

October & November 1991

ISSUE NUMBER 7 \$2.50

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Maine Endurance Sports Coverage



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EDITORIAL

MAINELY RUNNING has made some headway toward efficiency. We are now receiving some of the race results via computer disks thanks to Ruth Heffelfinger and Ted Cunningham from the Maine Track Club and Bob Teschek of Granite State Race Services. This not only saves having to type all that data into the computer, but it also gives the readers a final product with less errors. If anyone else is doing results on the computer or putting them into a computer after, please consider sending your results to MAINELY RUNNING on a disk.

MAINELY RUNNING is interested in supporting efforts to promote youth running. Many of the races in Maine have fun runs or races for youths under a certain age. Starting next year MAINELY RUNNING will list youth runs on a separate schedule as well as indicate their existence via a code on the regular running schedule. MAINELY RUNNING will also make a distinct effort to provide complete coverage and photos for youth road races. I have noticed that many race directors don't compile results for the youth races. Please, our young runners like to see their name in print just as much as we do and MAINELY RUNNING wants to print the full results of these youth events.

Race directors, don't forget to send MAINELY RUNNING your date for your 1992 race. We will compile the list and send a copy back to you.

I have been asked how I determine which races MAINELY RUNNING attends to take photos, sell subscriptions and write about. There are a host of factors. There are so many races its obvious that I can't attend all of them so I usually only provide coverage for races that support MAINELY RUNNING by publishing their race flyer in the magazine. I also have committed to provide coverage for the whole state, so I try to get to different areas and to some of the small, as well as the larger races. Races that involve a MAINELY RUNNING advertiser do get some priority. Since I always take 2 or more rolls of film at every race it is important that race directors make available a list of bib numbers and names so I can identify runners in the photos. Also, the last weekend before taking the magazine to the publishers is usually a tough one and sometimes limits the coverage of races held on that weekend.

MAINELY RUNNING is published 10 times per year. This means that we must combine some issues and skip 2 months. We have decided to skip the November and March issues.



ABOUT THE COVER; Bob Winn, Goldsmith's Athlete of the Month, is shown entering the track on his way to winning the Bowdoin and Back 10 Mile Run.

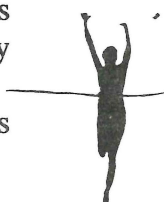
CONTRIBUTORS

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RACE RESULTS

Ocean Point
Lobster Festival
Pat's Pizza
Peaks Island
Katahdin Trust
Moonlite Madness
Kennebec 10,000
Wilton Blueberry
Twilight Twosome
Angie Abraham
Bowdoin & Back
Cutler Tower
Colby Classic
Joan Benoit Mile
Sebs Mamo Mile
Shawnee Peak
The Dam Run
LBCA
Celebrate Gorham
Saddleback Uphill
Dyer Memorial
Ralph Thomas Mile
Gerry Poulin Mile
Machias Blueberry
Megunticook Bike
Stride & Ride
VIP Biathlon
Essex County Ultra
Summer Biathlon
Rainbow Time Trial
Tom Payson Bike
MS Great Escape
Mattanawcook Triathlon

MAINELY RUNNING is published 10 times per year in Harpswell, Maine. Subscriptions are \$17.50. Address inquiries to John W. LeRoy, Editor, MAINELY RUNNING, 2 Howards Hill Road, Brunswick, Maine 04011.



RUNNING CALENDAR

OCTOBER

- 5 "BRUNSWICK PHYSICAL THERAPY 8K"-Brunswick-9am-John LeRoy-725-8680-certified flyer Sept & Oct
- 5 "SUMMER BIATHLON SERIES"-Bethel-5K run & shoot-Kirk Siegel-824-2196-flyer July & Oct
- 5 "HILDE BARSTOW 5"-Farmington-Harvey Blumenthal-778-3501
- 5 "LIONS CLUB 5K"-Belfast-9am-Brian Howe-338-5152
- 6 "CAMDEN SNOW BOWL HILL RUN"-Camden-Khristi Hardy-236-3438
- 6 "TAC XCOUNTRY"-Cumberland Center-2pm-Greely Jr High-Don Belanger-829-6477
- 12 "MAINE TRACK CLUB FIFTY MILER"-Brunswick-certified
- 12 "RUN 'O THE IRISH 5 MILER"-Carmel-10am-Kevin Vickers-848-3601-certified-flyer August
- 12 "SUNDAY RIVER HILL RUN"-Bethel-10:15am-Wendy-824-3000-flyer October
- 12 "LIMESTONE AUTUMN CLASSIC"-5K-Limestone-10am-Peter Cuff
- 13 "CITIBANK UNITED WAY 10K"-Falmouth-10am-Phil Pierce-781-3769-certified-flyer Sept & Oct
- 13 "ASPERATIONS 10K"-Orono-10am-Jerry Ellis-581-2319-flyer Oct
- 13 "DOWNEAST 4 MILE CLASSIC"-Sanford-11am-YMCA-324-4942-flyer Sept
- 13 "HIGHLAND GOLD 10K"-Bridgton-12noon-Steve Collins-647-2196-certified-flyer Sept
- 13 "TAC XCOUNTRY"-Old Town High School-2pm-Rod White-827-3854
- 13 "TAC XCOUNTRY"-Livermore Falls High School-2pm-Randy Easter-645-4630
- 14 "TUFTS HEALTH PLAN 10K"-For Women-Boston Common-12noon-(617)439-7700-certified-flyer Sept
- 19 "HOMECOMING HUSTLE"-5K-Fryeburg Academy-2:30pm-935-2001
- 20 "TAC XCOUNTRY"-Topsham-2pm-Mt Ararat High School-Heather Higbee-725-6266
- 20 "TAC XCOUNTRY"-Presque Isle-2pm-U of Maine-Rick Cortis-532-2701
- 20 "LIFETIME BAYSTATE MARATHON & HALF-MARATHON"-Lowell MA-8am-(508)957-3178-certified-flyer Sept
- 20 "PINE TREE MARATHON"-Waterville-9am-Jerry Saint Amand-873-6753-certified-flyer August
- 20 "MERRIMAC LIONS CLUB"-Merrimac, MA-2mi at 1:15-5mi at 1:45-Robert Randall-(508)346-9240-flyer October
- 27 "GREAT PUMPKIN"-Saco-appears to be CANCELED!!!
- 27 "WHITE MOUNTAIN MILERS HALF MARATHON"-North Conway NH-Gary Howard-447-1974-flyer Sept
- 27 "TAC XCOUNTRY"-Wiscasset-2pm-Down East Family Campground RT 27-Bob Nesbitt-882-5431
- 27 "TAC XCOUNTRY"-Gorham-2pm-Shaw Jr High School-Mary Ridge-646-6907
- 28 "FEASTER FIVE"-Andover, MA-5mile-8:30am-John Burke-(508)372-6160-flyer October

