Raizes	13	20:50
92	Scott Grady	13	20:52
93	Chris Janson	32	20:53
94	George Boudreau	33	20:53
95	Paul Sorenson	41	20:54
96	Troy Zezula	17	20:55
97	Derry Rundlett	50	20:55
98	Brian Lockhart	11	20:57
99	Scott Purdytt	30	20:58
100	Stanley Sheldon	49	21:00
101	Thomas Goodrow	41	21:02
102	Jeff Gendron	27	21:05
103	Keith Bockus	44	21:07
104	Scott Daigle	45	21:08
105	Andrew Milne	12	21:09
106	Ron Knowlton	43	21:11
107	Peter Gilman	52	21:12
108	Steve Darcy	37	21:14
109	Sandy Tremblay	43	21:17*
110	Brian Vaeni	13	21:18
111	Susan Efinger	34	21:19*
112	Peter Gorannson	11	21:20
113	Christine Grant	27	21:20*
114	David Gray	13	21:23
115	James Cassidy	35	21:24
116	Alicia Estes	17	21:26*
117	Fritz Dostie	42	21:29
118	Robert Briggs	24	21:31
119	Jim Bisognani	39	21:34
120	Anna Gerry	28	21:35*
121	Gregg Miles	39	21:40
122	Peter Wilkins	46	21:48
123	Scott Larson	21	21:53
124	James Cutting	33	21:53
125	Leeer Parker	50	21:57
126	James Kenneally	34	21:59
127	Thomas Conley	45	22:01
128	Kenneth Woodbury	49	22:02
129	John Rinattim	46	22:03

130	Molly Landreth	13	22:09*
131	Bill Barowy	39	22:09
132	Richard Wall	37	22:14
133	Tom Witham	56	22:17
134	Mark Thompson	38	22:18
135	Brett Wickard	27	22:18
136	Jamie Eslinger	16	22:20
137	Wayne Ratowski	53	22:22
138	Andrew Hamilton	14	22:22
139	George Pierce	47	22:25
140	Sandra Kutniewski	42	22:28*
141	Joseph Brooks	39	22:29
142	Paul Bryant	50	22:30
143	Janet Hamilton-Boone	40	22:31*
144	Kristy Wechter	14	22:36*
145	Becky Hilton	15	22:38*
146	Patrick Girard	40	22:39
147	Peter Scontras	68	22:43
148	Rick Smart	34	22:45
149	Maureen Connolly	16	22:46*
150	Lee Crockett	41	22:48
151	Paul Johnson	39	22:55
152	Faye Lowrey	52	22:57*
153	Jeffrey Clifford	38	22:58
154	Beth Miller	32	23:04*
155	Jack Mahoney III	46	23:08
156	Paul Goulet	44	23:09
157	Douglas Foster	37	23:09
158	Karyn Soltis	16	23:10*
159	Mary Broadbest	31	23:13*
160	Ed Cassavaugh	41	23:24
161	Gloria Miro	31	23:26*
162	Robert John	50	23:26
163	John Janvrin	34	23:28
164	Ryan Lambert	13	23:30
165	Wendy Powers	31	23:31*
166	Sam Pennington	11	23:33
167	Ralph Hendrix	40	23:35
168	Peter McDonald	47	23:36
169	Harry White	54	23:41
170	Donna Woods	45	23:42*
171	Diane Provost	40	23:47*
172	Douglas Chamberlin	48	23:49
173	Mary Burke	45	23:54*
174	Jerry Shatinsky	44	23:54
175	Susan Ehnstrom	40	23:55*
176	Ned Neal	60	23:58
177	Mary Kenneally	37	24:01*
178	Casey Miles	15	24:02
179	Louisa Boehmer	32	24:03*
180	Nancy Bartlett	39	24:06*
181	Kenneth Folsom	70	24:07
182	Daniel Clapp	32	24:10
183	Roger Blais	38	24:12
184	Jerri Bushey	52	24:13*
185	Forrest Emery	39	24:14
186	Daren Daigle	9	24:15
187	James Flynn	49	24:15
188	Norman Preston	40	24:15
189	John Pappas	32	24:16
190	Tony Santiago	43	24:16
191	Michael Zuk	44	24:17
192	Howard Green	47	24:18
193	Ryan Strobel	13	24:19
194	Steven Christey	29	24:25
195	Rick Bunnell	38	24:26

196	Brian Buckley	42	24:29	249	Louis Peters	71	26:47	303	Sam Kunze	18	29:19*
197	Kellie Stratton	30	24:33*	250	Joseph Comeau	68	26:51	304	Mary Tuttle	43	29:22
198	Joe Hardy	51	24:37	251	Judy Cercone	38	26:58*	305	Michael Pederson	56	29:24
199	Jennifer Goransson	13	24:41*	252	Sandra Chadwick	18	26:59*	306	Dale Ork	44	29:25
200	Steven Henson	46	24:42	253	Lynne Forsyth	34	26:59*	307	Dianne Fallon	34	29:30*
201	Kate Hecht	16	24:43*	254	Peter Chadwick	46	27:00	308	Karen Emery	38	29:48*
202	Jay Evans	71	24:45	255	Robert Wyman	59	27:02	309	Jack Lambert	47	29:53
203	Mark Flynn	33	24:46	256	Vincent King	52	27:04	310	Stephanie Adams	40	30:15*
204	Mary Susan Leahy	52	24:47*	257	Melissa Hill	17	27:12*	311	Katherine Flohr	17	30:26*
205	Sara McLeann	17	24:50*	258	Patrick McGarry	37	27:14	312	Jen Estes	19	30:39*
206	Paul Winslow	42	24:54	259	Steven Connelly	13	27:14	313	Rebecca Flohr	14	30:58*
207	Phil Gendron	40	24:58	260	Mark Connelly	40	27:15	314	Cheryl Hayward	36	31:10*
208	Tom Collins	53	25:01	261	Cammie Hunt	31	27:16*	315	Dennis Hayward	36	31:10
209	Gerard Boyle	59	25:06	262	Jonathan Nash	40	27:17	316	Priti Prabhakar	15	31:19*
210	Vicki Dorr	38	25:10*	263	Norman Laurin	52	27:17	317	Nicki French	33	31:31*
211	Peggy Hylton	50	25:15*	264	Karen Dow	32	27:20*	318	Joseph Hebert	62	31:33
212	Mary Peyser	38	25:16*	265	Jeff Estes	12	27:20	319	Donna Dinaro	35	31:33*
213	Nicki Kasenenko	27	25:16*	266	Ken Peterson	36	27:20	320	James Sherwood	43	31:39
214	Lynne Punskey	34	25:17*	267	Peter Baletsa	49	27:21	321	Tim Price	45	31:50
215	Aubin Huertas	59	25:20	268	Joan Noel	38	27:23*	322	Jill Welene	16	32:05*
216	Dean Murray	34	25:21	269	Frank Zazzera	66	27:29	323	Melissa Green	16	32:05*
217	Terry Tuttle	34	25:21*	270	James Printy	36	27:30	324	Mimi Moulton	57	32:08*
218	Steven McHenry	49	25:36	271	Thomas Eldredge	49	27:41	325	Russell Anthony	13	32:45
219	Martin Losier	73	25:37	272	Doreen Papatones	40	27:51*	326	Carl Gurtman	53	32:46
220	Joe Mokos	39	25:39	273	Mary Vieira	16	27:57*	327	David Labbe	68	32:54
221	Ed Godnig	45	25:43	274	Joanne Aeed	34	27:58*	328	Carlyn Chase	10	32:58*
222	Jennifer Kimball	20	25:43*	275	Kate Gilman	16	28:00*	329	Lisa Wagner	39	33:07*
223	Karen Witham	24	25:48*	276	Melanie Fifield	33	28:05*	330	Aldea Bouchard	40	33:07*
224	Tracey Huppe	30	25:48*	277	Lauriejean Gould	17	28:05*	331	Randy Stewart	50	33:11
225	Jessie Estes	10	25:51*	278	Lisa Mauer	34	28:06*	332	Nancy Chase	41	33:12*
226	Susan Haskell	32	25:54*	279	Megan Sprague	22	28:08*	333	Lesley Fearnley	40	33:12*
227	Mark Vigneau	33	25:56	280	Brian Wills	54	28:14	334	Rita Snow	11	33:16*
228	Kyle McCormick	44	25:58	281	Jessica Seymoure	28	28:17*	335	Michael Furbish	13	33:49
229	Richard Kress	49	26:03	282	Abby Chase	11	28:20*	336	Sandra Curci	49	34:13*
230	Richard Libby	55	26:10	283	Amy Gagne	13	28:21*	337	Charlie Norris	45	34:13
231	Thomas Knight	38	26:11	284	Nancy Chase	42	28:21*	338	Jill Seward	10	34:43*
232	Denise Bartholomew	47	26:16*	285	William Marzul	72	28:21	339	Susan Hickey	45	35:19*
233	Harold Long	49	26:16	286	Amanda Cookson	14	28:23*	340	Rick Rand	51	35:32
234	Clifford Cayer	46	26:18	287	Matthew Alvey	10	28:24	341	Britany Adams	11	35:51*
235	Sally Strazdins	62	26:19*	288	Debbie Bockus	44	28:25*	342	Jessica Divincenzo	13	35:54*
236	Joyce Gunther	29	26:22*	289	Rachel Hamel	17	28:28*	343	George Perrine	54	36:39
237	Rebecca Messinger	15	26:23*	290	Ron Ricciardi	47	28:29	344	Laura Seward	13	36:54*
238	Emily Novis	16	26:23*	291	Gary Wechter	40	28:31	345	Nicole Dinaro	11	37:01*
239	Joyce Fenelon	36	26:24*	292	Heather Henson	26	28:32*	346	Laura Dinaro	9	38:49*
240	Kate Katzenberg	16	26:26*	293	Richard LeClerc	66	28:32	347	Mary Helen Wilson	76	39:07*
241	Judy Barowy	38	26:27*	294	Becky Halstead	48	28:36*	348	Deborah Orne	29	39:15*
242	Christopher Gilman	29	26:28	295	Regina Rivard	48	28:39*	349	Judith Javery	53	39:16*
243	Lindsay Clark	16	26:28*	296	Vicki Stewart	48	28:43*	350	Judy Potter	49	42:01*
244	Litchfield Anthony	11	26:30	297	Ernie Cooper	52	28:44	351	Cindie Goodrow	45	43:56*
245	Mary O'Donnell	34	26:30*	298	Jessie King	51	28:52*	352	Grace Laurin	48	43:58*
246	Paula Wechter	42	26:40*	299	Beth Pilkington	15	28:53*	353	Norton Goddard	51	46:54
247	Vincent Ribas	37	26:41	300	Leigh Ferrara	16	28:54*	354	Dennis Conlon	36	46:56
248	Don Norris	53	26:43	301	Debra Straussfogel	39	28:54*	355	Mary Hebert	60	55:25
				302	Susan Quinn	47	29:01*				

GREAT PUMPKIN 10K PICTURES



Joel Croteau



Britt Wolfe

BELFAST PANCAKE RUN

Belfast

October 13, 1996

1	Sheldon Young	15:36
2	Jim Newett	16:20
3	Randy MacNeill	16:28
4	Scott Hosmer	16:39
5	Judson Esty-Kendall	16:41
6	Jeremy Lisle	16:44
7	Raymond Webster IV	16:45
8	Hugh McLean	16:55
9	Newell Lewey	16:58
10	George Towle	17:07
11	James Jondrow	17:15
12	Jo-Ann Nealey	17:15*
13	Jerry Bonner	17:36
14	Kevin Dow	17:58
15	Joel Flewelling	18:13
16	Colin Jones	18:22
17	Steve Peterson	18:26
18	Jon Connelly	18:29
19	Phil Chretien	18:31
20	Tim Reid	18:40
21	Robbie Skillings	18:55
22	Tom Kirby	18:56
23	David Torrey	19:03
24	Michael Thompson	19:17
25	Peter Reid	19:18
26	John Lemieux	19:24
27	Gary Larson	19:26
28	Vern Demmons	19:31
29	Walt Whitcomb	19:41
30	Dan Avener	19:47
31	Peter Aucoin	19:47
32	Bill Pinkham	19:52
33	Scott Fraser	19:54
34	Kim Coombs	19:54
35	Tim Sickel	19:59
36	Buck Altwater	20:02
37	Alan Andrus	20:03
38	Roy Rodgers	20:03
39	David Wilson	20:05
40	Stephanie Allard	20:14*
41	Ravi Gongaju	20:18
42	Joe Berule	20:18
43	Will Randall	20:22
44	Chad Lawrence	20:23
45	Angie Edgecomb	20:24*
46	William Estey	20:24
47	David Benn	20:25
48	Dwayne Keller	20:26
49	Marjorie Tennyson	20:28*
50	Dan Greeley	20:35
51	Ed Rice	20:37
52	Dale Dickey	20:40
53	Sarah Andrus	20:41*

54	Brenda Bailey	20:41*
55	Levi Miller	20:45
56	Paul Parmley	20:53
57	Elise Lisle	20:56*
58	Rick Lamoreaux	20:59
59	Adam Bonner	21:07
60	Eileen Greeley	21:10*
61	Joe Kilch	21:18
62	Patrice Lastufka	21:18*
63	Nichi Farnham	21:33*
64	Ruffy Loblein	21:34
65	Erin Semba	21:36*
66	Roger Greeley	21:36
67	Timothy McKim	21:37
68	John LeRoy	21:42
69	David Atwood	21:44
70	Brian Bardwell	21:49
71	Richard Lane	21:50
72	Chuck Lawrence	21:52
73	Mary Louise McEwen	21:55*
74	Janice Choimiere	21:55*
75	Annette Hatch-Clein	22:06*
76	Beret Skorpen	22:09*
77	Laura Zegel	22:19*
78	Bill Stred	22:19
79	Tim Nanof	22:23
80	David Smith	22:25
81	Paula Harwood	22:27*
82	David Slagger	22:32
83	Louisa Dunlap	22:37*
84	Mark Kibler	22:49
85	Stanley Drinkwater	22:51
86	Jake Worth	22:52
87	Gene Ross	22:57
88	Kathy Loblien	23:00*
89	Larry Rich	23:10
90	Gary Elliot Jr	23:12
91	Frank Fogg	23:18
92	Heather Fogg	23:18*
93	Joan Merriam	23:23*
94	Loretta Wilber	23:24*
95	Steve Fein	23:27
96	Thomas Smart	23:29
97	Joyce Bonner	23:35*
98	Charles Lagerborn	23:37
99	Katie Murphy	23:43*
100	Ellen Spring	23:43*
101	Jason Loblein	23:44
102	Terin Holbrook	23:49*
103	Kate Manning	23:50*
104	Sandra Gordon	24:05*
105	Shawn Lamoreaux	24:09
106	Peter Johnson	24:16

107	Tom Severance	24:18
108	Celeste Emery	24:19*
109	John Shattuck	24:23
110	Ray Gagnon	24:41
111	Kerry Ward	25:04
112	Lucretia Miller	25:07*
113	Terry Devereaux	25:12
114	Keith Holland	25:13
115	Annie Larson	25:14*
116	Willow Johnson	25:17*
117	Paul McFarland	25:33
118	Sheldon Bilmin	25:59
119	Dean Anderson	26:03
120	Ando Anderson	26:03
121	John Chandler	26:11
122	Harvey King	26:15
123	Mollie Noyes	26:21*
124	Amanda Lowe	26:27*
125	Katherine Wilson	26:30*
126	Susan Quinn	26:38*
127	Jim Miller	26:47
128	Kimberly Williamson	26:47
129	Philip Vangel	27:11
130	Judy Dickey	27:12*
131	Breanna Bardwell	27:17*
132	Teri Stred	27:44*
133	Patrick McCormack	27:47
134	Barbara Billings	27:49*
135	Mary Alice Bruce	27:52*
136	Emily Avener	29:14*
137	Les Herbig	29:18
138	Catherine Atwood	29:37*
139	David Hatch	29:57
140	Gary Elliot Sr	30:18
141	Andy Smith	30:59
142	Jean Thompson	31:09*
143	Charles Clapper	31:10
144	Maggie Avener	31:55*
145	Patricia Page	32:05*
146	David Page	32:05
147	Linda Garson-Smith	32:17*
148	Kathy Hally	32:27*
149	Elizabeth Anderson	33:48*
150	Robin Hughs	33:56*
151	Ginger Chandler	33:56*
152	Leona Clapper	35:19*
153	Linda Benn	38:11*
154	Katy Anderson	39:30*
155	Meris Bickford	39:31
156	Paul Paulson	44:15
157	Fern Spring	48:24*
158	Ethal Whitcomb	49:04
159	Diane Colby	49:05*

GREAT PUMPKIN 10K PICTURES



The Start



Gretchen Read, the Faster Master

THE GREAT PUMPKIN

Camp Ellis, Saco

October 27, 1996

1	Scott Brown	38	Lewiston	31:11
2	Byrne Decker	29	Yarmouth	31:34
3	Stephen Sarkozy	28	Scarborough	32:59
4	Michael Grigware	32	East Waterboro	33:12
5	Mike Payson	33	Falmouth	33:21
6	David Weatherbie	28	Cumberland	33:39
7	Stu Hogan	34	Old Orchard Beach	33:50
8	Jeff Tidd	31	Saco	34:11
9	Gordon Hartwell	38	Bingham	34:23
10	George Towle	46	Portland	34:39
11	Ludo Bruyere	27	Augusta	34:50
12	T.J. Hesler	27	Gorham	34:52
13	Steve Podgajny	46	Harpswell	35:02
14	Ken Botting	36	Saco	35:16
15	Guy A. Berthiaume	50	Augusta	35:38
16	Michael St. Laurent	41	Newmarket NH	36:35
17	Joel Croteau	52	Biddeford	36:48
18	Roseanna Morrison	33	Limerick	37:13*
19	Keith Kennedy	44		37:16
20	Bob Gillon	45		37:17
21	G. Daniel Deniso	35	Portland	37:33
22	Hayden Towle	33	Standish	37:34
23	Mark Steege	41	Standish	37:38
24	Brian Moynihan	29	Yarmouth	37:44
25	Cindy Lynch	36		37:54*
26	John Tarling	45		38:23
27	Paul Rogers	44		38:42
28	Ronald D. Deprez	52	Portland	38:56
29	Linda St. Laurent	37	Newmarket NH	39:00*
30	Jamie Chamberlain	32	Scarborough	39:05
31	Christine Bracer	34		39:14*
32	Gerard P. Conley Jr.	42	Portland	39:28
33	Laurel Valley	34	Parsonfield	39:31*
34	Mike Daly	51		39:35
35	Gretchen Read	54	Portland	39:44*
36	Brian Kelly	38	Wilton	39:53
37	Joe Doane	36		39:53
38	Paul Aceto	30	Scarborough	39:54
39	Roch E. Garand	33	Sanford	39:56
40	Tom Shorty	34	Gorham	40:22
41	James Pietkiewicz	35	Topsham	40:25
42	Gary Weber	50	Lewiston	40:27
43	Lloyd Slocum	62	South Portland	40:33
44	Vern Demmons	50	Wells	40:42
45	Britt Wolfe	31	Portland	40:50
46	Chris Eaton	28	Scarborough	41:12
47	Ronald Paquette	45		41:21
48	Maureen Sproul	40	New Gloucester	41:24*
49	Paul Casey	42	Saco	41:26
50	Al Carlisle	45	Springvale	41:42
51	Michael Myrick	51	Saco	41:45
52	Peter McDonald	36	Scarborough	41:47
53	Steve Douglass	36	South Portland	41:54
54	Steve Jacobsen	47	Kennebunk	41:58
55	Jane Rau	46	Augusta	42:02*
56	Michael Beaudoin	54		42:06
57	John Pettorini	47	Kennebunk	42:16
58	Loren Lathrop	47	South Portland	42:29
59	John Center	40		42:44
60	George Boudreau Jr	34	Biddeford	42:52
61	John Hebert	39	Scarborough	42:58
62	Tony Ryan	16	Biddeford	42:58
63	Mark Bell	40	Saco	43:08
64	Phil Vezina	37		43:23
65	Michael Marcel	48		43:30
66	Larry Kinner	47	OOB	43:51

