

6-1997

Pine Tree Running Journal Vol. 1 No. 5

Roland J. Thibault

Follow this and additional works at: https://digitalmaine.com/pine_tree_running_journal

Recommended Citation

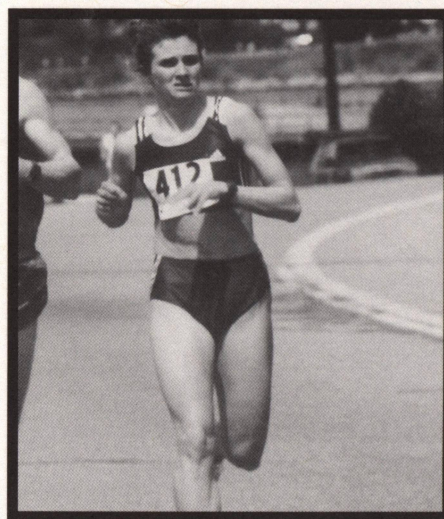
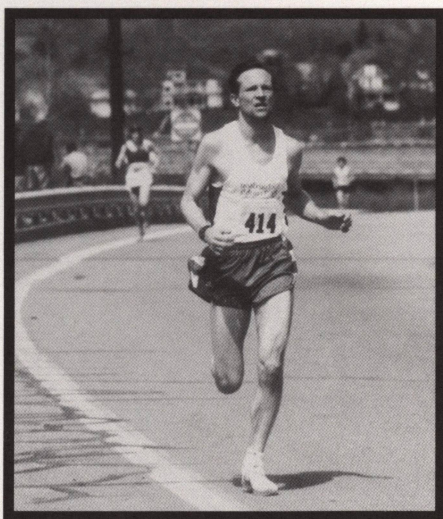
Thibault, Roland J., "Pine Tree Running Journal Vol. 1 No. 5" (1997). *Pine Tree Running Journal*. 5.
https://digitalmaine.com/pine_tree_running_journal/5

This Text is brought to you for free and open access by the Maine Running History at Digital Maine. It has been accepted for inclusion in Pine Tree Running Journal by an authorized administrator of Digital Maine. For more information, please contact statedocs@maine.gov.

PINE TREE RUNNING JOURNAL

Covering Maine's Endurance Sports

STAYING ON TRACK!!



ALLAN MUIR AND CHRISTINE SNOW-REASER PERFORMED WELL DURING THE INDOOR TRACK SEASON

ALSO IN THIS ISSUE: Results Early Season Outdoor Track Meets; The Boys Club 5 Miler, The April Amble, Boston Marathon, Rotary Club Race, The Presidential 5 Miler, The Championship 25K Run, and other races; an E-mail interview, and much more.

Pine Tree Running Journal
67 Church Street
Westbrook, ME 04092

BULK RATE
U.S. POSTAGE
PAID
WESTBROOK, ME
PERMIT NO. 3

PINE TREE RUNNING JOURNAL

ADVERTISING RATES

DISPLAY ADS

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

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

RACE FLYERS

FULL PAGE (8 1/2 x 11) - \$50

Get your race flyers out to the racing public while saving mailing costs and lowering your printing costs. Just send a black and white copy of your race flyer with a check for \$50 and your race flyer will be distributed to the readership of Pine Tree Running Journal.

RACE DIRECTORS SPECIALS

Race Application and 1 quarter page ad :	\$80 (save over 10%)
Race Application and 2 quarter page ads:	\$110 (save over 15%)

Advertise your race with ads in preceding or following months for more exposure and at a decreased rate that will save you money and give you a chance to thank volunteers and sponsors

BUSINESS CARDS

Are you a runner who owns a small business? Spread the word to your fellow runners by having your business card printed in Pine Tree Running Journal. The running community loves to support its members in the business community.

One Issue - \$15 Five Issues - \$60

One Year Subscription - \$23.00 (almost 30% off the Cover Price)

Name _____
Address _____
Town/City _____ Zip _____
Telephone _____ Birthdate _____

Club _____ Sex _____

Check Applicable Sports:

T&F__ LDR__ RW__ TR__ XC__
Track & Field Long Distance Running Race Walking Triathlons Cross Country

Make all Inquiries to: PINE TREE RUNNING JOURNAL, 67 Church Street, Westbrook, ME 04092 (207) 854-5168

Checks Payable to : Pine Tree Running Journal

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

5K SPORTS - FALMOUTH
MAINE SPORTS OUTFITTERS - ROCKPORT
SPORTS EAST - TOPSHAM FAIR MALL
SAUCONY OUTLET - BANGOR

It is finally into the thick of the racing season, and its great to get to as many road races as I can. Unfortunately, I cannot get to them all, so I hope that race directors will understand and help me out by sending results as soon as possible. Remind directors at those races that you go to that you would like to see results printed in the magazine. I contact as many as I can, but it makes my job much easier if the directors are in tune, and can send me results without my having to contact them.

I have appreciated all of the sympathy that I have gotten (yeah, right!?) about my lack of race fitness over the past few months, but I am feeling much better, thank you. My times are still nowhere near what I would like them to be, but then again, who's are. At least I once again feel competitive on the level that I should be at. Watch out for me in races to come, especially since I have several people who are willing to take pictures at races for me. (Thank you very much to those of you who have been taking pictures for me, it is greatly appreciated)

Please do not be afraid to tell me what you think about the magazine. I gladly take constructive criticism when available, and acknowledgement is always nice. Many have given me ideas and even more have told me that they like what is being done, but if you feel something could be done better then please let me know (I'll probably recruit you to do it for me). Remember that this magazine belongs to the Maine running community, and as such is definitely open to suggestions from any of its' members.

Until next month, I'll see you at the races. As always, keep your feet moving and your eyes on the horizon.

ROLAND

Volume 1-Issue Number 5

CONTENTS

- 2 Calendar of Upcoming Events
- 4 Group Runs/Thoughts on the Run
- 5 News & Views
- 6 Athlete Profiles: Allan Muir and
Christine Snow-Reaser
- 7 E-Mail Interview: Mike Reali
- 8 In Memoriam: Emilio Mazzeo
- 9 Rockland 25K Results
- 10 Northern York County 5K Results

High School Report

- 11 Opening Page
- 12 Athlete Profile: Delia Van
Loenen
- 13 Coaches Corner: Rituals
- 14 Keeping Pace: College News
- 15 Results: Rotary Road Race
Early Spring Track
Results from
around Maine

- 22 Road Race Results:
Presidential 5 Miler
Shoe Barn 5 Miler
Unity Spring 5K
UMPI Spring 5K
Boys Club 5 Miler
April Amble 4 Miler
Old Town Pet Run 5K

33 Race Applications

On the Cover: Indoor track runners Allan Muir and Christine Snow-Reaser compete at the Portland Boys Club 5-Miler. Look for the article on them on page 6 to see how they fared during the indoor track season. Photos courtesy of Don Penta.

CALENDAR OF UPCOMING EVENTS

NOTE: EVERY EFFORT HAS BEEN MADE TO VERIFY RACE TIMES AND INFORMATION, BUT SOME INFORMATION MAY BE FALSE, SO PLEASE CALL AHEAD BEFORE GOING TO A RACE.

June

- 6/1 **21st Maine Sport/Peter Otts Camden 10K** - Camden 10K/1Mile. Contact: (207) 236-7120.
6/1 **Cobscook Bay 10K for Downeast Hospice** - Pembroke at 10AM. Contact: Jonathan Aretakis, P.O. Box 157, Pembroke, ME 04666. Call (207) 726-5858.
6/1 **National Cancer Survivors Day 5K** - Bangor at 11:30. Contact: Lee Martin Eastern Maine Medical Center.
6/6 **Kennebunk Beach Association 5K** - Kennebunk. Contact: Maine Track Club at (207) 781-5887.
6/7 **15th Annual Nubble Light Runaway 10K** - York. Contact: (207) 363-1040.
6/8 **11th Annual Oakhurst/ Shaws Milk Run 4 Miler** - Portland. Contact: (207) 781-5887.
6/8 **Josephs 5K** - Fairfield at 8 AM. Contact: David Benn at (207) 873-0363.
6/8 **Woody Allen Memorial 5K** - Norway at 10:30 AM. Contact: 743-2281.
6/14 **MDI YMCA Spring 5K** - Bar Harbor at 10:30. Fun Run at 9:45. Contact Sharyn Kingma at MDI YMCA.
6/15 **Hampden 8.5 Miler** - Hampden at 8:30. Contact Skip Howard at 223-4715.
6/18 **Habitat for Humanity 4 Miler** - Portland. Contact: Split Time Race Management at (207) 781-RACE.
6/21 **37th Annual Mount Washington Road Race**. Lottery draws already picked.
6/21 **New Sharon Bicentennial 5K** - New Sharon at 9:30 AM. Contact: Ed Ferriera at (207) 778-9235.
6/21 **Maine Cancer Foundation 5K** - Portland. Contact: Jayne Soules, Maine Track Club at (207) 781-5887.
6/22 **S W Collins 5K** - Caribou at 10 AM. Childrens 1K at 9 AM. Contact Neil Genz.
6/28 **Tour Du Lac 10 Mile Road Race** - Bucksport at 8:30 AM. Contact: Joan or Fred Merriam after 6PM @ 469-2019 or email - fmerriam@mint.net.
6/28 **Strawberry Festival Run and Walk 5 mile/2.5 mile** - South Berwick. Contact: (207) 698-5817.
6/28 **Mapleton Daze Dash 6K** - Community Hall, Mapleton at 9 AM. Contact Dave Rand at (207) 455-4850.
6/28 **Acadian Festival 5K** - Multipurpose Center, Madawaska at 9 AM. Race Director Frank Smith.
6/29 **Gardiner 5 Miler** - Gardiner at 8AM. Contact: John Schwerdel at (207) 623-8086.
6/29 **Literacy Volunteers 5K** - Falmouth at 9 AM. Contact: Jim McCorkle, 5K Sports at (207) 781-3134.
6/29 **Cathy Spurling 5K Run/Walk Race** - Gardiner at 10 AM. Contact: Karen Perry, West st. Gardiner, ME 04345.

July

- 7/4 **Bridgton Four on the Fourth** - Bridgton. Contact: Jay Spenciner at (207) 647-3347.
7/4 **Walter Hunt Memorial 4th of July 3K** - Brewer at . Contact Dave Torrey at (207) 942-1988.
7/4 **LL Bean 10K & Fun Run** - Freeport at 8 AM. Contact: Lilly Hall at (207) 892-4761 EXT 2356.
7/4 **19th Four on the 4th Road Race** - York. Four mile run/ Four mile skate/ 1 mile run. Contact: (207) 363-1040.
7/5 **Houlton 8K** - Recreation Center, Houlton at 9 AM. Race Director Marie Carmichael.
7/9,7/16,7/23,7/30,and 8/6 **Summer Fun Run Series** - Falmouth High School at 6:30 PM. FREE races for all ages - 1/2 Mile, Mile, and 5K Cross Country. Contact: Jim McCorkle at 781-3134 or Roland Thibault at 854-5168.
7/12 **16th Pottle Hill 10K / 1Mile** - Mechanic Falls. Contact: (207) 345-3511.
7/12 **Musterd Mile** - Caribou High School at 5PM. Contact : Bruce Freme.
7/12 **Penobscot Job Corp 5k or 10K** - Bangor. Contact SUB 5 Track Club.
7/13 **Casco Bay Bridge 5K & Fun Run** - South Portland at 10 AM. Contact: Jim McCorkle at (207) 781-3134.
7/16 **Fifth Camp Fire 5K & 10K** - Scarborough. Contact: Charlie Scribner at (207) 781-RACE.
7/19 **Pat's Pizza/ Yarmouth Clam Festival Classic 5 Miler** - Yarmouth. Contact: (207) 829-5079.
7/19 **Potato Blossom 5 Miler** - Jenkins School, Fort Fairfield at 9 AM. Race Director Paul Lamoreau.
7/25 **Ocean Park 5K** - Old Orchard Beach at 7 PM. Contact: Paul Casey at 284-7487.
7/26 **19th Casco Days 4 Miler** - Casco. Contact: (207) 627-4201.
7/26 **Peaks Island 5 Miler** - Peaks Island. Contact : Larry Dyer at (207) 725-6962.
7/26 **Hancock Lobster Classic 10 Miler** - Hancock. Contact Race Director Cindy Muir at 667-9340.
7/27 **Bangor State Fair 4 Miler** - Bangor. Contact SUB 5 Track Club .
7/29 **Joe McGuire 10K** - Town Hall, Woodstock NB at 10AM (Atlantic) Race Director Joe McGuire.
7/30 **Ralph Thomas Masters Mile/Gerry Poulin Mile/Dyer Memorial 5K** - Winslow at 6PM. Contact: Gene Roy at (207) 465-7296.

CALENDAR OF UPCOMING EVENTS

NOTE: EVERY EFFORT HAS BEEN MADE TO VERIFY RACE TIMES AND INFORMATION, BUT SOME INFORMATION MAY BE FALSE, SO PLEASE CALL AHEAD BEFORE GOING TO A RACE.

August

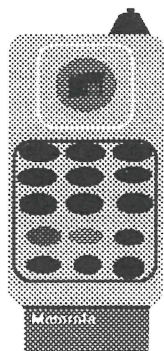
- 8/2 **P I Challenge Cross Country**- UMPI, Presque Isle at 9 AM. Race Director Chris Smith.
- 8/3 **Lobster Festival 10K** - Rockland at 8:30 AM. Contact: Ken Sylvester at 594-7035.
- 8/6 **Falmouth Education Foundation 10K** - Falmouth at 6:30PM. (In conjunction with the Summer Fun Run Series)
Contact: Jim McCorkle at 781-3134.
- 8/9 **Schoodic Point 15K** - Schoodic Point at 8:30 AM. Contact: Tom Severance at 963-7043.
- 8/16 **Caribou Challenge Cross Country** - Caribou High School at 9 AM. Race Director Roy Alden.
- 8/16 **Machias Blueberry Run 5 Miler** - Machias. Contact Sunrise Opportunity at 255-8596.
- 8/17 **Sports East 10 Miler , Bowdoin and Back** - Brunswick at 10AM. Contact: Barry O'Neil.
- 8/23 **Houlton Potato Feast 5K** - Houlton at 9 AM. Race Director Lisa Perfitt.
- 8/24 **Angie Abraham Scholarship 4 Miler** - Portland. Contact: Charlie Scribner at 781-RACE.
- 8/24 **Grant's Dairy 5 Miler** - Bangor. Contact Race Director Paul Hammond at 941-2815.
- 8/24 **Boothbay Region YMCA TRIATHLON**, Bike/Run/Canoe - Boothbay Harbor at 11 AM. Contact: Boothbay
Region YMCA at 633-2855.
- 8/30 **Breakaway 5K** - Old Orchard Beach. Contact: Charlie Scribner at 781-RACE.
- 8/30 **Log Days/New Balance 5K** - Skowhegan at 9 AM. Contact: Walter Crockett at 474-7179.
- 8/30 **Joe Lane 5 Miler** - Sherman School, Sherman at 9 AM. Race Director Kathy Heath.

Beyond

- 9/1 **Caribou Labor Day Viking Run 5 Miler** - Caribou at 10 AM. Contact Neil Genz at Caribou High School.
- 9/7 **Women's Distance Festival 5K** - Portland at 8:30 AM. Contact: 5K Sports, 190 US Route 1, Falmouth, ME
04105. Call: (207) 781-3134.
- 9/14 **Terry Fox 5K** - Bangor. Contact Ed Rice at 989-2383.
- 9/20 **Bar Harbor Half Marathon** - Bar Harbor at 8:30 AM. Mount Desert Island YMCA. Contact: Sharyn Kingma, 20
Park Street, Bar Harbor, ME 04609. Call (207) 288-3511.
- 9/27 **Aroostook County Moving Against Domestic Violence 5K** - Presque Isle at 10 AM. Contact Chris Smith.
- 9/27 **Eliot Festival Day 5K** - Eliot at 8:30 AM. Contact: Randy Bartlett at 439-3707.
- 10/12 **Belfast Pancake 5K** - Belfast. Contact Dale Nealey at 338-5201.
- 10/19 **Physical Therapy 8K** - Brunswick at 9 AM. Contact: John LeRoy, 2 Howards Hill Road, Brunswick, ME 04011.
Call (207) 725-8680.

EDITORS NOTE: INCORRECT INFORMATION WAS PLACED ON THE RACE APPLICATIONS FOR THE JOSEPHS 5K on JUNE 8th. THE CORECT DAY IS SUNDAY, NOT SATURDAY AS WAS PLACED ON THE APPLICATION.

**Cellular Rates as low as \$19.95 per month
with FREE use of equipment****



PAGE ME

- ♦ Wide coverage area.
- ♦ Your choice: Hand-held
Bag Phone
Or, installed

CELLULARONE®
Authorized Agent

- ♦ Ask about earning referral credits (\$25.00).
- ♦ Monthly promotions call for details.
- ♦ Open Monday-Friday 10am-6pm.
- ♦ For flip phone, add \$2.00 per month.
- ♦ Pagers and pager service also available.

PAGE ME is located at 615 Forest Ave. Portland ME
(207) 773-PAGE(7243)

**Requires 12 month contract with CellularONE. Offer subject to change without notice.

GROUP RUNS

<i>Location</i>	<i>Group</i>	<i>Day/Time</i>	<i>Leaves from...</i>	<i>Contact</i>
Augusta	Track Workouts	Wednesdays 5 PM	VoTec Track	Ludo Bruyere or Guy Berthiaume
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 Thibeau
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.

THOUGHTS ON THE RUN

"Ours is a world where people don't know what they want and are willing to go through hell to get it."

Don Marquis

"The guts carry the feet, not the feet the guts."

Cervantes

NEWS & VIEWS

The Buildup to Athens

Julia Kirtland continues to run well after her marathon victory in February. On April 13th, she competed at the Cherry Blossom 10 Miler in Washington D C, placing 12th for women with a time of 57:10. Her time was a PR by 26 seconds and placed her as 6th American.

On April 27th, Julia tied her 10K PR with a 34:09 at the Sallie Mae 10K in Washington DC. That time placed her as fourth woman behind Gladys Ondeyo of Kenya who won in 33:09. Julia will compete next at the Old Kent River Bank 25K in Michigan on May 10th. Look for the results in upcoming issues.

Another Mainer at Cherry Blossom

Gerry Clapper of Columbia, Maryland, formerly of Bucksport, also competed at the Cherry Blossom Ten Miler in Washington on April 13th. Gerry placed 39th with a time of 53:40, which was under the USATF Age-group guidelines for 35 to 40 year olds.

Editors Note: Maybe Gerry will be back for the Tour Du Lac 10 Miler in Bucksport on June 28th. I hear that his parents host a great pot luck gathering at their home after the awards ceremony.

HAPPY BIRTHDAY TO YOU!

Happy birthday to **Mardie Brown** of Palermo, who turned 80 years old on April 22nd. A party was held in her honor following the award ceremony at the Unity Spring 5K on April 19th, with cake and presents. Mardie was very pleased and surprised, and a good time was had by all. Watch for Mardie in the next CMS event that you go to. She is still running in as many events as she can get to.

Field House Opening Delayed

The USM Field House that was due to open early this fall has been delayed until January 1998. The delay is due to problems with the design process caused by a change of architects. The site of the field house will be on the University's Gorham campus next to the Hill Gymnasium. Look for the debut of Indoor Track at USM to occur on its scheduled date of early 1998. It will be nice to have another track in the southern Maine area, if only for spectating meets. A ceremonial groundbreaking occurred on May 5th to ready the site.

Boys and Girls Club Renamed

The Portland Boys and Girls Club was dedicated on Monday, April 21st as the Bart C. Peverada Building. The dedication ceremony took place during the 68th Annual Patriots Day 5-Mile road race. Peverada was the organizer of the first Boys Club road race in 1930. He passed away in 1993 at the age of 82, and was active for almost 75 years with the Boys Club. He began as an 8 year old member and became its program director in later years.

New Bangor Race to Help Cure Breast Cancer

Bangor will be a host site for the Race for the Cure Series 5K on October 11th. The series is held in 77 cities across the country, and all proceeds benefit the fight to cure breast cancer. Organizers expect more than 400,000 runners and walkers will take part in the series, which began in January in Florida and will conclude in Los Angeles in November. Over 31,000 participants took part in the race held in Washington last year (the nation's largest single 5K), raising \$1.2 million. Everyone should take part in this event to benefit this worthy cause.

BOSTON QUALIFYING CHANGES

Yes, You may have already qualified! The BAA has announced that it is changing the qualification dates for Boston 1998. If you have run a qualifying time between the dates of October 1, 1996 and March 1, 1998, you are eligible to compete at the 102nd Boston on April 20th, 1998. So save the results of those late-fall 1996 marathons, they may be worth something.

And Speaking of Qualifying

Did you see the scandal that erupted in the weeks following Boston this year involving the cheating couple. It seems that a husband and wife from California were caught allegedly cheating during the race when their unbelievably fast times were brought into question.

John Murphy, 64, and his wife Suzanne, 59, each ran impressive times in their divisions, winning their respective divisions. The BAA alleges that neither runner showed up at video surveillance checkpoints along the course, and that their improvements over last years times were within the realm of impossibility. John Murphy's 1996 time was 2:59:32, while he clocked 2:43:09 this year. Suzanne ran 3:24:32 last year, and 3:12:18 this year. The Murphys have not been reached for any comment at this point, but the BAA insists that enough evidence is available to disqualify the pair from this years results, and bar them from future events.

More News from Boston (1969)

Here is a list of Maine finishers from the 1969 Boston Marathon:

103	Lloyd Slocum	2:52:30
117	Walter Renaud	2:54:23
220	Don Boneson	3:09:52
321	Roland Dyer	3:23:40
400	Ronald Dyer	3:34:32
455	Alan Sherman	3:39:45
489	Ralph Elam	3:42:35
	Don Banton	3:59:55
	Dale Lincoln	4:03:00
	Harry Trask	4:30:00
	Mike Gentile	4:45:00
	Dick Wright	5:10:00

Three years later in 1972, Walter Renaud, a UMaine English professor, was the first masters finisher at Boston, clocking 2:32:12. He was 40 at the time. Results courtesy of Rick Krause.

ATHLETE PROFILES: Christine Snow-Reaser and Allan Muir

What is a runner to do when they want to run fast during the winter months? Many serious-minded competitors head south to Boston to compete on the indoor track circuit held at several college field houses. Two Maine athletes (and a few others, also) did quite well on the boards in Beantown (and elsewhere) this winter.

Allan Muir of Portland is fast, and showed his speed this winter, clocking a 4:32 mile. Making his times even more impressive is the fact that Allan is a Masters runner (40 to 49). In fact, at 42 years old, Allan is one of the quickest Masters athletes in the country. At the US Indoor National Meet in March, Allan finished fifth in the mile with a time of 4 minute 36 seconds. That culminated a fine season that included fast times from 1500 meters to two miles.

At the Dartmouth Relays in January, Allan ran 4:12 for the 1500 meters, finishing second to his old college roommate Barry Harwick. Then came the Greater Boston Track Club Invitational 2-Mile Run (9:50) and the Commonwealth Invitational Mile (4:38), both of which were victories. Allan turned in his fastest mile time of the season (4:32) in a kickers race against arch-nemesis Steve McChesney of Oregon, who passed him in the final 100 meters for the win. (McChesney and Muir have been dueling it out since grade school when both lived in Oregon) Finally, prior to the US National Meet, Allan travelled to England for the British Nationals 1500 in Glasgow, Scotland, which he won in 4 minutes and 18 seconds. The US Nationals race capped off a great season of running.

Christine Snow-Reaser also competed in several indoor meets this year, surprising even herself with the speeds that she was able to run. At the Maine State USATF Championship Meet at Bowdoin College in February, she ran times of 5:09 (mile), 2:23 (800), and ran a great leg of the distance medley relay. On March 21-23, at the Reggie Lewis Track Complex in Boston, Christine continued her streak of fast times at the US National Meet. Her times would leave many men jealous (and probably quite far behind). She ran the 800 (2:14.7), mile (5:00.3), and 3000 (10:01). Besides this, she continued to race on the roads, running a fast 4-miler in Salisbury, Mass. the week following the Nationals. Her time of 22:34 placed her fifth at the April Fools Run.

Look for both Allan and Christine to continue competing on the ovals this spring and summer. Allan plans to race almost exclusively on the track, while we will keep seeing Christine out on the roads as she looks to keep up her fitness between track races. Congratulations to both on their fine showings during the indoor track season.

PINE TREE RUNNING JOURNAL

CALENDARS

RESULTS

RACE APPLICATIONS

NEWS

PICTURES

COMING IN JULY

- * Results from May and June Races.
- * Athlete Profiles of Runners from around the state.
- * A Report on the latest Training Techniques.
- * High School Outdoor Track Results and Athlete Profiles.
- * A Town Focus report on a Running Town in Maine.
- * More of the Great things that you love to read about in the Pine Tree Running Journal

AN E-MAIL INTERVIEW : -)

By Thomas C. Bennett

Michael Reali of Cumberland has been running seriously since 1978, when he first ran the Casco Bay Marathon. He has clocked 36 minutes for 10K and 2:53 for 26.2 miles, and trains often with his wife, Terry Sutton. He says he is inspired by Terry's talent, and running with her pushes him and helps improve his performance. He joined the Maine Track Club in 1979, and in January became the club's president.

The Maine Track Club made an effort last year to increase membership. How many members are there now, and are you still recruiting?

We now have close to 400 MTC members, and growing. The membership historically increases during the year and should peak sometime in late summer. We are always looking for new members. Any runner of any caliber is welcome. All you need is a love for the sport, pace means nothing. It's about running and fellowship, not how fast one is.

The club sponsors more than 30 races each year. You have said that you want the club to sponsor fewer races, in order to continue to host quality events. Will there be fewer MTC races in the future?

The MTC has a small core of individuals that performs the lion's share of the work. I can personally attest to the fact that directing a race is a lot of work. The last two years as an officer of the club, I have entertained countless complaints of individuals being overworked. There may have even been some resentment building towards those who only run and don't participate in the management of races. I feel that if members don't support such a large race schedule then we should consider reducing this to a more manageable number. The MTC was formed to promote, support and celebrate running, not to function as solely a race management body.

How do you hope to rectify the situation?

The problem here is twofold, one to reduce the race schedule to a number that the club will support, and two, to somehow generate new interest from the membership to volunteer for events. Even with fewer races, we still should have better participation from our membership. I think that once involved, new members will realize how rewarding and fun it can be. The answer may be as simple as just asking these people to join in. I personally have never had a problem getting help for the St. Peter's Race (*Michael is race director of this quality four-miler*), but I do spend a fair amount of time on the phone calling members, many of whom I have never met.

Have you had any success in implementing change?

At the start of my tenure as president, I asked to have 10 races eliminated from the schedule. The committee only saw fit to drop two. This was their decision, and I will not second guess them. I chose races that had low numbers of participants or those that were considered problems by the race committee chairman. The committee as a whole did not share my opinion. Quality in my opinion is more important than quantity. The Maine Marathon is a year-round job in and of itself, let alone the task of thirty other events. There is nothing in the mission statement of the MTC that warrants a large race schedule. We can achieve our mission by concentrating on fewer quality events that truly exhibit the love for the sport that we all share.