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NOVEMBER

- 3 "COASTAL CRUISERS 5K CROSS COUNTRY RUN"-Portland-8am-Donna Hubert-773-1624-flyer October
- 3 "FRED J HACKETT AUTUMN RUN"-West Concord, NH-10K-12noon-TAC certified-flyer October
- 3 "TAC XCOUNTRY"-Auburn Middle School-2pm-Dan Campbell-782-4850
- 3 "BRUCE ELLIS MEMORIAL 5K CLASSIC"-Exeter,NH-10am-(603)778-8789
- 9 "TAC XCOUNTRY STATE CHAMPIONSHIPS"-Readfield-2pm-Maranacook Comm School-Mary Thornton-623-3682
- 16 "GREAT OSPREY"-10K-Freeport-10am-Community Ed-865-6171-flyer October
- 23 "JINGLE BELL RUN"-10K-Portsmouth-noon-Arthritis Foundation-(603)224-9322
- 24 "TURKEY TROT 5K"-Brewer-Dave Jeffrey
- 24 "TURKEY TROT"-5k at 10:30-10K at 11:15-Cape Elizabeth-10k is certified-flyer October
- 28 "GASPING GOBBLER 10K"-Augusta-10am-also 2 mile-John Schwerdel-622-4507-flyer October
- 28 "SHAW'S THANKSGIVING DAY 4 MILER"-Portland-8:30am-George Towle- 780-5574 or 878-8419
- 24 "CHRISTMAS CLASSIC 5K"-Farmington-11am-Jack Paul 778-3962-Flyer October
- 30 "TURKEY TROT"-5K-Caribou-10am-Dan Harrigan

DECEMBER

- 7 "SEASON'S GREETINGS 5 1/2 MILER"-Madison-11am-Ron Paquette-437-9237
- 31 "NEW YEAR'S PORTLAND"-5K-



WEEKLY GROUP RUNS

Bangor - Sundays-9am-weekdays-12:20pm from Y-Tues & Thurs at 5:15pm from UM Fieldhouse - Sarah Gehrt 942-9940
Brewer-Sub 5 Track Club-Monday & Thursday-6pm-Pendleton St.track-varying pace-Chuck Morris-989-1696
Brunswick-Brunswick Sunday Runners-Sat & Sun-Jr High- slow pace-track intervals on Thursday PM-John LeRoy-725-8680
Brunswick-Lesser Durham Stiders-Saturday & Sunday 8am from Bowdoin-fast long runs-track intervals-Dale Dorr-729-5731
Carmel-Caravel Middle School-Sundays-9am & Wed at 5:30-varying pace-Kevin Vickers-848-3601
Dexter-Sundays-9am-from park-Dave McIntyre-924-7536
Lewiston-Sundays-9am-Wednesday-6pm-Dan Campbell-786-4820
Northeast Harbor-Road Crows-Sunday-8am-Run on carriage paths-varying distances-Gary Allen-244-5712
Oakland - Sunday AM-Long runs at good pace Peter Lessard's house-465-9019
Portland-Early mornings-USM-8 to 10 min pace-Bill Davenny-772-1787
Portland-Rat Pack-weekdays and weekends-7 to 7:30 pace-John Gale-775-5017
Portsmouth-Tuesdays-5:30pm-6 mile runs from Judkins & Lincoln-Joe Hayes-363-6035
Sanford-Saturdays-8am-YMCA-Douneast Road Runners-324-4942
South Portland-Weekday evenings-slow paced runs-Everett Moulton-799-2894
Thomaston-Penn Bay Pacers-Sundays-Vern Demmons-273-2594
Waterville-Colby College-6pm-Gene Roy-465-7296

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TRIATHLON, BIATHLON, DUATHLON, SWIM CALENDAR

October

- 13 ROCKLAND BIATHLON CLASSIC-Rockland-10k run-20mi bike-8:30am-Harry Schmitke-596-6889-flyer Sept
- 13 ITU World Olympic Distance Triathlon Championship-Gold Coast, Australia. 1.5k swim, 40k bike, 10k run. Tri-Fed USA P.O. Box 1010 Colorado Springs, CO 80901. 719-630-2255.
- 19 Swim Meet-Brunswick-9:30am-Bowdoin College-Open meet no membership is required-George Erswell-833-6260
- 19 Swim Meet-Portland-1pm-Sanctioned Masters meet-Portland Y-Vicki Plaisted-874-1111
- 19 Gatorade Ironman World Championship-Kailua Kona, HI. 2.4 mi swim, 112 mi bike, 26.2 mi run. Ironman Race Office, 75 170 Hualalai Rd. Suite 214, Kailua Kona, HI 96740.

CANOE CALENDAR

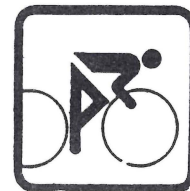
OCTOBER

- 6 SOUTH SOLON OPTIMISTS CLUB CANOE RACE-10mi-Solon-noon-474-8048
- 12 THE APPLEFEST '91 RIVER RACE-5mi-Winterport-Keith Bosley-223-5075
- 20 TOUR DI VERONA AND MAINE MARATHON KAYAK CHAMPIONSHIPS-Verona-11am-Earl Baldwin-825-4439

BIKE CALENDAR

GROUP RIDES

- | | |
|-------------|--|
| Bangor | Thurs 6pm-public library-Maine Freewheelers-Mike Avery-942-1110 |
| Bath | Tues 5:30PM and Sun 10AM-Mtn bikes on trails-Bath Cycle-442-7002 |
| Brunswick | Sat 7am and Wed 6pm-group rides-Brunswick Mall-Tom Legere-725-7314 |
| Ellsworth | Wed 6pm-Mtn bike-Gullivers Bike-667-3223 |
| Gorham | Wed 6:30-Time Trial-10mile-Portland Velo Club-Tim Corcoran-774-2933 |
| Orono | Fri 5pm-Roses Bike-866-3525 |
| Portland | Group training rides-fast pace-from Cyclemania-Portland Velo Club-Tim Corcoran-774-2933 |
| Portland | Mon 6:00pm-"BREATHLESS" ride-moderate pace-Backbay lot-Casco Bay Bike Club-Chris Kinney-688-4450 |
| Scarboro | Thurs 6pm-20-25miles-social pace-leave Pat's Pizza-Casco Bay Bike Club-Chris Kinney-688-4450 |
| Searsport | Tues 6pm-Mtn bike-Wed 6pm-road ride pace varies-Birgfelds Bike-548-2916 |
| S.W. Harbor | Mon. 6PM-Mtn bike rides-Southwest Cycle-244-5856 |
| No Windham | Tues. 5:30-easy pace-Sizzler Parking lot-Dale Rines-Casco Bay Bike Club 774-1118 |
| Lewiston | Thurs 5:30-Hilltop Sports Center-Dan Campbell-786-4820 |