67	John Morse	51	Phippsburg	44:19
68	Dick Lajoie	56	Durham	44:22
69	William Cookson	36	South Portland	44:29
70	Kevin Conley	27		44:35
71	Steven Harkins	27	Portland	44:37
72	Sharon Wilbraham	32	Bath	44:40*
73	Judy Gilman	39	Westbrook	44:45*
74	Leslie Belisle	25	Yarmouth	44:49*
75	Richard Scribner	45	Gorham	45:20
76	George Cooper	40	Portland	45:31
77	Bruce Fenlan	50		45:38
78	Eric Cote	49		45:48
79	Stephen Beale	54	Durham NH	46:01
80	Erika Maddaleni	30	Coram NY	47:16*
81	Carlos W Philbrick	44	Dayton	47:25
82	Earl Smith	40	Springvale	47:39
83	Tracey Weatherbie	30		47:49*
84	Cheryl Gilbert	47	Bath	47:49*
85	Roger Smith	50	Scarborough	47:50
86	Louisa Dunlap	56		47:54*
87	Harry Nasse	62	Saco	47:56
88	Heidi McDonald	34	Scarborough	48:06*
89	Ona Elgee	46	Saco	48:11*
90	Ellen Spring	43	Topsham	48:30*
91	Don Russell	59	South Portland	48:31
92	William Elgee	52	Saco	48:41
93	Harry J. White	54	Scarborough	48:46
94	Christopher Labonte	32	Saco	49:01
95	Mark Ettinger	36	Kennebunk	49:25
96	Bob Gilman	48	Westbrook	49:35
97	Gloria Miro	31	South Portland	49:48*
98	Ann Ludwig	39		50:21*
99	Reginald Parent	57	Saco	50:44
100	Tom Collins	53	Sanford	50:51
101	Kristen Maine	23		51:02*
102	Beth Wilson	40	Brunswick	51:05*
103	Betty DiSanza	48	Limington	51:11*
104	Robert DiDonato	35	Portland	51:29
105	Phillip Gendron	40	Saco	51:31
106	Deborah Mauro	47	Auburn	51:42*
107	Jeanne K. Weber	47	Lewiston	51:47*
108	John Gale	40	Portland	52:01
109	Ronald Zorn	60		52:22
110	Jill Szopinski	26	Yarmouth	52:47*
111	Melanie Collins	31	Biddeford	52:57*
112	David Mosley	50	Portland	52:57
113	Christin Burnham	22	Kennebunk	53:56*
114	Don Burnham	55	Kennebunk	53:57
115	Tobin Gardner	35	Saco	54:07
116	Debbie M. Hebert	35	Scarborough	54:20*
117	Roland Michaud	49	Saco	54:25
118	Heidi-Anne Loughlin	26	Yarmouth	54:31*
119	David S. Peterson	42	Westbrook	54:34
120	Jean Ann Strickland	35	Westbrook	54:35*
121	Joe Hepp	46	Kennebunk	54:37
122	Ronald Read	54	Portland	54:48
123	Ellen Joy DellaTorre	32	Portland	55:09*
124	Robin Brown	33		55:13*
125	Megan Krukowski	32	Westbrook	55:47*
126	Lynn Gobeil	43	Kennebunk	55:56*
127	Rick W. Gagne	25	Biddeford	56:05
128	Heather Broad	17		57:20*
129	Sally Paterson	55	Portland	57:22*
130	John LeRoy	59	Brunswick	57:23
131	Paula Lepore	48		57:38*

132 Thomas Decker	52 Kennebunk	58:00
133 Deb Flora	39 Schenectady NY	58:45*
134 Mary Doyle	43 Lowell MA	58:46*
135 Richard W. Gagne	25 Biddeford	59:18
136 Brenda Bell	37 Saco	59:30*
137 Richard Cahill	65 Auburn	59:32
138 Marge Parsons	45 Cumberland Centr	59:34*
139 Bob Aube	31 Green	59:35
140 Stella Hills	30 Windham	1:01:07*
141 Mark Clinch	40 Gorham	1:03:05
142 Pam Kinner	37 OOB	1:03:34*
143 Frank Settler	52	1:04:35
144 Maggie Soule	55 Yarmouth	1:06:06*
145 Sandra Pederson	35 OOB	1:08:17*
146 Don Penta	50 Windham	1:13:57
147 Kate Krukowski	42 Westbrook	1:20:56*



Maureen Sproul, frequent photographer for the magazine, leads Paul Casey



Steve Sarkozy runs a fast time

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Great Pumpkin 10K- Camp Ellis, Saco 10.27.96

It is nice to see this classic course back on the race schedule. It is flat and fast, and the posted times should help to boost the size of this race in the coming years. One problem that race director Bob LaNigra faced this year was the October flooding in the week prior to the race, a flood that had put parts of the course under water. Fortunately, it was cleared by race day, and the race went on. Thanks to Charlie Scribner, Split Time Race Management for the results.

CISV European Cross Country 3.2 Miles

Orono

November 3, 1996

TOP MEN

1 Roly McSorley	17:31
2 Ken Hunter	17:54
3 Newell Lewey	18:09
4 Jeremy Lisee	18:18

5 Josh Dyer	18:25
6 Derek Veilleux	18:38
7 Dana Lavertu	18:43
8 Greg Allan	18:52
9 Keven Dow	19:09

TOP WOMEN

1 Jennifer Phillips	20:05
2 Mary Beth Gory	21:41
3 Angela Edgecomb	21:51
4 Katie Laverdiere	22:21
5 Brenda Bailey	22:53

USATF MASTERS 8K CROSS COUNTRY RACE

Beech Ridge Ski Center

November 3, 1996

USATF MASTERS 8K Race Nov. 3rd Noon at
Beech Ridge Ski

1. Alan Muir	30:07
2. Ken Botting	30:42
3. Paul Greene	31:07

4. Les Devoe	31:36
5. Robert Craig	32:14
6. Christine Snow-Reaser	32:16*
7. John Eldredge	32:23
8. Edie Dubord	32:41*
9. Scott Bennett	33:54

10. Chuck Throp	34:12
11. Phil Chretien	34:17
12. Bill Reilly	34:37
13. Chase Pray	35:16
14. John Nale	36:33



Yarmouth High School runner Scott Bennett



Edie Dubord of Waterville



John Eldredge cheers on Phil Chretien at the finish



Alan Muir leads Paul Green

HIGH SCHOOL REPORT

By the time that you read this you will probably be preparing for league championship meets and the upcoming state meets. Hopefully you made the qualifying standards (or will shortly). Good luck to all of you, no matter what your goals are in the weeks ahead. (Read the goal-setting article on page 16.)

I have enjoyed covering the indoor meets over the past couple of weeks. As a high school athlete, indoor track was always the season that I dreaded the most (too many turns, no oxygen, the smell of popcorn as I was running) but I am growing to enjoy it as a spectator, even more than I did as I was coaching it. There is still no venue quite as interesting as the Portland Expo during track season (too bad you eastern Maine athletes never get a chance to experience it), and all of the other tracks have their own mystique and hidden nuances.

If you are a regular reader of the magazine, you may notice that some of the type-face is smaller than in past issues. (That is because it actually is smaller, not because you are losing your vision.) With the number of events that are contested, and the sheer volume of results that I would like to print, it is necessary to make the print smaller to include more results per issue. Of course, this will allow for more names to be printed each month, but your name will be smaller. (Hopefully this is a fair trade)

Well, enjoy this issue and keep reading .(tell your friends) Good luck at the upcoming meets. Don't forget that there will be no issue published in March, so results of the remainder of the indoor season will be published in the April issue. Until then, keep the faith and remember to eat all of your vegetables and clean your room at least once a month.



In This Section:

- 16 Coaches' Corner: Goal Setting
- 17 Keeping Pace: News on College Athletes from Maine
- 18 Athlete Profiles:
- 19 Results: Maine Relay Results
Middle School Triple C
Cross Country
Championships
Southern Maine Middle
School Cross
Country Championships
Eastern Maine Indoor
Track Exhibition
Central Maine Indoor
Track Meets 12/27



COACHES CORNER

Training Tips for High School Athletes

Goal-Setting Should Be Part of Your Plans

by Roland Thibault

What exactly do you hope to achieve each time you step to the starting line or prepare to jump or throw? Are you interested in winning? bettering your time? placing in the top five or six? Maybe you are interested in achieving a combination of these or something completely different. No matter what you hope to accomplish, the important thing is that you set a goal before you compete, and set up a plan to achieve that goal.

Keep in mind that you wouldn't leave for a camping trip without deciding where you are going and for how long, preparing a list of necessary items, or creating a preliminary addendum for the trip. Without this preparation you would find yourself wandering through the woods without the tools that you need to survive. So don't be a track and field vagabond, wandering around without a plan. Take charge and do some inventory before your next race.

Excuses tend to be the most hazardous pitfalls when it comes to reaching our best effort and yet we all tend to make excuses when we become tired or fall behind. Goals help us to focus on the competition and help to get doubts out of our minds because we are functioning with a plan. Instead of thinking about excuses, our minds focus on the steps of our plan, allowing for better performances and stronger efforts.

You can get rid of excuses and achieve better performances by setting a goal plan today. Begin by deciding what you would like to accomplish in your next race (or event). Talk to your coach about what he/she thinks you should be focusing on. Remember that goals should be specific and related to your current fitness level. Keep them realistic. If you can't reach them you will just get discouraged and start making excuses. Also, try to make goals flexible or based on a series of levels. If you set them up on levels, with a major goal and some minor goals, you increase the odds of success on one level or another. Just make sure to concentrate on your ultimate goal.

Once you have your goal set, decide how you plan to reach it. Again, be specific and write it down. (Ask your coach for advice, and to make sure that your plans fit in with the team plans.) If your goal is to run a five minute mile, for example, plan for each quarter-mile split time. According to your strengths, you may want to run harder in the first quarter, save it for the end, or run even splits. Plan what you want to do, write it down, and stick by it.

Finally, following the competition, evaluate how your plans worked. You should always re-evaluate to change things that didn't work or to decide what did work. If your goal was reached, you now should set new goals. If you didn't reach your goal, decide why it wasn't reached, and either set a new goal or make a new plan. Remember that it's alright to be disappointed, you just shouldn't get discouraged. The important thing is that you set a goal, make a plan, and stick to it. That should make you a stronger athlete in the long-run. That should be your main goal.

Some Tips on Setting Goals

- * Make goals reachable, but not so reachable that they aren't a challenge.
- * Keep your goals in line with your current fitness level and training patterns.
Just because you used to be able to do something, you may not be able to do it now. You may also be in better shape than you used to be.
- * Constantly reevaluate your goals to keep them current.
- * Don't make excuses for failure, make reasons to succeed.
- * Be specific when preparing your plans to reach your goal.
- * Remember: It's alright to be disappointed, but don't get discouraged when you don't reach your goals.

KEEPING PACE

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

*Former Yarmouth standout **Matt Lane** has been tearing up the trails as a freshman on the William & Mary Cross Country Team. Sources have referred to him as one of the dominant freshman distance runners on the east coast. Matt proved this in November by placing 23rd in the NCAA District II meet in Boston.

***David Kahill** of South Portland has been named as a co-captain of the Bowdoin College men's indoor track team.

***Renee Lathrop** of South Portland finished 81st in the NCAA Division III Middle Atlantic Regional Cross Country Championships at Carlisle, Pennsylvania. Lathrop is a freshman at Susquehanna University and her time over the 5K course was 27:40.

*Former High School standouts from Maine are now members of the UMaine Indoor Track and Field team. The following athletes competed in a meet at Orono on December 15th:

Derek Treadwell (Milford)	800-1:55.55 (1st) mile-4:13.8(1st)
Peter Phelan (Brewer)	High hurdles-8.11(2nd) Triple Jump-45-8(1st)
Neil Willey (Medomak Valley)	Pentathlon-3353(1st) High Jump-6-4(1st) Pole Vault-13-6 (3rd)
Thingh Ly (Biddeford)	1000-2:18.59(1st)
Mike Rice (Old Town)	3000-8:51.2(1st)
Brian Oickle (Freeport)	3000-9:06.2 (3rd)
Nikki Motil (Thornton Academy)	High Hurdles-8.87(1st) Pentathlon-3073(2nd)
Nichol Stevens (Old Town)	Mile-5:16.87(2nd) 3000-10:52.50(3rd)
Karen Noyes (Westbrook)	500-1:23.46(2nd)
Jackie Maurer (Gorham)	800-2:22.45(2nd) Mile-5:20.25(3rd)
Addie Myrick (Thornton Acad.)	1000-2:53.66(3rd)

***Kara Patterson**, a senior at Colby College, was named as an All-American in Cross Country after placing 30th in the NCAA Division III women's cross country championship in Rock Island, New York on November 16th. Her time was 18:31 for the 5 Kilometer course. Former Westbrook runner **Meg Randall** finished 58th for Williams College which placed as fifth team. Meg's time was 18:55. **Eleanore Anderson** of the University of Southern Maine finished 110th with a time of 19:25. On the men's side, Bowdoin's **James Johnson** finished the 8 kilometer course in 25:04 to place 24th, followed by **Matt Twiest** of Bates(43rd place in 25:20). (This means that 19 runners finished between them in just 16 seconds, which shows the depth of competition at the Division III level.

HIGH SCHOOL NEWS:

*At the Footlocker High School Championships: **Parker Pruett** of Birch Harbor competed in December for the right to race against the fastest runners in the country, and proved himself a member of that group in good standing (as those of us who have seen him run already knew) On December 1st, Parker finished sixth in the Northeast Regional at Van Cortland Park in New York with a time of 16:17.3 for the 5 kilometer course. The top eight boys qualified for the national meet on December 15th in San Diego, where Parker finished 29th with a time of 16:38. Congratulations to Parker for a great showing at both meets.

*Pruett was named as a Maine Sunday Telegram Fall Sports All-Star for 1996, along with Mt Blue freshman **Lynnette Batt**. Pruett was the Class C champion in a time of 16:32 for the hilly 5K course in Augusta. Look for him to continue his running career at Dartmouth next year focusing on the middle distances. Batt will be back as a sophomore in 1997 to defend her Class A title. She ran 19:58 in Augusta. Among her other accomplishments, Lynette is an accomplished equestrian with regional titles in Trail Riding competitions. Congratulations to both on earning this distinction.

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CROSS COUNTRY SEASON PROFILES

High School Cross Country All-Stars:

SMAA All-Conference

Boys

Ryan Fenton	Cheverus
Mike Barton	Deering
Ryan Demers	Cheverus
Ryan Toothaker	Cheverus
Brian McLaughlin	Cheverus
Pat Nelson Thornton	Laura Welch
Ben Perkins	Thornton
Matt Smith	Sanford
Scott McKeough	Westbrook
Jacob Koelker	Cheverus
Brad Bannon	South Portland
Robert Flynn	Bonny Eagle
Randy Perry	Westbrook
Ben Cantara	Biddeford

Runner of the Year: Ryan Fenton
Coach of the Year: Matt Ferry - Sanford

Suzanne Hussey	Massabesic
Michela Adrian	Portland
Jennifer Salamone	South Portland
Jessica Mayol	Westbrook
Claire Fontaine	Deering
Missy Leclair	Westbrook
Kristi Plourde	Thornton
Christy McKinnon	Westbrook
Melanie Austin	Noble
Nicole Durand	Thornton
Sarah DiGiacomo	Thornton
Melissa Stillberger	Noble
Danielle Morin	Sanford

Michela Adrian
Donna Bernard - Portland
Ken Knapton - Westbrook

Kennebec Valley Athletic Conference

Boys

Ethan Higbee	Mount Ararat
Russell Savage	Brunswick
Eben Knopp-Albert	Maranacook
Glenn Gilchrist	Mt Blue
Josh Galouch	Maranacook
John Pollock	Brunswick
Brett Almasi	Morse
Nolan Tobey	Erskine
Darin Knight	Messalonskee
Dion Warren	Maranacook

Coaches of the Year: Tom Wells - Cony
Stan Cowan - Maranacook

Girls

Jenna Richardson	Waterville
Lynnette Batt	Mt. Blue
Stephanie Newel	Lincoln Academy
Meghan Caldwell	Mt. Blue
Vanessa Allen	Morse
Amy Potvin	Belfast
Amanda Keyes	Gardiner
Kate Kruswick	Mt Ararat
Hannah Wright	Morse
Natasha Lightford	Lawrence

Gary Grady - Gardiner
Kelly Cullenberg - Mt Blue



Ryan Fenton of
Cheverus

Megan Caldwell of
Mount Blue and
Suzanne Hussey of
Massabesic



**1996 USA Track & Field Junior Olympics Cross Country National Meet - Lexington KY 12/14/96

Girls 15-16 year old: The Maranacook team took second behind Nebraska's Corn Husker Flyers over a 5K course in Kentucky Horse Park. **Lynette Batt** of Wilton (19:19) was 5th. **Suzanne Hussey** of Alfred (19:48) was 17th. (BOTH ALL AMERICANS) Also on the team were **Meghan Caldwell** (Farmington 27th in 20:05) **Jenna Richardson** (Waterville 37th in 20:22), **Amy Potvin** (Searsmont 47th in 20:37), **Heather Corson** (Newburgh 104th in 21:34), and **Autumn Ray** (Appleton 128th in 22:14).

Boys 15-16 years old: The Scarborough team placed fifth place nationally. The team was led by All-American **Brady Scott** of Athens who placed 12th in 16:47. Other team members were: **Ryan Fenton** of Portland (37th in 17:12), **Darin Knight** of Oakland (57th in 17:25), **Erik McCarthy** of Greene (59th in 17:25), **Michael Barton** of Portland (65th in 17:30), and **Matthew Lunt** of Cape Elizabeth (148th in 18:12).

10 & Under Division: The Yarmouth team placed 9th. The team was led by **Brandon Bonsey** of Falmouth (36th place in 12:19 for the 3K course). Others that followed were: **Marc Beaudoin** of Augusta (63rd in 12:39), **Patrick Delaney** of Yarmouth (76th in 12:51), **Luke Trafton** of Harpswell (99th in 13:06), **Kyle Hanson** of Richmond (107th in 13:12), and **Nate Podgajny** of Harpswell (166th in 13:55.4).

Girls 10 & Under: **Samantha Bowden** (the only girl from Maine to qualify) of Cumberland Foreside ran a time of 13:29 in the 3K race to place 41st.

Boys 11-12: The Lakers team placed 12th. **Steve Monsulick III** of Kents Hill placed 29th in 11:27 over the 3K course to lead the Lakers team. Following were: **Erik Olafsen** of East Baldwin (104th in 12:05), **Liam Gallagher** of Auburn (105th in 12:06), **Spencer Trott** of Richmond (109th in 12:07), **Eric Johnson** of Topsham (122nd in 12:12), **Nathan Cleveland** of Auburn (188th in 12:37), **Jared Kava** of Auburn (233rd in 13:04), and **Matt Gilley** of Harpswell (265th in 13:55)

Girls 11-12 : Like her sister, **Mandy Bowden** was the only 11-12 year old girl from Maine to qualify in the division. After placing fourth at the regional meet in New York, she finished 109th in the 3K race in 13:09 at the national meet.

Girls 17-18 team: **Angnes Mang** of Brooklin made All-American by placing 19th in Nationals with a time of 20:32 for the muddy and worn 5K course. Also running in this division were: **Megumi Komori** of Madison (39th in 21:09), and **Shannon Markley** of Penobscot (56th in 22:07)

Boys 17-18: The "Crown of Maine " team takes 12th. Led by **P.J.Gorneault** of Stockholm (38th in 16:59), the team placed 12th. Others included: **Mike Waugh** of Presque Isle (75th in 17:22), **Aaron Monty** of Norridgewock (111th in 17:42), **Jonathan Sprague** of Stockholm (126th in 17:54), and **Lance Pinette** of New Sweden (136th in 18:03)

SIXTH ANNUAL MAINE HIGH SCHOOL RELAYS

December 21, 1996

Farley Field House at Bowdoin College

Sixth Annual Maine Relays at Bowdoin Colleges
Farley Field House 12.21.96

Girls Team Scores

Brewer	92
Mt Ararat	69.5
Scarborough	60
Greely	43
Waterville	39.5
Skowhegan	39
Morse	30
Nestbrook	11
Gray-New Gloucester	9
Hebron	6
Brunswick	5
Old Town	5
Bucksport	4

3 X 1 Mile

1 Scarborough	17:44.2
2 Mt Ararat	17:47.9
3 Morse	18:16.6
4 Greely	18:30.1
5 Brewer	18:32.1
6 Waterville	18:45.3

Sprint Medley

1 ScarboroughA	3:06.3
2 Waterville	3:09.0
3 Hebron	3:19.6
4 Brewer A	3:12.6
5 Mt Ararat	3:17.5
6 Greely A	3:18.8

Throwers Relay

1 Skowhegan	1:00.7
2 Brewer	1:00.8
3 Scarborough	1:02.4
4 Westbrook A	1:04.2
5 Gray-New Gloucester	1:07.1
6 Greely	1:07.3

Distance Medley

1 Mt Ararat	14:24.0
2 Brewer	14:26.9
3 Scarborough	14:45.6
4 Morse	14:51.6
5 Brunswick	14:52.6
6 Waterville	15:16.5

4 X 200

1 Scarborough	1:53.6
2 Skowhegan	1:57.4
3 Mt Ararat	1:58.9
4 Waterville A	1:59.1
5 Brewer A	2:00.0
6 Brunswick A	2:02.2

Shuttle Low Hurdles

Brewer A	39.2
2 Mt Ararat	40.2
3 Skowhegan	41.6
4 Greely	42.0
5 Waterville	42.2
6 Gray-New Gloucester	45.2

4 X 400

Brewer A	4:43.4
2 Waterville	4:49.3
3 Mt Ararat	4:53.6
4 Skowhegan	4:53.8
5 Brunswick	4:55.3
6 Westbrook	5:01.2

4 X 800

Brewer	11:08.9
Mt Ararat	11:09.5
Scarborough	11:24.5
Bucksport	11:46.1
Westbrook	11:46.8
Greely	12:30.2

High Jump

Greely	14-3
Brewer	13-2
Scarborough	13-1
Morse	12-11

5 Mt Ararat	9-0
5 Waterville	9-0

Pole Vault

1 Scarborough	14-0
2 Mt Ararat	12-6
3 Brewer	11-6
4 Gray-New Gloucester	11-0
5 Brewer	9-0
6 Old Town	6-6

Long Jump

1 Brewer A	45-1
2 Morse	42-4
3 Mt Ararat	41-11
4 Skowhegan	40-7
5 Greely A	39-8
6 Old Town A	39-4

Shot Put

1 Greely A	88-10
2 Westbrook A	84-0
3 Brewer A	82-1
4 Waterville A	80-11
5 Skowhegan A	79-0
6 Scarborough A	73-1

Triple Jump

1 Greely	94-10
2 Morse	91-7
3 Mt Ararat	90-2
4 Brewer	89-5
5 Waterville	82-0
6 Brewer B	79-10

Coed Relay

1 Skowhegan	5:10.7
2 Waterville	5:16.1
3 Old Town A	5:18.4
4 Gray-New Gloucester	5:18.6
5 Brewer A	5:24.2
6 Scarborough	5:28.8