Michael Reali can be found most Sunday mornings at 7 a.m. leaving Payson Park in Portland with other members of the Rat Pack. Thomas Bennett can be contacted at hominid@bigfoot.com.

Editors Note: The E-Mail Interview column will be a continually running column in the pages of the Pine Tree Running Journal thanks to the efforts of Thomas Bennett, a fine runner in his own right and a fine librarian. Thomas plans to bring in interviews on runners from all levels, abilities, and parts of the country (but mostly Maine).



IN MEMORIAM: Emilio David Mazzeo

The following are accounts of the life of Maine Running Hall of Fame member Emilio David Mazzeo of Rockland. The first was written by Rick Krause, and the second by Thomas Bennett.

Emilio David Mazzeo, who was inducted into the Maine Running Hall of Fame in 1994, died on April 8th, a few weeks after suffering a stroke. He was 77. Dave was inducted into the Hall of Fame along with his older brother, Bruno. The two paved the way for today's road runners at a time when long distance runners were considered oddballs and loners by society. Hardly a training day went by that they weren't verbally abused by passers by, Dave once said.

After a successful high school career in running track at Rockland, Dave set his sights on the marathon, and at age 26 ran his first marathon at Boston in 1946, placing 19th. The following year he improved to 7th and was the second American finisher, running in a pair of cutoff Keds basketball sneakers. The following year he took 8th and was the 4th American. That effort landed him a spot on the 1948 Olympic marathon team as first alternate. Dave would probably have run at London but was told by officials that due to lack of money, the only way he could get there was for him to pay his own way. He refused.

In the summer of 1948, Dave was invited to compete in an exhibition marathon in Los Angeles, all expenses paid by the National AAU. There, he placed 4th, finishing in front of 100,000 spectators in the Los Angeles Coliseum.

Although he was not as prolific a racer as his older brother, Dave did run some great races in his time. In addition to his great run at Boston in 1947, he won the Portland Boys Club 5 Miller in 1941, and won a 10 miler in Hawaii while serving in the Air Force. Dave also won a 10 miler at Old Orchard Beach in a field that included Clarence DeMar. In preparing for Boston, Dave would run between 12 and 18 miles a day.

In his last years Dave showed the kind of guts and toughness that had made him a great runner. Several years ago, due to arthritis, he had to have one leg amputated below the knee. A few years later he fell and broke his hip. Then a short time after that he had to have his other leg amputated. Only a few days after his 77th birthday on March 15 he suffered a stroke. He hung in there for a few weeks, his entire right side now paralyzed.

He was a lucky man with a wife who in her professional life was a nurse, and he had a daughter who lived close by and often took him to athletic events in his wheelchair. While in high school, Dave had also been captain of the Rockland football team and even in recent years was a frequent spectator at home games.

When he died at PenBay Hospital, sitting on a table only an arm's length away was a framed black and white photo of him running in a 20 miler in Massachusetts in the early 1940's.

He will be sadly missed by all of us who knew him.

Rick Krause

Emilio David Mazzeo Sr., 77, of Rockland, who qualified for the 1948 Olympic Marathon as an alternate, died April 8 after a long illness. Mazzeo and his older brother, Bruno Mazzeo, were inducted into the Maine Running Hall of Fame in 1995.

A 1939 graduate of Rockland High School, Mazzeo was captain of the school's football, hockey and track teams. In the state Class B outdoor track meet his senior year, Mazzeo placed third in the 880-yard run and fourth in the mile.

Mazzeo finished third at the 1940 Portland Boys Club 5-miler, behind Ed Shepard of Gorham and Ken Lowe of Rockland. Shepard ran 26 minutes 9.2 seconds, with Lowe one second back. Mazzeo, clocked in 26 minutes 10.8 seconds, was just on Lowe's heels. He returned to Portland in 1941 as a member of the Houlton Aviation Unit, and took top honors in a time of 27 minutes 59 seconds. Mazzeo set the pace from the start, and assumed a commanding lead at about the halfway mark. T. Phillip Plante, running for the Auburn YMCA, ran 28:38.6 for second place, with Ken Lowe of Rockland placing third in 29:06. Ed Shepard of Gorham, the winner the previous year, tied for fourth with Ellis Simmons of Damariscotta, in a time of 29:43.8.

Mazzeo ran the Boston Marathon in 1946, clocking 2 hours 57 minutes seven seconds to finish 19th out of 102 starters, one place and 44 seconds ahead of Jock Semple of the Boston Athletic Association. The venerable Clarence DeMar, seven-time winner of Boston, was 32nd, in 3:09:55. Mazzeo ran Boston again in 1947, finishing eighth with a time of 2:38:02. He was second American, behind Ted Vogel of the BAA (third place; 2:30:10). Coming in behind Mazzeo that year were John A. Kelley of Massachusetts (13th; 2:40:55) and Ollie Manninen of the BAA (14th; 2:43:26).

Mazzeo returned to Hopkinton a third time, in 1948, and finished ninth in 2:43:15. Ted Vogel, J. Van Zant, John A. Kelley and Ollie Manninen, the second through fifth finishers, were named to the U.S. Olympic team, while Mazzeo earned a spot as an alternate. Unable to pay his own way to the London Olympics, Mazzeo did not attend. (TCB)

Rockland

The Championship 25K Run

April 5, 1997

25K Championship Run , Rockland 4.5.97

1	Robert Ashby	28	1:30:16
2	Matt Archambeau	24	1:32:59
3	Charles Jepson Jr.	37	1:34:46
4	Michael Boucher	39	1:43:02
5	Paul Fagan	44	1:43:47
6	Donna Hurley	39	1:45:58*
7	Willie Sproul	39	1:47:18
8	Tom Shorty	35	1:49:20
9	Marcio Munch	30	1:50:17
10	Joe McGurn	48	1:51:49
11	Tom Amory	47	1:52:22
12	Ross LaFreniere	32	1:54:55
13	Matthew Sturgis	28	1:54:57
14	Vern Demmons	50	1:55:15
15	Al Sproul	58	1:55:34
16	Chris Gould	42	1:56:19
17	Don Fries	49	1:56:41
18	Eugene Holm	43	1:57:50
19	Nancy Kneeland	42	1:57:51*
20	Carol Manley	42	1:58:12*
21	Vicki Bryant	39	1:58:18*
22	Ken Cotton	47	1:58:49
23	L. Mark Kibler	42	2:02:03
24	Ron Benner	49	2:02:23
25	David Wilson	53	2:03:11
26	Bob Gillespie	58	2:04:25
27	Malcolm Washburn	43	2:04:35
28	Phil Pierce	55	2:05:07
29	Brooke Jansen	36	2:09:04*
30	Matthew Houghton	31	2:09:04
31	Steve Hanscom	47	2:09:04
32	Diane Ross	41	2:10:05*

33	Mark Alex	37	2:12:19
34	Joan Merriam	48	2:13:09*
35	Ron Paquette	55	2:14:43
36	Lori Safford	43	2:14:48*
37	Louisa Dunlap	56	2:15:12*
38	Jeff Preble	43	2:18:00
39	Mark Daiute	43	2:19:22
40	Donna Teel Brown	40	2:20:06*
41	Ronald Zorn	61	2:20:32
42	David Benn	51	2:22:00
43	Ellen Spring	44	2:24:11*
44	Don Sanborn	51	2:24:12
45	Carlton Mendell	75	2:29:56
46	Richard Francis	47	2:32:59
47	Sarah Plummer	30	2:32:59*
48	Michael Elliot	44	2:36:53
49	Rich Curley	49	2:41:57
50	Kathy Deupree	50	2:47:57*
51	Linwood Thorndike	54	3:03:17
52	Julius Marzul	70	3:18:40

DIVISION WINNERS		
Bantam Female	Nancy Kneeland	1:57:51
Featherweight Female	Vicki Bryant	1:58:18
Lightweight Female	Carol Manley	1:58:12
Lightweight Male	Charles Jepson Jr	1:34:46
Welterweight Male	Michael Boucher	1:43:02
Middleweight Female	Donna Hurley	1:45:58
Middleweight Male	Matt Archambeau	1:32:59
Light-Heavyweight Female	Diane Ross	2:10:05
Light-Heavyweight Male	Robert Ashby	1:30:16
Heavyweight Female	Lori Safford	2:14:48
Heavyweight Male	Joe McGurn	1:51:49
Super Heavyweight Male	Chris Gould	1:56:19

The Championship 25K - Rockland, April 5th, 1997.

Rob Ashby won his second 15 mile race in a row, fighting a wind off of the shore that slowed times a little bit. Donna Hurley of Spruce Head was tuning up for Boston with this race, but managed to get away from the three women fighting for second, Nancy Kneeland, Carol Manley, and Vicki Bryant, who all finished within thirty seconds of each other. The soup and chowder spread after was great, and the prizes were abundant (and very much worth their weight, if you know what I mean).

Waterville

TERRIER TROT 5 MILER

April 12, 1997

Terrier Trot 5 Miler at Thomas College, Waterville, 4.12.97

9 AM

1	Roland Thibault	29	Westbrook	28:58
2	Tom Shorty	35	Gorham	31:09
3	Bob Strout	41	Unity	31:14
4	Albert Lagasse	50	North Anson	31:45
5	Doc Thibau	42	Mt Vernon	32:26
6	John Paradis	41	Smithfield	32:37
7	Julie Millard	33	Albion	33:58*
8	Peter Davidson	34	Waldoboro	34:33
9	Richard Scribner	45	Gorham	34:34
10	Timothy McKim	39	Eastport	34:41
11	Bob Brosius	44	Winthrop	34:56
12	Bob Gillespie	58	Benton	35:18
13	John Ginn	21		35:21
14	Darren Frank	27	Brunswick	35:34
15	Tony Hess	49	Oakland	36:02
16	Sam Valera	52	Sidney	36:06
17	L. Mark Kibler	42	Brooks	36:41

18	Bob Grady	38	Brunswick	36:53
19	Monica Staaterman	20	Waterville	37:11*
20	David Benn	51	Waterville	37:27
21	Ron Paquette	55	Albion	37:34
22	Don Harriman	50	Pittsfield	38:37
23	Keith Curtis	68	Waterville	39:09
24	Amy Stengel	21	Waterville	39:30*
25	Mark Covington	37	Brunswick	39:46
26	Dale Dickie	54	Brownville Junction	40:04
27	Linda Wood	42	Edgecomb	40:32*
28	Donnajeane Pohlman	46	Albion	42:01*
29	Dennis Morrill	57	Portland	42:08
30	Carlton Mendell	75	Portland	42:15
31	Jim Delorie Jr	16	Norridgewock	43:02
32	Aaron Sirois	14	Norridgewock	43:07
33	Deborah Pepe	54	Oakland	50:58
34	Mark Clinch	41	Gorham	53:58 W
35	Tom Howard	39	Vassalboro	55:20
36	Shirley Fenlason	61	Oakland	58:59*

Terrier Trot 5 Miler - Waterville 4.12.97 at 9 AM.

A small but festive crowd showed up for this challenging 5 miler that runs out of Thomas College. The Central Maine Striders crew did a nice job organizing this race (as they always do), and the price of \$5 was hard to beat. The crew from the Gorham area came up to race (Dick Scribner, Mark Clinch, and Dennis Morrill), as did Carlton Mendell. The prizes were some delicious pies, and other food items, and nearly everyone recieved something. Results courtesy of Race Director Jim Moore, who will be stepping down this year. If you are interested in directing, contact the Central Maine Striders.

Northern York County YMCA 5K 4.13.97 10AM

MENS RESULTS

1	Bob Winn	38	15:37CR
2	Tom Dann	40	16:26MR
3	Stu Hogan	35	16:55
4	Bob Lacourse	19	17:02
5	Jeff Tidd	31	17:12
6	Mike Paulhus	21	18:33
7	Tom Menendez	43	18:37
8	Jerry Mullin	42	18:43
9	Jonathan Rundell	37	18:56
10	Jon Gilbert	16	19:02
11	Dwight Holmquist	34	19:03
12	Stephen Ives	33	19:10
13	John Nale	17	19:13
14	Lloyd Slocum	64	19:15
15	Nate Slocum	26	19:24
16	Brendon Clingensmith	16	19:25
17	Lawson Noyes	55	19:32
18	Matt Ouellette	16	20:01
19	Scott Bennett	17	20:10
20	Michael Myrick	51	20:11
21	Mark Bell	40	20:24
22	James McCorkle	42	20:26
23	Ed Doughty	48	20:32
24	George Boudreau	34	20:36
25	Richard Scribner	45	20:45
26	Jason Hanley	26	20:58
27	Paul LeBlanc	32	21:13
28	Phil Vezina	37	21:19
29	Don Bessey	51	21:33
30	John Morse	51	21:44
31	Erik Sheehan	15	21:45
32	Tony Ryan	16	21:45
33	Nate Molleur	15	21:46
34	Kevin Wentworth	16	21:50
35	Reggie Sargent	51	22:06
36	Bruce Fenlason	50	22:17
37	John Shiminski	37	22:45
38	Joseph Cook	47	22:54
39	Larry Tuccert	37	22:57
40	John Nale	47	23:18
41	Rodger Smith	51	23:20
42	Patrick Desrosiers	16	23:21
43	Daniel McKeown	30	23:40
44	Jordan Danis	13	23:56
45	Larry Ouellette	25	23:59
46	Steven Ward	38	24:22
47	Harry White	54	24:23
48	Roger Letendre	36	24:24
49	Rick Gagne	26	24:30
50	Don Kent	44	24:42
51	Michael Kita	47	24:43
52	Aaron Paquette	18	24:45
53	Howard Paquette	45	24:45
54	Jay Beauchemin	37	24:46
55	John Cain	35	24:58
56	Mike Whitmore	12	25:19
57	Nicholas Valls	34	26:05
58	Johnathan Roy	10	26:55
59	Stoddard Chaplin	57	27:08
60	Richard Gagne	48	27:57
61	Ronald Roy	47	28:20
62	Ronald Corbeil	58	29:22
63	Lee Warner	36	29:39

64	Philip Follansbee	10	29:55
65	John Davidson	39	31:53
66	Mark Clinch	41	32:33
67	Matthew Berry	14	32:51
68	JB Whipple	41	34:20
69	Don Penta	50	36:19



WOMEN RESULTS

1	Christine Snow Reaser	31	17:52CR
2	Suzanne Hussey	16	20:40
3	Anna Louise Hanley	26	20:52
4	Nancy Krum	34	21:05
5	Catie Dean	27	21:10
6	Briana Neault	16	21:12
7	Kitty Kelly	50	22:14SR
8	Jennifer Roy	14	23:22
9	Lena Morin	15	23:52
10	Elizabeth Kelley	32	23:53
11	Rebecca Kita	20	23:58
12	Michelle Eaton	23	24:09
13	Carolyn Ezzy	29	24:28
14	Janice Shiminski	38	24:39
15	Mary Butler	29	25:02
16	Mardi Reed	53	25:22
17	Maureen Parker	15	25:39
18	Rebecca Jacques	17	25:49
19	Meghan Lessard	14	25:50
20	Kim Paquette	38	26:44
21	Linda Hunt	49	27:10
22	Brenda Bell	38	27:12
23	Lynne Gobeil	44	27:23
24	Jane Moriarty	39	27:31
25	Karen Slocum	52	27:48
26	Emily Roy	12	28:19
27	Kristin Johnson	26	29:39
28	Louise Boisvert	37	30:03
29	Pat Buckley	59	32:19
30	Barbara Sykes	39	33:18
31	Judy Beauchemin	37	33:45
32	Karen Souliere	29	35:15
33	Denise Locke	44	35:17
34	Susan Cook	44	41:36
35	Suzanne Fitts	38	48:55
36	Wendy Hunter	40	48:56
37	Joanne Gagne	29	48:59
38	Judy Gagne	48	49:00
39	Sally Dearborn	51	51:41
40	Susan Gajewski	32	51:42
41	Sandra Miller	44	51:43

Northern York County YMCA 5K - Biddeford 4.13.97, 10 AM.

It was a day for records to fall in this fairly quick loop around Biddeford. Bob Winn cruised to a victory in 15:37 for a male course record that eclipsed the record once owned by Tom Dann, who felt no remorse as he took a masters record after recently turning forty. On the women's side, Christine Snow-Reaser also eclipsed the course record, and Kitty Kelly ran an impressive 22:14 to post a seniors record. Many high schoolers also took part in this event, mostly from neighboring Saco (Thornton Academy), and from Biddeford High School. Second place finisher Suzanne Hussey competes for Massabesic High School in Waterboro. Also, watch out for the younger Reaser children as they zoomed to fast times in the accompanying kids race. Mom may not be able to catch them in a few years. Results courtesy of Charlie Scribner, Split Time Race Management.

HIGH SCHOOL REPORT

It always seems like such a long time between indoor track season and outdoor track season. It is the longest break, but I think that the yearning for warmer temperatures and better weather makes it seem even longer than it really is. Finally, spring is upon us and the outdoor track season is in full swing. There have been many exhibition meets, invitationals, relays, and preliminary clinics to go to, so I hope that everyone is prepared for the season ahead.

As I have mentioned before, it is harder for me to get out and about to all of the meets on the track schedule due to time constraints, distance, and the sheer number of events on the schedule. Still, look for me at a meet or two as I will be trying to get some stories and pictures for future issues. I am even snapping pictures as I am officiating at some meets in the southern Maine area. (Hopefully the flash has not gotten in anyone's eyes.)

I have been impressed with the results that have been turned in thus far from early season meets. It seems that many individuals have been preparing themselves over the off-season. Keep up the good work and stay injury-free until June, I want to see some fast times at the state meet.

If any of you would like to submit some items for publication in the magazine (as Delia did on page 12) please send it to me. I can't guarantee that it will be printed, but I will give it consideration and use things when I can. I always love to read things from young people. I would like to start a section on running-related writings from youth (and adult) runners. A kind of literary page for athletes in the endurance events. So send me what you have written.

I'll see you at the races! Good luck in all of your regular season meets and I will see you at states, hopefully healthy and fit.

Roland



In This Section:

- 12 Athlete Profiles: Delia Van Loenen
- 13 Coaches Corner: Rituals
- 14 Keeping Pace: News from Former High School Athletes at College
- 15 Results: *Westbrook/Gorham Rotary Club Road Race
 - *Sacopee/Falmouth/OOB
 - *Scarborough/Wells /Marshwood/Lake Region
 - *Greely/Windham/ Kennebunk
 - *Gorham/York/GNG
 - *Medomak/Lisbon/Cony/ Mt Blue
 - *Belfast/Mt View/Erskine/ Camden/Rockport
 - *Bonny Eagle/Westbrook
 - *Cheverus/TA/Portland/ Lewiston
 - *Maranacook/Lisbon/Jay/ Mt View
 - *EL/Noble/McAuley
 - *Massabesic/Sanford South Portland
 - *Westbrook/Biddeford/ Lewiston/Portland
 - *TA/Bonny Eagle/Deering
 - *Bangor/Old Town/Dexter/ George Stevens/ Caribou
 - *PCHS/Mattanawcook/Nokomis/ Stearns



ATHLETE PROFILE - Delia Van Loenen

Delia Van Loenen is definitely improving in her senior year at McAuley High School in Portland. It's not that the Falmouth native wasn't good in previous years, but she has steadily shown progress in the past couple of years, especially with the help of personal coach Gary King, and new McAuley coach Kris Caterina. Delia is a sprinter and jumper who is always in the thick of the competition in races from the 100 to 400, and jumping in the high jump and triple jump.

It is the Long Jump that Delia has chosen to focus on, however, and it is here that she has excelled so far during this outdoor season. With the goal of being the first high school girl in Maine to jump over 18 feet, Delia overcame this obstacle in the first meet of the season. Her leap of 18 feet was her personal best, and she is looking to go even farther by the time the state meet rolls around in June. Good Luck to Delia on the rest of her season. Below is a poem that she submitted to the magazine on competition.

The Competitor

The heat of competition
makes my blood run cold
I stand on the line
my whole body is ready
to react
my hairs seem to stand on end
as goose pimples erode my skin
my stomach churns and turns and floats
my legs just can't keep still
I'm itching to go
to test myself
and those who face me now
my reflexes sharp
this anticipation
I need to be unleashed
the sound of the gun
will quench this thirst
stop this unsettling
monster that lurks...
BANG
the test's begun.



RUNNING, WALKING
& FITNESS CENTER

RUNNERS!

**LOOKING FOR GREAT SELECTION,
KNOWLEDGABLE STAFF,
AND FRIENDLY SERVICE?**

**COME IN, TALK TO A
RUNNER, AND RECEIVE
THE PERSONAL ATTENTION
YOU HAVE BEEN
LOOKING FOR!**

***Great Prices
*Over 70 styles of Women's and
Men's running shoes in stock**

**190 U.S. ROUTE 1
FALMOUTH, MAINE
781-8134**

COACHES CORNER

Training Tips for High School Athletes

ARE YOU PREPARED TO COMPETE?

by Roland J. Thibault

What do you do before each race or competition that makes you feel that you are ready to compete? Many athletes have a pre-competition ritual that they use to prepare them mentally and physically for the work that lies ahead. It helps them to calm down, feel less anxious, and in a way it becomes their good luck charm. A lot of athletes claim that if their ritual is broken, their performance often suffers, regardless of physical preparation. So why do so many people cling to these preparation techniques?

Just like that lucky pair of socks, or your favorite pair of spikes, it is important to feel comfortable before a meet. If you feel tense, you will not perform up to your abilities. To combat this tension, many athletes will follow a certain warm-up routine before each race. It may be an individual ritual, or one that your whole team practices, the important thing is that it does not vary from what you have done at nearly every meet prior to the one that you are competing in. Whether you like to jog a few miles, do stretches, or run striders, it is very comforting to have a ritual to concentrate on prior to racing. It takes your mind off of the competition and focuses it on the warmup routine that you are performing.

Every athlete at a track meet can use a warmup ritual to get themselves prepared for their event. Some examples include getting your steps before competing in a jumping event. High Jumpers are notorious for getting their take-off mark in strange and unusual ways, but the act of getting your steps often times focuses your attention away from jumping for just a few minutes, long enough to relax you. Throwers will often have a ritual just prior to a throw that gets them into the motion of throwing so that they can achieve their best. Some will even stop during an attempt if everything is not quite right in their preparation. Even sprinters will enter their blocks in the same way each time so that they will feel comfortable. Many times the pre-race ritual involves how soon you put on your racing shoes, when you get a drink, when you visit the restrooms, or who you talk to.

Many athletes already have a pre-meet routine, although some may not know that it is a routine. If your performance is lagging, perhaps you are not preparing as well as you could. Get a routine that involves warming up and entering your event. It will calm you, get your mind off of the competition (you will be much less nervous), and make you feel more self-confident because you have something that belongs only to you. If you are not sure exactly what to do, talk to your coach and he or she can give you advice on proper ways to warm-up and get motivated for your best performance. Good Luck, and keep working towards your best performances.

EVERYONE IS READING THE PINE TREE RUNNING JOURNAL!

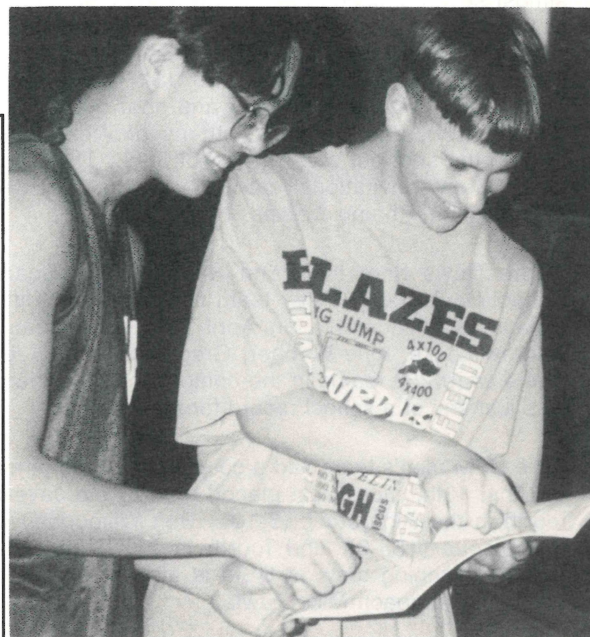


**Get Your
Subscription
Today!**

**ONLY \$23 FOR A
YEAR!**

**11 ACTION
PACKED ISSUES**

**TELL YOUR
FRIENDS**



KEEPING PACE

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

*Kennebunk native Jamie Cook took first place in the Penn Relays Decathlon on April 24th in Philadelphia. Jamie is a senior at Penn State. His score of 7458 points was 44 points better than second place finisher Phil McMullen of Western Michigan. The win was made even more impressive due to the fact that Jamie had missed the entire indoor season with a stress fracture. Cook won the decathlon last year with a total of 7600 points, and this year he won all three throwing events to pad his lead. He also became a provisional qualifier for the NCAA national meet.

*UMaine senior distance standout, Dereck Treadwell, of Milford, has decided to redshirt this outdoor season and run next year instead. His decision was based on illness and a nagging injury, which have left him with very little base training during the winter months. Dereck will compete at a few high caliber races this spring, perhaps the U. S National Meet mile during the week of June 11th. He will also return next season to compete in both the Cross Country and Outdoor seasons.

*Former Deering High School javelin thrower, Nick Guerette, is making a name for himself in the Division III College ranks. After winning the state javelin title last year with a throw of 197-4, Guerette decided on Division III Springfield College, and is now the top-ranked javelin thrower in Division III (as of this writing). His throw of 218-9 was also a school record, and ranks him second in New England for throwers in all divisions. He credits his improvement to weight training, physical maturity, and improved technique.

*Cindy Pomerleau of Colby, a former standout for Mt Ararat in Topsham, was named as Most Outstanding Athlete for the New England Small College Athletic Conference Championships at Middlebury College in Vermont. She shared the title with Trinity's Michelle Miller.

*There were plenty of outstanding performances at the Brown Invitational on April 27th in Providence, Rhode Island. Two University of Southern Maine athletes set school records in their events at the meet. Eleanor Anderson of Houlton finished seventh in the 1500 meters with a school record time of 4:52.82, almost seven seconds faster than Donna Huberts previous time. Not to be outdone, Robyn Bourget of Standish broke her own school record in the 200, placing thirteenth with a time of 27.91 seconds. Also scoring high for USM were Erin Russell who placed fifth in both the discus and shot put (112-10 and 38-7, respectively), and Dorothy Anthony of Westbrook who placed sixth in the shot put with a throw of 36-9. The top eight finishers in the Brown Invitational earned a trip to the ECAC Division III New England Championships.

*More News from the Penn Relays: The Scarborough High School Boy's 4X100 relay team finished twenty-fifth at the Penn Relays in Philadelphia on April 27th. The team consisted of Andrew Locke, Kyle Webber, Greg Hobbs, and Jessemar Ross. There were 250 teams in the competition, and their time of 44.15 was just shy of a school record for the event.