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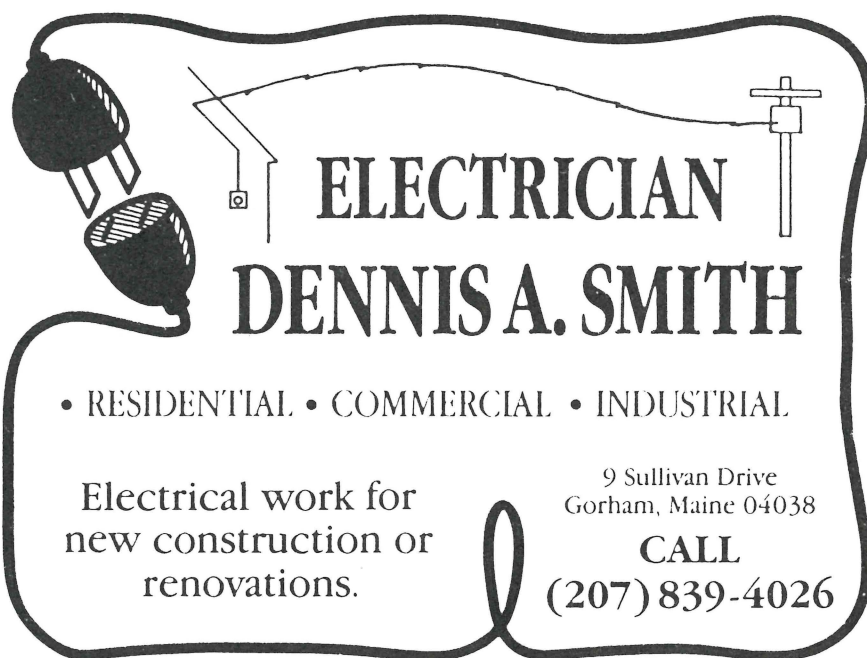


Mon-Fri. 10-6 Sat. 10-5 Sun. 12-4

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

Club News

- * The University of Southern Maine has been awarded the 1991 NCAA Division 3 Regional Championships on November 9th. Central Maine Striders president, Gene Roy, has announced that the Striders will be assisting Ken Flanders in this national event. Those interested in helping should contact Gene on 465-7296.
- * Bill Stuart of the Maine Track Club has announced that the proceeds from the Fore River Challenge amounted to \$1,600. This was presented to the Portland's Parks and Recreation department for repairs and improvements to the Baxter Blvd exercise path.
- * The White Mountain Milers has co-sponsored a pilot exercise program which was recently aired on New Hampshire Public Television. The program was developed by Miler Maggie Solomon who recognized a need for a TV exercise program for older people. The program is expected to be developed into a regular series.
- * Jim Kloster, editor of the Bangor Y Running Club's newsletter, will be moving away from Maine soon. The running community will miss his ever smiling face at the races and his witty touch to the club's newsletter.
- * Gene Roy, president of the Central Maine Striders has announced that the "Seasons Greetings 5.5 Miler" will be used as a training session for prospective race directors. "We intend to use this race to train the people who will be taking over some of Jerry Saint Amand's races next year but we will welcome anyone who might be interested in gaining the experience." Those planning on attending for training should call Gene on 465-7296.
- * At the September meeting of the Maine Track Club it was voted to make contributions to two very worthy causes: David Crawford's trip to the World Olympic Distance Triathlon Championship in Australia to defend his masters title. Rock Green's 24 Hour Run to Cure Aids.
- * Sumner Weeks, vice president of the Maine Track Club has announce that the speakers for the club's October and November meetings will be athletes of Olympic caliber. To keep us in suspense, he is withholding their identity until next month's newsletter. The club holds its meetings on the 2nd Wednesday of every month, usually at the Southern Maine Technical College in South Portland.



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INTERVALS

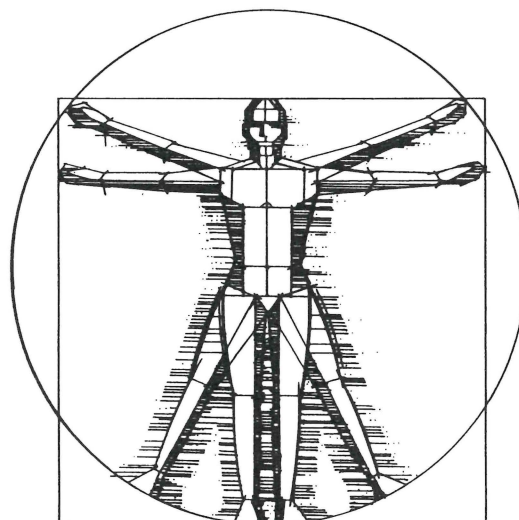
- * Do you have a friend or a running partner who would be an interesting subject for MAINLY RUNNING readers? If so, write a profile and send it in. Exaggerations are accepted. If you wish, our "large staff" will edit the story for you. Call if you have questions.
- * The Maine TAC has announced that their fall cross-country meets will include competition in age groupings from 8 & under through 18, plus an open and a masters category. The meet schedule is included in MR's Running Calendar. All meets have a course walk at 1pm and the race start at 2pm. A TAC membership is required which costs \$10 for adults and \$8 for youth 18 and under. Information and forms can be obtained from Dave Thornton, secretary Maine TAC by calling him on 623-3682.
- * Peter Lessard, Maine's 1990 runner of the year suffered a severe foot injury from a root encountered during a trail run early in August. His foot is in a cast and the prospect of near term running appears bleak. However, he has been training on stationary bike. You can't hold an endurance athlete down!
- * Cliff Rogers, from Ellsworth is another injured front-runner. Cliff is currently suffering from a groin pull but hopes to be back and ready for the fall season.
- * Bill Yates of East Wilton writes: "A note about the comment by Chase Pray that he is a supporter of Pat Mulready of Lewiston. In all fairness it should be noted that Pat stepped upon the line and was disqualified in the State Class A 3200 not on a lark but because he was chasing Jeremy Howard of Mt. Blue who was in the lead at the time. Jeremy, a Freshman, took the lead on the bell lap and looked like he could win. Also, Pat was 11th at the boys 15-16 national TAC at Omaha - it should be remembered that Jeremy won i.e. was first in the boys 13-14 National TAC at Omaha. Put me down as a supporter of Pat and Jeremy. By the way I witnessed all three races."
- * Mike Avery, president of the Maine Freewheelers wrote: "it was good to see MR on the MS 150 ride and I hope your butt wasn't as sore as mine on the return trip." MR's reply: Mike- I'm glad to hear that bike pros like yourself suffer with the rest of us. Surprising enough, my neck was hurting and I didn't notice any other part of the anatomy. I was thankful that the MS people had arranged for massages at camp and in Topsham or I probably would have suffered with other aches and pain for days after.
- * Good news for race walkers! The Central Maine Striders will be including categories for race walkers in many of their events.
- * Are you a cross country skier? MR needs your help in it's attempt to cover the Maine cross-country skiing circuit this winter. We have been in contact with the Maine Nordic Council and will be receiving the schedule and results of their events but we need to find out about those other events around the state. If you know of a race or a race director let us know. MR can also use your help in promoting the magazine in the cross-country skiing world.
- * Greg Nelson, Maine TAC course certifier, writes: "I am taking a year's leave of absence from my job starting in mid-October. My wife and I will be traveling throughout the US and Canada in our VW camper-van doing lots of hiking, biking, and even some running. During that time I will be unable to process applications for certifications of Road Races. Please send them to: Wayne Nicoll, Ragged Mtn Club, Potter Place, NH 03265. Wayne is the Eastern Vice-President of the Road Running Technical Committee so he will be easily able to handle the additional applications from Maine. I don't know what his fee will be for processing applications but it will probably be higher as I have been charging a lower fee than most Certifiers. You will need to contact him to see what he charges."