Boys Team Scores

Waterville	65.5
Brewer	65.5
Scarborough	54
Cheverus	52
Orono	51
Greely	45
Brunswick	37
Westbrook	31
Mt Ararat	17
Skowhegan	12
Bucksport	4
Thornton Academy	4
Hermon	3.5

Sprint Medley

1 Greely A	2:41.2
2 Waterville A	2:42.0
2 Scarborough	2:42.0
4 Cheverus	2:44.1
5 Westbrook A	2:45.1
5 Hermon A	2:45.1

3X Shuttle High Hurdle

1 Orono	24.5
2 Brewer	25.2
3 Westbrook	27.4
4 Waterville	27.5
5 Brunswick	31.8
6 Orono	33.2

4 X Shuttle Low Hurdles

1 Brewer	33.9
2 Scarborough	36.5
3 Cheverus	37.5
4 Brunswick	38.5
5 Westbrook	39.1

Throwers Relay

1 Cheverus	52.2
2 Scarborough	53.7
3 Brewer	55.1
4 Brunswick	55.4
5 Greely	55.9
6 Skowhegan A	56.6

Distance Medley

1 Cheverus	11:24.9
2 Brewer A	11:37.0
3 Brunswick A	11:45.0
4 Westbrook	11:50.8
5 Mt Ararat	12:00.0
6 Greely	12:12.8

4 X 200

1 Scarborough A	1:38.7
2 Greely A	1:39.1
3 Orono	1:40.9
4 Brewer A	1:42.0
5 Cheverus A	1:43.8
6 Brunswick A	1:44.2

4 X 400

1 Waterville A	3:45.2
2 Scarborough	3:48.5
3 Greely A	3:48.5
4 Brewer A	3:53.4
5 Brunswick A	3:56.3
6 Cheverus A	3:57.9

4 X 800

1 Cheverus A	8:49.6
2 Brunswick	9:01.5
3 Mt Ararat	9:06.2
4 Westbrook	9:16.9
5 Brewer A	9:43.6
6 Cheverus B	9:50.7

Shot Put

1 Cheverus	129-6
2 Waterville A	124-11
3 Brewer A	120-11
4 Bucksport A	114-0
5 Skowhegan A	111-10
6 Brunswick A	110-5

Pole Vault

1 Orono	32-0
2 Scarborough	30-6
3 Waterville	29-0
4 Thornton	16-0
5 Hermon	15-0
6 Gray-New Gloucester	9-6
6 Waterville	9-6

Long Jump

1 Brewer A	54-10
2 Waterville	54-6
3 Greely	51-7
3 Orono	51-7
5 Westbrook	51-0
6 Brunswick	50-11
7 Mt Ararat	49-6

Triple Jump

1 Waterville	101-2
2 Westbrook	99-5
3 Greely	98-2

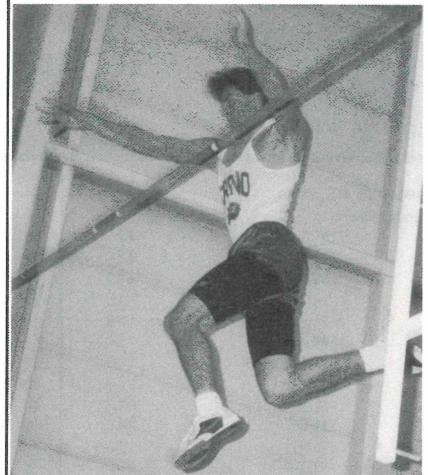
4 Skowhegan	94-8
5 Brewer	71-5
6 Brunswick	64-5

High Jump

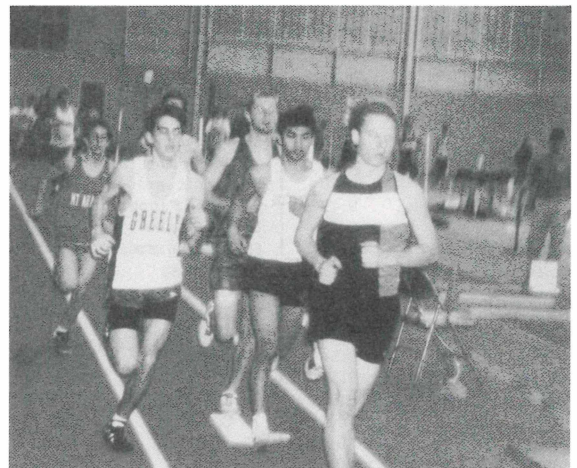
1 Orono	16-6
2 Waterville	16-2
2 Brunswick	16-2
4 Scarborough	15-8
5 Gray-New Gloucester	15-4
6 Brewer	15-2
6 Westbrook	15-2

3 X 1 Mile

1 Mt Ararat	15:08.4
2 Greely	15:14.0
3 Brewer	15:17.6
4 Westbrook	15:43.7
5 Brunswick	16:07.5
6 Waterville	16:13.2



An Orono Pole Vaulter makes a successful attempt



Distance runners compete at the Bowdoin Indoor Track

Photos courtesy of Doug Moody

Middle School Triple C Championship

Val Halla Golf Course, Cumberland

October 29, 1996

jh triple c Championship at VAI Halla GC

10.29.96 2.0 miles		
Scarborough	55	
Falmouth	74	
Cape Elizabeth	78	
Greely	78	
Yarmouth	111	
Fryeburg	147	
Gray-New Gloucester	180	
Lake Region	213	
Freeport	262	
Windham	265	
Gorham	NS	
NYA	NS	
1 Missy Montejunas	S	13:29
2 Mandy Bowden	Gr	13:44
3 Hanna Poulin	Fa	13:54
4 Acadia Klain	Fa	14:14
5 Mandy Bailey	Go	14:21
6 Julie Elliott	GNG	14:26
7 Jennifer Fowler	CE	14:30
8 Lindsay Fox	Fa	14:31

9 Chelsea Burr	CE	14:42
10 Amanda Degifico	S	14:44
11 Marisa Sowles	Gr	14:46
12 Emily Hayworth	S	15:02
13 Kelly Crowell	Fry	15:18
14 Maryl Gensheimer	Y	15:29
15 Erin LaSalle	Y	15:31
16 Kalej Kumis	LR	15:32
17 Elizabeth Kurlanski	Fa	15:41
18 Kerry Rechel	S	15:51
19 Leah Arsenault	Gr	15:52
20 Karen Thorp	Y	15:53
21 Elizabeth Smith	CE	15:55
22 Karla Bergman	CE	15:55
23 Amanda Davis	S	15:58
24 Sarah Bauer-Conley	Go	15:58
25 Maura Olson	S	15:59
26 Elizabeth Gayer	CE	16:14
27 Ashley Bahikow	Gr	16:17
28 Courtney Sullivan	S	16:20
29 Kathleen Johnston	Go	16:21
30 Lynda Beckett	S	16:24

Greely	61	
Yarmouth	66	
Scarborough	99	
Cape Elizabeth	119	
Gorham	177	
Falmouth	180	
Lake Region	192	
Old Orchard Beach	215	
Windham	219	
Gray-New Gloucester	222	
Freeport	244	
Fryeburg	304	
1 Pat Tarpay	Y	11:50
2 Mark Googins	S	12:12
3 Dan Doody	CE	12:12
4 Michael Downing	Go	12:16
5 Mike Smith	Gr	12:37
6 Kirby Davis	Fa	12:44
7 Adam Sirpis	CE	12:45
8 Darren Bennett	S	12:50
9 Eric Bowden	Gr	12:56
10 Elliot Conrad	Gr	13:00

11 Zach Rowinski	Y	13:00
12 Brian Hussey	GNG	13:08
13 Ryan Stanley	OCB	13:09
14 Luke Kenngde	Go	13:11
15 Jared Cormier	Gr	13:11
16 Avery Etheridge	OCB	13:12
17 Ryan Ferrell	Y	13:12
18 Dan Rowinski	Y	13:14
19 Doug Thorp	Y	13:16
20 Chad McLean	S	13:17
21 Cliff McConkey	LR	13:20
22 Sam Nelson	Gr	13:31
23 Claton Conrad	Gr	13:33
24 Ben Renaud	Gr	13:37
25 Billy Dionne	Y	13:39
26 Andy Truworthly	Fre	13:41
27 Jason Nadeau	LR	13:47
28 Caleb Milliken	Fa	13:50
29 Benjamin Murphy	GNG	13:53
30 Mike Pendery	Fry	13:55

Southern Maine Middle School

Cross Country Championships

South Portland Municipal Golf Course

October 24, 1996

10.24.96 1.5 miles

Senior Boys		
Mahoney	39	
Massabesic	93	
Wescott	103	
King	115	
Bonny Eagle	138	
Memorial	150	
Kennebunk	160	
Moore	166	
Lincoln	227	
Noble	240	
Biddeford	250	
1 Kevin Conley	Mah	8:36
2 Eric Olafsen	Ki	8:37
3 Ryan Lamb	Me	8:45
4 Joshue Stoll	L	8:55
5 Garret Gordan	W	8:57
6 Tim Libby	Mah	9:05
7 Matt Libby	Mah	9:05
8 Tyler Sukeforth	W	9:09
9 Reid Biswell	Me	9:10
10 Linwood Murphy	Mah	9:17
11 Matt Mason	EE	9:18
12 Adam Day	Mas	9:23
13 David Scott	Mas	9:25
14 Gary Cushing	Mas	9:27
15 Nick Macklin	Mah	9:31
16 Kevin Johnson	Mo	9:35
17 Nate Field	W	9:36
18 John Charpentier	Ke	9:36
19 Angel Gleske	N	9:40
20 Sinoun Chau	Ki	9:40
21 Jason Poisson	N	9:42
22 Alex Adrian	Ki	9:43
23 Joe Napolitano	Mo	9:47
24 Chris Payeur	Mas	9:47
25 Chris Dougherty	Mo	9:48
26 Caleb Barrieau	W	9:51
27 John Deering	EE	9:54
28 Scott Rose	Ke	9:54
29 Casey Conley	EE	9:57
30 Kevin Maguire	Mas	9:58
31 Slava Babayan	Ki	10:05
32 Nate Thompson	Mah	10:06
33 Adam Alderette	EE	10:08

34 Kevin O'Doherty	Ke	10:08
35 Jeff LaFortune	Bi	10:14
36 Zack Smith	Mah	10:14
37 Alex Smith	Mah	10:15
38 Jordan Davis	Ke	10:15
39 Matt Steege	EE	10:19
40 Przemek Dominko	Me	10:23
41 Wanna Thach	Ki	10:23
42 Geoff Hight	Mo	10:24
43 Casey Kennedy	EE	10:25
44 Jon Godin	Mah	10:26
45 Ryan Church	Ke	10:29
46 Vikash Sharma	Ki	10:30
47 Tuan Rtuong	Ki	10:33
48 Matt LeGarde	Bi	10:35
49 Joey Hanson	W	10:35
50 Elliott Randall	Me	10:36
51 Chris Reynolds	EE	10:38
52 Dan Siekman	Ki	10:38
53 Chameron Kien	Ki	10:39
54 Josh Fecteau	Bi	10:41
55 Greg Norton	Me	10:41
56 Derrick Kolseth	Ke	10:44
57 Casey Johnson	EE	10:45
58 Jake Pierson	Bi	10:47
59 Zach Nixon	L	10:51
60 Christian Germani	L	10:51
61 Brian Rapp	L	11:12
62 Matt Skillin	Me	11:15
63 Joel Duncan	L	11:17
64 John Merrill	Me	11:18
65 John Hamel	W	11:25
66 Ralph Lerman	Mo	11:38
67 David Parrott	Me	11:40
68 Shoa Clarke	L	11:40
69 Naser Ali Jabbari	Ki	11:46
70 Craig Lee	L	11:58
71 Josh Mather	Me	12:13
72 Zenas Gagnon	Mas	12:21
73 Tom Phillips	N	12:30
74 Geoff Diehl	Bi	12:32
75 Matt Huit	Me	12:43
76 Ben Silvia	N	12:53
77 Carl Nelson	N	13:50
78 Jeff Petit	Bi	17:37

Senior Girls

Wescott	37	
Massabesic	40	
Noble	76	
Lincoln	95	
Memorial	126	
Biddeford	NS	
Bonny Eagle	NS	
Kennebunk	NS	
King	NS	
Mahoney	NS	
Moore	NS	
1 Kim Whipkey	Mo	9:49
2 Danyelle Cinque	Mo	10:04
3 Desiree Eisan	N	10:11
4 Colleen Dolbec	Mas	10:19
5 Afton Kelly	W	10:23
6 Marybeth Keniston	Me	10:28
7 Kristy Harris	W	10:30
8 Jenny Skiles	Mas	10:34
9 Jennifer Bartlett	Mas	10:35
10 Tasha Gurney	W	10:41
11 Sarah Hardy	Mas	10:44
12 Melissa Wing	W	10:45
13 Erin Donahue	Ke	10:48
14 Meghan Kimball	W	10:49
15 Kerry Wynne	L	10:59
16 Alexandra Snyder	L	11:01
17 Rachel Crawford	Mah	11:10
18 Melissa Heatley	W	11:12
19 Heather Gookin	N	11:15
20 Amanda Leach	Mas	11:20
21 Janessa Chadbourne	W	11:22
22 Jessica Doughty	W	11:28
23 Brandy Hurd	N	11:31
24 Sarah Stearns	Mas	11:34
25 Amy Gagne	N	11:36
26 Jamie Galipeau	W	11:38
27 Jenny Slager	L	11:40
28 Liesl Goodwin	N	11:45
29 Liz Segler	EE	11:47
30 Christiana Grandmaison	N	11:50
31 Katie Pickering	L	12:07
32 Nicole Meserve	Mah	12:14
33 Mary Vincent	L	12:17

34 Amanda Fredette	N	12:19
35 Rebecca Chase	L	12:38
36 Rachel Goodwin	N	12:46
37 Rachel Napoleone	Mo	12:52
38 Joanna Minervino	L	13:01
39 Nicole Rozanski	N	13:12
40 Danielle Margel	Me	13:22
41 Kristin Johnson	EE	13:30
42 June Poulin	Me	13:32
43 Ellen Converse	L	13:56
44 Melissa Cobleigh	L	14:11
45 Sarah Connolly	L	14:25
46 Tabitha Irish	Bi	14:45
47 Tonya Grandmaison	N	14:46
48 Erin Falconer	Me	15:16
49 Amanda Poulin	Me	16:37
50 Crystal Budlong	N	16:58

Junior Boys

Moore	42	
Lincoln	57	
Wescott	74	
Memorial	97	
Bonny Eagle	112	
Biddeford	127	
King	161	
Kennebunk	NS	
Mahoney	NS	
Massabesic	NS	
Noble	NS	
1 Donny Drake	Mo	9:03
2 Travis Anthoine	Mo	9:11
3 Teddy Gott	Mah	9:16
4 Bobby Donnelly	W	9:26
5 Chris Doughty	W	9:27
6 T.J. Gardner	Me	9:30
7 Chris Groth	Mo	9:34
8 Jon McGonagle	L	9:51
9 Jesse Johnson	Mo	9:59
10 Ben Blanchard	EE	10:00
11 Zeb Dingley	Ki	10:00
12 Anthony Ramonas	L	10:04
13 Cliff Abbott	L	10:05
14 Alex McKenney	L	10:05
15 Aaron McKenney	L	10:05
16 Stuart Kelly	W	10:07

SOUTHERN MAINE MIDDLE SCHOOL CROSS COUNTRY CHAMPIONSHIPS - CONTINUED

17	Mike Whitmore	Bi	10:11	47	Andy Daigle	Mah	11:33	Lincoln	NS	25	Anna O'Brien	EE	12:22	
18	Nathan Allen	Mas	10:13	48	Caleb Collins	Me	11:37	Mahoney	NS	26	Johanna Young	Mo	12:31	
19	Anthony Dambrie	Me	10:13	49	Joel Costigan	EE	11:38	Moore	NS	27	Jen Herbert	Mah	12:31	
20	Dan O'Neil	Me	10:15	50	Randy Wheaton	Bi	11:47	Noble	NS	28	Paula Spanos	Me	12:35	
21	Jeremy Rouse	EE	10:17	51	Nick Giobbi	L	11:51	Wescott	NS	29	Kelly Preston	Me	12:36	
22	Kevin Duran	Bi	10:18	52	Mike Rioux	Bi	11:55	1 Molly Rice	Me	10:09	30	Danielle Yjayer	Me	12:40
23	Peter Favreau	EE	10:19	53	Shaun Flynn	EE	11:58	2 Melissa Graves	Me	10:13	31	Jessica Daigneault	Mas	12:46
24	Scott Hannigan	W	10:19	54	Dearrow Chin	Ki	11:58	3 Hannah Loven	W	10:32	32	Jamie Roper	Ke	12:50
25	Jim Provencher	Bi	10:19	55	Shawn Amnotte	Bi	12:11	4 Christin Auger	Me	10:37	33	Caroline Silvia	N	12:59
26	Brian Martin	Me	10:23	56	Giang Thach	Ki	12:20	5 Ruth Misener	Mo	10:38	34	Katie Day	Bi	13:02
27	Jarryd Holtan	Mo	10:25	57	Chris Belanger	Bi	12:28	6 Lindsey O'Brien	EE	10:51	35	Kristin Moustrophis	Me	13:06
28	Ryan McCallum	EE	10:37	58	Qudratullah Yaqub	Ki	12:42	7 Elisabeth Mason	EE	10:56	36	Mallory Adams	W	13:17
29	Adam Perro	Bi	10:40	59	Paul Cleary	Bi	12:49	8 Amanda Briggs	Me	10:59	37	Tabitha Morin	Bi	13:29
30	Matt O'Brien	L	10:44	60	Darren Chenette	N	12:52	9 Tara Allen	EE	11:16	38	Karie Hutchins	Bi	13:35
31	Brendon Gagnon	Mas	10:46	61	Adam Patterson	Me	12:54	10 Amber Budzko	EE	11:22	39	Randi LeBlanc	Ke	13:36
32	Joshua Dall	L	10:52	62	Adam Dennis	Mo	12:55	11 Marina Steller	EE	11:29	40	Kim Alfonso	Me	13:50
33	Derrick Ramos	W	10:54	63	Jon Boisvert	Bi	13:53	12 Meg Cerullo	Mah	11:35	41	Dawn Glynn	Mo	14:00
34	Thuan Nguyen	Ki	10:57	64	Joshua Key-Maginnis	Mah	14:28	13 Gordana Bajic	Ki	11:38	42	Tracy Whitten	Mas	14:02
35	Nick LaComb	Mas	10:58	65	Tyler Chenevert	N	14:42	14 Diana Lloyd	EE	11:42	43	Ashley King	Bi	14:15
36	Mark O'Brien	Ki	10:59	66	Nick Costigan	Me	15:18	15 Tasha Roberts	Bi	11:43	44	Ashley Willette	Me	14:19
37	Kendall Vercoe	Me	11:00	67	Mike Bell	Me	16:36	16 Joyce Smith	W	11:48	45	Ashley Feeney	Me	14:20
38	Drew Athearn	Me	11:01					17 Roberta Davis	Mas	11:56	46	Kelly Wesner	Me	14:41
39	Jason Philbrook	W	11:07					18 Rebecca Gagnon	Bi	12:00	47	Jessica Kelley	Mas	15:10
40	Matt Lessard	W	11:10					19 Sarah Wing	L	12:02	48	Megan Leo	Mah	15:25
41	Ian Waters	EE	11:11					20 Brittany Skidmore	Me	12:06	49	Kristina Gagnon	Mah	15:41
42	Mark Shirfan	Me	11:15					21 Elizabeth Ouellette	Mas	12:07	50	Stacie Phillips	N	16:54
43	Joey Morse	W	11:17					22 Morgan Linn	Mas	12:08	51	Destiny Picard	N	16:57
44	Ben Davis	EE	11:20					23 Katherine Hayes	Me	12:08	52	Amanda Brown	Bi	17:27
45	Joe Rousseau	Mas	11:25					24 Vera Stanley	Ki	12:16	53	Mallory Lord	Me	17:47
46	Curtis Fournier	N	11:29											

Junior Girls		
Memorial		26
Bonny Eagle		33
Massabesic		87
Biddeford		90
Kennebunk		NS
King		NS

EASTERN MAINE INDOOR TRACK EXHIBITION

December 27, 1996

University of Maine Field House, Orono

BOYS (EXHIBITION - NO TEAM SCORES)

Ellsworth	
Bucksport	
Hermon	
MDI	
Foxcroft	
George Stevens Academy	
John Bapst	
Nokomis	

MILE

1 Louie Luchini	E	4:55.72
2 Campbell Fox		5:05.9
3 Fisk Fox		5:11.54
4 Trenkle GSA		5:13.93
5 Byard JB		5:15.91
6 Migliore N		5:24.86

600

1 Aaron Clark	Her	6.91
2 Burns MDI		7.18
3 Uffleman B		7.36
4 Hallett Her		7.39
5 Small E		7.41
6 Chase GSA		7.43

60 HURDLES

1 Andy Burns	MDI	9.12
2 Foster E		9.22
3 Burgess Her		10.36
4 Uffleman B		10.69

600

1 Nick Jordan	E	1:23.4
2 Kilch GSA		1:23.5
3 Harriman GSA		1:23.8
4 Hatch B		1:25.4
5 Valenoti B		1:32.4
6 Sawyer Her		1:32.6