*The USM men's team had a couple of scorers at a meet at Colby on April 13th. Joe Frost placed third in the Javelin (151-7) and fourth in the High Jump (5-10). Ben Willoughby was second in the Discus (135-3), and fourth in the Shot Put (43-8). The distance running crew at USM is also posting some fast times according to coach Mike Towle.

*More Brown Invitational News: UMaine also had its share of athletes competing in Providence. On the womens side, Katie D'Entremont of York came home with a championship Shot Put title with a throw of 42-4. She also placed eleventh in the Discus (100-1), and ninth in the Hammer Throw (127-3). Nichole Motil of Saco finished second in the 400 Hurdles with a time of 1:05.57, and fifth in the 100 High Hurdles with a time of 15.10. Distance runners Jackie Maurer of Gorham (fifth in the 1500 in 4:51.39) and Nichol Stevens of Old Town (third in the 3000 in 10:24.05) also placed high for the Black Bears.

The men's team was buoyed by Brewer's Peter Phelan and Medomak Valleys Neil Willey. Phelan placed sixth in the 110 Hurdles (16.0), fifth in the long jump (20-7), and eighth in the Triple Jump (42-8 1/2). Willey placed eleventh in the 110 Hurdles (16.7), seventh in the Long Jump (19-2 1/2), twelfth in the Shot Put (39-8), and fourth in the Discus (145-7).

*On April 13th, the Maine Men went against arch-rival University of New Hampshire, and came out 21 points behind despite strong performances. Josh Mishou won the 200 with a time of 22.18. Liberty's Joe Moody finished second in the 800 with a time of 1:52.68. Thinh Ly of Biddeford was second in the 400 Hurdles with a time of 57.28. Peter Phelan added a lot of points by placing third in the long jump (19-9), and second in the high hurdles (16.06). Adding to the scoring was Steve Hedlund and Brian Oickle who went 1-3 in the 5000 (15:36.87 - 16:00.13).

PINE TREE RUNNING JOURNAL

Subscription Form

One Year (11 Issues) - \$23.00
(almost 30% off the Cover Price)

Name _____
Address _____
Town/City _____ Zip _____
Telephone _____ Birthdate _____

Club _____ Sex _____

Check Applicable Sports:

T&F____ LDR____ RW____ TR____ XC____
Track & Field Long Distance Running Race Walking Triathlons Cross Country

Send with Check to:

PINE TREE RUNNING JOURNAL
67 Church Street
Westbrook, ME 04092
(207) 854-5168

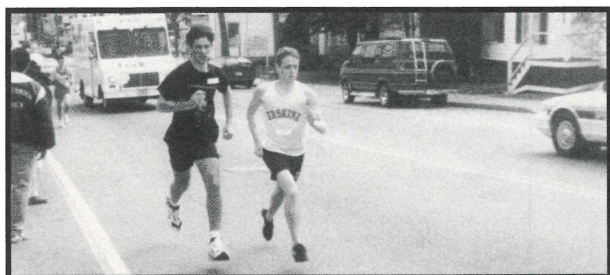
Checks Payable to : Pine Tree Running Journal

PINE TREE RUNNING JOURNAL

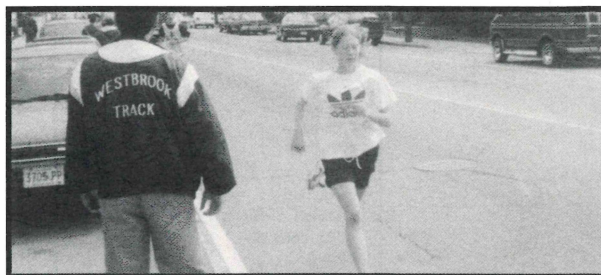
1	Mike Mouradian	Gor	10:47	43	Tony Ricci	We	13:13	84	Mari Kimball	We	15:18*
2	Ryan Fenton	Ch	10:52	44	B J Roberts	LR	13:14	85	Mike Adams	We	15:21
3	Mike Lansing	Sca	10:56	45	Suzanne Hussey	Mass	13:15*	86	Esther Stultz	Mass	15:23*
4	Matt Lunt	CE	11:07	46	Bill Harrison	Ch	13:19	87	Stacy Francouer	We	15:24*
5	Sam Goodrich	We	11:10	47	Seth Dube	We	13:22	88	Bruce Lowell	We	15:25
6	Scott McKeough	We	11:18	48	Jay Diamond	Wi	13:29	89	Troy Logan	We	15:25
7	Andy Hall	CE	11:22	49	Tim Burton	We	13:31	90	Andy Lefebvre	We	15:39
8	Jake Koelker	Ch	11:23	50	Steve Turner	We	13:33	91	Dan Cote	We	15:49
9	Nolan Tohey	Ersk	11:29	51	Becky Fowler	CE	13:34*	92	Dana Wheeler	LR	15:50
10	Thomas Leahey	MSSM	11:31	52	Chad Cote	Bi	13:46	93	Tom Charette	We	15:54
11	Brad Bannon	SP	11:34	53	Betsy Capone	LR	13:48*	94	Andy Lessard	We	16:01
12	Jacob Toman	We	11:40	54	Andre Davis	We	13:49	95	Kara Howard	We	16:03*
13	Randy Perry	We	11:41	55	David Theriault	We	13:52	96	Vicki Black	We	16:07*
14	Jerry Johnson	Sca	11:41	56	Chris Littlefield	We	13:55	97	Meghan Lessard	Bi	16:12*
15	Stan Pyle	SP	11:42	57	Jessica Jordan	CE	13:57*	98	Heather Kahill	SP	16:19*
16	Bobby Hunt	EE	11:42	58	Bryan Heatley	We	13:59	99	Jessica Cotton	SP	16:20*
17	Ethan Burns	Go	11:43	59	Jim Mains	We	13:59	100	Steve Miller	We	16:20
18	Chris Bowden	Ch	11:54	60	Betsy Wyman	CE	13:59*	101	Karen Willis	SP	16:24*
19	Brian McLaughlin	Ch	11:57	61	Tony Ryan	Bi	14:04	102	Ryan Sullivan	We	16:32
20	Todd Dixon	Ersk	11:57	62	Jen Salamone	SP	14:12*	103	Chris York	We	16:38
21	Jon Wakelin	CE	11:58	63	Norm Miller	We	14:13	104	Nicole Plourde	We	16:39*
22	Adam Johnson	Sca	11:59	64	Lindsay Tatarczuk	We	14:14*	105	Eric Meserve	We	16:40
23	Pat Welch	Ersk	12:01	65	Brian Lathrop	SP	14:17	106	Angie Pizzo	We	16:40*
24	Jeremy Davis	We	12:02	66	Robbie Berwick	LR	14:23	107	Amanda Grant	We	16:45*
25	Ben Cantara	Bi	12:07	67	Katie Willette	Bi	14:26*	108	Melissa Drouin	We	16:52*
26	Jon Crafts	CE	12:13	68	Erin Garland	We	14:27*	109	Kate Bell	McA	17:46
27	John Chayer	We	12:14	69	Lena Morin	Bi	14:31*	110	Jason Huddy	We	17:50
28	J.D. Cross	Bi	12:14	70	Dawn Bryant	We	14:32*	111	Tammy Roberts	Bi	18:08*
29	Matt Young	Ersk	12:18	71	Andrew Wiley	SP	14:35	112	Alex Nickerson	McA	18:14*
30	Jon Wade	Ersk	12:20	72	Brad Hawthorne	Ch	14:38	113	Beth Kenyon	Bi	18:15
31	Jake Morrill	SP	12:22	73	Erin York	Ersk	14:41	114	Brian Baillargeon	Bi	18:34
32	Matt Ouellette	Mass	12:25	74	Ian Beaupre	Bi	14:44	115	Nicole Murphy	We	18:36*
33	Dan Tilton	Ersk	12:28	75	Kristi Plourde	We	14:44*	116	Alexia Culbert	We	18:36*
34	Kevin Fox	SP	12:31	76	Sean Harmon	We	14:46	117	Sara Kelley	We	18:56*
35	Mike Chadwick	Sca	12:33	77	Byron Philbrook	We	14:46	118	Emily Smith	We	18:59*
36	Nate Gawron	Sca	12:37	78	Brian Foster	We	14:50	119	Jenn Murphy	We	18:59*
37	Kevin Quigley	SP	12:40	79	Ben Morton	LR	14:57	120	Katie Miller	We	18:59*
38	Drew Chadbourne	We	12:42	80	Bill Robichaud	We	14:58	121	Heather Broad	SP	19:07*
39	Rick McCleary	We	12:57	81	Trish Grattelo	Bi	14:59*	122	Nick Buzzell	We	19:07
40	John Pollack	Brun	13:01	82	Amber Douglas	Go	15:08*	123	Erin Conley	McA	24:38*
41	Ted Schirmacher	We	13:07	83	Steve Pizzo	We	15:12	124	Bethanne Simmons	McA	24:40*
42	Robin Holden	Ch	13:07								

Westbrook-Gorham Rotary Club Road Race 2.2 Miles - Westbrook, April 21st, 1997.

It is great to see this many high school runners running down the road, especially in my home town. Race Director David Rolfe is hyping up next years race, the fiftieth time it will have been contested, and has grown the race in recent years. Mike Mouradian looked strong in his victory, with two freshmen hot on his heels. First female across the line was Suzanne Hussey of Massabesic, with Cape Elizabeths Becky Fowler twenty seconds back. On the team side, there were teams from all over the state, with Erskine Academy, Lake Region, Biddeford, and even a runner from the Maine School for Science and Mathematics in Limestone. The Westbrook teams won both team titles, however, keeping the trophy in their hometown. Results courtesy of David Rolfe.



Nolan Tohey of Erskine leads Thomas Leahy of the Magnet School for Math



Jessica Jordan of Cape Elizabeth High School

WESTERN MAINE CONFERENCE TRACK MEETS

APRIL 14th & 17th, 1997

Boys Scores 4.14.97 at Falmouth

Sacopee Valley	92
Falmouth	65
Old Orchard Beach	21
110 HIGH HURDLES	
1 McCann F	18
2 Tripp SV	18.3
3 Blanchette F	19.8
4 Oliver SV	20.5
100	
1 Soule SV	11.4
2 Small F	12.1
3 Walsh F	12.1
4 McDonald F	12.4
1600	
1 Bullock F	5:02.8
2 Keeley F	5:06
3 Tripp SV	5:12.8
4 Worcester SV	5:21.2
SHOT PUT	
1 Ives F	39-3
2 Tripp SV	38-1 1/4
3 Hubbard OCB	37-8
4 Perry SV	34-0 3/4
400 RELAY	
1 Sacopee Valley	51.9
400	
1 Soule SV	54.6
2 Sample SV	55.8
3 Recker F	1:00.2
4 Banks F	1:01.5
TRIPLE JUMP	
1 Garon OCB	39-5 1/2
2 Rebmman SV	35-7 3/4
3 Syracuse SV	34-7 1/2
4 Bouchard SV	34-4
300 INTERMEDIATE HURDLES	
1 Tripp SV	45.4
2 Redman SV	46.3
3 Blanchette F	47.5
4 Perry SV	49.1
800	
1 Bullock F	2:17.5
2 Keeley F	2:21.7
3 Kimball SV	2:25.0
4 Deal OCB	2:34.2
200	
1 Soule SV	23.8
2 Syracuse SV	24.7
3 Welch F	25.5
4 Blanchette F	25.5
3200	
1 Tripp SV	11:47.2
2 Connolly F	12:17.3
3 Lord F	12:38.9
4 Pinault SV	12:41
DISCUS	
1 Tripp SV	119-0
2 Jordan F	106-8
3 Bickford OCB	94-10
4 Clemons F	94-1
HIGH JUMP	
1 Garon OCB	5-10
2 Bickford OCB	5-10
3 Worcester SV	5-8
4 Bouchard SV	5-8
JAVELIN	
1 Perry SV	128-4
2 Jordan F	127-0
3 Clemons F	116-2
4 Bickford OCB	111-9
1600 RELAY	
1 Falmouth	4:05.2
2 Sacopee Valley	4:09.9

LONG JUMP

1 Syracuse SV	19-5
2 Rebmman SV	19-1
3 Garon OCB	18-10
4 Ives F	18-6
POLE VAULT	
1 Oliver SV	11-6
2 McCann F	11-0
3 Dennison SV	10-6
4 Semple SV	10-6

GIRLS SCORES

Falmouth	105
Sacopee Valley	61
Old Orchard Beach	2
100 HURDLES	
1 Syracuse SV	18.5
2 Drake F	19.1
3 Klausner F	19.2
4 Wilcox F	19.3
100	
1 Lajoie SV	13.7
2 Numberg SV	14.3
3 Marshall F	14.8
4 Bunton OCB	15.1

1600	
1 Pankow SV	6:40.3
2 Vasquez F	6:42.6
3 Anderson F	7:52.5
POLE VAULT	
1 Metcalf SV	7-0
2 Berube F	7-0
3 Syracuse SV	6-0
4 McCann F	6-0
TRIPLE JUMP	
1 Gray F	30-1 1/2
2 Hobson F	29-10 1/2
3 Lajoie SV	29-9 1/2
4 Chaput SV	28-0 1/2
DISCUS	
1 McMurray F	92-4
2 Kaplan F	82-11
3 Markezich SV	71-9
4 Hartford SV	66-9
400 RELAY	
1 Sacopee Valley	56.1
2 Falmouth	1:00.0
400	
1 Harris F	1:06.5
2 Quinn F	1:09.2
3 Edwards F	1:12.2
4 Metcalf SV	1:17.5

300 HURDLES	
1 Syracuse SV	53.4
2 Wilcox F	55.9
3 Taylor F	56.3
4 Numberg SV	56.4
HIGH JUMP	
1 Edwards F	5-0
2 Quinn F	4-8
3 Numberg SV	4-8
4 Berube F	4-6
800	
1 Taylor F	2:39.3
2 Drake F	2:49.0
3 Vasquez F	3:10
4 Dumont SV	3:15.9
200	
1 Gray F	29.9
2 Chappet SV	30.3
3 Hobson F	31
4 Marshall F	31.2
SHOT PUT	
1 McMurray F	31-0 1/4
2 Kaplan F	26-2 1/4
3 Mellen SV	24-4 1/2
4 Hartford SV	24-0 1/2

3200	
1 Wilcox F	13:28.8
2 Cote F	14:21.5

JAVELIN

1 Finks F	82-9
2 Warren SV	57-9
3 Morin F	57-2
4 St Onge OCB	56-4
1600 RELAY	
1 Falmouth	4:42.3
2 Sacopee Valley	5:34.3
LONG JUMP	
1 McCann F	15-2
2 Gray F	14-0
3 Lajoie SV	13-5
4 Hobson F	13-4

GIRLS SCORES

Scarborough	127
Marshwood	67
Lake Region	41
Wells	27
SHOT PUT	
1 Gant S	31-2
2 Schoppee S	28-10
3 Rix M	28-4
4 Morgage W	28-2
5 R. Ross S	28-0

DISCUS	
1 Gant S	90-0
2 Rix M	87-8
3 Schoppee S	76-0
4 Schoelkopf S	75-9
5 Spacht M	69-9
LONG JUMP	
1 Philibert W	14-0 1/2
2 Cirone M	13-9 1/4
3 Loughborough S	13-7 1/4
4 Scribner LR	13-4 1/4
5 Riley M	13-3

TRIPLE JUMP	
1 Clrone M	31-10 1/2
2 Philibert W	31-5 1/4
3 Cahoon S	29-1
4 Riley M	28-11
5 Wheeler LR	28-11
POLE VAULT	
1 Sutyak S	7-0
2 Hendrix S	7-0
3 Getchell M	7-0
4 Flynn S	5-6
5 Cahoon S	5-6
HIGH JUMP	
1 J. Welsh S	4-8
2 Scaccia S	4-4
3 Loughborough S	4-0
4 Whall W	3-10
JAVELIN	
1 Schoelkopf S	82-2
2 R. Ross S	79-8
3 Miller M	72-0
4 DiSamilo W	67-7
5 Rix M	61-5

100 HURDLES	
1 Nolan S	18.3
2 Speacht M	18.8
3 Riley M	19.1
4 Merrill LR	19.4
5 Miller M	19.5
100	
1 B. Welsh S	14.1
2 Partridge S	14.2
3 Ayr M	14.3
4 Shorey LR	14.3
5 Lambson M	14.3
400 RELAY	
1 Scarborough	53.5
(Partridge, J. Welsh, B. Welsh, Sutyak)	
2 Marshwood	55.4
3 Lake Region	56.5

1600

1 Terhune LR	5:47.0
2 Curlew S	5:57.0
3 Staples W	6:03.0
4 Flores M	6:10.0
5 Sheffield M	6:14.0
400	
1 Capone LR	1:06.0
2 Purdy M	1:07.0
3 Shapiro S	1:08.0
4 Whitney M	1:11.0
5 Ramsdell M	1:19.0
800	
1 Terhune LR	2:29.0
2 Lynch S	2:30.0
3 Laffin W	2:48.0
4 ? M	2:50.0
5 ? W	2:53.0
200	
1 Sutyak S	28.8
2 B. Welsh S	28.9
3 Lamson M	29.1
4 Partridge S	29.2
5 Philibert W	29.6
3200	
1 K. Ross S	12:55.3
2 Flores M	13:26.0
3 Martin LR	14:51.0
4 Keene M	16:10.0

300 HURDLES	
1 Nolan S	52.3
2 Speacht M	52.7
3 Merrill LR	54.8
4 Wheeler LR	56.7
5 Guerette W	58.5
1600 RELAY	
1 Scarborough	4:36.7
(Nolan, J. Welsh, Shapiro, Curlew)	
2 Lake Region	4:47.3
3 Wells	4:58.9

BOYS SCORES	
Scarborough	108.5
Wells	69
Marshwood	44.5
Lake Region	29
SHOT PUT	
1 Silmons M	42-9
2 Farren S	42-6
3 Linden S	40-7
4 M. Wood S	37-10
5 McGinness M	37-3

DISCUS	
1 Linden S	130-3
2 Farren S	122-1
3 Bridges LR	111-5
4 Collard W	108-1
5 Bielat LR	103-4
LONG JUMP	
1 Hobbs S	19-6
2 S. Wood S	18-8
3 McDonald LR	18-2
4 Ferguson LR	18-1 1/4
5 Lamontagne W	16-11 1/2
TRIPLE JUMP	
1 Hobbs S	39-7 1/4
2 S. Wood S	37-11 3/4
3 McDonald LR	36-7 1/4
4 Thombs LR	35-3 1/2
5 Martel W	33-6

POLE VAULT	
1 Matthews S	11-0
2 Rumpf S	10-6
3 Griffin W	9-0
4 Whicmer M	9-0
5 Harper W	8-6
HIGH JUMP	
1 Romily W	5-8
2 Young M	5-6
3 Lamontagne W	5-6
4 May S	5-6
5 Murphy M	5-0

JAVELIN

1 Romilly W	180-2
2 Simons M	156-9
3 Thombs LR	137-9
4 M. Wood S	126-4
5 Ferguson LR	123-8
110 HIGH HURDLES	
1 Webber S	15.9
2 Young M	16.7
3 Murphy M	16.7
4 Matthews S	16.8
5 Barrera LR	18.2
100	
1 Locke S	11.4
2 Ross S	11.5
3 Romilly W	12.1
4 Murphy M	12.3
5 Bridges LR	12.4
1600	
1 Collard W	4:52.0
2 J. Johnson S	4:58.0
3 Vinceguerra M	5:03.0
4 Sayer W	5:06.0
5 McConkey LR	5:28.0

400 RELAY	
1 Marshwood	46.5
2 Lake Region	47.7
400	
1 Hobbs S	53.1
2 Currier W	54.8
3 Foster M	55.8
4 Olson S	59
5 Dryman M	1:00.9
300 HURDLES	
1 Webber S	43.4
2 Esty M	44.3
3 Griffin W	45.5
4 Kilfoil S	49
5 Coulston S	50.6

800	
1 Sirois W	2:05.0
2 Bates S	2:07.0
3 J. Johnson S	2:20.0
4 Sweeney W	2:22.0
5 Gowron S	2:26.0
200	
1 Locke S	23.3
2 Ross S	23.6
3 Cohen W	24.9
4 Dupee LR	25
5 Foster M	25.6
5 Davis S	25.6
3200	
1 Legere W	10:23.0
2 Ericson W	10:46.4
3 Forcella W	10:50.2
4 A. Johnson S	10:54.0
5 McConkey LR	11:39.0

1600 RELAY	
1 Scarborough	3:45.8
(Bates, Olson, Rumpf, Ross)	
2 Wells	3:46.2
3 Lake Region	3:57.5

WESTERN MAINE TRACK CONFERENCE TRACK MEETS

APRIL 17TH, 1997

GIRLS SCORES

Greely	91
Windham	52
Kennebunk	28
SHOT PUT	
1 Newcomb W	34-2
2 Beal G	32-10
3 Doucette G	30-7
4 Haley G	28-1 1/2
LONG JUMP	
1 Getz G	16-5
2 Gilman K	14-10
3 S.Diamond W	14-8 1/2
4 Mundy K	14-6 1/2
DISCUS	
1 Newcomb W	95-1
2 LaPierre K	75-4
3 Kennie G	75-3
4 Haley G	71-11
HIGH JUMP	
1 Getz G	5-4
2 O'Donnell G	4-8
3 Michalak G	4-6
4 Weiss G	4-6
100 HURDLES	
1 Weiss G	19
2 Frost G	19.1
1 0 0	
1 Gallagher W	13.3
2 Cyr G	13.8
3 Fish W	14
4 Diamond W	14
1 6 0 0	
1 Case G	5:53.5
2 Higgins G	6:00.2
3 Wolf K	6:08.0
4 Smith G	6:13.5
400 RELAY	
1 Windham	55.5
2 Greely	57.2
4 0 0	
1 Getz G	55.6
2 Gilman K	58.7
3 Michalak G	71.5
4 Daniel K	87.6
300 HURDLES	
1 Weiss G	54.2
2 Olsen W	59.6
3 Frost G	60.4
TRIPLE JUMP	
1 Getz G	34-2 1/2
2 Fish W	31-7 1/2
3 Mundy K	30-11
4 Gilman K	30-6
POLE VAULT	
1 Greenan W	6-0
8 0 0	
1 Gulezian G	2:50.1
2 Raymond K	2:52.1
3 Black K	2:54.0
4 Greenan W	2:56.8
2 0 0	
1 Gallagher W	28.8
2 Cyr G	29.3
3 Alexander G	29.6
4 Federman K	32.1

3 2 0 0

1 Benton G	13:24.3
2 Wolf K	14:25.8
3 DiBiase W	14:43.2
4 Olsen W	15:58.8
1600 RELAY	
1 Greely	4:41.7
2 Kennebunk	4:54.0
JAVELIN	
1 Brooks W	102-9
2 Beal G	101-7
3 Regan W	85-2
4 Meehan G	85-1
BOYS SCORES	
Greely	74
Kennebunk	68
Windham	42
SHOT PUT	
1 Beal G	45-3
2 St Claire W	40-7 1/2
3 Verry G	29-4 1/2
4 Michalak G	27-6
LONG JUMP	
1 Matthew K	29-0 1/2
2 Perrigo K	18-10 1/2
3 Diamond W	17-8
4 Jerry W	16-1 1/2
DISCUS	
1 Beal G	107-1
2 Dyer W	97-8
3 Verry G	87-8
4 Copp G	66-6
HIGH JUMP	
1 Matthew K	6-2
2 H. Jackson K	5-8
3 P. Jackson K	5-6
4 Varney W	5-4
110 HURDLES	
1 Mathew K	16.4
2 Jensen G	18.1
3 Fisher W	18.1
4 Parkinson K	22
1 0 0	
1 Perrigo K	11.6
2 Hayes G	11.8
3 Diamond W	12
4 Dullier W	12.8
1 6 0 0	
1 Groom G	4:42.9
2 Olsen W	4:52.6
3 Dann K	4:59.5
4 Krytko K	5:02.8
400 RELAY	
1 Greely	47.8
2 Windham	48.9
4 0 0	
1 Smith G	54.6
2 Varney W	57.1
3 Olsen K	57.5
4 Stewart K	58.1
300 HURDLES	
1 Mathew K	42
2 Robinson G	43.6
3 Fisher K	46
4 Jensen G	48.9

TRIPLE JUMP

1 P. Jackson K	41-0 1/2
2 H. Jackson K	41-0 1/2
3 Lacy G	39-3
4 Ginn W	36-5
POLE VAULT	
1 Cilifi W	7-6
2 Dougherty W	6-0
8 0 0	
1 S. Smith G	2:07.7
2 Bowden G	2:10.1
3 Weber G	2:12.7
4 Roper K	2:14.6
2 0 0	
1 Pericote K	23.7
2 Diamond W	24.2
3 N. Smith G	24.6
4 Pelletier K	25.9
3 2 0 0	
1 Groom G	10:22.6
2 Towle G	10:24.3
3 Olsen W	10:33.4
4 Rock K	10:56.2
1600 RELAY	
1 Greely	3:50.2
2 Kennebunk	3:52.1
3 Windham	4:19.2
JAVELIN	
1 Beal G	162-8
2 Pelletier K	145-5
3 Olsen W	128-9
4 Kieser K	117-6

400 RELAY

1 Gorham	55.1
2 York	59
JAVELIN	
1 Curran Go	94-6
2 Gray GNG	73-9
3 Audet GNG	71-8
4 Roberts GNG	67-5
4 0 0	
1 Yesue Y	1:05.3
2 Beagle Go	1:05.4
3 Chadbourne Go	1:08
4 Sullivan Go	1:08
LONG JUMP	
1 Carpenter GNG	13-2 1/2
2 Gray GNG	12-9
3 McCabe GNG	12-3 1/2
4 Broksi Y	11-5 3/4
300 HURDLES	
1 Rothemel Y	52.2
2 Dellinger Go	53.9
3 Carpenter GNG	54.8
4 Houlihan Go	54.8
8 0 0	
1 Scott Go	2:50.8
2 Littlefield Y	3:04
3 Boardman Y	3:26
HIGH JUMP	
1 Verbicky Y	4-4
2 Foster GNG	4-4
3 Worthing Y	4-4
4 McCormack Go	4-2
5 Simonetti Go	4-2
2 0 0	
1 Deforte Go	28.2
2 Chadbourne Go	30.3
3 McCabe GNG	30.8
4 Plummer Go	30.9
SHOT PUT	
1 Kenny Y	28-9 3/4
2 Cross Y	27-6 3/4
3 Chadbourne Y	27-5
4 Spera Go	27-1
DISCUS	
1 Kenny Y	71-10
2 Curran Go	68-7
3 Leighton GNG	66-7
4 Spera Go	65-1
3 2 0 0	
1 Lavoie Go	13:26
2 Siedenburgh Y	14:08
3 Douglas Go	14:21
1600 RELAY	
1 Gorham	4:42
2 York	4:45.6
BOYS SCORES	
Gorham	73
Gray New Gloucester	46.5
York	37.5
110 HURDLES	
1 Spera Go	15.9
2 Huynh Go	18.3
3 Sutton Y	18.4
4 Storman GNG	19
1 0 0	
1 Jones GNG	12.3
2 Brown Go	12.4