* Two of Maine's top runners, Michele Hallet and Edie Dubord are scheduled to run the Toronto marathon in early October. Under coach Andy Palmer's guidance, they appear to be ready for a good time. Olympic trials? Good luck!

* Thanks to Joel Croteau for lending me his copy of "The Maine Quality of Running" by Dick Goodie. Written in 1984 this is a "must have" book for Maine runners. I found out from Dick that it can be purchased by writing to Guy Gannett Publishing at 390 Congress St in Portland or through Walden Books. Another "must read book" for runners is Rick Krause's "The Pine Tree Road Runner", which is the story of Roland Dyer. Rick book can be obtained by writing to Rick Krause, Lincoln County Publishing, Damariscotta. Mainely Running also has a few copies of the Pine Tree Runner which can be purchased at the races.

* For those of you who wonder what is happening with the noted runners from the past: I had a nice chat with Dick Goodie, active runner and race director in the 70s and 80s and learned that he is still doing 5 miles, 5 days a week. Dick's outing usually includes a loop around Back Bay but walks all but about 2 miles because of a knee he injured in the war (WW2). Dick has been writing articles, short stories for newspaper and magazines and has recently finished an adventure and romance novel based on his war adventures.

* Dan Dearing, frequent winner for many years on the Maine road racing circuit, has found a new cross-training infatuation. Roller blading, sometimes called in-line skating, has been sweeping the country in the past year and Dan has been caught up in it. Dan competed in the National Roller Blade championship in Central Park (New York) against 400 other roller bladers and finished 33rd. His time for the 50k race was 1:53. Steve Ridley, a Mainer who now lives in Boulder, finished 4th. Steve is the current holder of the world 10k rollerblade record. Dan is planning on starting a club and some group skates. If you are interested, call Dan on 353-5676.



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INTERVALS CONTINUED ---

- * Last month MR reported that Kennedy had introduced a bill into the house that would require a percentage of every federal highway dollar spent by the states be used for pedestrian and bike paths. According to Tom Andrew's office, there are now different versions of this bill in both the House and Senate providing for the paths but calling for various incentives to provide the paths without requiring a percentage. Let your representatives know of your thoughts. You may want to suggest paths that have a separation from the road surface. Wider paved shoulders usually results in having to ride on the glass and stones on the side.
- * Some last minute news--- Maine endurance sports athletes can be proud of it's record at this years NETS Endurance Triathlon in Sunapee NH on Sept 7th. Paul Merrill, of Portland, was the overall winner, Rosalyn Randall won the women's masters crown and Steve Fluet was one of the first few finishers. They all are going to compete in the "Ironman" in Hawaii on October 19th. Watch for them on TV and from MAINELY RUNNING more information on their efforts at Sunapee and in Hawaii.
- * There is a great opportunity for Maine runners to witness 2 major events in it's back yard. The country and world's attention will be focused in Franklin Park in Boston for the National cross country championships on November 30 and the World championships in the spring. The national championships is open to all TAC members.
- * MAINELY RUNNING has a new addition to it's staff. Becky's daughter, Susan, will be helping out during an extended visit from Kentucky and you will be seeing her at the MAINELY RUNNING table at many of the races.



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OCTOBER ATHLETE OF THE MONTH

B O B W I N N

We can't ignore Bob Winn any longer! All year he has been registering superb performances. Below is the MAINELY RUNNING computer's listing of some of them. All were done on certified courses and as you can see, all but his close finish behind Paul Hammond at the Portland Boys and Girls Club race were wins. This award is being made in part to recognize this impressive record, but mainly it is being made for his great performance at the Bowdoin and Back 10 miler. His 50:29 was the second fastest ever run on this course and only 29 seconds short of the record. This performance is even more significant if we consider the high humidity that day and the popularity of this event. We can safely say that this was not a "soft" record, as most of the best runners in Maine have challenged this course over its 14 year history.

Bob resides in Ogunquit and I assume he will visit the Goldsmith's Scarborough store to select his pair of NIKE shoes with their compliments. Remember Bob, you don't have to pick running shoes. You can select from any shoe Nike manufactures and although Goldsmith's carries a large selection, they will order for you if they don't have what you want.

BOB'S 1991 PERFORMANCES

Boys Club - 5 miles 2nd 24:47
Apple Blossom - 15k 1st 48:37

Camden 10k 1st 31:43
Bridgton 4 on 4th 1st 19:32

Pat's Pizza - 5 mi 1st 24:28
Bowdoin & Back 10 mi 1st 50:29

AN APPLE A DAY-

May keep the doctor away! Fortunately for us, this time of year, there's an abundant supply of them - tart, fresh and crisp. There's no reason to resist - Adam take it from Eve.

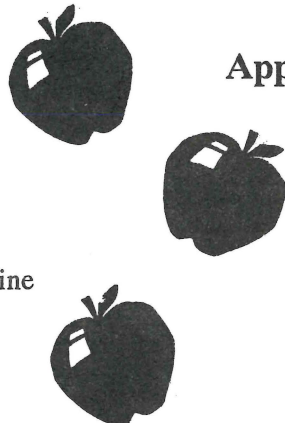
Apples are one of the most versatile fruits we have available because they fit nicely into every meal. They can be chopped into breakfast cereals (oatmeal for instance), slivered into pancakes, sliced into salads like chicken or tuna, stewed into sauce, baked for desserts or just plain, eaten whole at snacktime.

They're good for you too! A medium sized apple provides a mere 80 calories. Apples primary nutrition virtue is fiber, the soluble type called pectin. Soluble fibers may assist in lowering your blood cholesterol levels, stabilize your blood sugars and help you feel full without making you fat. Apples are fat free and sodium free.

Pick a color, any color: red, green or even golden yellow. Apples add eye appeal to any meal. If you are using them in cooking or slicing them into salads, prepare them at the last minute. Apples which are cut will darken on exposure to air unless coated with lemon or another citrus juice. Be sure to wash them thoroughly before eating. Apples are best when stored in the refrigerator, however, they will keep at room temperature for several weeks.

October is National Apple Month so eat them up! Here is one of America's traditional apple dishes, modified for your heart health:

5 cooking apples
3/4 cup brown sugar
1/2 tsp cinnamon
2 tsp lemon juice
1 cup cake flour
1 Tbsp soft tub margarine
1/4 cup skim milk
1/4 cup sugar
1/4 cup water



Apple Cobbler

Meanwhile, sift the flour and the baking powder. Using a pastry blender, cut in the margarine. Sprinkle in the milk and press the dough into a ball. Turn the dough onto a floured board and pat to $\frac{1}{3}$ inch thickness. When the apples have cooked for 30 minutes, remove from the oven, place dough on top of apples and cut slits for the steam to escape. Raise oven heat to 425 degrees and bake cobbler 20 minutes more.

Boil together the 1/4 cup sugar and the 1/4 cup of water. Pour this over the cobbler and continue baking 10 minutes longer.