1000

1 Jay Moor	Her	2:29.76
2 Benjamin E		2:35.27
3 Rolleston Fox		2:35.77

4 Maleck		2:47.57
5 Trenkle GSA		2:50.04
6 Poland Her		2:52.05
300		
1 Aaron Clark	Her	35.9
2 Kilch GSA		36.37
3 Moor Her		36.51
4 Small E		36.82
5 Gifford MDI		37.24
6 Harriman GSA		37.25

TWO MILE

1 Louie Luchini	E	10:40.90
2 Halteman JB		12:21.30
3 Differ E		12:23.89
4 Migliore N		12:35.92
5 Leblanc B		12:58.43
6 Hale JB		13:25.07

SHOT PUT

1 Jeff McDaniel	MDI	47-8
2 Johnson B		41-0
3 Roi B		40-11 1/4
4 Vevik Fox		39-6 3/4
5 Marzolf B		36-10
6 Ellis Her		36-5 1/2

LONG JUMP

1 Jake Leyendecker	E	19-4 1/2
2 Fisk Fox		17-5 1/2
3 Gifford MDI		17-3
4 Pelkey B		16-11 1/4
5 Martin B		16-5
6 Hutchinson B		16-2 3/4

HIGH JUMP

1 Everett Hutchinson	B	5-6
2 Howard B		5-2
3 Iverson MDI		5-0
4 O'Neill GSA		5-0
5 Packwood GSA		4-10
6 Swanberg MDI		4-8
7 Banister GSA		4-8

TRIPLE JUMP

1 Jake Leyendecker	E	41-3
2 Campbell Fox		36-9 1/2
3 Boudreau MDI		34-4
4 MacBeth E		33-9 3/4
5 Edgerly Fox		31-9 1/2
6 Frost E		28-8 1/2

POLE VAULT

1 Jared Boudreau	MDI	10-6
2 Jordan E		9-6
3 Maleck E		8-0
4 Poland H		8-0
5 Nguyen Fox		8-0
6 Orcutt B		8-0

880 RELAY

1 Foxcroft		1:42.01
2 Hermon		1:43.21
3 Ellsworth		1:45.48
4 Bucksport A		1:47.08
5 MDI		1:48.76
6 Bucksport B		1:52.43

GIRLS (EXHIBITION - NO TEAM SCORES)

Ellsworth	
Bucksport	
Hermon	
MDI	
Foxcroft	
George Stevens Academy	
John Bapst	
Nokomis	

MILE

1 Shannon Markley	B	5:56.80
2 Holbrook GSA		6:05.95
3 Goodspeed Her		6:12.44
4 Noble N		6:22.29
5 Kneeland Her		6:25.07
6 Sheren JB		6:28.48

600

1 Emily Todd	Fox	8.15
2 Bosse Her		8.15
3 Allen B		8.32
4 Garland E		8.32
5 Walls JB		8.33
6 Harding MDI		8.5

60 HURDLES

1 Ami Whetmore	E	9.89
2 Skiff MDI		9.94
3 Cherry E		10.02
4 Hovencamp Fox		10.07
5 Dede E		10.25
6 Pottle MA		10.53

600

1 Meghan Palmer	MDI	1:40.1
2 Ditzel Fox		1:46.1
3 Mishou JB		1:56.9
4 Russell B		1:57.6
5 Taber JB		2:03.8
6 Davis B		2:04.4

1000

1 Bethany Folsom	E	3:06.47
2 Holbrook GSA		3:07.35
3 Soumi Fox		3:21.45
4 Licata B		3:24.14
5 Manning GSA		3:25.07
6 Teel GSA		3:33.91

300

1 Emily Todd	Fox	41.21
2 Pottle HA		42.86
3 Skiff MDI		42.96
4 Delson Fox		43.42
5 Clifton GSA		43.66
6 Walls JB		43.73

TWO MILE

1 Shannon Markley	B	14:15.24
2 Sheren JB		15:19.96
3 Sekera JB		15:58.63
4 Ross JB		16:03.85

SHOT PUT

1 Emily Johnson	MDI	28-3 1/2
2 Beaulieu B		27-0 1/2
3 Bromley E		27-0 1/2
4 Snow E		25-6 3/4
5 Hutton Fox		25-6 1/4
6 Bamard B		25-5 1/2

LONG JUMP

1 Sarah Keenan	Fox	16-0 3/4
2 Beaulieu B		14-3 3/4
3 Whetmore E		13-10 1/2
4 Clifton GSA		13-10 1/2
5 Bosse Her		12-9 3/4
6 Leavitt JB		12-6 3/4

HIGH JUMP

1 Allison Cherry	E	4-6
2 Evans JB		4-4
3 Dede E		4-4
4 Beard MDI		4-2
5 Sanberg MDI		4-2
6 Vanderlin GSA		4-2

TRIPLE JUMP

1 Sarah Keenan	Fox	34-0 1/2
2 Lawsing GSA		30-0 1/2
3 Beard MDI		27-10 1/4
4 Nye Fox		26-6 3/4
5 Baker GSA		21-4

POLE VAULT

1 Meghan Palmer	MDI	8-0
2 Jones MDI		8-0
3 Baird B		6-0
4 Swanberg MDI		5-6

880 RELAY

1 Foxcroft A		1:59.95
2 Hermon		2:03.30
3 MDI		2:04.13
4 Ellsworth		2:06.36
5 Foxcroft B		2:11.19
6 Bucksport		2:13.00

CENTRAL MAINE INDOOR TRACK LEAGUE

December 27, 1996

Farley Field House at Bowdoin College

GIRLS RESULTS

Skowhegan 7 1
Gray-New Gloucester 43
Wells 2 5
Brunswick 2 3
Erskine 1 2

POLE VAULT

1 Bodwell GNG 6-6
 2 Roberts GNG 5-6
 3 Sargent S 5-0

6 0
 1 French S 8.0
 2 Ireland S 8.0
 3 Derocher E 8.0
 4 Bodwell GNG 8.3
 5 Dolbec B 8.4

HURDLES

1 Merritt S 9.8
 2 Derocher E 9.8
 3 Caiazzo GNG 10.2
 4 Foss S 10.2
 5 Assent GNG 11.2

MILE

1 FendersonGNG 5:55.5
 2 Diekmann B 5:55.5
 3 Foley B 6:06.6
 4 Laflin W 6:07.5
 5 Wilson S 6:10.7

LONG JUMP

1 French S 14-3 1/2
 2 Philibert W 13-6
 3 Merritt S 13-5 1/4
 4 York E 13-2
 5 Leporati W 12-9

HIGH JUMP

1 Foster GNG 4-8
 2 Sargent S 4-2
 3 Carson W 4-0
 4 Whall W 4-0
 5 Diekmann B 3-10

SHOT PUT

1 Michaud S 33-0 1/2
 2 Thibeau W 25-9
 3 Morgrage W 25-6
 4 CarpenterGNG 24-8
 5 Barney S 24-5

1000

1 Wilson S 3:15
 2 Foley B 3:21.3
 3 Diekmann B 3:22.7
 4 Revolorio W 3:25.1
 5 Temple B 3:47.0

300

1 French S 40.6
 2 Merritt S 43.1
 3 Ireland S 43.2
 4 Shepard B 44.2
 5 CarpenterGNG 44.5

TWO MILE

1 FendersonGNG 13:59.4
 2 Elwell S 14:05.9

800 RELAY

1 Skowhegan 2:02.2
 2 Brunswick 2:07.7

TRIPLE JUMP

1 CarpenterGNG 31-6
 2 Philibert W 28-7
 3 York E 28-1 3/4

BOYS RESULTS

Brunswick 9 9
Wells 8 1
Gray-New Gloucester 73
Skowhegan 3 7
Erskine 1 4

SENIOR SHOT PUT

1 A. Hardy W 41-11 1/2
 2 P. HughesS 40-3
 3 B. TrufantB 38-3 1/2
 4 Barczak S 37-3 1/2
 5 J Deroy W 35-11

POLE VAULT

1 Morrison GNG 9-0
 2 ThompsonGNG 9-0

JUNIOR 60

1 ClendenningGNG 7.3
 2 Giblin B 7.6
 3 Hanley B 7.7
 4 Wilson B 7.8
 5 J. Rich W 7.8

SENIOR 60

1 Cohen W 7.0
 2 Jones GNG 7.1
 3 Lunn GNG 7.1
 4 York E 7.2
 5 Hamilton GNG 7.2

INTERMEDIATE HURDLES

1 Giblin B 9.3
 2 Morrison GNG 9.4
 3 Phillips B 10.4
 4 NeboshynskyB 10.4
 5 Allen W 10.6

HIGH HURDLES

1 Smith W 8.5
 2 Pettinga W 10.1
 3 Peatman S 10.5

LONG JUMP

1 N. NeboshynskyB 19-3
 2 Smith W 18-0 1/2
 3 York E 17-6
 4 Lunn GNG 17-5 1/2
 5 Sirois W 17-1 3/4

JUNIOR SHOT PUT

1 EdgecombW 40-1
 2 Bisson B 34-9
 3 Brazer W 34-0
 4 Balocchi GNG 32-0 1/2
 5 Dionne S 30-6

MILE

1 Pollack B 4:58.1
 2 Sirois W 4:59.1
 3 French S 5:08.7
 4 UnknownE 5:09.9
 5 Forcella W 5:12.6

JUNIOR 600

1 Allen W 1:32.7
 2 Spcarrin S 1:33.9
 3 Martel W 1:33.9
 4 Baker GNG 1:34.5
 5 HoughtonB 1:37.4

SENIOR 600

1 Parker B 1:24.9
 2 Currier W 1:26.8
 3 Vail B 1:26.7
 4 Barczak S 1:37.0

JUNIOR 1000

1 Pollack B 2:29.6
 2 Monty S 2:32.8
 3 Dixon E 2:38.1
 4 Ericson W 2:41.4
 5 Barker B 2:46.8

JUNIOR HIGH JUMP

1 ThebergeB 4-10
 2 Wallace B 4-10
 3 Baker GNG 4-10
 4 Phillips B 4-10
 5 Draheim W 4-10

SENIOR 300

1 Hanley B 38.6
 2 ClendenningGNG 38.6
 3 Naillon B 39.3
 4 Cornell B 39.4
 5 Wilson B 40.1

SENIOR 300

1 Jones GNG 35.6
 2 N. NeboshynskyB 35.7
 3 Cohen W 36.4
 4 Vail B 37.1
 5 Sirois W 37.5

TRIPLE JUMP

1 N. NeboshynskyB 39-3 1/2
 2 York E 35-11
 3 Monty S 33-2
 4 Storman GNG 32-10
 5 WatermanGNG 32-5

TWO MILE

1 Monty S 10:53.3
 2 Coffin B 11:23.4
 3 Ericson W 11:29.9
 4 AndersonGNG 12:18.8
 5 HoermannGNG 15:08.3

JUNIOR 800 RELAY

1 Gray-New Gloucester 1:53.8
 2 Brunswick 1:54.0
 3 Skowhegan 1:54.4
 4 Wells 1:58.3

SENIOR HIGH JUMP

1 Watkin GNG 5-4
 2 Pettinga W 5-2
 3 WatermanGNG 5-2
 4 Lunn GNG 5-0
 5 Currier W 5-0

GIRLS SCORES

Greely 112
 Mt Ararat 96
 Winslow 21
 Madison 14
 Lake Region 1

POLE VAULT

1 McNelly MA 7-6

HIGH JUMP

1 Getz G 5-6
 2 PettigrewMA 4-6
 3 Weiss G 4-6
 4 O'Donnell G 4-0
 5 Purdy G 3-8

60

1 Aines MA 7.8
 2 Hienig MA 7.9
 3 Lemieux G 8.0
 4 Cyr G 8.2
 5 Moulton G 8.2

HURDLES

1 Hienig MA 9.9
 2 Weiss G 9.9
 3 CrossmanMA 9.9
 4 McNelly MA 10.3
 5 Frost G 10.6

LONG JUMP

1 Aines MA 14-6
 2 Getz G 14-3
 3 Lemieux G 14-1 1/2
 4 CrossmanMA 13-4
 5 Porter G 12-11 1/2

MILE

1 Komori M 5:56.6
 2 Case G 5:56.6
 3 Hanson MA 6:01
 4 Millar MA 6:03
 5 Begin W 6:08.8

SHOT PUT

1 Beal G 32-2 1/2
 2 Hovey M 30-9 3/4
 3 DoucetteG 25-10 1/2
 4 Chung G 25-1
 5 Dowd LR 24-5

600

1 CrossmanMA 1:44.7
 2 Porter G 1:50.6
 3 McNelly MA 1:53.1

1000

1 Higgins G 3:12.1
 2 Begin W 3:25.9
 3 Dyer W 3:56.6

300

1 Getz G 42
 2 Moulton G 42.7
 3 Aines MA 43.4
 4 Cyr G 43.4
 5 Belanger W 45.8

TWO MILE

1 Millar MA 13:31.4
 2 Nielsen G 14:35.2

TRIPLE JUMP

1 Lemieux G 32-6
 2 PettigrewMA 31-1 1/2
 3 Belanger W 28-11 1/2
 4 Higgins G 28-7
 5 Oliver W 28-5

800 RELAY

1 Mt Ararat 1:58.7
 2 Greely 1:59.9
 3 Winslow 2:06.5

BOYS SCORES

Greely 119
 Mt Ararat 117
 Winslow 80
 Lake Region 51
 Madison 26

SENIOR SHOT PUT

1 Beal G 47-5 1/2
 2 Bizier W 43-11 3/4
 3 Goding W 41-8 1/2
 4 Gordon M 38-7
 5 Butler W 34-8 1/2

POLE VAULT

1 Smith MA 5-6

JUNIOR SHOT PUT

1 Hinds MA 32-9
 2 Georgitis MA 31-5 1/2
 3 Nanson LR 25-8 3/4

LONG JUMP

1 RobinsonG 17-3
 2 Fernald W 16-10 1/2
 3 R PaquetLR 16-10
 4 Albee G 16-6
 5 Irving LR 15-11

JUNIOR 60

1 Ruthier G 7.2
 2 Denno G 7.3
 3 StackhouseMA 7.3
 4 Albee G 7.4
 5 Penson G 7.4

JUNIOR HURDLES

1 Tardif MA 8.1
 2 RobinsonG 9.3
 3 Mukerjee G 11.5

SENIOR HURDLES

1 Jensen G 9.2
 2 Clements MA 10.2
 3 Deans MA 10.7
 4 Bamera LR 11.1
 5 Lesniak LR 11.2

SENIOR 60

1 Lemlin W 7.0
 2 Loubier W 7.0
 3 Vigue W 7.0
 4 Fernald W 7.0
 5 HagopianM 7.0

MILE

1 Towle G 4:53.7
 2 Crocker MA 5:11.6
 3 Moger W 5:14.1
 4 Lantz MA 5:22.9
 5 Ellis M 5:42.6

JUNIOR 600

1 Arel W 1:28.5
 2 Bjorkdahl G 1:29.7
 3 Begin W 1:31.1
 4 StackhouseMA 1:33.9
 5 Latin G 1:34.2

SENIOR 600

1 O'Brien MA 1:20.8
 2 Goding W 1:21.1
 3 MacDonaldLR 1:24.1

SENIOR HIGH JUMP

1 R. PaquetLR 5-8
 2 Clements MA 5-8
 3 Irving LR 4-2
 4 Herbert MA 4-6

JUNIOR HIGH JUMP

1 Tardif MA 5-8
 2 Albee G 5-0
 3 Lavallee G 5-0
 4 J. PaquetLR 4-8
 5 Penson G 4-8

1000

1 Crooker MA 2:45
 2 HagopianM 2:47.1
 3 Poland M 2:47.6
 4 Lantz MA 2:51.4
 5 GoodspeedG 2:51.4

JUNIOR 300

1 RobinsonG 35.7
 2 Ruthier G 36.1
 3 Arel W 36.4
 4 Lavallee G 36.8
 5 Dreher MA 38.4

SENIOR 300

1 Clements MA 35.8
 2 MacDonaldLR 36.5
 3 HagopianM 36.5
 4 Estes M 36.9
 5 Lacy G 38.1

TRIPLE JUMP

1 Lacy G 38-7 1/2
 2 MacDonaldLR 36-11
 3 Bjorkdahl G 34-2
 4 Irving LR 32-8 1/2
 5 K. WhitneyW 31-7

TWO MILE

1 Higbee MA 10:39.2
 2 O'Brien MA 10:42.3
 3 Moger W 11:06.3
 4 Poland M 12:02
 5 K. WhitneyW 12:11.1

JUNIOR 800 RELAY

1 Greely 1:42.9
 2 Mt Ararat 1:48.9
 3 Winslow 1:52.5

SENIOR 800 RELAY

1 Winslow 1:41.7
 2 Lake Region 1:43.5
 3 Madison 1:47.6
 4 Greely 1:51.0

SMAA BOYS INDOOR TRACK LEAGUE

January 4, 1997

Portland Exposition Building

Cheverus	121
Gorham	63
Thornton Academy	56
Westbrook	52
MILE	
1 Mouradian G	4:49.8
2 MacLaughlin Ch	4:54.8
3 Fenton Ch	4:55.8
4 Goodrich We	4:58.5
5 Nelson TA	5:06.9
SHOT PUT	
1 Ouellette Ch	48-2 1/2
2 Mosley Ch	45-0
3 Bucsko Ch	40-5 1/4
4 Bedell TA	40-5
5 J.Rinaldi We	38-11
HIGH JUMP	
1 Salvaggio Ch	6-0
2 Spera G	5-10
3 Heatley We	5-8
4 Ko.Wentworth TA	5-8
5 Nicholson G	5-4
JUNIOR 40	
1 Shirrell Ch	5.1
2 Martin We	
3 D. Fink TA	
4 Heatley We	
5 Miller We	
INTERMEDIATE 40	
1 Dodge TA	5.0
2 Fontaine TA	
3 Demers TA	
4 Jolin Ch	
5 Sarbanis Ch	
SENIOR 40	
1 Hart Ch	4.9
2 Brown G	
3 Fasulo G	
4 Marion Ch	
5 Bovill TA	
JUNIOR HURDLES	
1 Huynh G	6.5
2 Davis We	
3 Snyder Ch	
4 Kimball TA	
5 Sotiropoulos G	
INTERMEDIATE HURDLES	
1 Spera G	6.0
2 Harmon W	
3 Miller We	
4 Olson TA	
5 Weymeyer G	
SENIOR HURDLES	
1 Veroneau Ch	6.3
2 Ko Wentworth TA	
3 Wescott We	
4 Ke Wentworth TA	
5 Peschiera Ch	
JUNIOR 300	
1 Fearon G	39.4
2 S. Fink TA	40.1
3 Placitelli Ch	40.5
4 Folan Ch	41.0
5 Hurteau Ch	41.1
INTERMEDIATE 300	
1 Nappi Ch	36.5
2 Spera G	38.3
3 Sarbanis Ch	38.7
4 DiDonato We	40.4
5 Kovats G	40.4
SENIOR 300	
1 Hart Ch	37.3
2 Moulton G	38.4
3 Sullivan We	38.4
4 Lovett Ch	38.9
5 Turner We	39.1
JUNIOR 600	
1 Riseman G	1:28.2
2 Davis We	1:29.3
3 Gilbert TA	1:30.9
4 Harrison Ch	1:31.1

5 Putnam Ch	1:31.2
INTERMEDIATE 600	
1 Connolly Ch	1:27.5
2 Young Ch	1:28.8
3 Davis We	1:30.2
4 B.Clingensmith TA	1:30.3
5 Riley Ch	1:31.2
SENIOR 600	
1 Hughes Ch	1:22.3
2 Ko Wentworth TA	1:24.9
3 Peschiera Ch	1:31.8
4 C.Burton We	1:31.8
5 Bittner G	NT
1000	
1 Toothaker Ch	2:33.1
2 Milliken Ch	2:39.3
3 Petit TA	2:40.8
4 Toman We	2:40.9
5 Burns G	2:41.7
JUNIOR RELAY	
1 Thornton	1:10.5
(Kimball,S.Fink,Gilbert,D.Fink)	
2 Gorham	1:10.7
3 Cheverus	1:10.8
INTERMEDIATE RELAY	
1 Westbrook	1:44.8
(Lefebvre,DiDonato,Harmon,Miller)	
2 Cheverus	1:45.6
3 Thornton	1:51.1
SENIOR RELAY	
1 Cheverus	2:20.2
(Lovett,Hughes,Toothaker,Veroneau)	
2 Gorham	2:22.8
3 Westbrook	2:32.2
<hr/>	
Deering	90
Scarborough	77
Bonny Eagle	31
MILE	
1 J.Johnson S	5:01.3
2 St. Louis D	5:03.8
3 B.Flynn EE	5:11.6
4 A.Johnson S	5:12.8
SHOT PUT	
1 Quatrano D	43-1 1/2
2 Farron S	40-4 1/2
3 Wood S	39-10 1/2
4 Burke EE	36-2
HIGH JUMP	
1 Doehler EE	6-0
2 Hobbs S	5-6
3 May S	5-6
4 Thompson D	5-2
JUNIOR 40	
1 Davis S	5.2
2 Kelley D	
3 D. Olson S	
4 Moore EE	
INTERMEDIATE 40	
1 Getchel D	5.0
2 MacMath D	
3 Levier D	
4 J. Grindle D	
SENIOR 40	
1 Ross S	4.7
2 Locke S	
3 Hobbs S	
4 McGovern D	
JUNIOR HURDLES	
1 Kilfoil S	6.6
2 Graney D	
3 Tryzelaar D	
4 Sither S	
INTERMEDIATE HURDLES	
1 Heak D	6.3
2 Matthews S	
3 Lemieux EE	
4 Khuu D	