3 Stuman GNG	12.4
4 Wilson Y	12.5
5 Tarr Y	12.5
6 Myrick Y	12.5

1 6 0 0

1 Mouradian Go	4:47
2 Rivard Y	4:51
3 D.Ewing Y	4:55
4 S. Campbell Y	4:56

400 RELAY

1 York	48.4
2 Gorham	49.2

TRIPLE JUMP

1 Tarkinson Go	33-10 1/2
2 Graves Y	32-11 3/4
3 Vacura Go	31-8 1/2
4 Storman GNG	30-10

4 0 0

1 Wehmeyer Go	57.2
2 Driscoll GNG	1:01.3
3 Gilman GNG	1:02.5
4 Caron Go	1:02.5

LONG JUMP

1 Jones GNG	16-9
2 Storman GNG	15-8 1/2
3 Reed Y	15-7 1/2
4 Douglas Go	14-10 1/4

300 HURDLES

1 Spera Go	44.6
2 Plaisted Y	45
3 Morrison GNG	47
4 Sutton Y	47.2
5 Huynh Go	47.2

DISCUS

1 Harrington GNG	99-2
2 Button Go	98-3
3 Ramsdell Y	98-5
4 Tarkinson Go	97-7 1/2

2 0 0

1 Brown Go	24.8
2 Jones GNG	25.1
3 Wilson Y	25.2
4 Tarr Y	25.3

8 0 0

1 Mouradian Go	2:10
2 Rivard Y	2:11
3 Riseman Go	2:12
4 Campbell Y	2:18

SHOT PUT

1 Dillinger Go	39-5
2 Tenney Go	37-11 1/2
3 Harrington GNG	36-4
4 Baiochi GNG	36-1 1/4

3 2 0 0

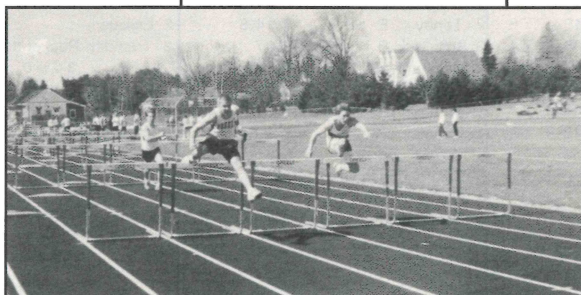
1 Bailey Go	11:13
2 Burns Go	11:14.3
3 Ewing Y	11:13
4 Anderson GNG	12:30

1600 RELAY

1 Gorham	3:54.6
2 York	4:01.2

JAVELIN

1 Thompson GNG	134-1
2 Brown GNG	131-6
3 Tufts GNG	121-1
4 Fritz Y	115-3



CENTRAL MAINE TRACK MEETS - EARLY ACTION

APRIL 17TH, 1997

GIRLS SCORES

Medomak	85
Lisbon	69.5
Cony	55.5
Mt Blue	55
JAVELIN	
1 Arbour C	93-9
2 Brown M	83-11
3 Bither M	80-9
4 Nedik C	74-11
4 0 0	
1 Caldwell MB	1:04.38
2 Berube L	1:04.71
3 Garnett L	1:10.16
4 Lewis MB	1:10.62
LONG JUMP	
1 Wood C	12-9
2 Dondlinger M	12-5 1/2
3 Straccialni L	12-4
4 Taylor M	11-10
TRIPLE JUMP	
1 Barbay L	30-3
2 Wood C	29-8
3 Straccialni L	28-9 1/2
4 Garnett L	27-7
300 HURDLES	
1 Ayala C	56.23
2 Swiontkowska L	58.16
3 Straccialni L	59.13
4 Strout M	1:06.32
8 0 0	
1 Caldwell MB	2:42.02
2 Caldwell MB	2:42.16
3 Barbay L	2:43.51
4 Vice L	2:50.24
2 0 0	
1 Labkowicz M	29.39
2 Perkins MB	29.45
3 Bean MB	30.18
4 Ayala C	31.32
SHOT PUT	
1 Kimsa C	28-0
2 Nedin C	28-4
3 Bachoft M	28-2
4 Ragmussen C	25-11
3 2 0 0	
1 Bither MB	12:53.44
2 Mindzy M	13.54
3 Karvonis M	14:05.87
4 Simmons M	14:11.48
1600 RELAY	
1 Mt Blue	4:49.49
2 Lisbon	4:51.45
3 Medomak	5:08.09
DISCUS	
1 Smith M	81-0
2 Champagne C	79-0
3 Nedik C	74-0
4 Blais C	72-5 1/2
100 HURDLES	
1 Straccialni L	19.26
2 Black L	19.86
3 Lobkowicz M	19.88
4 Sewell M	20.5
1 0 0	
1 Caldwell MB	13.51
2 Lobkowicz M	13.88
3 Reed M	14.23
4 Bean MB	14.39
HIGH JUMP	
1 Leach M	4-10
2 Nichols C	4-8
3 Barbay L	4-6
4 Palmer L	4-6

1 6 0 0

1 Caldwell MB	5:41.04
2 Vice L	6:12.27
3 Cassie M	6:21.50
4 Morrison C	6:29.11
400 RELAY	
1 Medomak	59.14
2 Lisbon	59.52
3 Mt Blue	1:00.82
BOYS SCORES	
Lisbon	86.5
Mt Blue	59.5
Cony	56.5
Medomak	53.5
110 HURDLES	
1 Morang L	17.28
2 Magee L	18.64
3 Joy M	19.69
4 Rogers L	25.45
1 0 0	
1 Hall L	11.55
2 Lessard L	11.56
3 Miller MB	11.57
4 Arbour C	12
1 6 0 0	
1 Mellen MB	4:57.59
2 Smith MB	4:59.87
3 Burchell C	5:01.48
4 Dobie M	5:01.75
400 RELAY	
1 Medomak	47.9
2 Lisbon	48.88
3 Mt Blue	50.37
LONG JUMP	
1 Hall L	19-6
2 Spear M	17-8 1/2
3 Nelson MB	16-11
4 Saunders M	16-5 1/2
HIGH JUMP	
1 Brown M	5-10
2 Arbour C	5-8
3 Adams C	5-4
4 Roy L	5-4
4 0 0	
1 Metzger L	54.6
2 Perkins L	58.27
3 Topping L	59.4
4 Adams L	60.02
TRIPLE JUMP	
1 Hall L	41-1
2 Spear M	36-11 1/4
3 Whitten MB	36-5 3/4
4 Dunn C	36-0 3/4
300 HURDLES	
1 Hall L	42.26
2 Brown MB	43.72
3 Finnemore C	45.49
4 Marble MB	48.89
DISCUS	
1 Muller MB	129-9
2 Newcomb C	104-9
3 Brown MB	101-1
4 Adams MB	98-6
POLE VAULT	
1 Bronder C	10-0
2 Zimmerman C	10-0
3 Gilbert C	10-0
4 Brown MB	10-0
8 0 0	
1 Mellen MB	2:09.99
2 Hale C	2:13.86
3 Dobie L	2:17.49
4 Hoisington MB	2:18.71
SHOT PUT	
1 Muller MB	45-9
2 Adams MB	38-2
3 Turcotte L	37-10
4 Newcomb C	36-1

2 0 0

1 Miller MB	24.51
2 Lessard L	24.69
3 Lufkin M	24.92
4 Killum MB	25.44
3 2 0 0	
1 Smith MB	10:59.48
2 Burnham C	11:07.29
3 Rodrigue MB	11:08.70
4 Conrad C	11:13.30
1600 RELAY	
1 Mt Blue	3:54.78
2 Cony	4:00.41
3 Lisbon	4:03.24
JAVELIN	
1 Lessard L	139-2
2 Perkins L	136-8
3 Harakall C	122-6
4 Smith C	118-3
GIRLS SCORES	
Belfast	126
Mount View	54
Erskine	50
Camden-Rockport	27
100 HURDLES	
1 Glidden E	17.4
2 Thompson B	18.5
3 Vandenbrink CR	18.6
4 Woodbury B	19
5 Huyser MV	19.7
1 0 0	
1 Weed MV	13.5
2 Perry B	13.7
3 Osborne B	14
4 Glidden E	14.1
5 Harnes MV	14.2
1 6 0 0	
1 Herbig B	5:31
2 Potvin B	5:47
3 Roughgarden E	6:06
4 Curtis B	6:14
5 Gove CR	6:16
HIGH JUMP	
1 Bachelder B	4-6
2 Mills B	4-6
3 Larrabee B	4-6
4 Huyser MV	4-6
5 Woodbury B	4-6
8 0 0	
1 Herbig B	2:26.6
2 Potvin B	2:35.4
3 Roughgarden E	2:43.3
4 Wadsworth CR	2:46.2
5 Ferran E	2:48.3
2 0 0	
1 Weed MV	28.1
2 Curtis B	29
3 Hemmens MV	29.3
4 Osborne B	29.8
5 Flood B	30
SHOT PUT	
1 Ames MV	31-2
2 Littlefield B	28-9
3 Larrabee B	28-6
4 Kelley E	27-0
5 Ivy CR	25-6 1/2
LONG JUMP	
1 Edward E	14-6 3/4
2 Schmidt MV	14-5
3 Weed MV	14-4
4 York E	14-1
5 Paradis E	13-9 1/2

JAVELIN

1 Kelley E	6-10
2 Littlefield B	77-10
3 Nichols E	77-3
4 Mitchell MV	72-7
5 Ames MV	66-9
TRIPLE JUMP	
1 Larrabee B	30-4
2 Wadsworth CR	30-2 1/2
3 Warren B	30-1
4 Edward E	29-3
5 Bachelder B	28-1 1/2
DISCUS	
1 Ames MV	90-6
2 Annis B	80-2
3 Woodbury B	75-8
4 Mitchell MV	71-10
5 Kelley E	71-10
4 0 0	
1 Weed MV	1:01.7
2 York E	1:06.6
3 Wadsworth CR	1:08.0
4 Jones E	1:09
5 Richardson MV	1:14.3
POLE VAULT	
1 Curtis B	7-6
2 Woodbury B	7-0
300 HURDLES	
1 Perry B	52.5
2 Flood B	54.5
3 Thompson B	57.4
4 Galachs E	58.3
5 Prescott B	59.7
400 RELAY	
1 Belfast	4:25.3
(Curtis, Osborne, Perry, Larrabee)	
2 Mount View	56.3
3 Erskine	56.5
1600 RELAY	
1 Belfast	4:49.7
(Perry, Curtis, Potvin, Herbig)	
2 Erskine	5:15.3
3 Camden-Rockport	
3 2 0 0	
1 Roy CR	13:33
2 Curtis B	13:37
3 Gove CR	13:39
4 Harford B	14:34
BOYS SCORES	
Belfast	129
Erskine	73
Camden-Rockport	36
Mount View	25
110 HURDLES	
1 Marquis E	16.7
2 Latham B	17.8
3 Snead CR	18.4
4 Darres B	18.9
5 Wadsworth B	19.5
1 0 0	
1 Hennessey B	12.1
2 Coull E	12.2
3 Winchenbach CR	12.6
4 Hamalainen CR	12.6
5 Boetsch CR	12.8
1 6 0 0	
1 Wade E	5:04.8
2 Tohey E	5:04.8
3 Schalleck B	5:07
4 Delehanty B	5:08
5 Welch E	5:09
HIGH JUMP	
1 Rumney B	5-10
2 Darres B	5-8
3 Winchenbach CR	5-4
4 Hunter MV	5-2
5 Delehanty B	5-2

8 0 0

1 Dickson E	2:09.9
2 Latham B	2:10
3 Rumney B	2:11
4 Miller MV	2:12.7
5 Wade E	2:15.8
2 0 0	
1 Jacobson MV	25.4
2 Hamalainen CR	25.4
3 Pomerleau E	25.7
4 Hennessey B	25.9
5 Ball MV	26
SHOT PUT	
1 Deeds E	40-2
2 Sholes B	39-2
3 Hutchins B	39-0
4 Fletcher MV	38-9
5 Gleason B	38-8
LONG JUMP	
1 Winchenbach CR	18-4 1/2
2 Lewis B	18-0
3 Rumney B	17-6 1/2
4 Snead CR	17-5 1/2
5 Larrabee E	16-3
JAVELIN	
1 Lewis B	156-7
2 Lappin MV	140-7
3 Gleason B	134-5
4 Parker CR	130-5
5 Drinkwater B	125-11
POLE VAULT	
1 Lewis B	11-7
2 Woodrow B	10-0
3 Thompson B	8-6
4 Palilunas B	8-0
5 Nash B	7-6
TRIPLE JUMP	
1 Lewis B	39-4
2 Winchenbach CR	37-4
3 Marden B	36-5 1/2
4 Snead CR	35-6 1/2
5 Delehanty B	35-1
4 0 0	
1 Latham B	54.4
2 Jacobson MV	55.4
3 Ball MV	56.4
4 Bowden B	56.5
5 Miller MV	56.7
DISCUS	
1 Desimos B	127-3
2 Deeds E	120-1
3 Allord E	119-2
4 Hutchins B	113-9
5 Hennessey B	104-8
300 HURDLES	
1 Marquis E	42.8
2 Marden B	48.3
3 Wadsworth B	49.5
4 Szophy E	1:05.7
400 RELAY	
1 Erskine	47.5
(Marquis, Pomerleau, Larrabee, Coull)	
2 Belfast	48
3 Camden-Rockport	48.4
1600 RELAY	
1 Belfast	3:40.3
(Rumney, Skillings, Bowden, Latham)	
2 Erskine	3:43.6
3 Camden-Rockport	4:04.7
3 2 0 0	
1 Tobey E	11:14.0
2 Walsh E	11:36.9
3 Schalleck B	11:32.0
4 Hayslip B	11:34.0
5 Redmen B	11:51

EASTERN MAINE TRACK MEETS - EARLY ACTION

APRIL 25TH, 1997

BOYS SCORES

Bangor	161.5
Old Town	44
Dexter	38.5
George Stevens	17
Caribou	EXHIBITION MEET
110 HURDLES	
1 Moore OT	16.2
2 Adams D	16.8
3 Tuck Ba	18.5
4 Owens Ba	20
5 Jonason Ba	20.3
100	
1 Grillo D	12
2 Capehart Ba	12
3 Cologero Ba	12.2
4 Moore OT	12.3
5 Bastler GS	12.5
JAVELIN	
1 Acheson Ba	161-11
2 Brown OT	146-1
3 Baker OT	135-0
4 Fitzgerald Ba	118-5
5 Ritchie Ba	114-7
1600	
1 Rogerson Ba	4:52.9
2 Hoskins OT	4:54.7
3 Virotta Ba	4:55.3
4 Z.Capehart Ba	4:59.4
5 Jordan Ba	4:59.7
400 RELAY	
1 Bangor	
(Tuck, Cologero, Stone, Capehart)	
	49.4
2 Dexter	49.5
3 Old Town	49.6
400	
1 Small D	57.7
2 Ketch GS	57.8
3 Jordan Ba	58.1
4 Hunter Ba	1:01.5
5 McCouley D	1:06.8
300 HURDLES	
1 Adams D	44.5
2 Tuck Ba	46.2
3 Owens Ba	49.7
4 Harvey Ba	50.8
LONG JUMP	
1 Webber Ba	16-9 1/4
2 Loukes Ba	16-8
3 Marcinkus GS	16-3 1/2
4 Godsoe OT	16-2
5 Kilch GS	16-0
SHOT PUT	
1 Brown OT	38-0 1/4
2 Sarto Ba	34-11 1/2
3 Smithson OT	34-6 1/2
4 Stone D	34-4 1/2
5 Thai Ba	33-1 1/2
800	
1 Pyle Ba	2:08.7
2 Hoskins OT	2:08.8
3 Z.Capehart Ba	2:10.7
4 Virotta Ba	2:12.6
5 Harriman GS	2:13.0
200	
1 Grillo D	24.5
2 Capehart Ba	24.7
3 Stone D	25.4
4 Cologero Ba	25.4
5 Henderson GS	25.9
3200	
1 Ellis Ba	11:30.0
2 Hermanson OT	11:34.2
3 Tuck Ba	12:10.0
4 Pert GS	12:24.8
5 Ferguson Ba	12:32.3

1600 RELAY

1 Bangor	
(Rogerson, Jordan, Pyle, Z.Capehart)	
	3:47.7
2 Dexter	4:05.4
3 George Stevens	4:05.6
4 Bangor	4:10.6
5 Old Town	4:18.7
DISCUS	
1 Acheson Ba	133-1
2 Thai Ba	95-1
3 Brown OT	87-0
4 Kraft Ba	84-0
5 Richie Ba	83-11
POLE VAULT	
1 Shulkosky Ba	11-6
2 Hawkes Ba	10-0
3 Hawkins Ba	10-0
4 Johnston Ba	9-6
5 Jonason Ba	8-6
TRIPLE JUMP	
1 Acheson Ba	35-7
2 Johnston Ba	35-7
3 Loukes Ba	34-10 1/4
4 Godsoe OT	34-9
5 Huckins Ba	34-0
HIGH JUMP	
1 Webber Ba	5-6
2 Moses Ba	5-4
3 Loukes Ba	5-2
4 O'Neil GS	5-2
5 Bessler GS	5-0

GIRLS SCORES

Bangor	109.5
Old Town	89.5
Dexter	26.5
George Stevens	22.5
Caribou	EXHIBITION ONLY
100 HURDLES	
1 Gilbert D	18.6
2 Clifton GS	19.9
3 Bogan Ba	20.4
4 Ellis D	20.5
5 Grondin Ba	20.9
100	
1 Roy OT	13.5
2 Lancaster Ba	13.6
3 Parcak Ba	13.8
4 Titus D	14
5 Vo Ba	14.1
JAVELIN	
1 Jenkins Ba	81-6
2 Breton D	78-10
3 Crockett Ba	75-11
4 Wickware Ba	70-6
5 Bernier D	69-10
1600	
1 Harnish Ba	5:51.9
2 Gaige Ba	6:11.8
3 Thompson D	6:15.1
4 Teel GS	6:36.1
5 Haskell D	6:38.5
400 RELAY	
1 Old Town	
(Roy, Thurston, Holmes, Chaisson)	
	54.5
2 Bangor	55.8
3 George Stevens	57.6
400	
1 Holmes OT	1:04.6
2 Chaisson OT	1:06.6
3 Clifton GS	1:07.1
4 Combellick Ba	1:16.1
5 Haskell D	1:16.1
300 HURDLES	
1 Tacewski OT	54.4
2 Grondin Ba	57.7
3 Phelps OT	1:10.5

LONG JUMP

1 Roy OT	15-1 1/4
2 Kates-Chinoy Ba	14-8
3 Wiebe Ba	14-1 1/4
4 Clifton GS	12-2 1/2
5 Bogan Ba	12-10 1/2
SHOT PUT	
1 Perry OT	28-7
2 Crockett Ba	26-11
3 Small OT	25-5
4 Elmore Ba	23-10 1/2
5 Hunter Ba	23-5
800	
1 Harnish Ba	2:41.6
2 Lavin OT	2:47.4
3 Thompson D	2:49.3
4 Gaige Ba	2:56.7
5 Maurais OT	3:09.5
200	
1 Chaisson OT	27.2
2 Lancaster Ba	27.7
3 Holmes OT	28
4 Lansing GS	29
5 Roy OT	29
3200	
1 Harnish Ba	13:23.6
2 Gaige Ba	13:27.8
3 Reed GS	14:33.5
4 Teel GS	15:06.4
1600 RELAY	
1 Bangor	
(Harnish, Libby, Gaige, Weibe)	
	4:50.5
2 Dexter	4:53.7
3 Old Town	5:05.5
DISCUS	
1 Crockett Ba	82-11
2 Wickware Ba	82-10
3 Small OT	82-1
4 Scott OT	72-9
5 Perry OT	69-5
POLE VAULT	
1 O'Keefe OT	7-0
2 Ruggery OT	6-6
TRIPLE JUMP	
1 Kates-Chinoy Ba	32-0
2 Tracewski OT	31-0
3 Lansing GS	31-0
4 Thurston OT	30-0
5 Bogan Ba	30-0
HIGH JUMP	
1 Kates-Chinoy Ba	4-6
2 O'Keefe OT	4-2
3 Thurston OT	4-2
4 Peddicord Ba	4-0
5 Hewitt GS	3-8
MEET HELD AT BANGOR	
NEXT MEET HELD AT PISCATAQUIS	
BOYS SCORES	
Mattanawcook	88
PCHS	79
Stearns	57
Nokomis	38
110 HURDLES	
1 Karolak PCHS	17.7
2 Clifford No	
3 Malatesta PCHS	
4 Boyington M	
5 Head M	
100	
1 Drew PCHS	12.2
2 Dupuis M	
3 Clifford No	
4 Salisbury PCHS	
5 Smart S	
JAVELIN	
1 House M	125-5
2 Allen S	
3 Dauphinee PCHS	
4 Macomber No	
5 Brown No	

1600

1 Smith M	4:59
2 Chilly PCHS	
3 Grant No	
4 Stephanak PCHS	
5 Ellis PCHS	
400 RELAY	
1 Piscataquis	50.4
2 Mattanawcook	
3 Stearns	
400	
1 Smith M	57.5
2 Polchies S	
3 Salisbury PCHS	
4 Gary PCHS	
5 Stupekewicz PCHS	
300 HURDLES	
1 Karolak PCHS	46.2
2 Rudge S	
3 Smart S	
4 Malatesta PCHS	
5 Carney M	
LONG JUMP	
1 Willette M	16-7
2 Rudge S	
3 Bates PCHS	
4 Vainio PCHS	
5 Allen S	
SHOT PUT	
1 Allen S	40-3
2 House M	
3 Boyington M	
4 Charette S	
5 Dutille No	
800	
1 Smith M	2:11
2 Bates PCHS	
3 Jones ND	
4 Pietras M	
5 Basiel M	
200	
1 Dupree M	25.8
2 Clifford No	
3 Rapp No	
4 Shorey M	
5 Salisbury PCHS	
3200	
1 Chilly PCHS	11:27
2 Stephanak PCHS	
3 Basiel M	
4 Pietras M	
5 Mighore No	
1600 RELAY	
1 PCHS	4:10
DISCUS	
1 Michaud S	98-2
2 Albert S	
3 Boyington M	
4 Dutille No	
5 Fowle No	
POLE VAULT	
1 Albert S	9-0
2 Polchies S	
TRIPLE JUMP	
1 Willette M	34-11 3/4
2 Bates PCHS	
3 Dufresne M	
4 Levesque S	
5 Worchester M	
HIGH JUMP	
1 Willette M	5-10
2 Leighton M	
3 Albert S	
4 Littlefield PCHS	
5 Rudge S	

GIRLS SCORES

Nokomis	53
Mattanawcook	51
Stearns	42
PCHS	26
100 HURDLES	
1 Sabol M	19.1
2 Gendreau M	
3 Comeau M	
4 Reardon M	
5 Smith S	
6 Noble ND	
100	
1 Comeau M	14.2
2 Hurlbert No	
3 Boynton S	
4 Sabol M	
5 McKenney PCHS	
400 RELAY	
1 Mattanawcook	55.5
300 HURDLES	
1 Emerson M	
2 Noble No	
3 Varney S	
4 Kenney M	
5 Brodeur S	
LONG JUMP	
1 Weeks S	12-11
2 Berry S	
3 Goulette PCHS	
4 Deraps No	
5 Haynes M	
SHOT PUT	
1 Kus No	28-6 1/2
2 Page No	
3 Raymond No	
4 Martin PCHS	
5 Goulette PCHS	
800	
1 Haines Ma	2:50
2 Noble No	
JAVELIN	
1 Page No	73-8
2 Noble No	
3 Makus No	
4 Post PCHS	
5 Locke M	
200	
1 Hurlbert No	29.7
2 Sable M	
3 Reardon M	
4 Weeks S	
5 Cesare S	
3200	
1 Pietras M	13:15
1600 RELAY	
1 Mattanawcook	4:06.0
DISCUS	
1 Makus No	94-5
2 Matin PCHS	
3 Page No	
4 Raymond No	
5 Locke M	
POLE VAULT	
1 Leet S	5-6
2 Hartley S	
TRIPLE JUMP	
1 Berry S	27-11
2 Haynes M	
3 Deraps No	
4 Leet S	
HIGH JUMP	
1 McCarthy M	4-2
2 Coburn PCHS	
3 Neal S	

HIGH SCHOOL TRACK MEET RESULTS - EARLY SEASON

APRIL 25TH, 1997

Bonny Eagle 85	
Westbrook 60	
3 2 0 0	
1 McKeough W	10:32.6
2 B. Flynn EE	11:09
3 J. Davis W	11:24.1
110 HURDLES	
1 N. Miller W	16.2
2 Hand EE	17.8
3 Lowell W	18.2
1 0 0	
1 Gorham EE	11.4
2 Harmon W	11.7
3 Turner W	11.8
1 6 0 0	
1 Lafreniere EE	4:49.5
2 Goodrich W	4:54.3
3 Paulin EE	5:13
LONG JUMP	
1 Schirmacher W	18-2
2 Doehler EE	17-8
3 Chadbourne W	17-6
HIGH JUMP	
1 Doehler EE	5-6
2 Heatley W	5-4
3 Logan W	5-4
POLE VAULT	
1 Lemieux EE	10-6
2 Doehler EE	9-6
3 Alley EE	9-0
SHOT PUT	
1 Shaw EE	42-3
2 Rinaldi W	41-9
3 Lowell W	39-3
4 0 0	
1 LaViolet EE	54.7
2 Heggeman BE	57.5
3 Burton W	58.7
400 RELAY	
1 Westbrook	50.3
JAVELIN	
1 Scott EE	145-3
2 Taylor EE	142-9
3 Odum EE	128-2
300 HURDLES	
1 Miller W	43.4
2 Lemieux EE	46.9
3 Littlefield W	52.3
8 0 0	
1 Hunt EE	2:15.4
2 B. Tripp EE	2:20.4
3 Ricci W	2:24.7
2 0 0	
1 Gorham EE	23.8
2 Harmon W	24.1
3 Schirmacher W	24.3
1600 RELAY	
1 Bonny Eagle	3:50.0
Cheverus 99	
Thornton Academy 96	
Portland 43.5	
Lewiston 25.5	
3 2 0 0	
1 Fenton C	10:26.5
2 Koelker C	10:36.3
3 Perkins TA	11:08.6
4 N. Westleigh L	11:21.3
5 Loper TA	11:36.5
SHOT PUT	
1 Mosley C	47-4 1/2
2 St Jean L	44-5 1/2
3 Bedell TA	41-6
4 Trecartin TA	33-3 1/2
5 Harmon C	32-11
LONG JUMP	
1 Hart C	19-6
2 B. Kheang P	19-5 1/2
3 Pike TA	19-1 1/2
4 Nappi C	19-0 1/4
5 C. Kheang P	18-11