Yield: 9 servings. 230 calories/serving

Anne-Marie Davee, M.S., R.D., L.D.M, RR #1 Box 1653, Bowdoinham

Peel, core and slice apples. Place in a 9 inch baking dish. Combine the brown sugar, cinnamon and lemon juice. Sprinkle over the apple slices, and bake at 350 degrees for 30 minutes.

Prime and McCrea Form Team

Another Maine running couple tie the knot. Earlier this summer Connie McLellan and Mike Mendonca from Aroostook County teamed up in marriage. Now Rhonda Prime and Brian McCrea of Freeport decided to do it too, and do it in a way which involves their love of running. I received the following letter, and enjoyed it so much that I decided to share it with MR readers even without the permission of the writer!

Hi John,

How are you? Just wanted to drop you a line to let you know about our wedding and the Crim Road Race. August 24th was what you might call a busy day for us. At 8am, Charlie Nichols, Tim Prime (Rhonda's brother), and myself started the Bobby Crim 10 mile race. I wore a shirt that said "I'm marrying Rhonda" on the front, and "Today at Five!" on the back along with a black bow tie. I took it somewhat easy and finished in 1:05 (I knew I had a big day ahead). Ha! Ha!

Rhonda and two of the bridesmaids and Marty McCrea, the best man, and one of the groomsmen ran the 8k. Rhonda finished around 34 minutes.

Then our parents and other people in the wedding party, close friends, and family ran or walked in the 8k or 5k runs and walks.

A lot of race spectators recognized us in the race because the Flint Journal and local TV News had done articles and news spots about the event. The spectators would holler, "There's the Bride" or "Good luck". Everyone in the wedding party wore special T-shirts (i.e. Father of the bride, usher, (etc) **It was a blast!**

So we had the wedding and reception later on and that was a lot of fun too. We're still trying to get caught up on our rest from that day and the craziness of it all. There were over 11,000 participants in all of the races. See you at the races, John!

Brian McCrea



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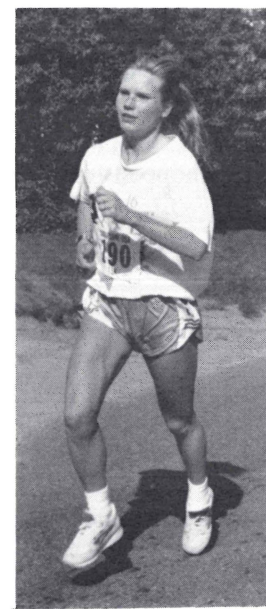
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results courtesy Chuck Morris

| | | |
|--------------------------|----------------------|-------|
| 1 50:08 Serena Morris | 28:13 Giles Norton | 21:55 |
| 2 52:37 Barbie Beal | 30:02 Brent Leighton | 22:29 |
| 3 53:10 Jane Rau | 28:02 Tory Rau | 25:08 |
| 4 53:45 Sheila Hodges | 27:20 Bob Dow | 26:25 |
| 5 55:09 Heather George | 29:28 David Jeffrey | 25:41 |
| 6 59:11 Judy Manning | 32:26 Peter Leonard | 26:45 |
| 7 59:22 Katherine Wilson | 32:10 David Wilson | 27:12 |
| 8 59:49 Jan Newett | 37:04 Jim Newett | 22:45 |
| 9 60:02 Susan Howard | 34:59 Alan Howard | 25:03 |
| 10 63:36 Heather Dankel | 36:55 Chris Jones | 26:41 |
| 11 65:36 Theresa Hainer | 36:29 Skip Howard | 29:07 |
| 12 77:39 Kathy Heath | 38:23 Joel Kimball | 39:16 |

CLUB OF THE MONTH - *THE COASTAL CRUISERS*



COASTAL CRUISERS on the Run. (left to right) Deb Raszmann, Deanna Hodgkin, Maryann Doss, Joan Lavin, Cristine Braceres and Donna Hubert.

A new women's running group was created earlier this year. Their membership, although open to all levels of runners, includes some of the top runners in Maine. Early in the summer Donna Hubert invited MAINELY RUNNING to join the Coastal Cruisers for one of their evening runs. I enthusiastically accepted. That evening we met at University of Southern Maine and then proceeded on a group run around Back Bay. At risk of offending any feminists in the audience, I must say that I had to be the envy of everyone on the path that evening. Picture your editor, running along in the middle of a group of the prettiest and fastest women in the state. Despite the elation of the surroundings, the heat and lack of training eventually caught up with me and I had to ask them to slow down.

Basically the club consists of about a dozen women from the Portland area who run and train together and meet to share training ideas. During my short visit with the group, it was obvious that they all shared a concern for each other and a sincere desire to help each other improve and have fun while doing it. The club competes as a team in many races. If you are interested in finding out more about the Coastal Cruisers call Donna on 773-1624.

The Maine Track Club

- Oct 5 **Brunswick Physical Therapy 8K**
John LeRoy 725-8680
- Oct 12 **Maine Track Club 50 Miler**
Al Utterstrom 797-4710
- Oct 13 **Citibank Falmouth 10K**
Phil and Rae Pierce 781-3769
- Nov 24 **Turkey Trot 10K and 5K**
Mel Fineberg 774-8868
Tom Atchison 839-6159
- Dec 31 **New Year's Portland 5K**
Bob Wyman 729-3922
Patti Tableman and Al Farris 721-0848

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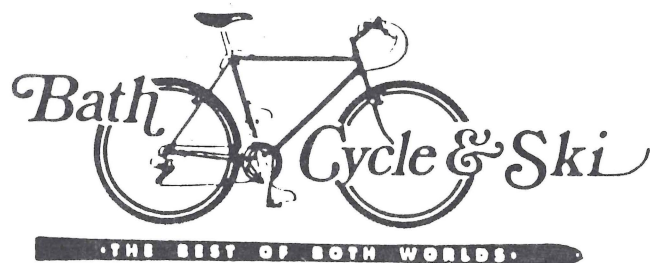
MAINELY RUNNING Reviews Pulse Rate Monitors

The subject of pulse rate monitors is being discussed more frequently in the national running magazines, but cyclists have been racing and training with them regularly for quite awhile. It should not be surprising that the sale of pulse monitors is higher to cyclists than to runners. Cyclists have always been "into" gadgets, while runners seem to pride themselves on their frugal nature and the small investment required in their sport. However, monitors are becoming more affordable (less than \$150) and there is a clear realization that they can be a very effective training tool for all levels of runners as well as cyclists and triathletes.

I am not one to spend money needlessly, (some would say I am cheap), so I borrowed a monitor for a couple of weeks from Mark Caron, of Bath Cycle to see for myself what all the talk is about. Mark relies on his monitor for canoeing as well as cycling. His monitor was equipped with many functions that he doesn't use, so I ignored all the bells and whistles on the unit and used only the pulse monitor function. I tried it for a few running and a couple of biking sessions and learned some things that I will share.