SENIOR HURDLES	
1 Webber S	6.2
2 Grumbine D	
3 Matthew D	
JUNIOR 300	
1 Kelley D	40.3
2 Davis S	40.6
3 Kilfoil S	40.6
4 D.Olson S	40.7
INTERMEDIATE 300	
1 J. Grindle D	36.4
2 Gorham EE	36.5
3 Heak D	37.5
4 Levier D	39.1
SENIOR 300	
1 Ross S	35.7
2 Locke S	36.9
3 McGovern D	37.7
4 Grumbine D	38.5
JUNIOR 600	
1 Caton D	1:29.3
2 Strout D	1:33.8
3 Chadwick S	1:36.3
4 M.Flynn EE	1:37.8
INTERMEDIATE 600	
1 Lafreniere EE	1:23.4
2 Luccarelli D	1:29.3
3 Baker D	1:30.4
4 May S	1:30.4
SENIOR 600	
1 Kress D	1:24.6
2 Hobbs S	1:26.8
3 Scott EE	1:42.1
1000	
1 Beliveau S	2:32.7
2 Bates S	2:42.2
3 Wynn D	2:50.5
4 Waters D	2:55.0
JUNIOR RELAY	
1 Deering	1:14.1
(Pheng,Tran,Strout,Caton)	
2 Scarborough	1:15.6
INTERMEDIATE RELAY	
1 Bonny Eagle	1:45.1
(Bourget,Lafreniere,Clark,Gorham)	
2 Deering	1:45.7
SENIOR RELAY	
1 Deering	2:33.6
(Berman,Tsomides,St.Louis,Kress)	
<hr/>	
Portland	90.5
Biddeford	82.5
Cape Elizabeth	22
MILE	
1 Cantara B	5:08.1
2 Suleiman P	5:36.6
3 Miller CE	5:42.5
4 Botler P	5:57.3
SHOT PUT	
1 Gillies P	40-0
2 Dube B	39-7
3 Petrin B	38-0 1/2
4 Mazziotti P	37-3 1/2
HIGH JUMP	
1 Carter P	5-10
2 Drapeau B	5-8
3 Boilard B	5-6
4 Reagan P	5-6
4 Warner B	5-6
JUNIOR 40	
1 C.Kheang P	5.2
2 Johnson B	
3 Prak B	
4 Chan B	
INTERMEDIATE 40	
1 Dorazio P	5.1
2 Falconer P	
3 McAlevy B	
4 Rousseau B	

SENIOR 40	
1 Gillies P	5.1
2 B.Kheang P	
3 Mazziotti P	
4 Drapeau B	
JUNIOR HURDLES	
1 Labelle B	6.8
2 Doughty CE	
3 Clancy B	
4 Lariviere B	
INTERMEDIATE HURDLES	
1 Beaupre B	6.8
2 Larose CE	
3 Contois B	
SENIOR HURDLES	
1 Choi B	5.9
2 Lamontagne P	
3 Thomes P	
4 Belanger B	
JUNIOR 300	
1 C.Kheang P	39.3
2 Camire B	39.7
3 Chan B	42.3
4 Rodney P	42.4
INTERMEDIATE 300	
1 Dorazio P	36.8
2 Larose CE	37.3
3 Carter P	37.5
4 Falconer P	38.3
SENIOR 300	
1 Drapeau B	38.8
2 B.Kheang P	39.0
3 Dawson P	39.6
4 Edwards CE	42.8
JUNIOR 600	
1 Doughty CE	1:32.1
2 Prak B	1:33.1
3 Clancy B	1:41.7
4 Lariviere B	1:53.6
INTERMEDIATE 600	
1 Beaupre B	1:27.6
2 Angelo P	1:29.2
3 Ho P	1:29.7
4 Contois B	1:33.6
SENIOR 600	
1 Clark B	1:33.2
2 Babine P	1:33.8
1000	
1 Huynh P	2:45.1
2 Crafts CE	2:52.0
3 Reagan P	2:57.0
4 Fogg B	2:59.8
JUNIOR RELAY	
1 Biddeford	1:14.2
(Ryan,Camire,Johnson,Stickles)	
2 Portland	1:20.1
INTERMEDIATE RELAY	
1 Portland	1:51.3
(Smith,Angelo,Metcalfe,Carter)	
SENIOR RELAY	
1 Portland	2:24.6
(Thomes,Lamontagne,Mazziotti,Dawson)	
2 Biddeford	2:31.3
<hr/>	
South Portland	100
Edward Little	50
Windham	46
MILE	
1 Bannon SP	4:58.0
2 Olson Wi	4:59.9
3 Pyle SP	5:18.7
SHOT PUT	
1 Lawton SP	46-8 1/2
2 McGowen SP	46-7 3/4
3 Fecteau EL	42-7 3/4
4 Lamkin Wi	41-10
HIGH JUMP	
1 Thompson SP	6-2
2 Boyer EL	6-0
3 Wiggins EL	5-6

JUNIOR 40	
1 Dyer Wi	5.2
2 Follansbee SP	
3 Ferland Wi	
4 Tubbs SP	
INTERMEDIATE 49	
1 A.Brown EL	5.3
2 Piper SP	
3 Carey SP	
4 Heckethorn EL	
SENIOR 40	
1 Salamone SP	4.8
2 Dymond Wi	
3 Best SP	
4 Hunter EL	
JUNIOR HURDLES	
1 Mims SP	6.6
2 Corbett SP	
3 McCutcheon SP	
4 Wylie EL	
INTERMEDIATE HURDLES	
1 Fisher Wi	6.4
2 Bradley EL	
3 Scott EL	
4 Wiggin EL	
SENIOR HURDLES	
1 Thompson SP	6.1
2 Boyer EL	
3 J.Thompson Wi	
4 Clark SP	
JUNIOR 300	
1 Mims SP	39.1
2 Morabito Wi	42.5
3 McCutcheon SP	42.8
4 Greene SP	44.6
INTERMEDIATE 300	
1 Bibeau Wi	38.3
2 Meyer EL	39.0
3 A.Brown EL	39.4
4 Carey SP	39.7
SENIOR 300	
1 Salamone SP	37.6
2 Dymond Wi	37.8
3 Hunter EL	38.1
4 Lourd Wi	39.0
JUNIOR 600	
1 Fletcher EL	1:21.2
League Record	
2 Follansbee SP	1:31.2
3 Ly SP	1:31.2
4 Hill EL	1:37.2
INTERMEDIATE 600	
1 Wiggin EL	1:29.0
2 Diamond SP	1:30.6
3 Perkins SP	1:32.8
4 Scott EL	1:36.2
SENIOR 600	
1 Mills SP	1:23.4
2 Boyer EL	1:35.2
3 Billings EL	1:37.7
4 Merrill EL	1:37.9
1000	
1 Littlejohn SP	2:37.3
2 Baker Wi	2:39.7
3 Morrill SP	2:52.9
4 Bowie EL	2:53.9
JUNIOR RELAY	
1 Windham	1:12.3
(Dyer,Gagne,Ferland,Morabito)	
2 South Portland	1:13.0
INTERMEDIATE RELAY	
1 Windham	1:50.3
(Fisher,Olson,Woodside,Jerry)	
2 South Portland	1:55.4
SENIOR RELAY	
1 South Portland	2:27.0
(Lawson,McGowen,Bannon,Thompson)	

SOUTHERN MAINE GIRLS INDOOR TRACK LEAGUE

January 4, 1997
Portland Exposition Building

Biddeford Portland McAuley	80 47 29	
JUNIOR SHOT PUT		
1 Edwards P	27-0	3/4
2 Benoit McA	20-1	1/4
3 Ainsworth McA	19-7	
4 Velez P	19-3	
SENIOR SHOT PUT		
1 Busby B	28-9	
2 Ruel B	25-6	1/4
3 Hebert B	24-11	
4 Watson B	24-8	1/2
JUNIOR 300		
1 Rioux B	44.7	
2 Kinney P	46.6	
3 Melanson P	47.8	
4 Anderson B	47.9	
1 0 0 0		
1 Neault B	2:55.4	
2 Moore P	3:21.4	
3 Ouellette B	3:56.8	
4 Korol P	4:00.8	
MILE		
1 Adrian P	5:44.5	
2 Kierstead P	6:23.4	
3 Morin B	6:30.6	
4 Ferrante McA	6:32.4	
HIGH JUMP		
1 Kinney P	5-4	
2 Neault B	4-10	
3 Camire B	4-0	
4 Ly B	3-10	
SENIOR 300		
1 VanLoenen McA	41.2	
2 Binette B	42.4	
3 Farwell McA	42.6	
4 Jacques B	45.6	
JUNIOR 40		
1 Rioux B	5.6	
2 Stickles B	5.7	
3 Melanson P	5.9	
4 Roy McA	6.0	
JUNIOR HURDLES		
1 Kinney P	6.9	
2 Ly B	7.2	
3 Ainsworth McA	7.4	
4 Camire B	8.2	
JUNIOR 600		
1 Ly B	1:50.7	
2 Ainsworth McA	1:50.7	
3 Roberts B	2:00.2	
4 Lockwell B	2:19.2	
SENIOR 40		
1 Neault B	5.5	
2 VanLoenen McA	5.5	
3 Farwell McA	5.5	
4 Tarpoy B	5.8	
SENIOR HURDLES		
1 Binette B	6.7	
2 Gierenger P	8.0	
SENIOR 600		
1 Tarpoy B	1:51.0	
2 Dealy B	1:58.1	

3 Ung P	2:18.2	
JUNIOR RELAY		
1 McAuley	2:07.1	
(Benoit,Ainsworth,Herbeck,Roy)		
2 Biddeford	2:07.1	
SENIOR RELAY		
1 Biddeford	2:03.5	
(Tarpoy,Watson,Binette,Jacques)		
2 Portland	2:04.3	
Athlete of the Week:		
Melissa Rioux,Biddeford		

Scarborough	67	
Bonny Eagle	52	
Westbrook	35	
JUNIOR SHOT PUT		
1 Ross S	23-8	
2 Partridge S	23-6	
3 Cormier We	23-1 1/2	
4 Weeman EE	22-9 1/4	
SENIOR SHOT PUT		
1 Fish We	31-11	
2 Black EE	26-3 1/2	
3 Dufresne EE	25-9 1/2	
4 Roy S	24-3	
JUNIOR 300		
1 McCallum EE	46.0	
2 Pfeiffenberger BE	46.7	
3 Culbert We	47.9	
4 Cloutier EE	48.4	
1 0 0 0		
1 Curlew S	3:15.6	
2 Marcigliano We	3:26.7	
3 Corbett S	3:31.5	
MILE		
1 Austin EE	5:58.7	
2 Sinclair EE	6:00.3	
3 Welch We	6:02.6	
4 Grant S	6:02.7	
HIGH JUMP		
1 J. Welsh S	4-10	
2 Smith We	4-8	
3 Laber S	4-4	
SENIOR 300		
1 Toye S	41.5	
2 Googins S	42.3	
3 Ciampapanelli S	43.6	
4 Smith We	44.1	
JUNIOR 40		
1 Partridge S	5.7	
2 McCallum EE	5.8	
3 Drew EE	6.0	
4 Molier S	6.0	
JUNIOR HURDLES		
1 Cormier We	8.1	
2 Miller We	8.1	
3 Herbert We	8.2	
4 Kelley We	8.5	
JUNIOR 600		
1 McCallum EE	1:48.6	
2 Higley EE	1:50.0	
3 Flynn S	1:50.1	
4 Pierpont We	1:51.2	

Windham	76	
South Portland	73	
Edward Little	53	
Cape Elizabeth	19	
JUNIOR SHOT PUT		
1 Blanchard Wi	25-4 1/2	
2 Hill EL	24-0	
3 Bercume Wi	23-1 1/2	
4 Hoffman SP	21-0	
5 McCormack Wi	19-5	
SENIOR SHOT PUT		
1 Newcomb Wi	34-1 1/2	
2 N.Dore EL	26-6	
3 Kiely Wi	21-1	
4 S.Dore EL	20-9	
5 Crisafi Wi	20-3	
JUNIOR 300		
1 Gallagher Wi	43.1	
2 Hill EL	44.5	
3 Hoffman SP	45.1	
4 Bergman CE	45.4	
5 Ackroyd Wi	46.2	
1 0 0 0		
1 Salamone SP	3:13.4	
2 Germano Wi	3:22.1	
3 Moreau EL	3:22.9	
4 Thornton EL	3:32.6	
5 Cotton SP	3:24.1	
MILE		
1 Fowler CE	6:18.9	
2 DiBiase Wi	6:35.0	
3 Kahill SP	6:35.0	
4 Davis EL	6:36.0	
5 Gaudet Wi	7:05.0	
HIGH JUMP		
1 Salamone SP	4-4	
2 Mowatt Wi	4-0	
3 Calvet Wi	4-0	

1 O'Sullivan EL	40.7	
2 Labarre SP	43.1	
3 Whidden Wi	44.3	
4 Willis SP	44.4	
5 McKeen CE	44.4	
JUNIOR 40		
1 Hill EL	5.5	
2 Dymond Wi	5.5	
3 Bergman CE	5.7	
4 Hoffman SP	5.8	
5 Gallagher Wi	5.8	
JUNIOR HURDLES		
1 Salamone SP	7.4	
2 Germano Wi	7.5	
3 Olson Wi	7.8	
4 Vincent EL	7.9	
JUNIOR 600		
1 Greene SP	1:50.0	
2 Olson Wi	1:50.4	
3 Hirshon CE	1:52.9	
4 Verrill EL	1:54.2	
5 Bailey EL	1:54.6	
SENIOR 40		
1 O'Sullivan EL	5.3	
2 Labarre SP	5.6	
3 Jacobs Wi	5.9	
4 Bernier Wi	6.0	
5 Reed CE	6.0	
SENIOR HURDLES		
1 Willis SP	7.2	
2 Doyon SP	7.5	
3 McKeen CE	8.7	
SENIOR 600		
1 Ranger SP	1:40.7	
2 Pelletier EL	1:46.5	
3 Willette Wi	2:12.1	
JUNIOR RELAY		
1 South Portland	2:04.1	
(Beardsley,Green,Goffman,Salamone)		
2 Windham	2:05.0	
3 Edward Little	2:15.4	
SENIOR RELAY		
1 South Portland	2:01.1	
(Willis,Doyon,Ranger,Labarre)		
2 Edward Little	2:09.0	
3 Windham	2:09.3	
Athlete of the Week:		
Zoey O'Sullivan,Edward Little		

Deering	59	
Thornton Academy	59	
Gorham	41	
JUNIOR SHOT PUT		
1 Spera G	25-4	
2 Atherton D	23-4	
3 Twitchell-Parke G	22-2 1/4	
4 Clemence G	21-7 1/4	
SENIOR SHOT PUT		
1 Grover D	27-2	
2 Zenahlik TA	25-10 1/2	
3 Scott D	25-6 1/2	
4 Carter TA	23-7	

1 Sullivan G	44.6	
2 Chadbourne G	46.3	
3 Herrick D	47.5	
4 Myrick TA	48.3	
1 0 0 0		
1 Foley TA	3:10.2	
2 Zaitlin TA	3:17.5	
3 S.Brown TA	3:24.5	
4 Scott G	3:38.6	
MILE		
1 Fontaine D	5:50.6	
2 Leclair TA	5:52.6	
3 McKinnon TA	6:05.0	
HIGH JUMP		
1 N.Brown TA	5-0	
2 Zaitlin TA	4-10	
3 Savage TA	4-4	
4 Semple G	4-4	
SENIOR 300		
1 Dionne D	41.2	
2 Plummer G	44.8	
3 Saucier TA	46.2	
4 Zenahlik TA	47.9	
4 Trecartin TA	47.9	
JUNIOR 40		
1 Furbish TA	5.7	
2 Chadbourne G	5.7	
3 Gregoire D	5.7	
4 Hatch TA	5.7	
JUNIOR HURDLES		
1 O'Brien D	6.8	
2 Drake D	7.0	
3 Houlihan G	7.4	
4 Kinsman TA	7.6	
JUNIOR 600		
1 Savage TA	1:48.4	
2 Furbish TA	1:48.8	
3 Johnson TA	1:48.8	
4 Kinsman TA	1:51.0	
SENIOR 40		
1 Dionne D	5.5	
2 Theriault D	5.6	
3 Plummer G	5.8	
4 Zenahlik TA	5.9	
SENIOR HURDLES		
1 Foley TA	6.8	
2 Shorey G	6.9	
3 Huff D	7.1	
4 Lowell D	7.4	
SENIOR 600		
1 Rabine D	1:48.5	
2 Moody G	1:48.6	
3 Brown TA	1:50.6	
4 Wynne D	1:59.8	
JUNIOR RELAY		
1 Deering	2:02.2	
(O'Brien,Margolis-Pineo,Juneau-Vogel,Drake)		
2 Gorham	2:05.9	
SENIOR RELAY		
1 Deering	1:58.8	
(Dionne,Huff,Lowell,Theriault)		
2 Gorham	2:02.9	
Athlete of the Week:		
Ann Dionne,Deering		

Maine finishers in the Youth Boys 4,00 Meter run of the Region 1

10 Eric Webster Lakers 14:21.6	39 Jeffrey Alden Crown of Maine 15:09.5	69 Nathan Priest Lakers 15:52.0
16 Patrick Tarcy Scarborough 14:28.6	40 Mark Jensenius Cumberland 15:10.4	71 Andy Mannett Lakers 15:55.1
19 Jerry Johnson Scarborough 14:33.2	44 Michael Downing Scarborough 15:15.8	72 Kevin Conley Scarborough 15:55.3
21 Mark Googins Scarborough 14:37.3	45 Greg Squiers Lakers 15:18.4	76 Casey Caldwell Scarborough 16:03.6
26 Lars Borssen Lakers 14:47.7	51 Robert Goodspeed Cumberland 15:27.7	77 Eric Bowden Cumberland 16:05.3
28 Bobby Hunt Unattached 14:52.9	54 Daniel Stowell Cumberland 15:34.6	78 Kevin Googins Cumberland 16:05.6
31 Ben Buxton Lakers 15:01.6	55 Darren Bennett Scarborough 15:35.3	94 Jared Coulston Scarborough 16:34.8
32 Thomas Goodspeed Cumberland 15:03.3	59 Michael Smith Cumberland 15:41.2	96 Toby Young Cumberland 16:42.6
		104 Ross Kahill Unattached 17:15.0

CENTRAL MAINE INDOOR TRACK LEAGUE

January 3, 1997

Farley Field House at Bowdoin College

BOYS

Wells	99
Greely	98
Mt Ararat	90
Brunswick	71
Lake Region	40
Gray-New Gloucester	36

SENIOR SHOT PUT

1 Beal G	48-3 1/2
2 Hardy W	43-7
3 Trufant B	37-4 1/4
4 Schuettinger L	35-2 1/2
5 Peters B	34-7
6 Allen G	34-6 1/2

SENIOR 60

1 Bridges L	6.7
2 Smith W	6.9
3 Jacobsson B	6.9
4 Jones GNG	6.9
5 Dupee L	7.0
6 Cohen W	7.2

JUNIOR 60

1 Denno G	6.9
2 Routhier G	7.1
3 Clendenning GNG	7.1
4 Stackhouse MA	7.1
5 Smith G	8.3
6 Tardif MA	nt

JUNIOR HURDLES

1 Robinson G	8.5
2 Holmes MA	8.8
3 Giblin B	9.3
4 Morrison GNG	9.4
5 Phillips B	10.2
6 Allen W	10.8

SENIOR HURDLES

1 Griffin W	8.5
2 Jensen G	9.9
3 Pettinga W	9.9
4 Currier W	10.0
5 Clements MA	10.3
6 Barnera L	10.7

LONG JUMP

1 Tardif MA	19-1 1/2
2 McDonald L	18-1 1/2
3 Nebo B	17-10 3/4
4 Smith W	17-10
5 Robinson G	17-8 3/4
6 Stackhouse MA	17-5 1/4