JAVELIN	
1 McTaggart C	139-6
2 TRUE TA	136-3
3 Sarbonis C	124-0
4 Hazlett TA	122-4
5 Begin L	118-10
HIGH JUMP	
1 Pike TA	5-6
2 Reagan P	5-4
3 Conley TA	5-4
4 Turcotte L	5-2
5 Gaumont TA	5-0
5 C Kheang P	5-0
POLE VAULT	
1 Montego C	10-0
2 Ryder TA	10-0
3 Gilbert TA	8-6
4 Pribish TA	8-0
5 Moulin TA	7-6
110 HURDLES	
1 Ko Wentworth TA	17.3
2 Olson TA	17.7
3 Ke Wentworth TA	17.7
4 Prue C	18
5 Hathorne C	19.3
1 0 0	
1 Hart C	11.4
2 Falconer P	11.9
3 B Kheang P	12
4 Wedge L	12.2
5 B Westleigh L	12.6
1 6 0 0	
1 Toothaker C	4:44.6
2 Fenton C	4:58.6
3 Clingensmith TA	5:03.0
4 Gilbert TA	5:05.5
5 N. Westleigh L	5:10.4
400 RELAY	
1 Cheverus	46.4
2 Portland	47.8
3 Lewiston	48.3
4 0 0	
1 Milliken C	54.5
2 Sweedom L	55.6
3 Harrison C	56.8
4 Reagan P	58
5 McInnis TA	58.5
5 Ryder TA	58.5
300 HURDLES	
1 Ko Wentworth TA	43.2
2 Kimball TA	45.4
3 Prue C	46
8 0 0	
1 Demers C	2:10.5
2 Perkins TA	2:15.1
3 A. Granthorn TA	2:17.8
4 Huynh P	2:20.2
5 Ho P	2:21.5
TRIPLE JUMP	
1 Hart C	41-7
2 B Kheang P	40-0
3 Conley TA	38-6
4 Pike TA	36-5
5 Olson TA	34-5
2 0 0	
1 Falconer P	24
2 Pribish TA	24.2
3 Sarbonis C	24.7
4 Arnold L	25.1
5 Hazlett TA	25.1
1600 RELAY	
1 Cheverus	3:45.4
2 Thornton	3:58.0
3 Lewiston	3:59.4
DISCUS	
1 Reagan P	133-2
2 Bedell TA	119-9
3 St Jean L	110-4
4 Harmon C	102-6
5 Rodney P	101-1

BOYS SCORES	
Maranacook 126	
Lisbon 96	
Erskine 84	
Jay 27	
Mt View 18	
100 HURDLES	
1 Rinas M	17.2
2 Hunter M	18.7
3 Bell M	19.2
4 Morang L	21.3
5 Metcalf J	21.5
1 0 0	
1 Hall L	11.4
2 Lessard L	11.8
3 York E	12
4 Litalien J	12
5 Larabee E	12.2
1 6 0 0	
1 Tobey E	4:54
2 Wade E	4:59
3 Galouch M	5:05.1
4 Couture J	5:10.2
5 Welch E	5:10.8
4 0 0	
1 Smith M	56
2 Litalien J	56.5
3 Miller MV	57.1
4 Jacobson MV	57.7
5 Whitten M	58.3
LONG JUMP	
1 Hall L	18-11 1/4
2 Larrabee E	16-9 1/2
3 Ferguson M	16-7 1/4
4 York E	16-6
5 Trexlor L	16-2 1/2
8 0 0	
1 Doble L	2:11
2 Dickson E	2:13.4
3 Miller MV	2:15.6
4 Wade E	2:17.1
5 Couture J	2:19.1
300 HURDLES	
1 Hall L	42
2 Rinas M	45
3 Westby M	47.7
4 Tippet M	48.2
5 Morang L	49.6
TRIPLE JUMP	
1 Hall L	40-0
2 Perv M	35-1
3 Perkins L	32-7 1/2
4 Miller MV	32-1
5 Cutting M	31-8
400 RELAY	
1 Maranacook	48.2
2 Lisbon	48.2
3 Erskine	48.3
SHOT PUT	
1 Sinclair M	48-1
2 Welton M	45-3
3 Olson M	41-5
4 Deeds E	38-5 1/2
5 Fletcher MV	38-3
POLE VAULT	
1 Watts L	8-6
2 McKinney M	8-6
3 Curtis J	8-0
4 Miller MV	8-0
5 Jeffords L	7-6
HIGH JUMP	
1 Curtis J	5-10
2 Williams M	5-8
3 Roy L	5-2
4 Gerrity M	5-0
5 Hall M	4-10

3 2 0 0	
1 Tobey E	11:26.1
2 Welch E	11:42.6
3 Pierce E	11:42.8
4 Tilton E	11:46.3
5 Priest M	11:46.4
DISCUS	
1 Welton M	125-5
2 Sinclair M	122-9
3 Olsen M	118-3
4 Allard E	117-2
5 Laplume L	111-0
1600 RELAY	
1 Erskine	3:57.5
2 Lisbon	4:07.7
3 Maranacook	4:03.3
2 0 0	
1 York E	24.2
2 Lessard L	24.5
3 Jacobson MV	25.1
4 Litalien J	25.1
5 Pomerleau E	25.2
JAVELIN	
1 Lisbon	139-4
2 Igor M	127-5
3 Allard E	126-9
4 Welton M	126-6
5 Perkins L	124-1
GIRLS SCORES	
Maranacook 117	
Lisbon 84	
Erskine 76	
Mt View 53	
Jay 25	
100 HURDLES	
1 Glidden E	17.5
2 Palmer M	19.1
3 Stracillini L	19.5
4 Larson M	19.6
5 Paradis E	19.6
POLE VAULT	
1 K. Berube L	5-6
2 Cottrell M	5-0
3 Swantowska L	5-0
4 Poulin M	4-6
5 Roberts L	4-0
1 0 0	
1 Weed MV	13.4
2 Ouelette J	13.6
3 Mathieu M	13.9
4 Glidden E	13.9
5 Hemmens MV	14.1
HIGH JUMP	
1 J. Berube L	4-6
2 Palmer L	4-6
3 Heiser MV	4-6
4 Gasper M	4-4
5 Palmer M	3-10
1 6 0 0	
1 Crotzer M	6:13
2 Vice L	6:18
3 Cottrell M	6:29
4 Parlin E	6:39
5 Cowing E	6:47.4
4 0 0	
1 Weed MV	67.1
2 York E	65.8
3 Berube L	68.7
4 Greenleaf J	70.8
5 Carey M	72
8 0 0	
1 York E	2:42.2
2 Berube L	2:43.3
3 Crotzer M	2:47.0
4 Vice L	2:50.3
5 Greenleaf J	2:50.4
SHOT PUT	
1 Ames MV	31-8
2 Alleborn M	29-6 1/4
3 Jackson M	27-2
4 Poulin M	24-7 3/4
5 Furin L	24-8

2 0 0	
1 Weed MV	27.9
2 Ouelette H	28.8
3 Hemmens MV	29
4 Jones E	29.2
5 Glidden E	29.4
TRIPLE JUMP	
1 Larson M	31-1
2 Straciotz L	30-1
3 Berube L	29-11
4 Labregue J	28-10 1/2
5 Marenberg M	28-0
400 RELAY	
1 Erskine	56.9
2 Maranacook	57.1
3 Lisbon	58.6
4 Jay	1:00.3
JAVELIN	
1 Gasper M	100-9
2 Dreau J	87-0
3 Kelley E	79-7
4 Nichols E	75-10
5 Ames MV	67-8
300 HURDLES	
1 Larson M	55.2
2 Palmer M	57.3
3 Swantowska L	57.4
4 Black L	57.6
5 Stracillini L	57.6
3 2 0 0	
1 Gasper M	13:07.2
2 Cottrell M	14:15.4
3 Black L	14:31.7
4 Lamson L	15:41.3
5 Faucher L	16:27.0
DISCUS	
1 Alleborn M	112-8
2 Silvia E	94-1
3 Ames MV	88-5
4 Poulin M	78-4
5 Carender L	72-3
LONG JUMP	
1 Paradis E	13-11 1/4
2 York E	13-11
3 Weed MV	13-4
4 Schmidt MV	13-2
5 Lewis E	13-0 1/2
1600 RELAY	
1 Erskine	4:42
2 Lisbon	4:46
3 Maranacook	4:57



SOUTHERN MAINE GIRLS TRACK MEETS - EARLY SEASON

APRIL 26TH, 1997

Edward Little 112 Noble 45 McAuley 18 JAVELIN 1 Wiggin EL 79-5 2 Quinn N 71-9 3 Surette N 70-0 1/2 4 Golter N 65-2 1/2 DISCUS 1 Bigonia N 76-8 2 Trundy EL 70-4 3 Gardner EL 68-4 4 Simmons M 65-6 SHOT PUT 1 Gardner EL 28-2 2 Simmons M 24-10 3 Robertson EL 24-9 4 Thibeault N 23-7 HIGH JUMP 1 Bailey EL 4-9 POLE VAULT 1 K Saucier EL 6-0 2 S LaPerle EL 6-0 3 Miller EL 5-0 4 Malia EL 5-0 LONG JUMP 1 Van Loenen M 18-0 2 Hill EL 15-0 3 Saucier EL 14-0 4 Hathaway EL 12-1 1/2 TRIPLE JUMP 1 Chapman EL 30-2 2 Moreau EL 29-2 1/2 3 Gularneau EL 28-7 1/2 4 Breig N 28-1 1/2 100 HURDLES 1 Machado N 18.2 2 Benoit M 19.3 3 Miller EL 20.1 4 LaBrie EL 20.3 100 1 O'Sullivan EL 13.3 2 Laperle EL 13.8 3 Hill EL 14 4 Malia EL 15.3 1600 1 Thornton EL 6:21.2 2 Stillberger N 6:21.5 3 Pendergrast N 6:48 4 Girard N 6:53 400 1 Chapman EL 1:12.1 2 Jordan EL 1:12.6 3 Emery N 1:12.7 4 Rawson EL 1:16.6 300 HURDLES 1 Machado N 53.5 2 Miller EL 55.7 3 Doyle M 1:00.0 4 Nickerson M 1:01.7 800 1 Pelletier EL 2:39.9 2 Moreau EL 2:42 3 Austin N 2:43 4 Verrill EL 2:44 200 1 O'Sullivan EL 27.6 2 Laperle EL 28.7 3 Benoit M 31.4 4 Rendell N 32.1 3200 1 Austin N 13:33 2 Moreau EL 13:36 3 Petrich EL 14:05 4 Bell M 15:43	400 RELAY 1 Edward Little (Hill, Saucier, Laperle, O'Sullivan) 53.3 2 Noble 58.6 1600 RELAY 1 Edward Little (Hill, Pelletier, Saucier, O'Sullivan) 4:45 2 Noble 4:57 Massabesic 67 Sanford 62 South Portland 49 100 HURDLES 1 Willis SP 17.6 2 Abbott M 19 3 Roberts M 19.5 4 Malinsky M 20.4 100 1 Labarre SP 13.9 2 Vachone S 14.3 3 Gean M 14.4 4 Bearsley SP 14.4 1600 1 Hussey M 5:52.4 2 Morin S 6:18.9 3 Cotton SP 6:31 4 Stultz M 6:33 400 RELAY 1 Sanford (Vachon, Belanger, Leblanc, Dumont) 54.8 2 South Portland 55 400 1 Normand S 1:02 2 Belanger S 1:04.5 3 Ranger SP 1:06.8 4 Norris M 1:07.3 300 HURDLES 1 Willis SP 52 2 Abbott M 54.1 3 Roberts M 54.2 4 Hakala S 56.9 800 1 Salamone SP 2:42 2 Hussey M 2:44.2 3 Collins S 2:46.4 4 Cotton SP 3:01 200 1 Normand S 27.6 2 Labarre SP 28.8 3 Gean M 28.9 4 Bearsley SP 29.1 3200 1 Hussey M 12:57.6 2 Morin S 14:50 3 Gallagher S 14:34.7 4 Stultz M 14:41 1600 RELAY 1 Sanford (Leblanc, Dumont, Belanger, Normand) 4:27.8 2 South Portland 4:30.4 HIGH JUMP 1 Belanger S 4-10 2 Collins S 4-8 3 Gean M 4-6 4 Chadborn S 4-6 LONG JUMP 1 Dumont S 14-7 1/2 2 Collins S 14-4 3 Fortiguerra M 13-6 3/4 4 McTaggit M 13-4 1/4 DISCUS 1 Ayers M 93-3 2 Noble M 83-8 3 Ryder SP 78-8 4 Payeur S 71-4	SHOT PUT 1 Ryder SP 32-1 2 Noble M 29-3 3 Ayers M 26-1 4 Fallo M 24-8 JAVELIN 1 Fortiguerra M 99-9 2 Ayers M 99-9 3 Nolette M 90-5 4 Waterman M 85-3 TRIPLE JUMP 1 Normand S 31-0 1/2 2 Salamone SP 30-5 3 Collins S 30-4 1/2 4 Gean M 30-4 POLE VAULT 1 Waterman M NA 2 Ranger SP NA Westbrook 90.5 Biddeford 78 Lewiston 40.5 Portland 22 100 HURDLES 1 Binette B 16.4 2 Francouer W 17.8 3 Crocker L 18.1 4 Lessard B 18.6 5 Gratello B 19.1 100 1 Smith W 13.4 2 Grant W 14 3 Stickles B 14.6 4 Gendron L 14.9 5 Dallaire L 15 1600 1 Adrian P 5:40.1 2 Tatarczuk W 5:59.3 3 Moore P 6:10.5 4 Morin B 6:10.7 5 Nodine P 6:28.6 400 RELAY 1 Biddeford (Binette, Lessard, Willette, Stickels) 55.1 2 Westbrook 56.1 3 Lewiston 58.6 4 Westbrook 60.2 400 1 Willette B 64.7 2 Kimball W 66.4 3 Bond P 71.4 4 Gendron L 71.7 5 Dostie L 72 300 HURDLES 1 Francouer W 50.9 2 Gratello B 53.4 3 Lessard B 57 4 Kenyon B 62.4 5 Girard L 66.9 800 1 Neault B 2:26 2 Adrian P 2:34.4 3 Howard W 2:47.6 4 Drouin W 2:50.9 5 Damon L 2:54.4 200 1 Willette B 28.3 2 Ummah W 28.5 3 Dalaire L 31.2 4 Stickels B 31.5 5 Roberts B 31.8 3200 1 Garland W 13:20.6 2 Plourde W 13:20.7 3 Bryant W 13:40.8 4 Moore P 13:48.7 5 Damon L 14:38	1600 RELAY 1 Biddeford (Parker, Binette, Lee, Neault) 4:34.6 2 Westbrook 4:41.2 3 Lewiston 4:53.4 SHOT PUT 1 Cornier W 24-2 2 Roy L 24-1 3 Bond P 23-6 1/2 4 Zieba W 23-3 5 Peterson W 22-1 DISCUS 1 Ly B 81-9 1/2 2 Peterson W 81-3 3 Romano L 70-9 4 Roy L 69-2 5 Corsetti W 64-10 JAVELIN 1 Willette B 100-4 1/2 2 Kimball W 86-10 3 D'Amour L 84-5 4 Ly B 82-7 5 Pizzo W 69-8 HIGH JUMP 1 Neault B 4-6 2 Tatarczuk W 4-6 3 Ummah W 4-4 4 Westleigh L 4-4 5 Smith W 4-4 LONG JUMP 1 Neault B 15-7 2 Ummah W 14-6 1/2 3 Parker B 12-9 4 Grant W 12-1 1/2 5 Camire B 12-1 TRIPLE JUMP 1 Camire B 28-3 POLE VAULT 1 Rioux B 7-0 2 Dubois L 6-6 3 Rizk L 6-2 Thornton Academy 84 Bonny Eagle 48 Deering 46 100 HURDLES 1 O'Brien D 16.9 2 Huff D 18.1 3 Kinsman TA 18.7 4 Saucier TA 19.3 100 1 Hayden EE 13.9 2 Furbish TA 14 3 Drew EE 14.8 4 Longren EE 14.9 5 Moore EE 19.9 1600 1 Austin EE 5:38.2 2 Fontaine D 5:39.8 3 McKinnon TA 5:55.3 4 Veroneau D 6:27.3 5 McDonough BE 6:27.8 400 RELAY 1 Thornton Academy 55.8 2 Bonny Eagle 56.9 3 Bonny Eagle 57 400 1 Herrick D 1:09.7 2 Higley EE 1:09.8 3 Johnson TA 1:09.8 4 B. McCallum BE 1:11.8 5 Dube TA 1:15.6 300 HURDLES 1 O'Brien D 49 2 Foley TA 49.1 3 Huff D 53.5 4 S. McCallum BE 54.7 5 Saucier TA 55.8	800 1 Harmon EE 2:36.5 2 Fontaine D 2:38.0 3 S. Brown TA 2:43.8 4 Pike TA 2:49.2 5 Sted D 2:56.3 200 1 Young EE 29.1 2 Hayden EE 29.6 3 Gagnon TA 29.7 4 Lundgren BE 30.6 3200 1 LeClair TA 12:07.7 2 Sted D 14:46.6 3 Veroneau D 15:00.8 4 McGee TA 16:25.3 1600 RELAY 1 Thornton Academy 4:33.2 2 Bonny Eagle 4:36.3 3 Deering 4:36.5 TRIPLE JUMP 1 Zenahlik TA 30-0 2 Estabrook BE 28-8 3 Kinsman TA 27-4 4 McCarthy EE 26-0 LONG JUMP 1 Foley TA 15-9 2 O'Brien D 14-4 3 Young EE 12-8 4 Estabrook BE 12-4 HIGH JUMP 1 Stanhope D 4-10 2 N. Brown TA 4-8 3 Zaitlin TA 4-8 4 Foster TA 4-8 SHOT PUT 1 Gagnon TA 30-2 2 Zenahlik TA 30-0 3 Weeman EE 26-3 4 Athemtos D 24-8 DISCUS 1 Gregoricus TA 99-9 2 Stanhope D 89-7 3 Tabor TA 76-10 4 A. Connors BE 75-1 JAVELIN 1 Boudreau TA 89-8 2 M. Lewis BE 82-10 3 Stanhope D 81-8 4 Gregoricus TA 77-9 POLE VAULT 1 Boudreau TA 7-0 2 N. Brown TA 7-0 3 Trecartin TA 6-0 4 Verastick EE 6-0 5 Gagnon TA 6-0
--	---	---	--	--



1	Dave Dunham	33	24:46 CR	66	Bruce Whitney	49	34:55	131	John Leeman	38	38:31
2	Byrne Decker	30	25:13	67	Kevin Rock	16	34:56	132	Lisa Peters	34	38:37*
3	David Weatherbie	29	26:30	68	Peter Leonard	42	35:03	133	John Chandler	70	38:41
4	Paul Johnson Jr.	19	26:56	69	Patrick Fay	37	35:07	134	Ron Schopp	47	38:45
5	Tom Dann	40	26:58	70	Laura Hasty	26	35:12*	135	Christine King	31	38:47*
6	Randall Welner	36	27:05	71	Richard Scribner	45	35:14	136	William Wood Jr	48	38:52
7	Stu Hogan	35	27:12	72	Steve Richards	27	35:16	137	Ralph Butts	36	39:03
8	Guy Segars	37	27:21	73	Carol Weeks	48	35:18*	138	Ryan Tripp	18	39:12
9	George Towle	46	27:26	74	Rick LaBrecque	30	35:20	139	Larry Tucceri	37	39:16
10	Philip LeBreton Jr	25	28:03	75	Phil Vezina	37	35:20	140	Faye Lowrey	53	39:17*
11	Kevin Hynes	31	28:16	76	Phil Cousineau Jr	44	35:22	141	John Parker	65	39:22
12	T J Hesler	28	28:16	77	Gordon Smith	38	35:25	142	Gary Seanson	50	39:23
13	Barry Fifield	40	28:34	78	Sandra Welner	32	35:30*	143	Bob Green	49	39:23
14	Jeffrey Tidd	31	28:36	79	Don Foshay Jr	38	35:31	144	Michael Saucier	44	39:32
15	Thomas Watkins	38	28:47	80	Tracey Weatherbie	30	35:32*	145	Donna Eldridge	32	39:35*
16	Christine Snow Reaser	31	28:51*	81	Nancy Krum	34	35:33*	146	Matt Flynn	36	39:37
17	Guy Berthiaume	51	28:55	82	Neil Martin	54	35:34	147	Jill Donlon	20	39:38*
18	David Drew	32	29:27	83	Janet Parkinson	45	35:34*	148	Michele Wheeler	27	39:38*
19	Jim Toulouse	48	29:32	84	Don Bessey	51	35:40	149	Art LeBlanc	36	39:39
20	Martin Peters	35	29:33	85	Christopher Cassell	29	35:46	150	Jonathan Dietz	50	39:48
21	Denise Harlow	26	29:39*	86	Molly Landreth	14	36:06*	151	Marilyn Gelish	42	39:52*
22	Jaime Jackson	28	29:45	87	John Morse	51	36:11	152	Jim Holway	35	39:54
23	David Chamberlain	35	29:53	88	Mark Nowak	48	36:11	153	Rodger Smith	51	40:01
24	Veronica Haskell	29	30:18*	89	Douglas Cook	36	36:14	154	John Holland	41	40:01
25	Roland Thibault	29	30:18	90	Keith Malone	39	36:20	155	Lynne Ploof	27	40:04*
26	Mark Steege	42	30:35	91	Bob Reid	50	36:31	156	John Maxell	41	40:05
27	Norman Deroche Jr	39	30:45	92	Sarah Randall	22	36:33*	157	Rick Gagne	26	40:07
28	Brian Geiger	37	31:20	93	Joan Lavin	49	36:33*	158	Elaine Galt	23	40:14*
29	Paul Aceto	31	31:39	94	Dale Rines	44	36:33	159	Carol Nale	46	40:20*
30	Lawson Noyes	55	31:44	95	Diane Petipas	43	36:38*	160	Jack Davis	42	40:24
31	Paul Rogers	45	31:50	96	Julia Drinker	37	36:40*	161	Ron Perry	59	40:25
32	Jerry Conley	43	31:56	97	David Glynn	39	36:48	162	George Conley	48	40:30
33	Russell Wogan	41	31:59	98	Mike Mosley	42	36:50	163	Kevin Sullivan	45	40:30
34	Christopher McDonald	33	32:04	99	Melanie Austin	11	36:52*	164	Don Kent	44	40:31
35	Susannah Landreth	28	32:07*	100	Sarah Parrott	38	36:57*	165	Lauren Wolf	35	40:32*
36	Jim Craig	45	32:09	101	Tom Harlow	51	36:58	166	Sheri Clement	22	40:33*
37	Bob Payne	58	32:12	102	Darryl Cauchon	38	36:59	167	Mark Wojtkiewicz	43	40:46
38	Laurel Valley	34	32:16*	103	Daniel Roche	33	37:00	168	Jane Rawley	42	40:55*
39	Mark Milchak	38	32:21	104	John Sweeney	38	37:07	169	Don Desbiens	39	40:56
40	Lloyd Slocum	64	32:25	105	Jim Muthig	32	37:13	170	Elizabeth Leeman	36	40:58*
41	Stephen Basquez	36	32:29	106	Neil Workman	42	37:19	171	Ken Wolf	43	41:03
42	Sumner Weeks	48	32:30	107	Dick Lajoie	56	37:19	172	Ann Blanchard	39	41:05*
43	Scott Bennett	17	32:35	108	Jay Donelson	25	37:21	173	Jennifer Graham	28	41:07*
44	Chip Kelley	35	32:36	109	Daniel Profenno	36	37:23	174	Susan Ehnstrom	40	41:12*
45	Tom Littlefield	51	32:39	110	Larry Sutton	38	37:28	175	Eileen Pincus	21	41:13*
46	Ann McGovern	33	32:46*	111	Brent Graham	27	37:34	176	Ann Ludwig	40	41:14*
47	David Vasta	49	32:52	112	William Harrison Jr	42	37:39	177	Jon Hansen	38	41:15
48	John Nale	17	32:58	113	Earl Smith	41	37:41	178	Nancy Turcotte	30	41:19*
49	Tim Forcella	15	33:04	114	Buzz Shiely	48	37:44	179	Kenneth Tufts	27	41:21
50	Eric Johnson	12	33:14	115	Jan Weigman	36	37:48*	180	Judy Leonard	34	41:26*
51	Carol Hogan	46	33:21*	116	Richard Gower	43	37:50	181	Denise Plourde	35	41:29*
52	Rex Holtan	45	33:26	117	Keith Holland	41	37:57	182	Peter Lacko	26	41:35
53	Gail Turner	37	33:39*	118	Peter Gilman	53	37:59	183	Harry White	54	41:41
54	Mike Kent	33	33:40	119	Mike Brooks	51	37:59	184	Richard Cavanaugh	64	41:42
55	Matthew Sturgis	28	33:42	120	Albert Tanguay	35	38:00	185	Susan Guerin	31	41:48*
56	Amy Root	26	33:43*	121	Edward Jaccoma	40	38:08	186	Kevin Pisani	42	42:02
57	Rich Lappin	25	33:59	122	Paul Goulet	45	38:09	187	David Mosley	50	42:11
58	Les Berry	49	34:07	123	Tim Sickel	44	38:10	188	David Alexander	38	42:13
59	Judy Milesen	29	34:21*	124	Mike Wallace	48	38:12	189	Steven Henson	47	42:15
60	Mark Bell	40	34:27	125	Maryellen Fitzpatrick	36	38:19*	190	Michael Pirini	47	42:15
61	Stephen Murphy	53	34:30	126	Forrest Emery	40	38:20	191	Susan Leahy	53	42:20*
62	Matthew Ferry	29	34:31	127	Rana Ozbal	21	38:22*	192	David Bronson	37	42:27
63	Jane Rau	47	34:37*	128	Jim Kenneally	34	38:24	193	Cheryl Gilbert	48	42:30*
64	Brad Scott	39	34:46	129	Thomas Conley	45	38:26	194	Melanie Collins	32	42:31*
65	John Pettorini	48	34:51	130	Steven Riley	23	38:28	195	Susan Trafford	29	42:34*

196 Elizabeth Stuart	34	42:37*	225 Jane Rasmussen	60	45:18*	254 Lee Warner	36	48:21
197 John Cole	44	42:38	226 Joe Hepp	47	45:19	255 Cheryl Pendergast	41	48:23*
198 Frank Russo	29	42:41	227 Judi Richard	36	45:24*	256 David Grieve	36	48:26
199 Nathan Shmalo	34	42:43	228 Donna Brownall	38	45:33*	257 Ellen Della Torre	32	48:33*
200 Brooke Libby	33	42:52*	229 Adrienne Turner	38	45:42*	258 Mel Uchenick	66	48:44
201 Lamont Cranston	57	42:52	230 Linda Hunt	49	45:45*	259 Todd Smith	48	49:05
202 Carlton Mendell	75	42:53	231 Jen Roy	14	45:57*	260 Jessica Miller	26	49:10*
203 June Montgomery	31	42:54*	232 Michelle Schalm	29	46:01*	261 Mike O'Neill	31	49:14
204 Patricia Voisine	42	42:56*	233 Carrie Arsenault	21	46:06*	262 Catherine Kyle	48	49:52*
205 Scott Rose	13	43:01	234 Kellie Gower	38	46:14*	263 Sandy Utterstrom	53	50:29*
206 Penny Robinson	25	43:42*	235 Peter Boland	39	46:16	264 Mike Foshay	27	50:39
207 Joseph O'Donnell	46	43:17	236 Addie Thibodeau	22	46:19*	265 Jean Bravel	49	51:03*
208 Ed Haley	40	43:18	237 Jeannette Arsenault	47	46:25*	266 Rose Marcoux	35	51:15*
209 Denice Merrill	42	43:19*	238 Jane Abbott-MacDonald	51	46:42*	267 Tom Howard	39	51:48
210 Ron Michaud	49	43:23	239 Robin Bleeker	41	46:48*	268 Beatrice Guzman	45	51:52*
211 Alana McDonald	48	43:27*	240 Patty Beach	39	46:48*	269 Sean Behen	31	53:01
212 Tom Collins	53	43:48	241 Jonathan Roy	10	46:49	270 Susan Davenney	48	53:02*
213 Maureen Milchak	37	43:59*	242 Erin Behen	29	46:54*	271 Candace Griffin	33	53:22*
214 Sally Strazdins	63	44:05*	243 Rene Custeau	34	47:05	272 Pam Smith	32	53:41*
215 Sean Clancy	35	44:12	244 Paul Lavender	55	47:10	273 Mark Clinch	41	54:35
216 Coleen Arsenault	27	44:19*	245 Brenda Tanguay	34	47:16*	274 Vicky Weigman	35	54:36*
217 Steve Robbins	36	44:22	246 Laurinda Moreno	34	47:16*	275 Dolores Billings	67	55:38*
218 Maryellen Forlano	37	44:36*	247 Rose Wills	27	47:21*	276 Holly Weiss	15	55:55*
219 Brenda Mullaney	35	44:43*	248 Kristin Johnson	26	47:52*	277 Sharon Craig	44	56:06*
220 Herbert Ludwig	49	44:44	249 Thomas Decker	52	47:52	278 John Davidson	39	56:11
221 Stoddard Chaplin	57	44:59	250 Annette Elowitch	54	48:06*	279 Donna Moulton	48	56:16*
222 Richard Gagne	48	45:05	251 Linda Metzger	54	48:14*	280 Sheila Hunt	44	57:28*
223 Marguerite Comerford	57	45:06*	252 Marge Parsons	46	48:20*	281 Ruth Hefflefinger	68	57:46*
224 Marcus Tufts	48	45:17	253 Donald Campbell	55	48:20	282 Julius Marzul	70	58:59

Presidential 5 Miler - Kennebunkport, April 6th, 1997.