Using the basic formula of subtracting my age from 220, I determined my maximum heart rate to be 166 beats per minute. With this I could then determine my target pulse for different types of training by using the appropriate percentage of my maximum rate. For example, for slow easy runs it is recommended that your pulse rate be kept between 65 and 75%. Thus, my target for easy days should be between 108 and 125. I couldn't do it! I was hardly moving and my pulse easily exceeded this target range and a good pace took it to 140-150. After talking to some Maine coaches and reading some more, I learned that this was a typical experience for most runners when they first try the monitor. In fact, I had discovered what many feel is its most beneficial aspect - it slows people down on their easy days! Almost everyone runs their slow runs too fast! Andy Palmer, prominent Maine coach and runner, is one of many who feel that the basic formula applies to average people and the maximum pulse rate for fit people (like MR readers) is probably much higher. The famous cardiologist, Dr. Ken Cooper, has endurance athletes subtract half their age from 205 to determine their maximum heart rate. Using his recommendations, my max would be 178 and raise my easy runs to as high as 133.5.

Fortified with an increased confidence in the monitor, I did a medium length training run and making sure I kept my pulse rate close to 130 - a new experience!! When I finished I was still fresh - exactly how the books say your easy days should leave you. Time was short so I didn't use it for interval and tempo training or to determine my aerobic threshold, but my "test drive" left me with a positive feeling about the monitor and an addition to my Christmas wish list!



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Monthly Specials!

Pulse Meters

| | | |
|-----|------------|-----------|
| CIC | Polar | \$ 125.00 |
| CIC | Accurex | 225.00 |
| CIC | Vantage XL | 315.00 |

Cycle Computers

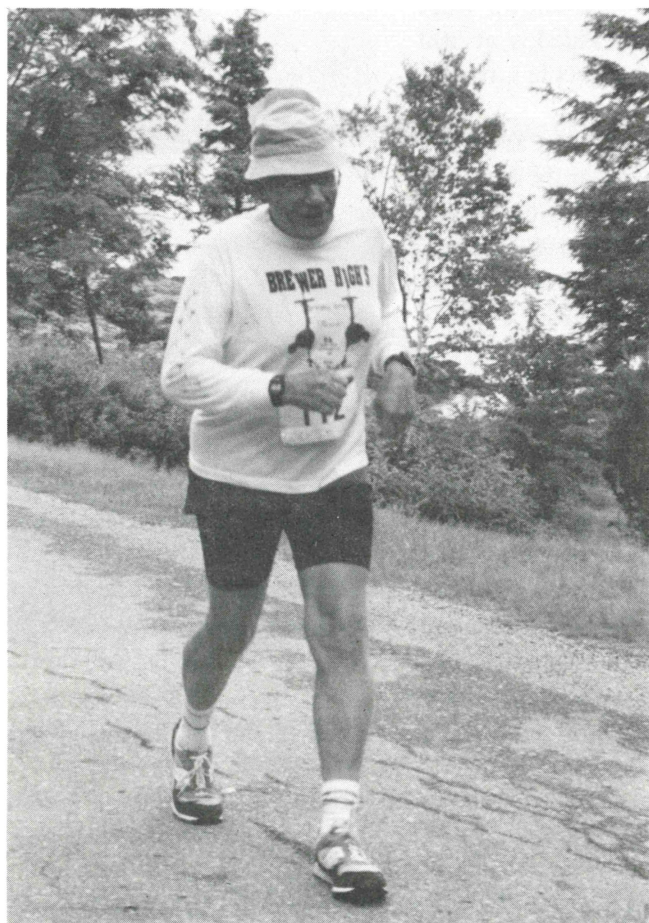
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|-------------|-------------|----------|
| Avocet C-30 | Basic | \$ 34.95 |
| Avocet C-50 | w/Altimeter | 64.95 |
| Cateye | Vectra | 29.95 |
| Cateye | Micr | 34.95 |



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Most of the area coaches I consulted had positive comments about monitors. Andy Palmer advocates its use in training and promotes its use at his running camp. According to Andy, the biggest problem is to get people to run slowly enough. Most of our training should be at 60% to 75%, but this means 10 minute miles for many people who don't like to run that slow. Everyone runs around 80% and wear themselves out. Sticking with the slower pace, they would soon see themselves getting faster and faster at that slower heart rate. Andy also advocates doing one workout a week at aerobic threshold which is about 85% and during racing season doing some at 90-95%.



Racewalker, Paul Paulson, is wearing his heart rate monitor at the Hancock 10 mile race.

said to be a waste of money. The monitor you wear on your wrist is larger than a watch but is light. The great thing about them is the large display numbers that are easily read even with sweat in your eyes. Even the less expensive models can be set for upper and lower threshold limits which beep at you if you are running above or below your target.

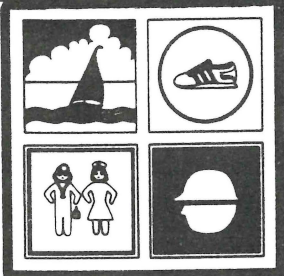
John Dehart, personal coach for world class athletes as well as many Maine runners says ".....monitors can be very helpful. They produce some great information. Interpreting this information is the key, which few people fully understand." John feels that all individuals have different training needs. "People need to understand that much of information in the national magazines is based on world class athletes."

George Towle, cross-country coach at the University of Southern Maine has purchased a monitor primarily to slow down a couple of his runners who consistently run their easy runs too fast.

Debbie Aitkens, coach of women's cross-country at Colby, recently attended a level 2 TAC coaching clinic and came away very excited about the use of pulse monitors. "We are pretty much gearing our training program at Colby based on pulse rate instead of time."

Jane Welzel, winner of the Rockland Lobster festival race and 2:33 marathoner from Colorado, said that some months ago when she was suffering from anemia, she borrowed a pulse monitor from Jon Sinclair, an elite runner on the road racing scene. He convinced her that she needed to train more slowly and that she couldn't expect to run her training runs as fast as when she was healthy. "It was amazing! When I was recovering my pulse rate was very elevated for the pace I was running. It convinced me to slow down and told me when I was well."

Some final comments. The unit I used had a wireless chest strap which was not the least bit uncomfortable. However, I received some strange looks from people when I ran without a shirt. Everything I have read recommends the chest strap rather than the cheaper ones that use your ear lobes or fingers. These are



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RUNNING WITH THE BEAVER

BY JOE MEEHAN

Now here's the thing that gets me about Beaver: He eats junk food and runs as fast as the wind. Now, I spend hours reading those ingredient labels through a magnifying glass; studying about the right kind of fats, carefully considering every morsel that goes in the tank -- but Beaver! Man it's Pepsi (not even the diet kind) Lays potato chips (yea the greasy, salty kind), and tons of pizza with God knows what swimming on top. Heck, if I ate like that I would have tipped the Toledos at 300 pounds and have died of terminal acne at age 17. Not Beaver! All he gets is a trophy or two at every road race. The guy is amazing.

You're probably asking right now: Just who is this Beaver person anyhow? Maybe you know him by another name. It wasn't too long ago when hardly anybody knew him by any name. The truth is that he was collecting race awards long before his name was included with the Todds and the Andys and the Joanies. But in 1989--Look out! "Out of the clear blue of the downeastern skies comes Tom 'Beaver' Thibeau".