JUNIOR SHOT PUT

1 Edgecomb W	40-3
2 Woerter MA	36-6 1/2
3 Barocche GNG	35-9 1/2
4 Bisson B	35-3
5 Brazier W	34-10 1/2
6 Hinds MA	34-4

POLE VAULT

1 Thompson GNG	10-6
2 Griffin W	9-0
3 Routhier G	8-0
4 Wilson B	8-0
5 Wazlaw B	7-0
6 Areson B	6-6

MILE

1 Higbee MA	4:41.0
2 O'Brien MA	4:44.4
3 Sirois W	4:53.9
4 Ericson W	4:58.9
5 Weber G	5:10.1
6 Forcella W	5:13.9

JUNIOR 600

1 Djorkdahl G	1:31.6
2 Minkowsky MA	1:32.1
3 Allen W	1:33.0
4 Martel W	1:33.3
5 Dreher MA	1:33.7
6 Leighton G	1:34.0

SENIOR 600

1 Pollock B	1:21.1
2 Crooker MA	1:22.6
3 Parker B	1:24.2
4 Currier W	1:24.3
5 Clements MA	1:24.4
6 Vail B	1:24.7

1000

1 Higbee MA	2:35.2
2 Hardy W	2:36.1
3 O'Brien MA	2:38.2
4 Smith G	2:39.6
5 Sirois W	2:39.8
6 Barker B	2:56.6

JUNIOR 300

1 Denno G	35.2
2 Robinson G	35.6
3 Lavallee G	36.3
4 Pederson B	36.5
5 Nallon B	36.5
6 Stackhouse MA	37.5

SENIOR 300

1 McDonald L	35.3
2 Jacobsen B	35.6
3 Jones GNG	35.7
4 Dupee L	35.8
5 Cohen W	36.0
6 Paquet L	36.5

TWO MILE

1 Towle G	10:35.3
2 Pollock B	10:41.8
3 Ericson W	11:16.3
4 Crooker MA	11:44.3
5 Smith MA	12:47.3
6 Anderson GNG	12:47.6

JUNIOR HIGH JUMP

1 Theberge B	5-2
2 Wallace B	5-0
3 Cooper B	5-0
4 Draheim W	5-0
5 Phillips B	4-10
6 Lavallee G	4-8
6 Wazlaw B	4-8

SENIOR HIGH JUMP

1 Paquet L	5-10
2 Walker GNG	5-6
3 Mareau W	5-6
4 Pettinga W	5-2
5 Waterman GNG	5-2
6 Clements MA	5-0

TRIPLE JUMP

1 McDonald L	38-3 1/2
2 Smith W	37-9 1/2
3 Lacy G	37-4 1/2
4 Hale B	36-2
5 Griffin W	35-11
6 Lundnorn GNG	35-1 3/4

JUNIOR 800 RELAY

1 Greely	1:42.3
(Denno, Routhier, Lavallee, Robinson)	
2 Mt Ararat	1:48.1
3 Brunswick	1:51.5
4 Greely	1:52.0
5 Wells	1:54.3

SENIOR 800 RELAY

1 Wells	1:39.3
2 Lake Region	1:41.6
3 Brunswick	1:41.7
4 Greely	1:44.8

GIRLS

Greely	163.5
Mt Ararat	97.5
Gray-New Gloucester	75
Wells	25
Brunswick	24
Lake Region	19

60

1 Aines MA	7.6
2 Lemieux G	8.0
3 Tamaki G	8.0
4 Cyr G	8.1
5 Porter G	8.1
6 Alexander G	8.2

POLE VAULT

1 Hoffman G	6-0
2 Bodwell GNG	6-0
3 Roberts GNG	5-0
4 O'Farrell MA	5-0

HIGH JUMP

1 Getz G	5-4
2 Foster GNG	4-10
3 Carpenter GNG	4-10
4 Weiss G	4-10
5 O'Donnell G	4-4
6 Carson W	4-4

HURDLES

1 Hoffman G	9.4
2 Merrill L	9.5
3 Carpenter GNG	9.6
4 Hienig MA	9.7
5 Crosman MA	9.7
6 Weiss G	9.9

MILE

1 Fenderson GNG	6:13.5
2 Kruswick MA	6:14.0
3 Beazley MA	6:14.4
4 Staples W	6:17.2
5 Smith G	6:53.2

600

1 Bibber GNG	1:40.8
2 Hoffman G	1:41.2
3 Foley B	1:41.4
4 Millar MA	1:44.5
5 Aines MA	1:45.2
6 Shepard B	1:46.6

1000

1 Diekman B	2:59.8
2 Hanson MA	3:04.6
3 Higgins G	3:13.3
4 LaGlin W	3:13.8
5 Beazley MA	3:13.8
6 Furrow B	3:25.6

LONG JUMP

1 Getz G	15-2 3/4
2 Carpenter GNG	14-3 1/4
3 Lemieux G	14-0 1/2
4 Merrill L	13-11 3/4
5 Crosman MA	13-10 1/2
6 Scribner L	13-6 1/4

SHOT PUT

1 Beal G	34-2 1/2
2 Haley G	28-9
3 Thibeau W	28-0 1/4
4 Ducette G	27-2 1/2
5 Mograge W	26-4 1/4
6 Chung G	24-7

300

1 Getz G	42.1
2 Moulton G	42.2
3 Crosman MA	42.5
4 Philbert W	42.5
5 Cyr G	42.5
6 Hienig MA	44.2
6 Alexander G	44.2



INFORMATION ON JOINING THE JUNIOR SPRINT TRIATHLON TEAM

A Virginia based nutrition company, Health Technologies Network, and the Institute for Multisport Development (Gainesville, FL) have teamed up to develop a National Junior Sprint Triathlon Team. Although this team won't represent USA Triathlon officially in any competitions, it will consist of one junior boy and one junior girl from each of the USA Triathlon regions. HTN CEO, Art Franklin, feels the HTN mission "helping people through better health" and the enthusiasm of the multisport athlete towards sport is a perfect complement. "The best place to start a well balanced healthy lifestyle is at the Junior level and to assist in their efforts, HTN has developed a multisport product line specifically aimed at the nutritional needs for recovery and sustained energy in training and racing."

To request applications for inclusion onto the HTN junior Team write to:

The Institute for Multisport Development, 2735 SW 35th Place, Suite 1904, Gainesville, FL 32608

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THE GREAT OSPREY

Freeport

November 16, 1996

1	Bob Winn		31:37	66	James Gott	28	42:10	131	Julie Holmes	25	47:14*
2	Bill Solimine	36	33:31	67	Steve Douglas	36	42:17	132	James Bright	47	47:22
3	Mike Payson	33	33:44	68	Dave Wilby	27	42:20	133	Susan Amaral	41	47:30*
4	Guy Segars	36	34:26	69	Barry Wight	37	42:23	134	Cathy Locke	34	47:33*
5	Kyle Rhoads	27	34:35	70	Alison Kisch	30	42:25*	135	Joseph Petrin	21	47:34
6	Michael Grigware	32	34:50	71	Ann Stairs	27	42:28*	136	Howard Spear	46	47:38
7	Peter Heslam	29	35:02	72	Daniela Daggy	25	42:33*	137	Angela Small	26	47:41*
8	Jeffrey Banger	35	35:03	73	Carol Manley	42	42:36*	138	Catherine McGuire	37	47:42*
9	Julia Kirtland	31	35:12*	74	David Stuart	35	42:51	139	Peter Hall	42	47:43
10	Robert Ashby	28	35:16	75	D. Scott Hamilton	45	43:03	140	Peter Vachon	39	47:47
11	Steve Podgajny	46	35:26	76	Julianna Lagin-Nasse	17	43:05*	141	Don Foshay	37	47:48
12	Barry Fifield	39	35:35	77	Julie McGee	36	43:25*	142	Charles Cary	53	47:56
13	Joan Benoit Samuelson	39	35:56*	78	Stephen Decastto	26	43:33	143	Wayne Eaton	56	47:59
14	Jaime Jackson	28	36:19	79	Mark Boucher	38	43:39	144	John Willhoite	43	48:05
15	Dan Hoffman	27	36:34	80	Steven Barmore	43	43:42	145	Beth Willhoite	43	48:05*
16	John Gleason	38	36:43	81	Tim Sickel	44	43:55	146	Patty Murray	41	48:12*
17	Mark Batchelder	38	36:48	82	Phil Cousineau Jr	44	43:58	147	Don Harriman	50	48:19
18	Shawn Jyawook	22	37:08	83	Chip Kelly	35	44:05	148	Katie Perry	39	48:20*
19	Rich McCauley	36	37:21	84	Rick Hartwell	44	44:10	149	Don Zillman	52	48:20
20	Paul Letarte	43	37:25	85	Dave Thorp	13	44:10	150	Patricia Clark	37	48:21*
21	Mark Steege	41	37:45	86	Thomas Harlow	50	44:17	151	Ellen Clapp	27	48:22*
22	Will Lund	41	37:47	87	Brooks Areson	18	44:20	152	Beth Allen	38	48:31*
23	Tyler Fish	23	37:56	88	Karl Branter	41	44:21	153	Jeff Maurin	22	48:35
24	Joel Croteau	52	38:00	89	David Benn	51	44:22	154	Cindy Scribner	36	48:36*
25	Elliott Cumming	25	38:03	90	Kevin Conley	29	44:24	155	Rob Fuller	40	48:38
26	Michael Boucher	39	38:12	91	Darayl Pridham	27	44:25	156	Michael Detscher	40	48:49
27	Christine Reaser	30	38:32*	92	David P. Silk	38	44:26	157	Mick McCall	42	48:51
28	Nelson Larkins	35	38:26	93	John Rolfe	42	44:31	158	Phil Hoose	49	48:56
29	Eric Schoening	33	38:32	94	William Cookson	36	44:40	159	Snorty Blogger	35	48:59
30	Ben Trevor	25	38:33	95	Leigh Minor	26	44:42*	160	Jennifer Mador	24	49:05*
31	Joseph Mangone	40	38:34	96	Melvyn Attfield	45	44:42	161	Louisa Dunlap	56	49:13*
32	Ken Cutting	17	39:17	97	Kathryn Tolford	42	44:43*	162	Michael Ianno	36	49:18
33	Josh Rogers	18	39:24	98	David Peterson	42	44:47	163	Jeanne McMorrow	41	49:24*
34	Ed Mendes	43	39:25	99	Keith Hinds	18	44:48	164	Kathy Ventura	31	49:34*
35	Stephen Ransom	38	39:23	100	Neil Martin	53	44:48	165	Nancy Batchelor	44	49:35*
36	Gregg Wood	37	39:32	101	Wayne Whitney	46	44:52	166	Chris Bengtsson	40	49:46
37	Scott Deschesne	40	39:36	102	Roger Fenn	50	44:54	167	Rich Curley	49	49:54
38	David Chamberlain	35	39:38	103	Dennis St. Hilaire	51	44:56	168	Art Porter Jr	53	49:55
39	Eric Huemme	32	39:41	104	Charlie Spies	39	44:57	169	Robert Rosenberg	55	50:06
40	Arvid Cullenberg	36	39:42	105	Jeanne Desjardins	39	45:02*	170	Jill Martin	35	50:21*
41	Andre Benoit	44	39:50	106	Dale Rines	44	45:03	171	Mary Loboizzo	36	50:27*
42	Jim Bunnell	39	39:53	107	Vicki Bryant	38	45:10*	172	Mary Rial	46	50:30*
43	Jim Harmon	36	39:54	108	Jon Horey	14	45:12	173	Joe O'Donnell	45	50:31
44	Mike Daly	51	40:04	109	Peter Areson	46	45:13	174	Joe McEachern	35	50:33
45	Brian Noyes	38	40:10	110	Oliver Graf	20	45:18	175	Charlie Richardson	34	50:34
46	David Polito	47	40:12	111	Paul Yates	45	45:25	176	Richard Cavanaugh	63	50:37
47	Gerard P Conley	42	40:16	112	Jen Snow	28	45:33*	177	Herman Pettegrove	56	50:45
48	Chris Eaton	28	40:28	113	Kevin Butterfield	26	45:34	178	Bill Robertson	57	50:56
49	Kelley Cullenberg	35	40:29*	114	Chet Matthews	50	45:49	179	Jackie Huemme	30	50:59*
50	Joe Meehan	50	40:37	115	Chris Scontras	39	45:50	180	Lauren Donovan	29	51:08*
51	Chuck Thorp	41	40:41	116	Amy Parker	26	45:57*	181	Cheryl Gilbert	48	51:10*
52	Christopher Roney	32	40:43	117	Dennis Farrell	26	45:58	182	Neil Chivington	49	51:19
53	Jason Radin	22	40:49	118	Stanley Sheldon	49	46:07	183	Ellen Spring	44	51:31*
54	Bob Stuart	42	40:50	119	Craig A Whiton	46	46:18	184	Donald Sanborn	51	51:31
55	Jeff Bengtsson	37	41:01	120	Charles Brown	42	46:20	185	Brian Wormwood	45	51:46
56	Tom Shorty	34	41:07	121	Harry Gorman	35	46:21	186	Donnajeon Pohlman	45	51:48*
57	Fred Randall	45	41:19	122	Peter Loboizzo	12	46:21	187	Megan Kyle		51:55*
58	Ed Doughty Jr	47	41:26	123	Pamela Hewett	29	46:24*	188	Lynn Pierce	39	51:56*
59	Jody King	36	41:29*	124	Randy Grube	27	46:27	189	Jessica Macomber	22	52:01*
60	Ken Preston	42	41:44	125	Herb Swanson	43	46:41	190	James Wazlaw	46	52:03
61	Bill Holden	40	41:50	126	Nina Wason	40	46:47*	191	John Gale	40	52:05
62	Vern Demmons	50	41:51	127	Nancy Lagin	46	46:57*	192	Steve Collins	59	52:08
63	Eric Bowie	36	42:05	128	Jim Moore	53	47:04	193	Carlton Mendell	75	52:12
64	Maureen Sproul	40	42:07*	129	Ronald Paquette	55	47:06	194	Kara Tierney	24	52:33*
65	Jeremy Lurgio	23	42:10	130	Gina Harmon	36	47:10*	195	Doug Allen	39	53:00

196	Linda Wood	41	53:02*	217	Elizabeth Moran	23	55:13*	238	Wendy Berthiaume	32	57:35*
197	Will Davis	52	53:06	218	Lydia Lobozzo	13	55:14*	239	Donna Lapierre	56	57:58*
198	Courtney Lowe	14	53:12*	219	Kate Kobetsky	24	55:16*	240	Cheri Shaw	40	58:21*
199	Julie Orton	44	53:13*	220	Tim Griffin	28	55:24	241	Sandy Allen	55	58:21
200	Sarah Clark	35	53:28*	221	Deborah Train	33	55:30*	242	Nelson Soule	76	58:26
201	J J Toland	24	53:35	222	Marc Horey	46	55:32	243	Shoshana Hoose	42	59:09*
202	Daniel Day	59	53:39	223	Mark Daiute	43	55:44	244	William Marzul	72	59:17
203	Jill Szopinski	26	53:43*	224	Beth Wilson	41	55:45*	245	Jeanette Arsenault	47	59:26*
204	Mark Butterfield	41	53:44	225	Brigitte Edquid	48	55:53*	246	Carolyn Krahn	38	59:28*
205	Stacey Williams	39	53:47*	226	Nora Healy	25	55:54*	247	Sandra Dickison	38	1:00:02*
206	Kirsten Maue	23	53:49*	227	Dana Sequin	43	55:55	248	Pamela Lajeunesse	47	1:00:36*
207	Luke Ferreira	10	53:54	228	Abby Lechthaler	24	56:29*	249	Linda Hornbeck	49	1:02:30*
208	Jeff Young	43	53:54	229	Phil Grant	25	56:29	250	Cynthia Orcutt	41	1:02:45*
209	Ken Olson	44	54:05	230	Rick Gagne	25	56:38	251	Nancy Weingarten	46	1:03:15*
210	Suzanne Umland	48	54:16*	231	Connie Towne	58	56:53*	252	Peter J Bolland	38	1:06:39
211	Trish Azzara	40	54:23*	232	Mike McGee	50	56:59	253	Lisa Neff	50	1:06:50*
212	Melanie Collins	31	54:25*	233	Vance Wormwood	48	57:02	254	Richard D Gagne	47	1:08:39
213	Tom Whelan	29	54:39	234	Kathy Gagne	42	57:20*	255	Connie Robson	47	1:08:59*
214	Erika Rosenberg	21	54:43*	235	Katrina Van Dusen	39	57:22*	256	Donna Lavery		1:10:29
215	David Dickison	40	54:46	236	Beverly Doughty	45	57:23*	257	James Higgins	42	1:15:25
216	Lynn Shorty	33	54:51*	237	Mike Pruynt	37	57:24	258	Shirley Fenlason	61	

The Great Osprey 10K - Freeport 11.16.96

Over three hundred runners signed up for this event (most just to get one of the great T-shirts) and two hundred and fifty eight runners finished, making this a pretty significant event for late fall in Maine. The course is great, the weather was awesome (if not a little cool), and the race management was well-done. You also get to bump elbows with some pretty impressive company in the form of Bob Winn, Joan Benoit-Samuelson, and Julia Kirtland, to name just a few (and there are plenty more that toed the line in this field. Thanks to Charlie Scribner, Split Time Race Management for the results.



Mount Blue Cross Country
Coach Kelly Cullenberg



Shawn Jyawook, Unity College
Cross Country Runner



Jaime Jackson of
Portland had a strong
fall at the races



Maine's own national
class athlete Julia
Kirtland

SHOP N' SAVE TURKEY TROT

Cape Elizabeth

November 17, 1996

shop and save turkey trot 10K 11/17/96 10:30 am

results courtesy MTC and bob aube

1	Byrne Decker	29	32:07
2	David Weatherbie	28	33:28
3	Peter Bottomley	35	33:59
4	David Roberts	41	36:02
5	Geoff Beard	28	36:39
6	John Mollica	44	37:47
7	Kevin Gile	38	37:54
8	John Gagnon	29	38:31
9	John Tarling	45	38:58
10	Bob Brainerd	33	39:10
11	Dan Barker	43	39:38
12	Sumner Weeks	48	40:52
13	Bob Coughlin	57	41:05
14	Paul Aceto	30	41:14
15	Eric Boylestad	31	41:36
16	Tom Kirner	47	42:47
17	Michael Cavanaugh	45	42:52
18	Les Berry	48	42:57
19	Ann McGovern	32	43:03*
20	Michael Beaudoin	54	43:04
21	Robert Hecker	38	43:14
22	Kimberly Moody	41	43:17*
23	Michael Doyle	32	43:44
24	John Merritt	46	44:21
25	Amy Cook	31	44:30*
26	Loren Lathrop	47	44:37
27	Clyde Coolidge	57	44:37

28	Mary Ann Doss	36	44:39*
29	Gordon Smith	38	44:41
30	Phil Vezina	37	44:44
31	Tom Trytek	41	44:48
32	John Morse	51	45:15
33	Maryellen Fitzpatrick	35	45:22*
34	Colleen Redmond	32	45:28*
35	James McCorkle	41	45:29
36	Clayton Churchill	37	45:32
37	Rosalyn Randall	46	45:38*
38	Jeffrey Preble	43	45:47
39	Ron McCall	54	46:02
40	William Cookson	36	46:05
41	Joan Lavin	48	46:12*
42	David Beneman	38	46:13
43	Ted Kirchner	48	46:22
44	Muzzy Barton	44	46:32
45	Cecile Fontaine	45	46:54*
46	Joseph Cook	46	47:18
47	Tracey Weatherbie	30	47:21*
48	John Chandler	69	47:34
49	Daniel Rooney	52	47:36
50	Sophia Payson-Rand	28	47:39*
51	Bob LaNigra	54	47:54
52	Ted Foden	37	48:15
53	Schuyler Morrison	48	48:22
54	Jim Harnden	37	48:23
55	Robin Postman	23	48:51*
56	Richard Jewell	53	48:52

57	Roger Smith	51	49:04
58	Henry Woodworth	39	49:45
59	George Conly	48	50:02
60	Gretchen Springer	38	50:17*
61	Claire Robbins	33	50:25*
62	Carol Nale	45	50:28*
63	Russ Bradley	73	50:28
64	Harry White	54	50:39
65	Cathy Burnie	48	51:18*
66	Chuck Burnie	42	51:19
67	Julie Ciraldo	37	51:38*
68	Lisa Kelley	32	51:48*
69	Ronald Zorn	61	52:07
70	Chris Harte	48	52:18
71	Adrienne Turner	38	52:33*
72	Colleen Boland	41	53:21*
73	Natalie Woodworth	14	53:29*
74	Betsy Lane	45	53:44*
75	Robert Didonato	36	54:15
76	Andrew Coffin	29	55:56
77	Herb Strom	67	56:08
78	Linda Hunt	49	56:15*
79	Melanie Collins	31	57:13*
80	Amy Levasseur	44	58:01*
81	Cheri Shaw	40	58:03*
82	Sally Paterson	55	59:36*
83	Mike Layton	40	59:50
84	Carol Kerr	41	1:02:36*
85	Jim Cusack	60	1:04:58

Shop N' Save Turkey Trot 10K - Cape Elizabeth 12.17.96

All the runners must have turned out for the Great Osprey 10K the day before, and still, race director Mel Fineberg reports that they made a record amount of money to donate to a good cause. Everyone seemed festive and into the holiday spirit for the event, which should always be the case. A lot of people went home with holiday turkeys donated by Shop N' Save. Results courtesy of Bob Aube. Pictures courtesy of Maureen Sproul.