This years presidential race saw much better conditions than in years past, with calm winds off of the water and near perfect temperatures for early-April. Dave Dunham came up to break the course record with a fast time of 24:46, leaving friend Byrne Decker behind by almost 30 seconds. The masters field is getting faster with Tom Dann placing 5th and Geroge Towle ninth. Christine Snow-Reaser continued her winning ways with a quick 28:51. The awards are very nice, with framed post cards from very scenic locations in Kennebunkport. Results courtesy of Everett Moulton and Maine Track Club.

TERRIER TROT 5 MILE PICTURES



Tony Hess of Oakland, a Central Maine Strider



Keith Curtis of Waterville at the Finish

Dover, NH

16TH ANNUAL RED'S SHOE BARN 5 MILER

April 13, 1997

4	Byrne Decker	30	Yarmouth	24:51
8	David Weatherbie	29	Cumberland Fore	26:09
11	Allan Muir	42	Portland	27:06
41	Richard Currier	44	South Berwick	30:57
51	Conrad Labelle	42	South Berwick	31:31
77	Tom Littlefield	51	North Berwick	32:37
79	Bruce Whitney	49	South Berwick	32:46
89	Stanley Sheldon Jr	50	Berwick	33:09
91	Duncan McEachern	55	Kittery	33:14
123	David Gray	13	Berwick	34:23
124	Laurinda Currier	38	South Berwick	34:24*
134	Dick McKenney	55	Eliot	34:40
140	Joan Michaud	37	Berwick	34:53*
148	Carol Weeks	48	Kennebunk	35:16*
162	Bill Schenck	46	York	35:40
190	Steven Gorman	42	Berwick	36:15
202	Melanie Austin	16	Berwick	36:41*
203	Gary Barton	50	Sanford	36:42
214	Kevin Schoff	27	South Berwick	37:00
226	Thomas Conley	46	Sanford	37:21
230	Jon Wiley	44	Bath	37:31
238	Paul Goulet	45	Sanford	37:46
243	Sumner Weeks	48	Portland	37:53
251	Thomas Van Petten	37	Sanford	37:59
257	Daniel Rooney	52	Alfred	38:18
264	Faye Lowrey	53	Berwick	38:20*
276	Peter Scontras	68	Kittery	38:45
278	Edward Cooper	42	South Berwick	38:48
289	Jessica Sheldon	17	Berwick	38:48*

310	Bill Wood	48	Springvale	39:33
318	Paul Zwetgloot	14	Wells	39:44
330	Mark Rohrbacher	45	South Berwick	40:01
346	Michael Pirini	47	Wells	40:41
347	Sue Kolakowski	39	Auburn	40:43*
353	Melissa Stillberger	18	North Berwick	40:48*
370	John Cullinane	53	Auburn	41:11
382	Carlton Mendell	75	Portland	41:42
388	Paul Roger	50	Wells	41:47
403	Robert Poliquin	45	North Berwick	42:21
408	Kristen Conley	27	South Berwick	42:36*
412	Michael White	42	Eliot	42:53
419	Sarajane St John	28	Berwick	43:07*
423	John Hersom	54	South Berwick	43:24
439	Leah Pendergast	15	Berwick	43:44*
443	Deneen Bernier	25	Kennebunk	43:49*
455	Mary Rhinehardt	28	Portland	44:15*
457	Ann Rhinehardt-Clark	37	North Vassalboro	44:17*
466	David Knight	51	South Berwick	44:32
470	Linda Thomsen-Breig	44	Berwick	44:43*
478	Denice Merrill	42	Sanford	45:09*
512	Rendy Crosby	44	South Berwick	47:31*
520	Danielle Austin	13	Berwick	48:11*
525	Emily Pendergast	14	Berwick	48:24*
532	Tami Hall	30	South Berwick	49:07*
535	Paul Salacain	44	York	49:44
545	Leroy Kennedy	48	Lebanon	51:11
546	Vicki Kennedy	35	Lebanon	51:12*
574	Jen Lawrence	16	Lebanon	1:03:04*

Maine Sport Outfitters

Route One * Rockport, ME 04856 * Phone 207-236-7120 * Fax 207-236-7123

BROOKS

Open Every Day!

new balance 

SAUCONY
Loyal to the Sport

SUMMER/WINTER RUNNING GEAR
FULL SERVICE BIKE SHOP
KAYAKS AND CANOES (and much more!)

asics

MENTION THIS AD AND GET 10% OFF YOUR NEXT PAIR OF RUNNING SHOES

Start Training Now!

The Camden 10K
Spring Run-off Mountain Bike Race
Maine Sport Triathlon

June 1, 1997
June 8, 1997
August 31, 1997

adidas



maimespt@midcoast.com

http://www.midcoast.com/~maimespt

1	Roland Thibault	29	17:13	25	Jim Moore	53	22:50
2	Jamie Good	22	17:54	26	Keith Curtis	68	22:54
3	Luc Roy	16	18:12	27	Morey B. Hayes	42	23:14
4	Ray Webster	22	18:27	28	Rebecca Roy	21	23:21*
5	James E. Cogswell Jr	21	18:59	29	Don Newell	49	24:24
6	Bob Strout	41	19:06	30	Dick Miles	42	24:46
7	John Paradis	41	19:35	31	Carlton Mendell	75	25:44
8	Tim Reid	43	19:44	32	Tom Gilbert	46	25:51
9	David Fay	22	19:48	33	Pete Mattson	42	25:55
10	Joel Flewelling	21	19:53	34	Donnajean Pohlman	46	25:59*
11	Mike Farrell	18	20:09	35	Jim Miller	48	26:03
12	Mike Colvin	18	20:15	36	Mark Kibler	42	26:26
13	Dan Avenier	49	20:16	37	Louisa Dunlap	56	26:30*
14	David Wilson	53	20:18	38	Mary Whitney	50	27:09*
15	Ellery Bane	28	20:21	39	Melanie Price	19	28:20*
16	Dennis Beers	47	20:44	40	Connie Towne	58	28:25*
17	Benjamin Barr Jr	42	20:53	41	Barb Brosius	45	29:16*
18	Bob Brosius	44	20:59	42	Phil Bloomstein	47	29:27
19	Sheila Hodges	42	21:04*	43	Maggie Avenier	12	31:14*
20	David Benn	51	22:05	44	Mike	52	31:17
21	Ron Paquette	55	22:12	45	Cody	7	33:41
22	Don Harriman	50	22:30	46	Shirley Fenlason	61	33:43*
23	Fawn Paradis	37	22:33*	47	Julius V. Marzul	70	34:44
24	Bob Gillespie	58	22:42				

Unity College Spring 5K - Unity 4.19.97, 10 AM.

The real story of this race would have to be the plowable snow that fell in the hour before the gun went off. Fortunately, the Unity road crew of plows went to work on the freak snow event to ensure that the road was passable to foot traffic. It made very little difference to the runners, however, as many seemed to enjoy themselves despite the weather. The awards ceremony that followed was great, with many unique prizes and it seemed that everyone went home with a prize (and a smile on their face.). The Central Maine Striders had even planned an eightieth birthday party for Mardie Brown. Results courtesy of Gary Zane, Race Director.

UMPI SPRING RUNOFF 5K

UMPI SPRING RUNOFF 5K 4.6.97 at UMPI

Male Overall

P J Gorneault	17:20	
Chris Waugh	17:31	
Newell Lewey	17:37	
David Tree		17:41
Mike Waugh	17:45	
Jamie Good	17:56	
Frank McElwain	18:11	
Erik Wade	18:26	
Matt Bagley	18:58	
Adam Goetz	19:09	
Jeff Alden	20:03	
Chris Waugh	17:31	
Mike Waugh	17:45	

14 and Under

15-18

Jamie Good	17:56
Charles Violette	20:13

19-29

Newell Lewey	17:37
Paul Lamoreau	20:56

30-39

David Tree	17:41
Frank McElwain	18:11

40-49

David Rand	20:50
George Richardson	25:06

50-59

60 and Over

Dave Maxcy	22:58
Art Tompson	27:52

Female Finishers

Jessica Babin	20:14
Angela Edgecomb	20:28
Gilda Richard	22:08
Merrily Welch	22:16
Nicole Pelletier	22:54

14 and Under

Nanci-Ruth Poudrier	23:58
---------------------	-------

15-18

Nicole Pelletier	22:54
------------------	-------

19-29

Angela Edgecomb	20:28
Gilda Richard	22:08

30-39

Merrily Welch	22:16
Carrie Bradbury	26:59

ELECTRICIAN

DENNIS A. SMITH

• RESIDENTIAL • COMMERCIAL • INDUSTRIAL

Electrical work for
new construction or
renovations.

2 Autumn Lane
Yarmouth, ME 04096
CALL
(207) 846-5123

1	Byrne Decker	25:13
2	Kevin Way	25:40
3	Justin Valliere	26:25
4	Scott Brown	26:53
5	Stu Hogan	26:58
6	Guy Segars	27:04
7	Danny Paul	27:12
8	Michael Payson	27:16
9	Paul Johnson	27:19
10	George Towle	27:21
11	Allan Muir	27:25
12	Rick Chalmers	27:39
13	Tom Thibreau	27:44
14	Rob Spaulding	27:50
15	Rolf Westphal	28:18
16	Ludo Bruyere	28:25
17	Gordon Hartwell	28:27
18	Jaime Jackson	28:31
19	Roland Thibault	28:33
20	Barry Fifield	28:37
21	Christine Snow Reaser	28:40*
22	Guy Berthiaume	28:44
23	Chad Armstrong	29:08
24	Paul Greene	29:12
25	Bruce Nicholson	29:25
26	Rob Craig	29:29
27	Bruce Freme	29:32
28	Jamie Good	29:36
29	Jim Toulouse	29:40
30	James Kilburn	29:45
31	Kristin Pierce	29:48*
32	Paul Fagan	29:51
33	Corey O'Brien	29:57
34	David Howard	30:01
35	Michael Boucher	30:02
36	Paul Aceto	30:04
37	John Cooper	30:05
38	Will Lund	30:21
39	Mike Pratico	30:24
40	Denise Harlow	30:26*
41	Ross Cameron	30:36
42	David Simard	30:37
43	Chris McDonald	30:39
44	Steve Peterson	30:41
45	Thomas Menendez	30:50
46	RC Arsenault	30:52
47	Gayla Underkoffler	30:53*
48	Matt Merrifield	31:09
49	Stephen Edwards	31:10
50	Andrew MacLean	31:17
51	Walter Whitcomb	31:24
52	Paul Rogers	31:24
53	Kenneth Norton	31:25
54	Alex Agnew	31:26
55	Marjorie Graf	31:28*
56	Patrick Tarpey	31:37
57	Lloyd Slocum	31:38
58	John Carpenter	31:41
59	Blake Strack	31:48
60	ary Lafreniere	31:50
61	Gerard Conley	31:51
62	Don Fries	31:52
63	Scott Deschene	31:53
64	Ross Lafreniere	31:56
65	Josh Rogers	31:59

66	Jason Mallar	32:00
67	Rick Light	32:02
68	Jason Rawn	32:06
69	Mark Olsen	32:06
70	Bob Stuart	32:08
71	Daniel Costigan	32:12
72	Bob Payne	32:15
73	William Harrigan	32:20
74	Jeanne Hackett	32:21*
75	Samuel Carlo	32:24
76	Jody King	32:26*
77	Dave Stuart	32:28
78	Scott Bennett	32:31
79	David Sherman	32:35
80	Thomas Amory	32:35
81	Matthew Talbot	32:37
82	Howard Chadbourne	32:37
83	Tim Clement	32:40
84	Christopher Strout	32:46
85	Michael Myrick	32:50
86	Ann McGovern	32:53*
87	Brian Milliken	32:53
88	Steven Grover	32:59
89	Tim Reid	33:02
90	Shawn Norm	33:03
91	Michael Bosse	33:05
92	Dennis Poulin	33:06
93	Carrie McCusker	33:07*
94	Caitlin O'Connor	33:10*
95	David Cyr	33:11
96	Barry Wight	33:16
97	April Wernig	33:17*
98	Chuck Radis	33:17
99	Andrew Ingalls	33:18
100	Brian Hall	33:23
101	Carol Hogan	33:25*
102	David Dowling	33:26
103	Rich Lappin	33:27
104	Dennis Smith	33:27
105	Paul Lamoreau	33:28
106	Matthew Sturgis	33:29
107	Les Berry	33:32
108	Tim Harkins	33:35
109	Angela Edgecomb	33:39*
110	Stephen Morancy	33:40
111	Austin Conrad	33:43
112	Chris Axelson	33:44
113	Patrick Wynne	33:45
114	Mark Fournier	33:45
115	Ed Doughty	33:50
116	George Carpentier	33:51
117	Tor Glendenning	33:56
118	Sheila Hodges	33:57*
119	John Bean	33:58
120	Peter Merrill	33:59
121	Nancy Krum	34:01*
122	Michael Beaudoin	34:03
123	Yun Chong	34:05
124	David Tucker	34:06
125	David Polito	34:07
126	John Powell	34:07
127	Stephen Harriman	34:08
128	Linda Berry	34:10*
129	Patricia Burdo	34:12*
130	Dave Berrang	34:13

131	Steven Hightower	34:14
132	Bob Gillespie	34:17
133	Daniel Hutchins	34:19
134	Kevin Conley	34:21
135	Eric Johnson	34:22
136	Jane Rau	34:24*
137	Vernon Chow	34:25
138	Robert Emple	34:26
139	Budd Large	34:28
140	Edward Crockett	34:30
141	Brian Kelly	34:31
142	Wayne Komulainen	34:33
143	Michael Cavanaugh	34:36
144	Jack Reagan	34:37
145	Leigh Minor	34:38*
146	Bob Martey	34:39
147	Nancy Weis	34:40*
148	Nancy Cooper	34:41*
149	Don Duncanson	34:42
150	Dick Jacobs	34:43
151	Dave Merrill	34:44
152	Gordon Smith	34:45
153	Brad Davis	34:45
154	Phil Cousineau	34:54
155	Alan Craig	34:56
156	Jim Stamey	34:56
157	Daniel Hogan	34:58
158	Chris Carpentier	34:59
159	Elizabeth Handy	35:03*
160	Neil Martin	35:08
161	Dick Curry	35:11
162	Paul Gallant	35:13
163	Jim Estes	35:14
164	Jonathan Kibler	35:15
165	Sarah Parrott	35:16*
166	Martin Barron	35:19
167	George Johnson	35:20
168	Joseph Lovejoy	35:20
169	Scott Hussey	35:22
170	Randy Moore	35:26
171	James Muthig	35:27
172	Mark Stelmack	35:28
173	Len Morley	35:29
174	Mike Pullen	35:29
175	Mark Googins	35:30
176	Timothy Fitzpatrick	35:31
177	Mike Murphy	35:32
178	Joseph Isgro	35:32
179	Don O'Halloran	35:37
180	Andrew McCusker	35:38
181	William Cookson	35:39
182	David Ray	35:40
183	David Silk	35:41
184	Colleen Redmond	35:42*
185	John Morse	35:43
186	Colin Mack	35:44
187	Muzzy Barton	35:46
188	Allen Hayes	35:47
189	Dale Rines	35:50
190	Chip Mason	35:51
191	Keith Lawrence	35:53
192	Phil Vezina	35:56
193	Sharon Wilbraham	35:57*
194	Karl Brantner	36:00
195	John Reali	36:01

PORTLAND BOYS' CLUB 5 MILER

Portland

April 21, 1997

196	Paul Yates	36:02	261	Twain Braden	37:53	326	Art Porter	39:25
197	Edmund Leadbetter	36:03	262	David Courtney	37:54	327	Robert Pompeo	39:26
198	Marc Lavertu	36:03	263	Paul Goulet	37:55	328	Tim Neill	39:29
199	Marc Lusignan	36:07	264	Joe Bernard	37:56	329	Bob Branson	39:30
200	Mark Babcock	36:08	265	Melissa Montejunas	37:57*	330	Carol Nale	39:31*
201	Jack Kronberg	36:09	266	George Cooper	37:57	331	Michael Bean	39:37
202	Donald Wilson	36:10	267	David Hillgrove	37:59	332	David Perkins	39:39
203	Michael Doyle	36:14	268	Patrick Talbot	37:59	333	Coren Bailey	39:40
204	Brian Dill	36:15	269	Thomas Ronan	38:00	334	Robert Sickel	39:41
205	Ken Grant	36:18	270	Daniel Baird	38:01	335	Hadley Drake	39:43
206	John LeRoy	36:19	271	James Johnson	38:01	336	Susan Kolakowski	39:46*
207	William Smith	36:19	272	Richard Downs	38:02	337	Clough Toppan	39:47
208	Tucker Cole	36:20	273	Bruce Hutchinson	38:04	338	Chuck Burnie	39:47
209	Roger Gosselin	36:25	274	Ted McHugh	38:08	339	John Wolanski	39:48
210	Paul Bouchard	36:27	275	Faye Gagnon	38:09*	340	Mark Brown	39:49
211	Fern Cloutier	36:29	276	John Brantigan	38:09	341	Travis Anthoine	39:50
212	Mick Skerritt	36:30	277	Michael Waxman	38:10	342	Steve Reese	39:51
213	Michael Reagan	36:34	278	Chris Taylor	38:11	343	George Conley	39:52
214	David Benn	36:35	279	Terrence Briggs	38:12	344	Dawn Rader	39:53*
215	Charles Spies	36:36	280	Carl Reilly	38:12	345	Eric Soule	39:54
216	Kevin Fifield	36:38	281	Robert Moulton	38:13	346	Rod Jordan	39:54
217	Doug Thorp	36:39	282	Thomas Conley	38:17	347	Todd Friberg	39:55
218	Kevin Farrell	36:44	283	Brian Mavor	38:19	348	Stanley Jordan	39:57
219	Lisa Belisle	36:45*	284	John Milburn	38:20	349	Ann Ludwig	39:57*
220	John Sweeney	36:45	285	Jessica Clourier	38:20*	350	Sharon Southwick	39:59*
221	Don Zillman	36:46	286	Tom Talbott	38:21	351	Bill Metzger	39:59
222	Peter Mason	36:47	287	Tom Gadbois	38:21	352	Joseph Shinnick	40:01
223	Derry Rundlett	36:50	288	Kurt Adams	38:24	353	Paul Tooney	40:05
224	John Dyer	36:50	289	Davis Hart	38:26	354	Robert DiDonato	40:06
225	Evan Hunnessey	36:52	290	Wayne Fordham	38:27	355	Kelly Wood	40:06*
226	Mark Lagross	36:56	291	Lawrence Piercer	38:29	356	Mick McCall	40:08
227	Patrick Reagan	36:57	292	Dennis Carpentier	38:30	357	Ginny Pomeroy	40:09*
228	Eric Cote	37:00	293	Bryan Ferrante	38:31	358	Rachel Wick	40:09*
229	Deb Merrill	37:01*	294	Wayne Eaton	38:32	359	Brian O'Malley	40:10
230	Drew Cheney	37:01	295	Harvey Lafrenier	38:34	360	Marc Robitaille	40:13
231	Judith Smith	37:02*	296	Paul McCourt	38:35	361	Chuck Thomas	40:13
232	Tim Sickel	37:02	297	Mark Terison	38:36	362	Tom Mundhenk	40:14
233	Mike Brooks	37:05	298	Dick Lajoie	38:37	363	Jeffrey Nixon	40:18
234	Harold Tucker	37:09	299	Joseph Cook	38:37	364	Linda Wood	40:20*
235	John McGettigan	37:11	300	Karl Geib	38:38	365	Ron Beard	40:23
236	Brian Manette	37:12	301	Patrick Malia	38:39	366	Martin Dwyer	40:24
237	Merrily Welch	37:15*	302	Ken Grondin	38:40	367	Weston Woftertz	40:25
238	Stephen Beale	37:16	303	George Beals	38:41	368	Keith Hanson	40:27
239	Robert Green	37:17	304	Gretchen Springer	38:44*	369	Rene Custeau	40:28*
240	Joel Whitcomb	37:18	305	John Foster	38:52	370	Sophia Payson-Rand	40:29*
241	Phil Hoose	37:18	306	Eric Gadbois	38:55	371	Nadine Day	40:30*
242	George Campbell	37:21	307	Ron Stone	38:56	372	Thomas Hardison	40:32
243	Joan Lee	37:23*	308	Stephen Corbeau	38:57	373	Peter Wentworth	40:33
244	David Haskell	37:24	309	Michael Reardon	38:58	374	Dennis Roy	40:35
245	Al Carpentier	37:24	310	John Balicki	39:00	375	Eric McLeod	40:36
246	Daniel Profenno	37:25	311	Bill Welch	39:02	376	Meghan Fossum	40:38*
247	Maryellen Fitzpatrick	37:32*	312	James Tees	39:03	377	Richie Garrett	40:39
248	Betsy Barrett	37:36*	313	Steven Taylor	39:04	378	Peter Bernier	40:39
249	Chris Merrill	37:39	314	Barry Manter	39:06	379	Anne Berlid	40:41*
250	Mark Crepeau	37:41	315	Ralph Butts	39:07	380	Ormond Irish	40:43
251	Peter Hall	37:42	316	Cameron Bright	39:08	381	Scott Lindsay	40:45
252	Dennis Calcutt	37:43	317	Wendy Cathcart	39:11*	382	John Lord	40:46
253	Jay Harper	37:44	318	John Littlefield	39:12	383	Stuart Kelly	40:46
254	Kim Schroeter	37:46*	319	Michael Nobile	39:14	384	Gary Rogers	40:47
255	Patricia Seymour	37:47*	320	Richard Cavanaugh	39:16	385	Stephen Vail	40:48
256	Dave McManus	37:48	321	Laura Bean	39:18*	386	Milt Dudley	40:48
257	Joseph Conrad	37:49	322	Richard Bibber	39:22	387	Don Brewer	40:49
258	Scott Barnes	37:49	323	Larry Walden	39:23	388	Peter Pompeo	40:51
259	David Gatchell	37:50	324	Mary Hutchinson	39:24*	389	Dianne Kazilionis	40:51*
260	Brian Geissler	37:51	325	Herbert Robertson	39:24	390	Paul Small	40:52

391	Don Kent	40:57
392	Jesse Ludwig	41:00
393	Richard Lane	41:01
394	Don Russell	41:02
395	Jason Silberstein	41:05
396	Johnny DiMillo	41:06
397	Susan Trafford	41:07*
398	Bruce Gasque	41:10
399	Tom Alexander	41:10
400	Bob McArtor	41:11
401	Rick Despres	41:14
402	Charles Baird	41:15
403	Orlando Delogu	41:21
404	John Cullinane	41:24
405	Stanley Lear	41:25
406	Dennis Morrill	41:25
407	Bob Anthoine	41:26
408	Howard Green	41:26
409	Karol Call	41:29*
410	Philip Call	41:30
411	Jeff McKinnon	41:34
412	Cathy Burnie	41:35*
413	Judi Richard	41:36*
414	Chris Coose	41:40
415	Zebulon Dingley	41:43
416	Felix Caranza	41:44
417	Shauna Baxter	41:48*
418	William Dunnett	41:55
419	Joel Bassett	41:55
420	Jamie Creamer	41:57
421	Bill Bennett	41:57
422	John Tragert	41:59
423	Dana Kelly	41:59
424	Afton Kelly	42:00*
425	A. Hallowell	42:01
426	T. Decker	42:02
427	Kimberly Dabrieo	42:05*
428	Pete Peters	42:05
429	Tom Verrill	42:08
430	Mark Feenstra	42:09
431	Ed Haley	42:11
432	Ryan Cyr	42:15
433	William Soule	42:21
434	Joseph Koptt	42:22
435	Nancy Goldein	42:23*
436	Jodelle Gauthier	42:23*
437	Art Dingley	42:24
438	Fred Kilfoil	42:24
439	Stephen Fox	42:25
440	John Boyne	42:30
441	Lee Nelson	42:32
442	Anthony Langella	42:34
443	Jamie O'Connor	42:35
444	Lisa Kelley	42:35*
445	Chris Neagle	42:36
446	Doug Cole	42:39
447	John Real	42:40
448	Mason Montejunas	42:40
449	William Welton	42:42
450	Paul Evans	42:43
451	Joseph Montimurro	42:44
452	Melanie Collins	42:45*
453	Ellen Cohen	42:49*
454	John Nappi	42:53
455	Thomas Blair	42:54
456	Tom Weschler	43:01