Ever have a good year in running? Maybe some good races or a PR? Try this you dreamers: (early in the year) Second place overall in The Snofest (Augusta), The Marsh Stampede (Monroe), Bert and I (Vassalboro), The Gardiner Common, Old Hallowell Day and Hilda Barstow at Farmington. (Think this is a dream year?) (You ain't heard nothing yet). Same year: First place overall in the always tough Winthrop Lions 15K. Beaver's PR time of 51:30 is his third win at this race and merits him the famous Wilson Trophy, quite possibly the largest trophy ever given to a runner in Maine.

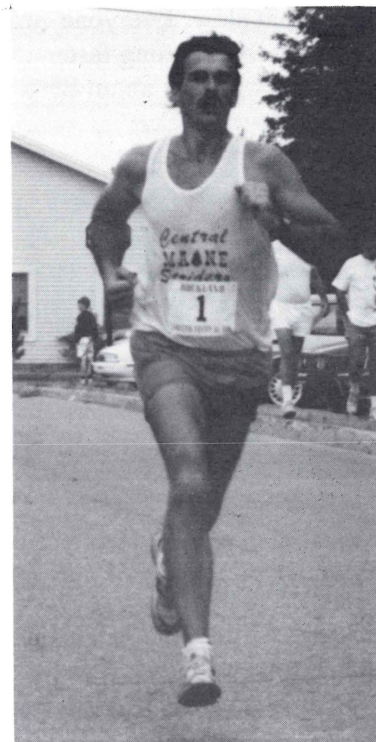
But wait - Beaver was just getting warmed up. Next came the Lobster-Fest in Rockland. You guessed it another victory in a major race and another PR 33:18. On to the Wiscasset Veterans Day Race -- FIRST PLACE. Next came the Great Osprey 10K in Freeport. Triumph again over some of the best runners in the state. And finally Beaver capped off the year with what had to be one of his favorite moments: Hitting the finish line on Thanksgiving morning with a fitting victory at the Gaspig Gobbler in Augusta.

One of the things I find most incredible about Beaver is that he isn't one of those "130 pound look like a greyhound" type of runners. No sir. At 185 pounds this guy is a real mountain of strength coming down that highway. No question that this is an inspiration to us 'big guys'.

He likes to be called Beaver and sometimes doesn't even notice that you're talking to him if you call him Tom. And when you can run like he can, hey -- even his mother calls him 'Beaver'.

Whether or not he wins the race, Beaver is always there to cheer the other runners on. I have seen him go way out of his way to encourage little kids in fun runs and broken down old war horses, like me, struggling to finish one more race.

The last couple of years Beaver has been instrumental in keeping what I call the Gardiner-Litchfield Connection going. This is our long Saturday run on those bone chilling winter mornings with the likes of Ray "Mr. Boston" Johnson, Mitch "The Litchfield Kid" Lovering, and yours truly. Last winter we had some special guest stars like Guy Berthiaume, Steve Reed, Jim Booth, and Peter Haggermann. Beaver is a great guy to talk to on these long runs for advise and strategy on running and racing. However, when it comes to diet and nutrition -- go run with Ann-Marie Davee.



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Colby College Cross Country Camp

by Arnold Henry

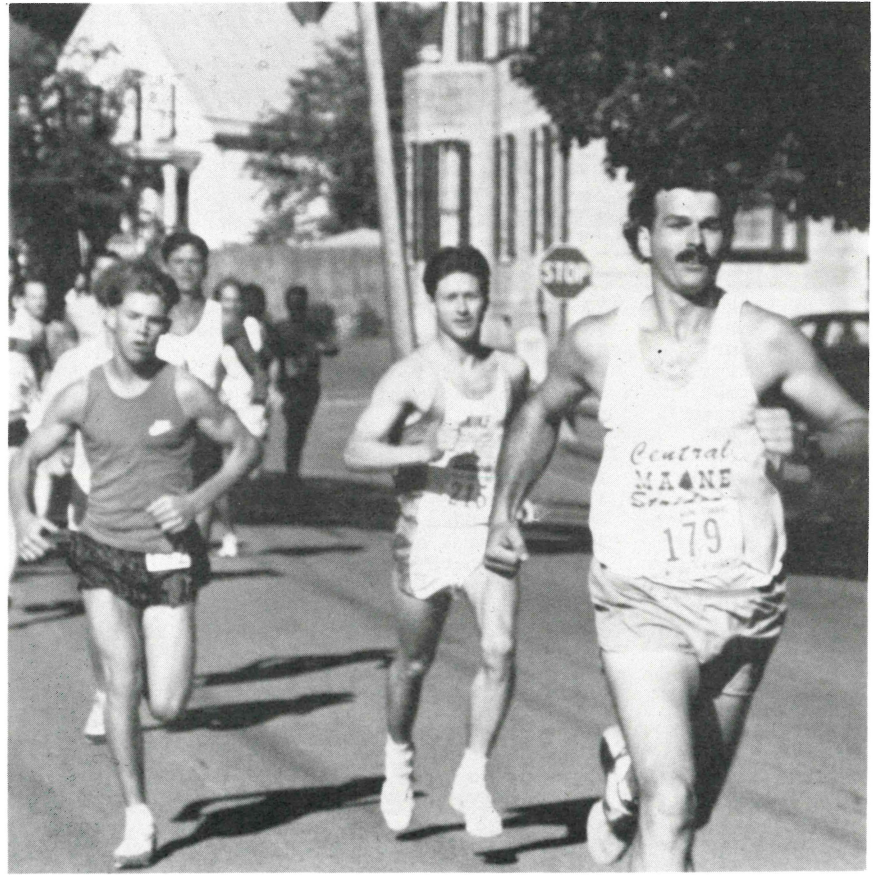
Jim Wesscott was camp director this year for the cross country camp at Colby College. The camp started July 28th. The director wanted us to be able to run six or seven miles pain free, before camp started.

At camp they split us into eight groups. The groups were determined by running experience. Boys and girls were separated. They also had different activities such as cycling, water polo and Nautilus.

The cycling was just to get our heart rate going. Water polo was for fun and to exercise our legs in the water. In the water, you can run in place or simulate running without any pounding on your body. In the Nautilus room we lifted weights because you should keep your upper body toned for running.

There were lectures on Breathing technique, stride mechanics, endurance training and nutrition.

The Colby College Cross Country Camp was a great experience. I learned a lot about running. I'm looking forward to being there again next year. That'll show me if I've improved any and allow me to pick up the things I couldn't remember.



MR: Arnold Henry has been one of the top road runners in his age group this summer. His performance in the Peak to Peak series has been very impressive as was his overall win at the Bert 'n I race. At age 15 Arnold is a sophomore at Medonic Valley and is running on the cross-country team. He is shown at the Gardner Common race keeping pace with eventual winner and course record setter, Todd Coffin and 4th place finisher Tom Thibeau.

VIP CLUB BIATHLON SERIES - Sanford - July 28 & August 18 3 Mile Run - 14.5 Mile Bike

There are small turnouts to these races. Just as well, as the events are poorly run. Contestants received misdirections on the course, results were screwed up and if you win you receive a t-shirt. High entry fees too! There is a real need for a good biathlon in the area, I hope others will not be discouraged by the turnout for this series. The course is fairly easy - enticing for the first time duathlete.