Chris Harte

More Turkey Trot pictures can be found on page 39

Adrienne Turner



SHOP N' SAVE TURKEY TROT

Cape Elizabeth

November 17, 1996

Shop & save turkey trot 5k 11.17.96 9:30 am

Roland Thibault	28	16:54
Allan Muir	41	16:58
Paul Greene	24	17:11
Jared Moore	17	17:19
Sam Goodrich	15	17:25
Rob Craig	40	17:35
Guy Berthiaume	51	17:36
Dan Works	36	17:48
Brian Moynihan	29	17:54
Jacob Koelker	15	17:54
Donald Hebert	32	17:58
Don Stowell	41	18:01
John Eldredge	42	18:06
Ronald Deprez	52	18:27
Rick Chalmers	35	18:32
Jim Bunnell	39	18:40
Bob Brainerd	33	18:45
Tim Forcella	15	18:45
Natt Hammond	25	18:51
Scott Hutchinson	34	19:06
Maryellen Powers	29	19:07*
Dave Howard	30	19:08
Chase Pray	52	19:12
John Bean	39	19:17
Tom Trytek	41	19:25
Joseph Doane	36	19:26
Andrew Ingalls	37	19:28
Tim Jordan	26	19:30
Dwight Holmquist	33	19:33
Rex Holtan	44	19:34
Jacob Toman	15	19:36
Eric Ortman	37	19:44
Paul Casey	42	19:51
Stephen Murphy	52	19:55
Bob Payne	58	19:58
Brian Kelly	38	19:59
Ross Kahill	13	20:02
Tony Ricci	14	20:04
Terese Roberts	26	20:07*
Tom Getchell	42	20:09
Charles Kahill	53	20:13
Loren Lathrop	47	20:29
Mark Casey	38	20:32
Peter Merrill	37	20:34

45 David Dowling	42	20:40
46 Tim Merritt	17	20:42
47 Jim Estes	47	20:43
48 Steve Koelker	43	20:45
49 Thomas Carll	52	20:48
50 Don Fries	49	20:50
51 Peter Bastow	60	20:52
52 John Aromando	37	20:55
53 Keith Malone	39	21:03
54 Jane Rau	46	21:09*
55 David Smith	55	21:13
56 Neil Martin	53	21:32
57 Lisa Belisle	25	21:40*
58 Robert Sansonetti	34	21:41
59 Claire Fontaine	16	21:44*
60 Brian Lathrop	16	21:49
61 Dave Kimball	34	21:56
62 Danyelle Cinque	14	21:57*
63 Dan Profenno	36	22:06
64 Stuart Kelly	12	22:07
65 Afton Kelly	13	22:11*
66 Reggie Sargent	87	22:15
67 Cindy LeBlanc	31	22:23*
68 Sarah Parrott	38	22:24*
69 Nate Clark	19	22:24
70 Charles Ouillet	51	22:25
71 Evan Hennessey	17	22:26
72 Marvin Wood	53	22:30
73 David Young	44	22:35
74 Arabella Eldredge	42	22:45*
75 William Staszko	38	22:51
76 Rocco Corsetti	49	23:08
77 Jesse Ludwig	13	23:41
78 Michael Hubbard	33	23:54
79 Sherry Carll	49	23:55*
80 Fern Labbe	55	24:29
81 Jill Szopinski	26	24:34*
82 Bob Poirier	26	24:37
83 Ann Ludwig	39	24:48*
84 Nancy Murphy	49	24:53*
85 Diana Getchell	12	25:08*
86 Peter Rand	35	25:19
87 Elizabeth Stuart	34	25:28*
88 Dana Banks	36	25:42
89 Linda Iselborn	36	25:48*

90 Mary Coolidge	28	25:49*
91 Heidi-Anne Loughlin	26	25:54*
92 Elizabeth Doane	34	26:01*
93 Amy Saffian	35	26:10*
94 Beth Wilson	41	26:24*
95 Corey Giasson	25	26:28
96 Guy Egan	11	26:47
97 Deirdre Hennessey	14	26:50*
98 Matt Hoffner	41	27:01
99 Elizabeth Gayer	13	27:13*
100 Jessica Strout	26	27:16*
101 Wendy Berthiaume	32	27:23*
102 Abbey Parker	11	27:28*
103 Henry Wolstat	62	27:32
104 Megan Krukowski	32	27:39*
105 Anita McDonough	34	27:51*
106 Stella Hills	31	27:54*
107 Mary Rhinehardt	28	27:59*
108 Patty Beach	38	28:05*
109 Carole Wise	38	28:28*
110 Jeanne Desjardins	39	28:29*
111 Jeffrey McCorkle	6	28:45
112 James McCorkle	41	28:45
113 Burt Kettle	62	28:46
114 Nancy Kettle	61	28:49*
115 Rose Marcoux	34	29:00*
116 Elizabeth Hoermann	38	29:13*
117 Stephen Kenny	36	29:13
118 Claudia Getchell	40	29:15*
119 Margaret Buckley	34	29:40*
120 Carol Parker	34	29:59*
121 Dianne McCorkle	37	31:07*
122 Bethany McCorkle	11	31:08*
123 Maggie Soule	55	31:09*
124 Deborah Casey	40	31:10*
125 Jan Bastow	60	31:23*
126 Deb Berube	38	31:26*
127 Marlene Manoogian	65	33:05*
128 Kristen Barton	13	33:06*
129 Pat Buckley	59	34:16*
130 Ruth Hefflefinger	67	35:06*
131 Archie Manoogian	66	35:31
132 Kate Krukowski	42	36:40*
133 Beryl Cote	46	46:01*
134 Martha Chandler	66	46:21*

Shop N' Save Turkey Trot 5K - Cape Elizabeth 12.17.96

What can I say? After complaining in the December issue about never racing again, I decided to lace up the racing flats and see what I still had left. (Thank you to those who took pictures for me) I guess all of that rest really helped (although I was sore for the next two weeks from doing almost no speed work) Everyone who competed deserves a lot of credit for running such a tough course over hills. Most remarkable was the finish of six year old Jeffrey McCorkle who was first finisher for his family (no small feat) with a time of 28:45. Results courtesy of Bob Aube.

PINE TREE RUNNING JOURNALS NEW YEAR RESOLUTIONS 1997

I, the editor and publisher, Roland J. Thibault, being of sound mind and body (at least for a runner) do declare to try (to the best of my ability) to uphold the following resolutions throughout the year nineteen hundred and ninety-seven. I resolve to never again put my own picture on the cover of the magazine (except on months beginning in M, like March). I also resolve to make an attempt at a marathon (with all energies focused on the \$1 million prize for an American record, at which point I will retire from running and take up golf). Also, with my new obsession with the 50-mile race distance, I will run my first ultra-marathon (and then take the rest of the week off, having run my weekly mileage total). And finally, I resolve (seriously) to continue to bring the readers of the magazine what they are looking for in a state-wide running magazine, and to have fun doing it. Have a great year in 1997.

CAPITAL CITY 5K ROAD

Augusta

November 23, 1996

CAPITAL CITY 5K ROAD RACE November 23rd, 1996 Augusta - 10:15 AM

1	Ludo Bruyere	27	17:04
2	Hugh McLean	37	17:19
3	Dan Buck	37	18:00
4	Will Lund	41	18:10
5	Steve Peterson	47	18:29
6	Ross Lafreniere	31	18:34
7	Christian Poulin	28	18:39
8	Steve Russell	41	18:53
9	Chas Ault	41	18:54
10	Dave Simard	32	18:56
11	Joe Conrad	16	19:19
12	Juliet Shagoury	32	19:32*
13	Ron Bourget	38	20:00
14	Arthur Robinson	46	20:02
15	Jeremy Gray	17	20:25
16	Mark Johnston	43	20:31
17	Frank Fisher	36	20:42
18	William Harrison	14	20:52
19	Rahvi Barnum	16	20:59
20	David Benn	51	21:35
21	Isaac Record	16	21:46
22	Craig Szela	14	21:56
23	Ezra Dyer	19	21:57
24	Brent Graham	27	22:02
25	Jason Allarding	18	22:33
26	Jay Abbott	17	22:33
27	Glenn Adams	15	22:48
28	Dick Miles	41	22:52
29	Scott Hale	16	22:55
30	Matthew Gilbert	15	22:55
31	Melissa Mansir	17	22:56*
32	John Dostie	34	23:04
33	Jeff Mansir	19	23:17
34	Moe Fortin	49	23:33
35	John Karass	13	23:36
36	Tyler Hunt	11	23:37
37	Monal Pathak	17	24:09
38	Ormond Irish	63	24:15
39	Dean Hall	34	24:16
40	Daniel Breau	15	24:16
41	Adam St. Michael	18	24:30

42	Ed Sullivan	46	24:31
43	Jen Azlar	18	24:34*
44	Nancy Zurbach	44	24:55*
45	Ann Yandian	32	25:04*
46	Barbara Mayer	51	25:18*
47	Allen Huntington	35	25:43
48	Heidi Ann Laughlin	26	25:44*
49	Amber Hunt	14	26:50*
50	Corey Giasson	25	26:52
51	Ellen Szela	44	26:57*
52	Graham Dyer	17	27:17
53	Paul Ezzy	15	27:47
54	Mary Ann Robinson	42	27:47*
55	Kate Allarding	15	28:42*
56	Nancy Weingarten	46	28:42*
57	Becca Salois	14	28:57*
58	Brian Souza	14	29:04
59	Erika Heffernan	15	29:05*
60	Andy Dore	18	29:10
61	Kelley Young	13	29:11*
62	Joanna Whitlock	13	29:12*
63	Josh Dunn	16	30:12
64	Jared Record	15	30:15
65	Mike Shickmore	16	35:31
66	Don Penta	50	35:38
67	Linda Benn	48	37:55*

capital city 5k recreational division augusta 11.23.96

1	Shane Northrup	25	25:17
2	Melanie Morin	17	25:25*
3	Spencer Quirion		25:51
4	Andrew Towt	44	26:10
5	Nicole Sturzanburger	17	26:11*
6	Sarah Thompson	17	26:38*
7	Rusty Hopkins	26	26:39
8	Gary Hawkins	48	26:40
9	Darice Reitchel		27:04*
10	Robat Bonsant	39	27:33
11	Carrie Morin	15	27:25*
12	Ted Risay		27:31
13	Jen Bonsant	15	28:07*
14	Lauren LaRochelle	17	28:09*

15	Lara Bailey	43	28:25*
16	Tanya Nedik	17	28:47*
17	Ira Michaud	17	29:46
18	Gina Jacques	14	29:51*
19	Ron Kenoyer		31:20
20	Ian MacKinnon		32:55
21	Richard Morin	45	33:44
22	Julie Veilleux	14	33:45*
23	Amanda Dostie	15	35:48*
24	Melissa Foss	16	35:49*
25	Crystal Nedik	16	35:49*
26	Greg Dean	14	37:27
27	Ryan Hawkins	14	37:28
28	Mark Pierce	15	37:32
29	Sara Moody	16	37:33*
30	Holly Cameron	15	37:36*
31	Laura Wood	15	37:39*
32	Amy Arbour	14	37:40*
33	Danielle Whitcomb	15	39:26*
34	Melanie McCamish	15	39:55*
35	Kristina O'Neill	16	40:25*
36	Melissa Zimmerman	16	40:26*
37	Amanda Callahan	16	40:30*
38	Bruce Chase	42	43:46
39	Carol Moore	40	43:49*
40	Donna Adam	39	40:50*
41	Irene Payton		43:51*
42	Paula Callan	35	44:00*
43	Amanda Nimon	14	44:39*
44	Jessica Redmond	14	44:56*
45	Deborah Skehan	40	44:57*
46	Kate Dennison	38	45:32*
47	Janet Riese	16	45:33*
48	Tracy Frye	16	45:44*
49	Laura Lord	16	45:47*
50	Nikki McKenney	17	47:20*
51	Tammy Roberts	36	47:21*
52	J. Michaud	50	47:50
53	Ann MacKinnon	57	47:51*
54	Jane Paxton	53	51:09*
55	Asmita Pathak		51:10*
56	Dan McKenney		51:11
57	Brenda Prikham	44	51:12*
58	RaeAnn French	49	51:58*

Capital City 5K - Race and Recreational Divisions - Augusta 11.23.96

This is a fun fund-raising event for Cony High School Athletics. With a blend of road racers and high school students, this is a very interesting and lively event. Thanks to race director (and Cony Cross Country Coach) Tom Wells for results.

UNITED STATES CROSS COUNTRY SKIING NATIONAL CHAMPIONSHIP RESULTS

With the lack of snow, at least in southern Maine, it would seem that cross country skiing remains the farthest thing from most peoples minds.(Unfortunately) So news of Maine athletes competing on a national level is always welcome. On Wednesday, January 8th, former Fryeburg native Marcus Nash, now residing in Salt Lake City, finished second in the United States Cross Country Skiing Championship in Bend, Oregon. Marcus' time for the 10 Kilometer Classical course was 26:49.3, less than a second behind race-winner John Bauer of Champlin, Minnesota. Another Mainer, Justin Freeman of Lewiston, placed 15th in 28:44.2. Congratulations to both for showing the nation that Maine athletes can compete in high-level events.

GASPING GOBBLER 2 MILER

Augusta

November 28, 1996

gaspig gobbler 2 miler Augusta 11.28.96

1	Justin Easter	15	11:26
2	Luc Roy	16	12:06
3	Bob Strout	41	12:10
4	Tim Wildes	19	12:18
5	Ben Buxton	14	13:17
6	Jason Allarding	18	13:57
7	Beth Dumont	13	14:04*
8	Jacob Landry	22	14:22

9	Melissa Mansir	17	15:08*
10	Gary Hawkins	40	16:15
11	Mark Allen	35	17:26
12	Roger Katz	47	17:53
13	Jonathan Katz	14	18:19
14	Al Hyer	48	18:21
15	Mallory Dumont	12	18:35*
16	Kevin Glidden		18:46
17	David Glidden		18:46

18	Tom Daggett	49	18:52
19	Kate Allarding	15	18:59*
20	Ben Russell		20:11
21	Chase Morrill	18	20:12
22	Cyndi Banks		20:19*
23	Caroline Kim	24	21:14*
24	Steven Mairs		21:29
25	Ann Buxton	41	22:22*
26	Claudia Glynn	46	23:22*

GASPING GOBBLER 10K

Augusta

November 28, 1996

gaspig gobbler 10k augusta 11.28.96

1	Pat O'Malley	30	34:43
2	Morgan Laidlaw	24	35:10
3	Jesse Randall	20	35:51
4	Dan Benson	34	36:40
5	Guy Berthiaume	51	36:49
6	David Drew	32	37:03
7	Randy Easter	41	38:58
8	Tom MacGregor	37	39:01
9	Toby Brewster	35	39:03
10	David Simard	39	39:06
11	Chris Atlee	25	39:36
12	Aaron Bailey	19	39:39
13	Rusty Nelson	18	39:45
14	Steve Russell	41	39:50
15	Fred Randall	45	40:10
16	R J Harper	50	40:49
17	Joe Meehan	50	40:53
18	Michael Loughlin	38	41:21
19	Dan Buck	37	41:41
20	Will Mannett	16	41:47
21	Andrew MacLean	34	41:56
22	Andy Mannett	14	42:09
23	David Bronder	46	42:43
24	Mark Johnston	43	42:47
25	Mark Colt	34	42:51
26	Chase Pray	52	43:00
27	Ken Cotton	47	43:23
28	Hank Laidlaw	53	43:28
29	Tom Harlow	50	43:36
30	Paul Thompson	49	43:53
31	Randy Thibeau	33	44:01
32	Joe Johnson	41	44:19
33	Bob Gillespie	58	44:22
34	Brian Hall	29	44:28
35	Roger Fenn	50	44:31
36	Bob Brosius	44	44:40
37	Glenn Adams	15	44:44
38	Jeanne Desjardins	39	44:53*

39	Mark McInnis	21	45:12
40	Becca Brewster	34	45:32*
41	Tom Bullitt	40	45:34
42	Paul Yates	46	45:42
43	David Benn	51	45:50
44	Jeff Mansir	19	45:52
45	Rick Bowen	40	45:54
46	Brian Pickard	41	45:57
47	Don Harriman	50	46:21
48	Brooke Vanfan	36	46:25*
49	Craig Haggett	41	46:38
50	Charles Brown	45	46:58
51	Chip Stevens	38	47:10
52	John House	44	47:21
53	Jeff Breton	33	47:32
54	Mert Dearnley	48	47:35
55	Jim Moore	53	47:50
56	Ron Burnham	47	47:55
57	Becky Roy	20	47:57*
58	Shawn Ramage	21	48:00
59	Susan Vogt Brooks	37	48:09*
60	Paul Letendre	20	48:15
61	Dennis Riley Jr	31	48:25
62	Christina Thompson	22	48:31*
63	Doug Pennock	37	48:32
64	Jim Tees	40	48:39
65	Budd Lance	42	48:40
66	Jeff Preble	43	48:57
67	Donna Millay	41	49:15*
68	Wyatt Anderson	38	49:18
69	Mike Boucher	42	49:25
70	Ed Atlee	57	49:54
71	John Edmondson	56	49:56
72	Mike Szela	43	49:59
73	Jim Nelson	47	50:02
74	Betty Sperry	25	50:04*
75	Larry Brown	43	50:15
76	Mark Alex	37	50:24
77	Jennifer Heyden	20	50:39*

78	Allen Hersom	38	51:31
79	Moe Fortin	49	51:36
80	Gretchen Livingston	21	51:45*
81	Ormond Irish	63	52:01
82	Ronald Zorn	61	52:04
83	Isaac Record	16	52:37
84	Donna Donald	47	52:48*
85	Glen Joseph	41	53:01
86	Allen Ryan	59	53:02
87	Loretta Wilbur	38	53:07*
88	Judi Richard	36	53:43*
89	Leon Hadianis	45	53:46
90	Rachel Riley	22	53:56*
91	James Pierce	41	53:56
92	Pete Golding	41	53:57
93	Nancy Zurbach	44	53:58*
94	Dominique Belanger	28	54:14*
95	Mike Callahan	41	54:27
96	Jennifer Kidwell	26	54:50*
97	Jocelyn Bessey	24	54:50*
98	Sheldon Belmain	55	55:08
99	Meredith Thompson	22	55:30*
100	Paul McFarland	52	55:33
101	John Coughlin	45	55:40
102	Scott Burrill	46	56:21
103	Joe Boucher	17	56:26
104	Judy Bullitt	42	56:37*
105	Patty Parker	40	56:38*
106	Richard Sperry	54	57:13
107	Geri Robbins	51	59:18*
108	Deb Merrill	40	59:20*
109	Andy Doak	14	62:04
110	Judy Cotton	47	62:33*
111	Rachel Harnish	24	64:50*
112	Rachel Harrington-Levy	26	64:50*
113	Nancy Weingarten	46	65:47*
114	Mike Levey	52	65:47
115	Dennis Harnish	54	69:42
116	Jared Record	15	77:54

The Gaspig Gobbler 2 Miler and 10K - November 28, 1996

The winner of the Gobbler this year was former UMaine cross-country and track standout Pat O'Malley, who is now living in New York and working for Nike (did you see him on the pages of Runners World in the November 1996 issue on booths at the New York City Marathon?). Congratulations to Jeanne Desjardins who took the women's race. Results courtesy of the Central Maine Striders.

brewer turkey trot 5k 11.24.96 at brewer high school

1	Sheldon Young	15:37	67	Ian Davidson	20:00	135	Beret Skorpen	21:47
2	Parker Pruett	15:47	68	Dan Avenier	20:03	136	Mike Hutchins	21:52
3	Scott Hosmer	16:00	69	Knud Hermansen	20:04	137	Darrell Seekins	21:55
4	Justin Valliere	16:10	70	Bryce Boynton	20:05	138	Bill Case	21:58
5	Joey Luchini	16:30	71	Jeff Jones	20:06	139	Andy Duffey	22:02
6	Newell Lewey	16:31	72	Daniel Basiel	20:06	140	Mary LeBrun	22:03*
7	Patrick Sullivan	16:32	73	Jim Fernald	20:08	141	Rachael Bodkin-Rubino	22:03*
8	Brenden O'Keefe	16:35	74	David Wilson	20:11	142	David Benn	22:03
9	Jim Newett	16:36	75	Scott Fraser	20:13	143	Matt Poliquin	22:05
10	Andy Beardsley	16:39	76	Chad Lawrence	20:13	144	Beth Lawson	22:07*
11	Louie Luchini	16:40	77	Dale Post	20:17	145	Kate McGuire	22:09*
12	Judd Esty-Kendall	16:43	78	Bill Pinkham	20:18	146	Matt Soucie	22:12
13	Preston Ringo	16:46	79	John Larson	20:23	147	Brenda Bailey	22:13*
14	George Towle	16:53	80	Danny Davis	20:26	148	Barry Littlefield	22:14
15	Gabe Brooks	17:00	81	Mike Lee	20:26	149	Randy Wadleigh	22:15
16	Jason Moor	17:06	82	Alan Stockley	20:27	150	Tim McKim	22:15
17	Jonathan Aretakis	17:08	83	Meredith Kelly	20:29*	151	Ed Hughes	22:16
18	Alex Grant	17:10	84	Tom Aucoin	20:33	152	Thomas Drummond	22:17
19	Philip LeBreton	17:14	85	Chuck Arrigoni	20:34	153	Annette Hatch-Clein	22:22*
20	Chris Dorion	17:15	86	Peter Fortine	20:36	154	Clay Kirby	22:23
21	Glendon Rand	17:17	87	Angela Edgecomb	20:37*	155	Patrick Woodcock	22:26
22	Chris Jovanelli	17:19	88	Ben Barr Jr	20:38	156	Martin O'Connell	22:31
23	Robert Jordan	17:22	89	Aaron Falls	20:39	157	Amy Simpson	22:34*
24	Guy Berthiaume	17:25	90	Judson Cake	20:40	158	Josh Hunter	22:36
25	Steve Ford	17:42	91	Sheila Hodges	20:41*	159	MaryLouise McEwen	22:37*
26	David Kenyon	17:52	92	Doug Reusch	20:41	160	Robert Welch	22:38
27	John Brandsen	17:54	93	Doug Comstock	20:43	161	Garrett Lurry	22:40
28	Bob Snow	17:59	94	Ed Rice	20:44	162	Thad Johnston	22:41
29	Perry LeBreton	18:03	95	Tina Michaud	20:45*	163	Oriana Farley	22:41*
30	John Mills	18:04	96	Al Putnam	20:46	164	Chris Hinds	22:42
31	Charles Violette	18:06	97	John Hwalek	20:47	165	Matt Broughton	22:46
32	Jeff Sands	18:08	98	Kenny Cushman	20:47	166	Michael Jordan	22:51
33	Dana Lavertu	18:13	99	Joe Ewings	20:48	167	Kimberly Hews	22:52*
34	Lucas Violette	18:17	100	Joshua Veatch	20:49	168	Laura Zegel	22:52*
35	John Rogerson	18:24	101	Richard Guyer	20:50	169	Abby Weissman	22:53*
36	Geoff Doyle	18:25	102	Edward Herrow	20:50	170	Gary Fessler	22:54
37	Greg Dorr	18:25	103	Travis Alley	20:55	171	Louisa Dunlap	22:57*
38	Luke Leavitt	18:35	104	Steve Norton	20:59	172	Loretta Wilbur	22:58*
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40	Linwood White	18:43	106	Katie LaVerdiere	21:03*	174	John Wakely	23:01
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42	Gabe Rubino	18:48	108	Jane Rau	21:06*	176	John Tjepkema	23:04
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229	Theresa Munch	24:56*	296	Mary Martin	28:47*	363	Chloe McCleare	36:45*
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242	Unknown	25:22	309	Larry Pelletier	29:43	376	Mary Lou Armes	41:07*
243	P Vangel	25:28	310	Ian Fraser	30:11	377	April Allingham	41:38*
244	Linda Kinkead	25:30*	311	Stephen Comstock	30:12	378	Martha Seavey	42:00*
245	Joanne Kimball	25:34*	312	Maggie Avenier	30:34*	379	Billie A. Libby	42:00*
246	Caroline Tjepkema	25:38*	313	Jillian Beal	30:34*	380	Zora Merrill	42:29*
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251	Vaughn Holyoke	25:53	318	Ira Weissman	30:53	385	Jennifer Sullivan	44:17*
252	George Jacobson	25:54	319	Jim Russell	30:56	386	Stephen Sullivan	44:17
253	Kim Johnston	25:58*	320	Nicholas Beal	31:02	387	Carlene Fraser	45:03*
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257	Mary Evans	26:04*	324	Charlie Kerndt	31:05	391	Steve Rice	48:01
258	Michael Larochelle	26:06	325	Charles Clapper	31:06	392	Ronnie Delano-Ellis	48:49*
259	John Snow	26:08	326	George Hills	31:12	393	Brenda Crosby	48:49*
260	David Baldwin	26:17	327	Paula Tarr	31:22*	394	Mary McGrath	48:49*
261	John Woodcock	26:20	328	Cathy Anderson	31:22*	395	Linda Albee	48:53*
262	Bob Gray	26:22	329	Tara Lugdon	31:24*	396	Julie Case	49:01*
263	Judy Marybeth	26:26*	330	Alexis Wollstadt	31:25*	397	Dianna Weigel	53:41*
264	Merrill Boynton	26:28	331	Tracy Comeau	31:25*	398	Kate Weigel	53:42*
265	Allan Currie	26:33	332	Sam Boyd	31:46	399	Johnathan Malloy	54:42
266	Andrea Blanchard	26:36*	333	Craig Boyd	31:46	400	Carol Bassman	54:43*
267	Nick Blanchard	26:44	334	Nathaniel Seekins	31:56	401	Sally Healey	54:43*
268	Art Fraser	26:45	335	Louise Seekins	31:58*	402	Karen Hover	56:07*
269	Tricia Hamm	26:51*	336	Cathy Atwood	32:10*			