457	Owen Wolfhertz	43:01
458	Alana MacDonald	43:05*
459	Richard Scribner	43:09
460	Karen Baker	43:11*
461	John Roper	43:12
462	Dennis Gears	43:12
463	Brooks Axelson	43:13
464	Stephen Maloney	43:15
465	Michelle Flaherty	43:15*
466	Patricia Constant	43:19*
467	Glenn McAllister	43:20
468	Donavee Pettingill	43:21*
469	Charles Garland	43:22
470	David Clark	43:23
471	Chris O'Neil	43:27
472	Bill Weatherbie	43:31
473	Polly Kenniston	43:38*
474	Norm Rodrigue	43:41
475	Scott Cook	43:46
476	Lisa Plummer	43:47*
477	Stoddard Chaplin	43:48
478	Doug Cole	43:54
479	John Lisnick	44:01
480	Penny Robinson	44:06*
481	Douglas Noble	44:19
482	Linda L'Heureux	44:19*
483	Steven Coger	44:19
484	Craig Dietrich	44:20
485	Lisa Levey	44:21*
486	Kathleen Butterfield	44:27*
487	Mark Cohen	44:28
488	R. Black	44:29
489	Philip Waterhouse	44:30
490	Jamie Blais	44:33
491	Susan Hadlock	44:35*
492	Heather Bowns	44:36*
493	Thomas Crosby	44:37
494	Gail Fitzmaurice	44:39*
495	Carole Hardison	44:40*
496	Vance Wormwood	44:44
497	Anne Garland	44:46*
498	Edward Corey	44:50
499	Edward Adelman	44:53
500	unknown	44:55
501	Herb Ludwig	44:56
502	David Body	44:56
503	Beverly Doughty	44:57*
504	Donald Peters	45:10
505	Anne Verrill	45:15*
506	Lynn Verrill	45:18*
507	Frank Doherty	45:19
508	Brian Martell	45:19
509	Bert Babcock	45:21
510	Leah Babcock	45:21*
511	Christo Kapothanasi	45:25
512	Sherry Missig	45:32*
513	Michael Layton	45:34
514	SJS Dunbar	45:35
515	Marlene Real	45:43*
516	Lisa Skillin	45:44*
517	Sidney Thaxter	46:00
518	Lynne Crandall	46:01*
519	Jay O'Connor	46:02
520	Max Ludwig	46:07
521	Albert Richard	46:11
522	Don Cailler	46:19

523	David Dobbs	46:24
524	Lois Martin	46:25*
525	Loren Lathrop	46:38
526	Annette Elowitch	46:39*
527	John Ridge	46:54
528	Beverly Clark	46:56*
529	Tobin Gardner	46:57
530	Kathleen Wong	46:57*
531	Cyndie Banks	47:02*
532	Jennifer Fitzpatrick	47:04*
533	Donald Johnson	47:09
534	Diane Covell	47:11*
535	Thomas Daggett	47:15
536	Liz Hoermann	47:17*
537	Nancy Hewett	47:17*
538	Anita McDonough	47:22*
539	Sally Amory	47:24*
540	Bonnie Small	47:28*
541	Greg Carpentier	47:30
542	Betty Rines	47:30*
543	Brigitte Edquid	47:31*
544	Paul Kiesligh	47:31
545	Paul Stevens	47:32
546	Catherine Flaherty	47:39*
547	Toni Delois	47:45*
548	Nicholas Penfield	47:46
549	Samantha Coit	47:47*
550	Linda O'Malley	47:52*
551	Michael Layton	47:56
552	James Crawford	47:58
553	Phil Bartlett	48:12
554	Paulya Mahony	48:16*
555	Christine Kervian	48:24*
556	John Vorhees	48:29
557	Pamela Pillsbury	48:42*
558	Michael Yoder	48:43
559	Sally Patterson	48:44*
560	Paul Worth	48:45
561	Larry Barron	48:46
562	Frank DiBiase	48:51
563	Deede Dunbar	49:00*
564	J P Evans	49:09
565	James Daniels	49:15
566	John Holmes	49:27
567	David Flaherty	49:33
568	Wayne Newland	49:37
569	Deborah Trout	49:45*
570	Nick Trout	49:45
571	Jack Gleason	49:55
572	Hyla Tracy	50:01
573	Kathy Ward	50:19*
574	Ralph Dobson	50:22
575	Nelson Soule	50:48
576	Becky Southwick	51:00*
577	John Gleason	51:09
578	unknown	51:21
579	Chris Branson	51:39
580	Leo Todd	51:40
581	Marianne Matte	51:53*
582	William Bolduc	52:01
583	Mary O'Neil	52:02*
584	Margarete Schwanck	52:10*
585	Leslie Hamren	52:11*
586	Lee Crocker	53:06
587	Gerry Myatt	53:44
588	Richard Robbins	53:46

PORTLAND BOYS' CLUB 5 MILER

Portland

April 21, 1997

589	Jennifer Geib	53:52*
590	Miranda Smith	54:18*
591	Nancy Wilson	54:20*
592	Mark Clinch	54:58
593	Marge Medd	55:00*
594	Janet Findlen	55:34*
595	Jerry Behnke	56:22
596	Elizabeth Irwin	56:29*
597	Julius Marzul	58:27
598	Bea Corey	58:31*
599	Chery Norris	58:46*
600	Daniel Foley	1:02:55
601	Ruth Hefflefinger	1:03:39*
602	A. Willson	1:03:42



Portland Boys' Club 5 Miler - April 21st, 1997 - Noon.

Byrne Decker was compelled to run this race because of all that he had heard about it, despite having run a very hard long run on the day prior, and being in training for a spring marathon. He again left the crowd in his dust, cruising to a 25:13 win. Kevin Way again took second (we all hope that he wins one soon). On the womens side, the story was not who won, but what she said to the publisher at the finish line. After going out in the first mile in a very quick 5:04, Christine Snow-Reaser settled in with the pack, and upon seeing me at mile 3 or so, apparently felt that she was going too slow. Her exact words were "I felt that I was doing okay until I saw you." She did explain herself, however, saying that my recent times had not been all that good. (Who can argue with that?) Otherwise, the race was near-perfect, with excellent conditions and a good sized crowd. Results courtesy of the Maine Track Club. Pictures courtesy of Fred Kenniston.

1997 BOSTON MARATHON

Boston, MA

April 21, 1997

Boston Marathon finishers

Richard Miller	Ellsworth	2:43:16
Randy Hastings	Farmington	2:48:09
Matt Archambeau	Bucksport	2:48:49
Scott Hosmer	Bangor	2:50:29
James Newett	Ellsworth	2:55:32
Franklin McElwain	Caribou	2:56:31
Richard L'Heureux	Sanford	2:58:18
Veronica Haskell	Raymond	2:58:32*
Stephen Reed	Wiscasset	2:59:10
T J Hesler	Gorham	2:59:52
Robert Brainerd	Lewiston	3:01:31
David Chamberlain	Falmouth	3:01:55
Newell Lewey	Veazie	3:02:44
Geoffrey Doyle	Orono	3:02:15
James Marchese	Eliot	3:03:21
Robert Dunfey JR	York	3:06:03
Donna Hurley	Spruce Head	3:06:49*
Dana Lavertu	Veazie	3:09:25
Dick Graves	Portland	3:09:30
G. Daniel Deniso	Portland	3:09:44
Donald Hebert	Lewiston	3:11:30
Katrina Bisheimer	Bangor	3:11:44*
Garry Grigel	Portland	3:12:36
Michael Mendonca	Sinclair	3:14:08
Christine Bracer	Portland	3:15:12*
Judson Esty-Kendall	Glenburn	3:15:31
Paul Goransson	Eliot	3:15:46

Francis Kelleher	York Beach	3:16:21
Stafford Soule	South Freeport	3:16:22
John Gagnon	Lewiston	3:17:58
Kevin Johnson	Bar Harbor	3:18:14
Steven Day	Bangor	3:18:22
Ken Maggiore	South Berwick	3:19:40
Rob Smith	Cape Elizabeth	3:21:01
Joe McGurn	Rockland	3:22:00
Kevin Dow	Eddington	3:24:29
Jessica Babin	Portland	3:24:55*
Alison Kisch	Falmouth	3:25:31*
Michael Corbin	Carroll	3:26:11
William Sproul	New Gloucester	3:28:03
Al Sproul	Chamberlain	3:28:03
Celine Mainville	Cape Elizabeth	3:28:05*
Michael Sheldon	Saco	3:28:15
Ken Cotton	Bristol	3:29:50
Nelson Larkins	Freeport	3:30:02
William Pride Jr	York	3:31:24
Philip Pierce	Falmouth	3:32:44
John Rolfe	Portland	3:32:53
Christopher Atlee	Portland	3:34:44
Vern Demmons	Warren	3:37:59
Clifford Olson	Hallowell	3:38:54
Laurinda Currier	S. Berwick	3:39:34*
Cindy Battel	Rockport	3:39:36*
Tom Trytek	Lewiston	3:39:44
Raymond Kelley	Cape Elizabeth	3:41:06

Susan Vogt Brooks	Waterville	3:41:50
David Baldwin	Harrington	3:42:17
Rosemary Baldacci	Bangor	3:43:01
Mary-Louise McEwen	Bangor	3:44:29
Sarah MacColl	Cape Elizabeth	3:47:20
Betti Fortin	Sanford	3:47:46
Connie Mendonca	Sinclair	3:50:30
James Curran	Bangor	3:52:34
Craig Hawkins	Rockport	3:54:54
Patricia Murray	New Sharon	3:56:50
Amanda Russell	Edgecomb	3:58:11
Candace Karu	Cape Elizabeth	3:58:28
Louisa Dunlap	Belfast	3:58:44
Joan Merriam	Bucksport	3:59:28
Scott Cushing	Freeport	3:59:29
Keith Canning	Portland	4:00:28
John Kaleta	Fort Kent Mills	4:01:55
Rene Collins	Brewer	4:01:57
Clifton Smith	South China	4:03:43
Donna Holtby	Fryeburg	4:03:52
Ellen Spring	Thomaston	4:03:52
Bruce Perry	Bryant Pond	4:03:58
Tina Michaud	Presque Isle	4:04:18
Diane Gagnon	Biddeford	4:11:45
Judith Weber	Bethel	4:11:54
Carlton Mendell	Portland	4:12:56
Andrew Ketterer	Madison	4:26:22
Philip Ortolani	Cape Elizabeth	4:35:05

The 101st Boston Marathon - Boston, 4.21.97 Noon.

A good number of Mainers decided to compete at the great event this year, and the conditions were good for some fast times. Richard Miller of Ellsworth again rose to the top with a fine 2:43:16. Veronica Haskell led the female charge with a sub-3 hour clocking in her first attempt at the distance. Also breaking 3 hours was Doctor Steve Reed of Wiscasset who has been absent from the roads recently. There were also very many Sub 5 club members who competed, many who were at the tune-up races in March and February. Congratulations to all who made the trek to Boston and came back better for the wear.

APRIL AMBLE 4 MILER

Portland

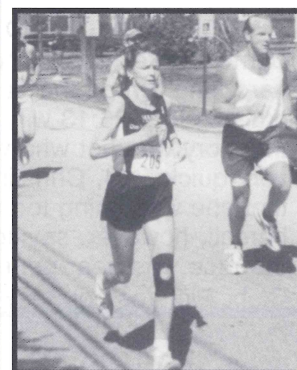
April 26, 1997

1	Byrne Decker	30	Yarmouth	19:59
2	Kevin Way	28	Waterboro	20:11
3	Todd Coffin	35	Bath	20:35
4	David Weatherbie	29	Cumberland Frside	20:56
5	Allan Muir	42	Portland	21:34
6	Kyle Rhoads	27	Windham	21:40
7	George Towle	46	Portland	21:43
8	Roland Thibault	29	Westbrook	21:58
9	Paul Johnson	19	West Buxton	22:08
10	Chuck Jepson	37	S. Berwick	22:18
11	Paul Greene	25	Portland	22:22
12	Rolf Westphal	32	Portland	22:29
13	Bob Poirier	41	Minot	22:57
14	Robert Ashley	40	N. Yarmouth	23:03
15	Rob Craig	40	Cumberland	23:16
16	Ben Trevor	26	Portland	23:22
17	Alex Grant	28	Medford MA	23:28
18	Mike Pratico	31	Portland	23:48
19	Dave Howard	30	Portland	23:57
20	John Cooper	27	Scarborough	24:00
21	Will Lund	41	Falmouth	24:08
22	Toby Brewster	35	Concord NH	24:12
23	John Goodell	28	Putney VT	24:23
24	Jerry Mullin	42	Cape Porpoise	24:33
25	Andrew MacLean	35	Augusta	24:34
26	Joel Titcomb	38	Gorham	24:48
27	Jonathan Rundell	37	Scarborough	24:54
28	Lloyd Slocum	64	South Portland	25:00
29	Michael Manas	34	Concord NH	25:06
30	Christopher Hall	30	Cumberland	25:09
31	Greg Bishop	30	Portland	25:11
32	Tom Shorty	35	Gorham	25:22
33	Raymond Mills	17	South Paris	25:23
34	Jack Palmer	40	Portland	25:27
35	Blake Strack	36	Cape Elizabeth	25:29
36	Chase Pray	53	Greene	25:30
37	Ken Preston	42	Mechanic Falls	25:32
38	Jeff Arsenault	40	Rumford	25:37
39	Ryan Stoorza	19	Biddeford	25:56
40	Mark Bell	40	Saco	26:11
41	Eugene Holm	43	Lewiston	26:13
42	Rich Lappin	25	Portland	26:15
43	John Aromondo	37	Portland	26:16
44	Bill Flynn	37	Peaks Island	26:21
45	John Mills	19	Windham	26:30
46	Paul Collins	33	Portland	26:35
47	Brad Davis	42	Portland	26:37
48	Michael Nixon	26	South Portland	26:41
49	Manny Arruda	46	Somerville MA	26:43
50	Mike Simoneau	49	Jay	26:44
51	Stephen Twoigg	32	Cape Neddick	26:53
52	Les Berry	49	Gorham	27:05
53	Donald Davidson	44	Portland	27:06
54	Michael Atkins	27	South Portland	27:10
55	Michael Cirillo	31	Yarmouth	27:14
56	Phil Cousineau JR	44	Portland	27:18
57	Steve Giroux	26	Portland	27:19
58	Eric Johnson	12	Topsham	27:23
59	Paul Small	33	South Portland	27:29
60	Patrick Reagan	26	Portland	27:36
61	Gordon Smith	38	Portland	27:40
62	Pete Finkle	36	Kezar Falls	27:47
63	Jay Flaker	33	Portland	27:48
64	Larry Sutton	38	Auburn	27:49
65	Jack Kronberg	39	Freeport	27:49
66	Michael Reagan Jr	27	Portland	27:51

67	Jim Estes	47	Portland	27:55
68	Todd Proulx	18	Gorham	27:58
69	William Cookson	36	South Portland	28:01
70	David Enberg	43	Casco	28:16
71	Gaetan Fontaine	42	Lewiston	28:18
72	Dennis Farrell	27	Westbrook	28:22
73	Dale Rines	44	Gorham	28:34
74	Frank Knight	51	New Gloucester	28:38
75	Andrew Gordon	35	Portland	28:39
76	Jim Ekedahl	27	Scarborough	28:47
77	Ron Benner	48	York	28:49
78	Eric Knutsen	33	South Portland	28:53
79	Michael Brennan	44	Portland	29:00
80	Derry Rundlett	51	Portland	29:18
81	Chris Breen	25	Portland	29:34
82	Christopher Doughty	12	Westbrook	29:34
83	Albert Tanguay	35	Westbrook	29:35
84	Chris Merrill	24	Augusta	29:43
85	Mike Brooks	51	Danville	29:47
86	Aaron Swift	25	Biddeford	29:57
87	Mick McCall	43	Cumberland	29:57
88	Christian Poulin	25	Portland	29:59
89	Paul McCourt	61	Portland	30:10
90	Richard Jewell	54	South Portland	30:12
91	John Howe	62	N. Waterford	30:13
92	Steve Woodsum	41	Portland	30:14
93	Kenneth Chutchian	39	S. Harpswell	30:14
94	Matt Flynn	36	Falmouth	30:19
95	Lawrence Pierce	47	South Portland	30:22
96	Robert Green	49	Gorham	30:31
97	Bob Boothe	34	Falmouth	30:35
98	Mike Cowell	59	Yarmouth	30:37
99	Robert Coburn	60	Medford MA	30:44
100	Joe McGovern	36	Portland	30:46
101	Dave Theriault	15	Westbrook	30:47
102	Stuart Kelly	12	Westbrook	30:50
103	Stephen Nee	32	Portland	30:51
104	Dan Riley	33	Brunswick	30:52
105	Michael Lyden	35	South Portland	30:55
106	Rod Baker	46	Portland	30:57
107	Robert Trevor	60	Reading MA	30:57
108	George Conly	49	Cape Elizabeth	30:58
109	Ralph Butts	36	Gray	31:00
110	Keith Holland	41	West Rockport	31:01
111	Daniel McKeown	30	Gray	31:03
112	Tom Alexander	38	Portland	31:03
113	David Gleason	37	Concord NH	31:06
114	Don Russell	60	South Portland	31:08
115	Brett Wickard	28	Portland	31:08
116	Robert DiDonato	35	Portland	31:10
117	Don Desbiens	39	Standish	31:12
118	Larry White	54	Scarborough	31:18
119	Peter Pompeo	51	Portland	31:21
120	Fernand Labbe	55	Lewiston	31:26
121	Greg Nadeau	28	Bath	31:35
122	Bob Branson	56	Scarborough	31:37
123	Jordan Danis	13	Kennebunkport	31:42
124	Reggie Sargent	51	Kennebunkport	31:43
125	John Lennon	36	Portland	31:46
126	Dana Kelly	44	Westbrook	31:48
127	David Lappin	28	Chatham NJ	31:53
128	Brian Kinney	49	Gray	31:57
129	William Soule	31	South Portland	31:58
130	David Cameron	26	Gray	32:07
131	Thomas Carl	52	Gray	32:09
132	Steve Strand	43	Yarmouth	32:12
133	Peter Peters	32	Portland	32:19



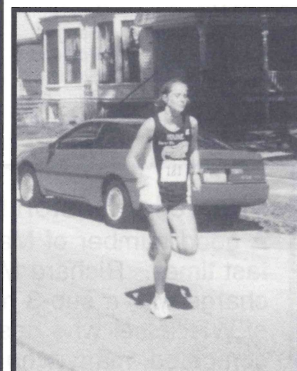
Derry Rundlett



Carol Hogan



Nancy Krum



Hannah Schulz

APRIL AMBLE 4 MILER

Portland

April 26, 1997

134	Robert Awich	38	Portland	32:23
135	Chuck Burnie	43	Cumberland	32:35
136	Bruce Doughty	53	Westbrook	32:42
137	Jeffrey Flynn	40	Cape Elizabeth	32:49
138	Joseph O'Donnell	46	Falmouth	32:50
139	Denny Morrill	57	Portland	32:55
140	Keith Corey	12	Scarborough	33:05
141	Nate Clarke	19	Westbrook	33:15
142	Michael Dalcy	45	Portland	33:29
143	Louis Pirone	49	Gorham	33:35
144	Russ Bradley	73	Cape Elizabeth	33:43
145	Rob Mitchell	40	Portland	33:54
146	John Wilp	36	Scarborough	34:02
147	Michael Layton	13	Cape Elizabeth	34:09
148	Vance Wormwood	48	Scarborough	34:15
149	Ed Corey	49	South Portland	34:22
150	Alan Ramsdell	57	Portland	34:48
151	John Nappi	29	Portland	35:02
152	Ray Legassie JR	46	South Portland	35:20
153	Carlton Mendell	75	Portland	35:23
154	JP Evans	49	Cape Elizabeth	35:52
155	John Cadorette	30	Old Orchard	36:08
156	Michael Dubois	47	Westbrook	36:17
157	Mike McGee	50	Portland	36:17
158	John Holmes	45	Yarmouth	36:52
159	Thomas Gordon	11	Portland	37:10
160	Mike O'Neill	31	Kennebunkport	37:57
161	Nelson Soule	76	Freeport	37:59
162	Mel Uchenick	66	Kennebunk	38:10
163	Joseph Bernard	27	Portland	38:24
164	Donald McElhinney	46	Portland	38:39
165	Michael Layton	41	Cape Elizabeth	40:38
166	W. Scott Kowalczyk	25	Scarborough	41:03
167	Mark Clinch	41	Gorham	43:32
168	Russell Swift	49	Wales	44:26
169	Julius Marzul	70	Gorham	44:58
170	Peter Beauchamp	54	Bristol	45:41

WOMENS RESULTS

1	Christine Snow-Reaser	31	Dayton	22:41
2	Kristin Pierce	23	South Portland	22:44
3	Katie Payson	31	W. Bath	24:08
4	Gayla Underkoffler	35	Scarborough	24:17
5	Laurel Valley	34	Kezar Falls	25:12
6	Jeanne Hackett	38	Peaks Island	25:19
7	Carol Hogan	46	Portland	26:12
8	Nancy Krum	34	Gardiner	26:53
9	Julianne Lagin-Nasse	17	Starks	27:08
10	Monica MacDonald	30	New Gloucester	27:20
11	Ann McGovern	33	Gorham	27:32
12	Nancy Cooper	42	Falmouth	27:33
13	Leigh Minor	27	North Yarmouth	27:33
14	Jessica McLain	20	Biddeford	27:35
15	Rebecca McGovern	34	Portland	27:36
16	Amy Parker	26	Portland	27:51
17	Libby Christensen	34	Cumberland	28:04
18	Carol Weeks	48	Kennebunk	28:17
19	Julia Drinker	36	Portland	28:19
20	Judy Gilman	40	Westbrook	28:54
21	Hannah Schulz	16	Gorham	28:57
22	Lisa Belisle	26	Yarmouth	29:02
23	Cindy LeBlanc	31	Scarborough	29:25
24	Kate Meyers	36	New Gloucester	29:28
25	Josie Oliva	20	Portland	29:58
26	Kathy Ward	46	Gorham	30:01
27	Catie Dean	27	Poland	30:06
28	Pamela Welch	20	Biddeford	30:09

29	Bridget Ramsdell	38	Scarborough	30:25
30	Susan Kalakowski	39	Auburn	30:49
31	Connie Hallett	37	Portland	31:01
32	Megan Wehr	22	Windham	31:13
33	Wendy Williams	43	Portland	31:14
34	Becca Brewster	35	Concord NH	31:34
35	Michele Wheeler	28	Kennebunkport	31:43
36	Nancy Batchelor	44	Portland	31:49
37	Cathy Burnie	48	Cumberland	31:56
38	Kimberly Dabrieo	25	Portland	32:29
39	Sherry Carl	50	Gray	32:34
40	Louisa Buehmer	33	Portland	32:38
41	Cheryl Gilbert	47	Bath	32:39
42	Deborah Cassidy	40	Gorham	32:42
43	Laurie Cockburn	29	Yarmouth	32:58
44	Susan Gouchoe	32	Concord NH	33:08
45	Melanie Collins	32	Biddeford	33:11
46	Elizabeth Stuart	34	Standish	33:14
47	Karen Caplette	27	Portland	33:45
48	Lisa M. Kelley	32	Falmouth	34:05
49	Lynn Welch	47	Brewster MA	34:07
50	Brooke Libby	33	Bowdoinham	34:18
51	Lori Coomes	18	Portland	34:31
52	Sandy Dunbar	60	Portland	34:49
53	Lisa Leval	29	Portland	34:49
54	Kim Girard	36	Portland	35:03
55	Nan Smith	40	Cape Elizabeth	35:03
56	Melanie Alt	28	Westbrook	35:17
57	Kara Tierney	24	Portland	35:25
58	Theresa Coggins	32	Windham	35:33
59	Gail Fitzmaurice	34	Lyman	35:43
60	Brenda Bell	38	Saco	35:46
61	Anita McDonough	34	South Portland	36:10
62	Adeline Holmes	40	Portland	36:14
63	Nancy Hewett	50	Cumberland	36:15
64	Laurie Campbell	27	Portland	36:18
65	Georgia Brown	34	Falmouth	36:18
66	Brenda Tangüay	34	Westbrook	36:21
67	Rose Wills	27	Kennebunkport	36:33
68	Afton Kelly	13	Westbrook	36:38
69	Erin McNally	30	Biddeford	36:50
70	Sally Patterson	55	Portland	37:15
71	Annette Elowitch	54	Portland	37:21
72	Linda Metzger	54	Cape Elizabeth	37:22
73	Elizabeth Hoermann	38	Gray	37:26
74	June Fitzpatrick	43	Biddeford	37:33
75	Bonnie Small	33	South Portland	37:37
76	Ruth Collard	39	Portland	37:44
77	Linda O'Malley	46	South Portland	37:49
78	Louise Boisvert	37	Saco	38:04
79	Cherly McCall	40	Cumberland	38:08
80	Patty Beach	39	Poland	38:16
81	Ann Karlsen	49	Falmouth	39:08
82	Laurel Sanborn	23	Falmouth	39:10
83	Tracy McKelligan	28	Merrimack NH	39:18
84	Heidi Lebel	24	Portland	39:33
85	Marge Parsons	46	Cumberland	40:55
86	Janet Trevor	59	Reading MA	41:32
87	Sharon LaPlante	43	Limington	41:34
88	Bea Corey	51	South Portland	41:39
89	Marlene Manoogian	65	Westbrook	43:15
90	Myra Hopkins	37	Falmouth	43:49
91	Donna Lavery	32	Portland	43:49
92	Denise Plourde	35	Topsham	45:37
93	Lisa Maxfield		Pittsfield	45:38
94	Ruth Hefflefinger	68	Portland	45:44

April Amble 4 Miler
-Westbrook
College, Portland.
4.26.97 at 10 AM.

With results similar to the Boys Club Race on Monday, this race had very little drama, and not a lot of intrigue. Todd Coffin came down from Bath and took third place, behind Byrne Decker and Kevin Way. Allan Muir and George Towle dueled it out for masters honors, with Allan using his mile speed to outkick George in the final mile. Carol Hogan took the womens masters race with a seventh place finish in 26:12. Granite State Race Services did a nice job with results, getting complete results done in nearly one half hour (despite a few glitches that were brought to their attention.) Congratulations to those who won the gift subscriptions to the magazine. Welcome to the Pine Tree Running Journal. 5K Sports also donated several gift certificates as well. As usual, Brian "Ziggy" Gillespie did a fine job organizing this event, with lots of help from UNE and Westbrook College. Results courtesy of Bob Teschek, Granite State Race Services.