The very packed starting line



The future of our sport




Joey Luchini, Newell Lewey, and Pat Sullivan



A Brewer runner at the finish line

Brewer Turkey Trot 5K - Brewer High School 11.24.96

The story of this race (after you consider its size and number of participants) was the performance of the high school athletes that competed. Notable was second-place finisher Parker Pruett of Sumner, Joey and Louie Luchini of Ellsworth, and Preston Ringo of Orono. The women's race was won by Katrina Bisheimer of Bangor who won by almost thirty seconds. Thanks to race director Dave Jeffery for complete race results. It was also nice to meet all of the people from eastern Maine who are supporting the magazine and had all of the kind words to say. Thank You!



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11	Amy Austin-Cook	27:31
12	Sarah MacColl	27:38
13	Rosalyn Randall	27:42
14	Jan Veinot	27:46
15	Vicki Bryant	27:46
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17	Celine Mainville	27:50
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19	Jane Kimball	28:08
20	Annie Pratico	28:18
21	Katherine Crowley	28:28
22	Cristy Boisvert	28:33
23	Natasha Meikle	28:34
24	Michele Ohman	28:55
25	Linda Berry	29:01
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27	Sadie Williams	29:03
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31	Ellen Bowden	29:17
32	Cathy Locke	29:18
33	Gina Harmon	29:19
34	Stephanie Kierstead	29:26
35	Abby Marr	29:31
36	Nancy Nally	29:31
37	Sophia Payson-Rand	29:35
38	Rebecca Raskin	29:54
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40	Jane Monaghan	30:03
41	Lori Towle	30:19
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44	Cindy Scribner	30:46
45	Jean Wilson	30:48
46	Penny Gobble	30:53
47	Michelle Daniel	30:55
48	Gretchen Spirga	40:55
49	Katie Perry	31:05
50	Sherry Carll	31:11
51	Martha Deprez	31:12
52	Donna Hodge	31:18
53	Katie Frank	31:19
54	Hilary Maynes	31:22
55	Adelle Belisle	31:31
56	Lisa Belisle	31:32
57	Carie Costello	31:36
58	Beth Rand	31:38
59	Leah Edwards	31:40
60	Patty Medina	31:41
61	Marie Kilbride	31:43
62	Kelly Johnson	31:44
63	Ann Ludwig	31:46
64	Jean Nale	31:52
65	Kimberly Monaco	31:53
66	Carol Nale	31:53
67	Danielle Reali	31:55

68	Theresa Gallupe	31:57
69	Getty Payson	32:01
70	Debbie Lary	32:05
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80	Sandra Shannon	32:31
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82	Barbara Nickerson	32:38
83	Mary-Ellen Uhlarik	32:40
84	Jennifer Reali	32:42
85	Michelle Reali	32:44
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89	Deb Raszmann	32:59
90	Renee Lathrop	33:01
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92	Sharon Bay	33:05
93	Emily Belisle	33:18
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96	Suzanne Umlarl	33:32
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99	Stephanie Atkinson	33:54
100	Jennifer Woodman	33:59
101	Nancy Quint	34:00
102	Kelly Wood	34:01
103	Mary Beth Coolidge	34:01
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105	Deborah Swinbourne	34:02
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113	Mary Peyser	34:33
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117	Marge Stockford	34:57
118	Beth Wilson	34:58
119	Sarah Steinman	34:59
120	Beverly Doughty	35:06
121	Brooke Libby	35:07
122	Jamie Marr	35:09
123	Ethel Atkinson	35:10
124	Deb Trak	35:17
125	Jan Reny	35:35
126	Claire Cutting	35:44
127	Marguerite Lawler	35:46
128	Debbie Mockler-Herb	35:50
129	Ellen Della Torre	36:01
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167	Nanette Tanner	39:11
168	Jacklyn Oilette	39:22
169	Judy Lafond	39:29
170	Sally Martin	39:29
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183	Cathy Pride	42:58
184	Jan Bastow	43:01
185	Betsy Dawkins	43:35
186	Debbie Johnson	43:59
187	Marsha Wood	45:00
188	Vicky Wiegman	45:17
189	Deb Swenton	46:12
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191	Eileen Russo	46:43
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68	James Harmon	25:54	136	Gordon Smith	28:20	204	William Webster	30:51

205	Larry Pierce	30:52	257	Bob Bruder	32:36	309	John Belisle	36:19
206	Todd Proulx	30:53	258	John Gale	32:39	310	Bill Lovett	36:20
207	Bill Dowd	30:56	259	Louis Pirone	32:41	311	Douglas Noble	36:22
208	Larry Dwyer	30:56	260	Michael Detsher	32:47	312	Armand Labrecque	36:25
209	Dean Miller	30:57	261	Benjamin Laurenzo	32:48	313	Ralph Bartholomew	36:50
210	Robert Pompeo	30:59	262	Justin Hartford	32:57	314	Bob Sturges	36:56
211	Nate Clarke	31:02	263	Robert Cyr	32:58	315	Dana Earls	36:59
212	Matt Flynn	31:02	264	Marty Ridge	32:59	316	Bryan Kilburn	37:00
213	Richard Hart	31:03	265	Fred Lipp	33:00	317	Bob Cushman	37:03
214	Richard Cavanaugh	31:04	266	Brian Lathrop	33:00	318	Ron Rogers	37:04
215	Andrew Cox	31:07	267	Loren Lathrop	33:01	319	Jay Nolan	37:15
216	Glen Gallupe	31:08	268	David Esty	33:02	320	Jim Klein	37:24
217	Scott Perry	31:10	269	M.F. Harmon	33:03	321	Martin Szyolowski	37:26
218	Ryan Doherty	31:11	270	Bob McArtor	33:09	322	Ted Cox	37:26
219	Joe O'Donnell	31:13	271	Robert Gardner	33:11	323	Scott Hamey	37:27
220	Steve Perry	31:14	272	Brian Wormwood	33:27	324	Matt Ferrucci	37:28
221	Steve Bremer	31:14	273	William Floyd	33:35	325	Jim McFarlane	37:49
222	Jack Hastings	31:15	274	Ayres Stockly	33:36	326	Tony McDonald	37:50
223	Doug Pride	31:22	275	Doug Baird	33:41	327	Russ Hughes	38:43
224	Dan Bergeron	31:25	276	Carlton Mendell	33:42	328	Joel Rogers	38:47
225	David Hillman	31:25	277	Dan McCarron	33:44	329	John Matheson	38:55
226	Thomas Hebert	31:34	278	Jeff Ladner	33:56	330	Rick Rand	38:56
227	Travis Anthonie	31:37	279	Don Peters	33:58	331	Bob Ingerowski	28:56
228	Paul McCourt	31:37	280	Mike McDonald	34:12	332	Richard Hansen	39:03
229	Malcolm Washburn	31:38	281	David Mosley	34:13	333	Craig Tanner	39:12
230	Howard Spear	31:38	282	Robert Hale	34:16	334	Matthew Christensen	39:13
231	Martin Dwyer	31:39	283	Peter Connellan	34:18	335	Allen Ferruci	39:14
232	Bill Robertson	31:40	284	Brian Gorman	34:20	336	Kirk Butterfield	39:16
233	Richie Garrett	31:41	285	Marcio Munch	34:28	337	Jake Smyth	39:19
234	Ron Stone	31:42	286	Peter Mullen	34:29	338	Keith Butterfield	39:20
235	John Lord	31:45	287	Dick Lancaster	34:30	339	Russell Lafond	39:23
236	Bruce Morse	31:45	288	Peter Rand	34:31	340	John Ouillette	39:31
237	Gary Johnson	32:00	289	Gregg Wood	34:37	341	Kenneth Spirer	39:32
238	Steve Cox	32:02	290	Mike Brooks	34:38	342	John Fabius	40:13
239	Michael Noble	32:03	291	Max Miles	34:39	343	Mark Huston	40:22
240	Joe McEachern	32:04	292	Stephen Kenny	34:41	344	JP Evans	40:42
241	Chris Bowden	32:07	293	Bob Anthoine	34:42	345	Erik Wormwood	40:50
242	Michael Uhlarik	32:07	294	Brian Barney	34:51	346	Thomas Edwards	40:51
243	Tom Fickelsen	32:09	295	Paul Chace	34:51	347	Christopher Branson	41:32
244	L. Mark Kibler	32:14	296	Marty Mullen	34:52	348	James Higgins	41:44
245	Bill Christensen	32:16	297	Vance Wormwood	34:56	349	Joseph Tuttle	42:03
246	Tim Haley	32:17	298	Robert Crowley	35:02	350	Ryan Salvo	42:24
247	Jeff Edwards	32:18	299	Dave Conley	35:03	351	Gerard Salvo	42:25
248	Peter Pompeo	32:21	300	Peter Bass	35:10	352	Ed St John	42:57
249	John Reali	32:23	301	Gary Stevens	35:11	353	Stephen Monaghan	43:27
250	Stephen Dalvet	32:24	302	Herb Ludwig	35:33	354	Bill Blout	43:43
251	Gregory Sanborn	32:25	303	Tony Jessen	35:41	355	Ryan Kimball	43:44
252	Dan Broderick	32:26	304	Chris Hughes	35:43	356	Michael Bryant	43:45
253	Troy Murphy	32:28	305	Tobin Gardiner	35:50	357	Julius Marzul	45:53
254	Adam Bowden	32:30	306	Dave Ryder	35:56	358	Frank Russo	47:33
255	Brian Livingston	32:32	307	Jim Tennyson	36:12	359	Chip Stockford	47:33
256	Ernie Salamone	32:35	308	Jordan Swenton	36:17			

Portland Thanksgiving Day 4-Miler - Portland 11.28.96

It is always great to see the number of people who run this race as a ritual each Thanksgiving Day, and make it a family event. It has always added a good feeling to my holiday festivities to join in with the crowd. I'm sure that this feeling is felt by runners in Augusta and elsewhere. The story in these races seems to be family participation, with a lot of college and high school runners joining their parents (or vice versa) for exercise and good-spirited competitions. Of course, many other competitions fester in this event, as in others, like Yarmouth's Matt Lane challenging Bob Winn on the men's side, and Kristin Pierce challenging Christine Snow-Reaser on the womens'. Thanks to Sandy Utterstrom for complete race results, and Don Goodrich for pictures.

A SEASON OF THANKSGIVING

SHOP N' SAVE TURKEY TROT 10K



Robin Postman of Orleans, VT leads
Richard Jewell of South Portland



Chuck and Cathy Burnie of Cumberland

SHOP N' SAVE TURKEY TROT 5K



Rose Marcoux

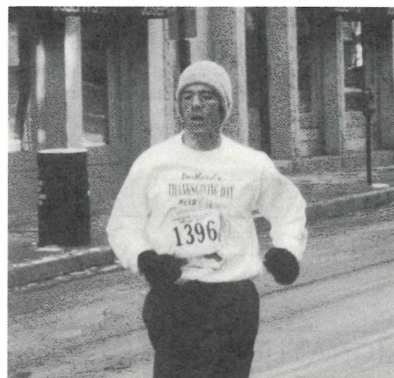


Six-year old Jeff McCorkle

PORTLAND THANKSGIVING DAY 4 MILE RUN



A fast start to an even faster race



Fourteen-year old Sam
Goodrich of Westbrook

THE 25K CHAMPIONSHIP RUN

SPONSORED BY:

GRAPES

PASTA-SEAFOOD-SALAD-PIZZA

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Rockland, ME

Real
Country 103.3
WRKD
AM1450

Rock Coast
SPORTS
NIKE - ASICS - REEBOK & MORE
456 Main Street
Rockland, ME

IT'S DIFFERENT!

TRY A RACE WHERE SPEED & WEIGHT COULD
BRING YOU INTO THE WINNER'S CIRCLE:

THE MAIN EVENT: DATE:

The 15th Annual 25K (15.5 miles)
Saturday, April 5th at Rockland District High School
Registration 9:00 - 10:15 a.m. Race starts at 11:00 a.m.
(runners should be ready by 10:15 to be driven to the starting point)

ENTRY FEE:

\$9.00 Pre-Entry to March 31st, Race Day - \$ 10.00

RACE DIRECTOR:

Leo Smith, 596-2010 or call Ken Sylvester - 594-7035

COURSE:

Certified (ME 87007 GN), rolling hills, starts in Union, returns on Rt. 17
to Rockland District High School

FEATURES:

Time splits at 1,5,10 miles, water stops at 4, 8, 12 miles.
changing rooms, showers, hot soups, breads, and juices after race

AWARDS:

First in each Weight Division for men and women
T-Shirts to First 50 Finishers - Gloves to all entrants

COURSE RECORDS:

Stan Bickford 1:24.01 (1992) Deb Potter 1:38.56 (1989)

FLYWEIGHT:

M up to 112 lbs

WELTERWEIGHT:

M 136 - 147 lbs

F up to 105 lbs

F 124 - 129 lbs

BANTAMWEIGHT:

M 113 - 118 lbs

MIDDLEWEIGHT:

M 148 - 160 lbs

F 106 - 111 lbs

F 130 - 135 lbs

FEATHERWEIGHT:

M 119 - 126 lbs

LT. HEAVYWEIGHT:

M 161 - 175 lbs

F 112 - 117 lbs

F 136 - 141 lbs

LIGHTWEIGHT:

M 127 - 135 lbs

HEAVYWEIGHT:

M 176 - 195 lbs

F 118 - 123 lbs

F 142 - 160 lbs

SUPER HEAVYWEIGHT: M 196 lbs and over

F 161 lbs and over



PROCEEDS TO BENEFIT ROCKLAND DISTRICT HIGH SCHOOL
CROSS COUNTRY AND TRACK PROGRAM

WAIVER & ENTRY FORM - 25K CHAMPIONSHIP 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 effect of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Bonanza, Grapes, and RDHS 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: _____

TELEPHONE: _____ WEIGHT: _____

SIGNATURE

PARENT OR GUARDIAN IF UNDER 18

MAIL TO: Leo Smith R.D.H.S. 400 Broadway, Rockland, ME 04841 TEL: 596-2010

MAKE CHECKS OUT TO: Rockland District High School

THE EMBROIDERY SHOP
AT
ECONOMY'S



UNIVERSITY OF NEW ENGLAND
WESTBROOK COLLEGE CAMPUS
21st Annual

"APRIL AMBLE" 4 MILE RACE

SATURDAY, APRIL 26, 1997 AT 10 A.M.

1/2 Mile "Fun Run" 10 & Under @ 9:00 a.m.

Mile "Fun Run" 14 & Under @ 9:15 a.m.



Running, Walking
& Fitness Center

START: Westbrook College Campus, Stevens Avenue, Portland, Me

ENTRY FEE: \$8.00 Pre-Entry / \$10.00 Post Entry - \$5.00 All "Fun Run" Entrants

MAIL ENTRIES TO: "April Amble" / Brian T. Gillespie
Westbrook College Campus
Stevens Avenue, Portland, ME 04103
(Checks payable to: April Amble Race)

**dale rand
PRINTING**

Race-day registration starting at 7:30 A.M. at **Finley Recreation Center**.
Numbers for all runners will be distributed at this time. Come ready to run!
Registration closes at 9:45 A.M. Shower facilities/Awards at 11:30 A.M.

COURSE: This classic 20 year old course is certified. Mostly a flat, fast course, a section thru a woods trail. Splits at 1 & 3 mile. Water available.

AWARDS: 1 mile "Fun Run" 14 & under (10) Boys & Girls
1/2 mile "Fun Run" 10 & Under (10) Boys & Girls

4 MILE: Top 5 finishers overall Male/Female. Top Ten Police and Firemen
Age Groups - 1st & 2nd place - Male/Female
18 & under, 19-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64, 70 & over

COURSE RECORDS

Rob Pierce	19:29
1995	
Tina Meserve	22:57
1993	

SPECIAL AWARDS: First male - Maurice Fuller Award \$100.00
First female - Joan Samuelson Award \$100.00
Sportshoe Center Mile Mark Awards \$25.00 M & F
"Fitness Trophy" Portland Police / Fire Dept. Team Challenge
Middle of the Pack M & F
UNE Student / Staff / Alumni

FREE T-SHIRT TO FIRST 100 PRE-REGISTERED
NO BABY STROLLERS OR RADIO HEADSETS ALLOWED



Maine's Endurance
Sports Magazine



Women's Athletic Apparel

I WOULD LIKE INFORMATION ABOUT THE MAINE TRACK CLUB CIRCLE ONE: 4 MILE 1 MILE 1/2 MILE

LAST NAME _____ FIRST NAME _____ AGE _____ SEX _____

BIRTH DATE _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

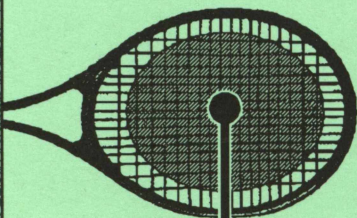
CIRCLE ONE: UNIVERSITY OF NEW ENGLAND - STUDENT / STAFF / ALUMNI T-SHIRT SIZE: M L XL XXL
TEAM CHALLENGE - POLICE DEPT / FIRE DEPT

NO REFUNDS, EXCHANGES OR TRANSFERS

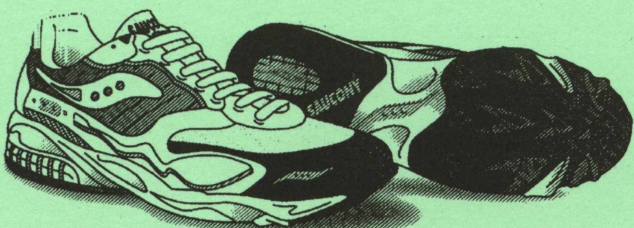
ENTRY MUST BE SIGNED: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather including high heat 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, University of New England, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

SIGNATURE: _____ DATE: _____ PARENT'S SIGNATURE
IF UNDER 18 YRS. _____


Saucony GRID
☰




COPY
PASTE



THE GRID is a structure with a reinforced frame designed to cradle the heel so that it can roll forward naturally to give supreme stability. But, and this is the real strength of this exclusive Saucony System, the GRID also incorporates a cassette of interwoven Hytrel strings to bring maximum cushioning. Directly inspired by the sweet spot of tennis fame, could the GRID be the proof that innovation comes down to a simple question of computer technology?



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Falmouth, ME
(207) 781-3134

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fit for women™