ANIMAL ORPHANAGE PET RUN 5K

Old Town

April 27, 1997

1	Newell Lewey	38	17:45
2	Jeff Sands	29	18:38
3	Joe Ewings	27	19:06
4	Steve Tuckerman	42	19:13
5	Josh Lake	17	20:04
6	Angela Edgecomb	29	20:07*
7	Brenda Bailey	34	20:34*
8	Brent Bailey	35	20:49
9	Ronald Kilby	45	20:58
10	Bruce Theriault	42	21:10
11	Lee Clein	33	21:27
12	Beret Skorpen	34	21:36*
13	Allison VanZandberg	23	21:49*
14	Robert Dow	52	21:52
15	Michael Conner	33	22:03
16	Annette Hatch-Clein	34	22:14*
17	Michael Spellman	32	22:14
18	Donald Harriman	50	22:39
19	Carina Bauer	28	23:22*
20	Ty Tracewski	11	23:23
21	John Greaney	53	23:23
22	Kevin Jackson	27	23:34
23	Chris Higgins	28	23:59
24	Leanne Lvin	15	24:12*
25	Tom Drummond	37	24:32
26	Randy Wadleigh	33	24:33
27	Marry Martin	47	24:55*
28	Tad Johnston	40	25:05
29	Kim Johnston	40	25:06*
30	Scott Lewis	30	25:18
31	Tom Gilbert	46	25:33
32	Jennifer Collenburg	19	25:40*

33	Sylvia Unruh	24	25:42*
34	Carolyn Murray	35	25:43*
35	Paul Madore	34	26:06
36	Karen Hover	32	26:06*
37	P J Bailey	12	26:13
38	Eileen Carey	50	26:17*
39	Norman Fitzgerald	56	26:27
40	Deanna Wade	54	26:27*
41	Francois Amer	43	26:48
42	Jessica Smith	17	26:56*
43	Peg Smith	49	26:56*
44	Mary Louise McEwen	37	26:58*
45	Nancy Hall	37	27:42*
46	Michelle Leavitt	26	28:03*
47	Merrily Welch	31	28:04*
48	Jeffrey Williams	27	28:06
49	Krystyna Tuckerman	54	28:51*
50	Mary Alice Bruce	58	28:56*
51	Patricia Kennedy	48	29:43*
52	Carolyn Labossiere	50	31:57*
53	Tracey Mahoney	27	31:59*
54	Kristen Tracewski	15	32:00*
55	Nikki Kimball	14	32:41*
56	Kimberly Brown	26	32:42*
57	Bob Meyers	40	33:12
58	Donna Moulton	48	33:27*
59	Deb Friedrich	40	33:52*
60	Gina Butler	63	33:59*
61	Karen Sullivan	37	42:47*
62	Sharon Wilson	54	42:48*
63	Michelle Sands	26	42:52*
64	Larry Laber	59	44:02

65	Doris Laber	61	44:03*
66	Cheryl McGovern	38	47:41*
67	Tim McGovern	42	47:42
68	Jane Sturgeon	57	50:06*
69	Donald Sturgeon	57	50:07
70	Tyler Vandez	5	51:41
71	Lisa Vandez	30	51:48*
72	Kaitlyn Vandez	5	51:49*
73	Ron Sucy	51	51:59
74	Ginny Sucy	50	52:00*
75	David Kane	28	53:33
76	Michelle Dunphy	32	54:06*
77	Matthew Dunlap	32	54:07
78	Cathy OHalloran	32	54:34*
79	Duane OHalloran	34	54:35
80	Bruce King	40	55:03
81	Rose King	35	55:04*
82	Amy King	15	55:05*
83	Arron Leavitt	2	55:16
84	Maurice Leavitt	48	55:17
85	Dixie Lott	55	55:28*
86	Jennifer Sullivan	8	59:32*
87	Stephen Sullivan	37	59:34
88	Mary Bailey	30	1:00:29*
89	Jackson Haskell	11	1:02:04
90	Margaret Haskell	42	1:02:15*
91	Lucas Haskell	9	1:05:41
92	Weston Haskell	44	1:05:41
93	Ruth Ellis	80	1:11:17*

The Animal Orphanage Pet Run 5K - Old Town, April 27th 1997.

A few people were "dogging it" during this race, but no one got on their tails. And the panting was usually reserved for the owners, but no one went home with their tail between their legs. Despite a few snags (after all, we are talking about a group of dogs here), the race went on and everyone got a bit of exercise. Newell Lewey ran the fast, scenic course in 17:45 after having done Boston the week before. Second place finisher Jeff Sands spent some time on land (out of his racing canoe) to post a fast time. Most impressive of all, however was third place finisher Joe Ewings finish with his dog in 19:06. "Nipping" at his heels for first dog was Steve Tuckerman and his dog, just 7 seconds back. Angela Edgecomb was first female, in sixth place overall, with a 20:07. A cat even dared to cross the finish line, and when asked how she felt, she said that she was "feline" fine. (HA HA). Results courtesy of the Animal Orphanage, Fred Merriam, and Everett Moulton.



Lee Clein and pet



Steve Tuckerman gets pulled to a fast time



P J Bailey and Eileen Carey go for a quick walk

Was All of New England in Bridgton, Maine Last Year on July 4th?

Not Quite, But We're working on it!

BRIDGTON

ON THE **Fourth** ROAD RACE

1996 Results – 1,089 Finishers

TOP 10

Men

1. 19:32 Rusty Snow – Watertown, MA
2. 19:34 Dave Dunham – Bradford, MA
3. 19:55 Robert Pierce – Alfred, ME
4. 19:59 Sean Livingston – Pawtucket, RI
5. 20:01 Dan Verrington – Bradford, MA
6. 20:32 Scott Brown – Lewiston, ME
7. 21:08 Pete Bottomley – Naples, ME
8. 21:17 Don Legere – S. Portland, ME
9. 21:23 Colin Moore – Windham, ME
10. 21:24 Kyle Rhoads – Windham, ME

Women

- 22:45 Julie Peterson – Beverly, MA
- 23:46 Charlotte Thomas – Bridgewater, VT
- 24:22 Denise Harlow – Oquossoc, ME
- 24:38 Kelly Rodrigue – Lewiston, ME
- 24:55 Laurel Valley – Hiram, ME
- 25:00 Leanne Taylor – Bridgton, ME
- 25:28 Wanda Binette – Montreal, PQ
- 25:40 Kelley Cullenberg – Farmington, ME
- 25:48 Linda Jowett – Atkinson, NH
- 25:51 Cathy Allen – Jackson, NH

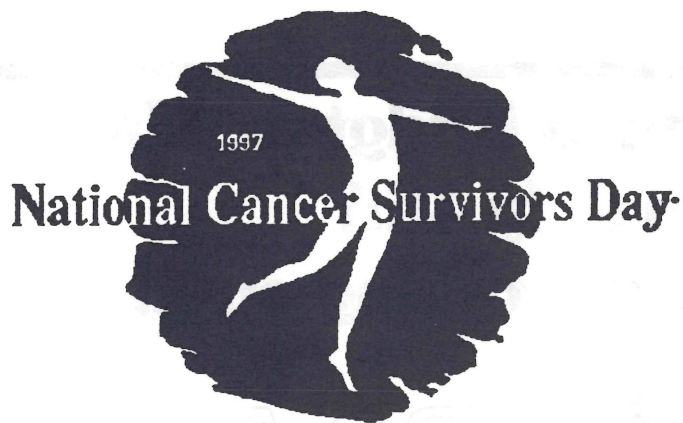
**Come join your friends in Bridgton this year
on July 4th for the 21st annual running.**

“The best road race in Maine”

– Runner's World

Entries in
Pine Tree Running Journal(May)
Gate City Striders (May),
at running stores or contact:

Loraine & Jay Spenciner
RR 3, Box 1002
Bridgton, Maine 04009
(207) 647-3347



5K

Sunday, June 1, 1997
11:30 at Paul Bunyan Park

519 Main St., Bangor Maine

**Sponsored by EMMC's Health Promotion Center &
 the Bangor YMCA Running Club**

Entry Information:

\$ 8 pre registration - until May 26th (Complete section below line & return it to address below.)

\$ 10 race day

T-shirts for first 100 registrants

checks payable: EMMC - Cancer Survivorship Day

Pre-Race Check In:

Number and T-shirt pick up - 9:30-11:15 a.m. at Paul Bunyan Park

Please be dressed to run.

No shower or changing facilities available.

The Course:

5 K Start & Finish near statue of Paul Bunyan. Chronomix results.

Refreshments:

Water available. Other food available for purchase.

Awards:

Prizes for first & last place in each age division male & female as well as two special categories.

15 & under	M & F			cancer survivor	M & F
16 - 19	M & F	40 - 49	M & F	(patient / family)	
20 - 29	M & F	50 - 59	M & F	cancer care provider	M & F
30 - 39	M & F	60 & up	M & F	(e.g., physician , nurse, social worker, records, lab tech, ...)	

LAST NAME

FIRST NAME

ADDRESS

SEX

AGE

OFFICIAL USE

CITY

STATE

ZIP CODE

DATE OF BIRTH

☐

CANCER SURVIVOR

☐

CANCER CARE PROVIDER

TELEPHONE NUMBER

I know that running in a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, 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 Eastern Maine Medical Center, CancerCare of Maine, Bangor YMCA, and Bangor YMCA Running Club, and all other 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.

Signature

Parent / Guardian

(required for applicants under 18 years of age)

ENTRY FEES:

\$ 8.00 (until May 26th)

\$10.00 (after May 26th)

MAKE CHECK PAYABLE TO:

EMMC - Cancer Survivorship Day

MAIL TO:

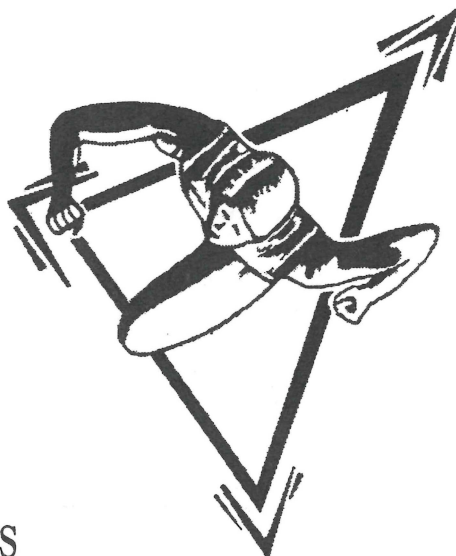
Lee Martin

Health Promotion Center in Loss Prevention Dept.

EMMC - 489 State St. Bangor ME 04401

ANNOUNCING THE 1997 OAKHURST-SHAW'S MILK RUN

shaw's



Oakhurst



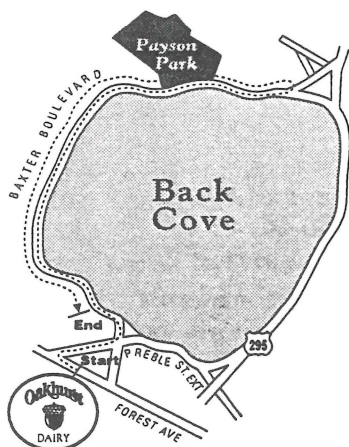
DAIRY

WITH SPECIAL GUESTS

JOAN BENOIT SAMUELSON AND BILL RODGERS

Sunday, June 8, at 9 a.m.

A 4-mile run along scenic Back Cove in Portland, Maine



- Registration: 6:30-8:30 a.m. at Oakhurst Dairy, 364 Forest Ave.
- Start: Oakhurst Dairy • Finish: Back Cove
- T-shirts to the first 500 registrants • Children's 1/4-mile Fun Run at noon in Payson Park
- Entry Fee: \$9 pre-registration (until May 30); \$10 day of race; \$1 for Children's Fun Run.
Make checks payable to: Oakhurst-Shaw's Milk Run, 172 Bradley St., Portland, ME 04102.
- \$250 to the top male and female finishers (\$100 and \$50 for second and third, respectively); \$100 to the first male and female master's finishers.
- \$100 for the course record (19:55 - Bob Winn; 23:05 - Joan Benoit Samuelson)
- Awards to the top two male and female finishers in 11 age categories
- Changing, shower and restroom facilities at the University of Southern Maine's Sullivan Gym (use rear entrance, please).

1997 Oakhurst-Shaw's Milk Run

Sunday, June 8

CHECK YOUR EVENT ☐ RUN ☐ WALK
☐ CORPORATE CHALLENGE ☐ CHILDREN'S FUN RUN

Do not write in this space

NO PETS, BABY STROLLERS OR RADIO HEADSETS ALLOWED
NO REFUNDS, EXCHANGES or TRANSFERS

Last Name _____ First Name _____ Age on race day _____

Birth Date: Mo. _____ Day _____ Yr. _____ Sex: Male ☐ Female ☐

Mailing Address: _____ Apt. No. _____

City _____ State _____ (or Country if not USA) Zip Code _____

Area Code _____ Phone _____

Corporate Challenge Team _____

Check T-shirt size: M ☐ L ☐ XL ☐

Signature _____

Parent's Signature (if under 18) _____ Date _____

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 weather, including high heat/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, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.



The 1997 Milk Run beneficiary is the Greater Portland YMCA Youth Benefit Drive, which has a goal this year to offer \$100,000 in YMCA scholarships to families in need in Cumberland County.



14th ANNUAL MDI YMCA SPRING 5K AND FUN RUN

Date: Saturday, June 14, 1997

Time: 9:45am - 1 mile **FUN RUN** for children 12 and under

10:30am - **5K Race**

Sponsor: Machias Savings Bank

New Course: **5K** is wheel measured; in town course.

Pre-Registration (by June 6): \$6.00 for **FUN RUN** (free T-shirt to first 75 entrants)
\$10.00 for **5K** (free T-shirt to first 100 entrants)

Race Day Registration (after June 6): \$8.00 for **FUN RUN** (register 8:45 - 9:30am)
\$12.00 for **5K** (register 8:45 - 10:15am)

Make checks payable to MDI YMCA

Services to Runners: mile markers, 1 and 3 mile time splits, water at ½
way point and finish, refreshments at finish.
All children receive an ice cream cone from local ice cream shops.

Trophies to 1st, 2nd, 3rd place male and female overall for **FUN RUN** and **5K**.
Also awards for the following age group divisions.

FUN RUN

All finishers will receive a ribbon!



5K

13-15 years	1 st and 2 nd place
16-19 years	1 st and 2 nd place
20-24 years	1 st and 2 nd place
25-29 years	1 st and 2 nd place
30-39 years	1 st and 2 nd place
40-49 years	1 st and 2 nd place
50-59 years	1 st and 2 nd place
60-over	1 st and 2 nd place

ENTRY FORM

In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and officials for any and all injuries suffered by me in the MDI YMCA Spring 5K and FUN RUN.

Name _____ T-shirt size: Adult S M L XL
Child M L

Address _____ Telephone _____

City _____ State _____ Zip _____

Signature _____ Age _____ Birthdate _____ Sex _____

Parent or Guardian (if under 18) _____

How did you learn about this race? _____

LITERACY VOLUNTEERS



5TH ANNUAL 5K ROAD RACE

5K Road Race

Sunday, June 29, 1997

Start: 9 AM, 5K Sports - US Rte 1, Falmouth

SPONSORS:

BOOKLAND
OF MAINE

Portland Press Herald /
Maine Sunday Telegram



KeyBank

SUPPORTERS:

DR DEAD RIVER COMPANY

Maine Yankee
RELIABLE ELECTRICITY SINCE 1972

5K Shop'n Save
SPORTS HANOVER OF MAINE

BOOKS ETC
BATH IRON WORKS CORPORATION
A GENERAL DYNAMICS COMPANY

COURSE: A fast, flat 5K run down Route One, toward Martin's Point and back.

COMPUTERIZED TIMING: by Split Time Race Management

TAC Certification #: ME 95004 WM

ENTRY FEE: \$8 in advance • \$10 on day of the race. Checks to: *Literacy Volunteers*.

PRE-REGISTRATION: Pre-registration ends Friday, June 20. There will be no confirmation of your acceptance. Numbers and T-shirts will be distributed at registration booth on race day.

RACE DAY REGISTRATION: 7:30 A.M.-8:45 A.M. at 5K Sports, 190 US Rte 1, across from Morong Falmouth.

AWARDS CEREMONY AND REFRESHMENTS: 10:00 A.M. at the finish line.

DIVISIONS: Awards will be given to the first overall male and female, and to the first female and male in each of the following divisions. • 13 and under • 14 - 19 • 20 - 29 • 30 - 39 • 40 - 49 • 50 - 59 • 60+

ADDITIONAL RACE INFORMATION: Call 878-3907.

To Preregister for Road Race

- Detach, fill out and sign the registration form at the bottom of the page.
- Include registration form and check, (Payable to: **Literacy Volunteers**) for \$8.00.
- Mail to: Literacy Volunteers, *Road Race*, P.O. Box 8585, Portland, ME 04104.

Name _____

Address _____

City/State/Zip _____ Phone _____

Age on day of race _____ Sex _____ T-shirt size _____

How did you find out about the race? _____

NO PETS, BABY STROLLERS, HEADSETS OR ROLLER BLADES.

I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat/ or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read the 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 Literacy Volunteers 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 signature (if under 18) _____

FREE
AWARD
WINNING
TEE SHIRT
FOR FIRST 50
REGISTRANTS

L. L. BEAN 4TH OF JULY 10K & FUN RUN JULY 4, 1997

TIME: 10k RACE STARTS AT 7:30 AM IN FRONT OF THE TOWN PARK.

FUN RUN STARTS AT 9:15 AM IN FRONT OF THE TOWN PARK

REGISTRATION:

Lili Hall, Race Director 552-2356

Pre-Registration at the Retail Store Front Desk no later than July 1, and by mail postmarked no later than June 27. Pre-Registration fee for 10k race is \$6.00, Day of race registration 10k is \$10.00. Pre-Registration and Day of race registration for Fun Run is \$3.00. Day of race registration and Race Number pickup will be at the Town of Freeport Park on Bow St between 6 am and 7:15 for 10k, and between 6 am and 9:00 for fun run. A total of 700 t-shirts will be given out to first 700 registrations forms we receive.

DIVISIONS FOR 10K:

Men's = Open, Age 15 & Under, Age 16-19, Age 20-29, Age 30-39, Age 40-49, Age 50-59, Age 60-69, Age 70 & Up, L. L. Bean Employee, Freeport Resident.

Women's = Open, Age 15 & Under, Age 16-19, Age 20-29, Age 30-39, Age 40-49, Age 50-59, Age 60-69, Age 70 & Up, L. L. Bean Employee, Freeport Resident.

10K PRIZES (L. L. Bean Sponsored):

\$150 - \$100 - \$75 L.L. Bean Gift Certificates (Top three male finishers)

\$150 - \$100 - \$75 L.L. Bean Gift Certificates (Top three female finishers)

\$75 - \$50 - \$25 L.L. Bean Gift Certificates (Top three finishers in all other divisions)

Hand Carved Trophies (Top three finishers in each division) 10K AWARDS IN THE TOWN PARK AS SOON AS AVAILABLE.

10K COURSE RECORD: Men's Steve Spence 29:47 in 1991, Women's Joan Benoit Samuelson 34:03 in 1988. Special Bonus of \$150 L. L. Bean Gift Certificate to the first male to break 29:47 and to the first female to break 34:03 in the 10k race.

1 MILE FUN RUN PRIZES: An Award will be given to each finisher at the end of the race, timer clock will be running but times will not be recorded, there is no random prize drawing this year.

*****Make check payable and send to: L. L. Bean, Inc Road Race, Freeport, Me 04033.

REGISTRATION FORM:::: Print Name_____

Address_____

Phone #_____T-shirt size=Adult_____Youth_____

Age_____Sex_____Which race 10K_____or Fun Run_____

Are you an L. L. Bean Employee_____or a Freeport Resident_____ 10k info only.

The undersigned individual hereby agrees to waive, release, indemnify and hold harmless L. L. Bean, Inc., its officers, directors, employees and agents, from any claims, demands, and lawsuits relating to personal injury (including death) or property damage which may arise out of or in connection with the L. L. Bean 4th of July 10k & Fun Run (the "Races") and any related activities. **I understand the risks involved in any road race and the physical requirements of the races and represent that I have no medical condition or restriction which prevents me from participating in the races.** I further agree to abide by all rules of the Races. Further, I hereby give, assign and grant to L. L. Bean, Inc, the right and permission to copyright and/or use and /or publish photographic portraits of me or pictures in which I may be included in whole or in part or composite and or reproductions thereof in color or otherwise made through any media, including publication in L. L. Bean, Inc.'s catalogs, and any other similar lawful purpose whatsoever. I further release and hold harmless L. L. Bean, Inc., its nominees, assigns, and designees, from any liability arising from the use of said photographs, images or likenesses or arising from their sale, publication, reproduction or other use.

Date:_____Signature:_____

If Participant is under age 18 Parent or Guardian must sign here:

Date:_____Signature:_____

2nd Annual Summer Fun Run Series

1/2 Mile, 1 Mile & 5K (3.1 Miles) Cross Country

Sponsored by

**5K Sports, Pine Tree Running Journal &
Split Time Race Management**

RACE DATES: *Wednesday July 9, 16, 23, 30
& August 6, 1997*

RACE TIME: *6:30 PM. (1/2 mile & mile) 7:00 PM. (5K)
August 6 Race Time 6:00 PM (1/2 mile & mile)
10K & 5K at 6:30 PM.*

PRE-REGISTRATION: Mail registration form to:
5K Sports, 190 US Route #1, Falmouth, Me 04105

**RACE DAY,
REGISTRATION &
LOCATION:** *6:00 to 6:30 Falmouth High School Track
52 Woodville Road, Falmouth*

RACE INFO: *207-781-RACE/ 207-781-3134*

COST: *In case of inclement weather call 207-781-RACE
FREE for 1st four weeks. Last week, August 6 there will be
the Falmouth Forecaster 10K, 5K (road) and Fun Run.
There will be complete results. See registration form below*

Last Name _____ First Name _____ Age _____ Sex _____
Address _____ City _____ State _____ Zip _____ Tel _____
Registration for (4) weeks only (Free) _____ 4 Weeks Plus Race (Registration below) _____

Pre-Registration(5K & 10K) \$12.00

Adult T-shirt M ___ L ___ XL ___

Kids Fun Run \$8.00

Includes Youth T-shirt M ___ L ___

Check payable to: *Falmouth Education Foundation*

Additional Donation to Falmouth Education Foundation Foundation Greatly Appreciated \$ _____

Kids Run _____ 5K _____ 10K _____ Total Registration Enclosed \$ _____

Race Day Registration \$17.00 (5K & 10K) Kids Fun Run \$11.00 (Includes T-shirt while supplies last)

Kids Fun Run Race Time 6:00 PM. on Track 10K & 5K at 6:30 PM.

I understand that running a road race is a potentially hazardous activity. I further understand that I should not enter the road race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat/ or humidity, traffic and conditions of the road, all such risks being understood and appreciated by me. Having read this waiver and understanding these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release 5K Sports Road Runners Club, Split-Time Race Management, Pine Tree Running Journal, Falmouth Forecaster, Falmouth Education Foundation their representatives and successors or any claims or liabilities or causes of action of any kind arising out of my participation in this event.

Signature _____ Date _____

Parents if under 18 _____



16th Annual Pottle Hill 10K and 1-mile Fun Run

To benefit Pottle Hill programs for persons with disabilities.

NEW DATE! Saturday, July 12, 1997

Fun Run 8:30 a.m. Start (Registration Fee: \$3.00)

Prizes 12 and under

10K Road Run 9:00 a.m. Start

(Registration Fees: \$8.00 before 6/27/97, \$10.00 thereafter)

MANY PRIZES !!

CASH PRIZES

\$75 TO WIN - \$50 TO BREAK RECORD

UP TO \$250 POSSIBLE CASH PRIZES

Free T-shirts to 10K runners registering by 6/27/97!

The Times to Beat: 32:50 run by Kevin Way, 1996

39:05 run by Tina Meserve, 1994

The Course: A hilly and scenic run up and down

**Pottle Hill, now totally paved; well-marked;
wheel-measured; water stations; split times.**

**Facilities at the Road Run consist of limited room to change; no showers are available.
Refreshments are available after the races.**

LOCATION: TOWN SQUARE, MECHANIC FALLS, MAINE (207)345-3511

FOR MORE INFORMATION CALL: 207-345-3511 OR FAX 207-345-3533

Sponsored by Pottle Hill, Inc., PO Box 70, Mechanic Falls, Maine 04256

SERVICE GUIDE

Runners Supporting Runners

BLACK BEAR GRAPHICS



Screen Printing

672-0919

Old Route 201
Caratunk, ME 04925

Office Hours By Appointment



DWIGHT S. BLEASE, D.P.M.

CASCO BAY PODIATRY

10 Cushing Street
Brunswick, Maine 04011
Telephone: (207) 725-2800

Foot & Ankle Injuries - Sports Medicine-Medical &
Surgical Care of the Feet

PREVENT THE AGONY OF DE FEET



Founded 1985
Locally owned
TOPSHAM FAIR MALL
Topsham, Maine 04086
(207) 729-1800
(207) 729-6397 FAX

Barry J. Lohnes, Owner
Sam Chard, Floor Manager

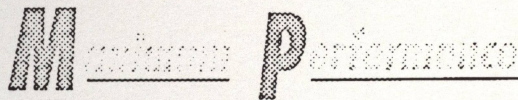


ROAD RUNNERS CLUB OF AMERICA

Everett Moulton
Maine State Rep.

39 Rossmore Terrace
South Portland, Maine 04106

(207) 799-2894



Steve & Allison Fluet
CUMBERLAND, MAINE
(207) 829-4164

Tap Your Body's Full Potential

Individual programs for
endurance athletes as well as
general fitness enthusiasts of all ages.

Fitness Testing
Motivational Speaking
Wellness Programs

Saco Counseling Associates

Richard W. Larson, M.A.
Licensed Clinical Professional Counselor

56 Industrial Park Road, Suite 8
Saco, Maine 04072
(207) 284-2145

Counseling,
Consultation & Training

Advertise your
business in
this space!

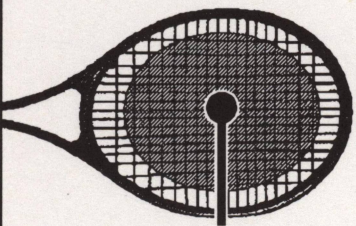
**CUSTOM COUNTRY
CARPET & CABINETS**

**U. S. ROUTE 302
WESTBROOK ME.**

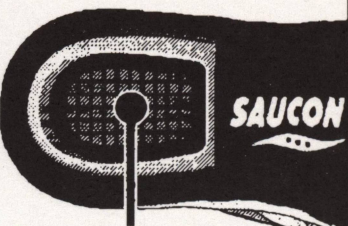
DON GOODRICH

207-854-2929

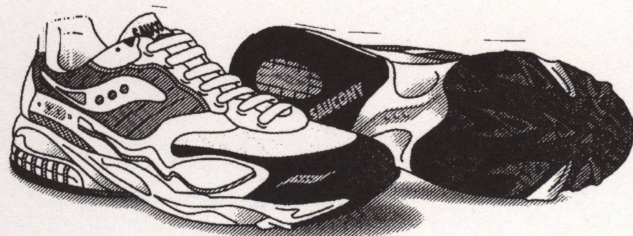
Saucony GRID
⌵




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?



5K Sports
190 US Route 1
Falmouth, ME
(207) 781-3134

⏪
Stability
⏩

5K SPORTS

RUNNING, WALKING
& FITNESS CENTER

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

*moving
comfort.*
fit for women™

asics®

adidas®