July 28

| | | |
|----------------------------------|---------------|-------|
| 1 Hal Hews | Scarborough | 54:40 |
| 2 Scott Jones | Sanford | 54:44 |
| 3 Dan Smith | Buckfield | 55:47 |
| 4 Mike LeBlanc | Kennebunk | 58:42 |
| 5 Michael Dinehart | Kennebunk | 61:26 |
| 6 Rob Frechette | Sanford | 61:27 |
| 7 Don Wilson | Biddeford | 61:36 |
| 8 Mike LeBlanc & Julie Briggeman | Saco | 62:02 |
| 9 Nancy & Will Lund | Falmouth | 62:22 |
| 10 Joe Hepp | Kennebunk | 62:57 |
| 11 Mike Olsen & Alyissa Kerry | Freeport | 63:10 |
| 12 Charles Myers | Brunswick | 63:19 |
| 13 Les Berry | Gorham | 64:23 |
| 14 Andrew Butt | Portland | 66:04 |
| 15 Eric Gray & Mike Littlefield | North Berwick | 66:23 |
| 16 Paul Casey | Portland | 79:18 |

August 18

| | | |
|----------------------------------|-------------|-------|
| 1 Mark Hews | Scarborough | 54:14 |
| 2 Dan Smith | Buckfield | 55:48 |
| 3 Mike LeBlanc | Kennebunk | 58:54 |
| 4 Paul LeBlanc & Julie Briggeman | Saco | 62:17 |
| 5 Joe Hepp | Kennebunk | 64:55 |
| 6 Dale Rines | Gorham | 65:01 |
| 7 Greg Lamb | Biddeford | 67:34 |
| 8 David Norfleet | Kennebunk | 72:37 |
| 9 Tom Collins | Sanford | 74:21 |
| 10 Tom Decker | Kennebunk | 79:36 |
| 11 Andrew Butt | Portland | 67:26 |

MATTANAWCOOK TRIATHLON - Lincoln - August 11

10k run - 6 mile canoe - 20 mile bike

Cool temperatures and low humidity created a perfect day for this team and individual entry event. Bernie Stockley of Chester was the first woman in the Mattanawcook's 5 year history to complete the entire course. The winning team of Raymond Chabot and Alan, Mike and Mark Burke knocked 1 minute off the course record set last year. This event has a category for almost any combination participants you can think of. Results courtesy of director, Paul Smith.

RUN

- 1 Alan Burke
- 2 Denis Mancini
- 3 Sam Wilbur
- 4 Dave Torrey
- 5 Jamie Frost
- 6 Brook Merrow
- 7 Gary Larson
- 8 Mac Carson
- 9 David Barker
- 10 Gene Roy
- 11 Ed King
- 12 Kate Pfeiffer
- 13 Kenneth Cushman
- 14 Clayton Worster
- 15 Alan Stockley
- 16 Hy Adelman
- 17 Chip Loring
- 18 Dianna Burke
- 19 Mike Corbin
- 20 Bob Dow
- 21 Clint Cushman
- 22 Bernice Stockley
- 23 Bryon Sanderson
- 24 Jay Hallett

CANOE

- 37:32 Ray Chabot, Michael Burke
- 35:50 Dan Thayer, Richard Johnson
- 33:38 John & Tom VanBuren
- 39:10 Hollis Tedford, Denis Beaudoin
- 38:29 Lucas Hartford, Corey Michaud
- 40:27 Paul Brown
- 38:56 Richard Swett, Richard St.Onge
- 38:19 Mac Carson
- 37:48 David Barker, Marsha Giglio
- 41:20 Don Wescott
- 39:54 Richard & Barbara Heath
- 51:53 Kate & Rob Pfeiffer
- 41:33 Kenneth Cushman
- 41:51 Kerwin & John Whitney
- 44:06 Alan Stockley, Donald Barrett
- 43:09 Hy Adelman
- 43:55 Chip Loring
- 51:31 Terry Tracy, Carol Smith
- 39:44 Gary Williams, Peter Eastman
- 40:40 Bob Dow
- 47:39 Clint Cushman
- 51:11 Bernice Stockley
- 48:24 Mike Knight, Bob Sinclair
- 58:07 Hans Miller, Dale Stout

BIKE

- 54:22 Mark Burke
- 56:52 Danny Smith
- 1:02:26 Rusty Davis
- 59:39 Bill Cochran
- 58:34 Justin Hartford
- 58:43 George Walsh
- 1:00:33 Rusty Sweeney
- 59:00 Mac Carson
- 59:14 Marsha Giglio
- 1:05:21 Gene Roy
- 1:12:16 Bruce Williams
- 1:02:01 Rob Pfeiffer
- 1:06:06 Kenneth Cushman
- 1:10:07 Rodney Worster
- 1:05:48 Estella Worster
- 1:08:38 Hy Adelman
- 1:05:54 Chip Loring
- 1:01:13 Paula Niedner
- 1:20:39 Mark Weatherbee
- 1:18:10 Bob Dow
- 1:10:35 Clint Cushman
- 1:17:39 Bernice Stockley
- 1:20:44 Anthony Keim
- 1:39:37 Frank Nicaastro

TOTAL

- 2:19:29
- 2:22:27
- 2:24:40
- 2:28:51
- 2:32:14
- 2:34:12
- 2:39:02
- 2:40:49
- 2:41:05
- 2:44:07
- 2:45:51
- 2:47:33
- 2:51:21
- 2:52:00
- 2:56:49
- 2:57:21
- 2:57:42
- 2:58:50
- 3:00:08
- 3:01:49
- 3:04:20
- 3:13:39
- 3:22:53
- 3:22:53



Left: Bernice Stockley is encouraged by husband Alan. **Top:** Mac Carson of New Brunswick carries his canoe into the water. **Bottom:** Bob Dow runs from the canoe to the bike leg.

BANGOR STRIDE & RIDE BIATHLON

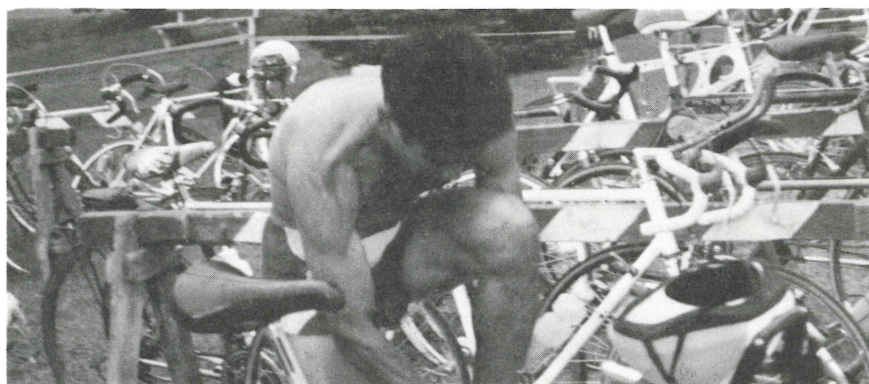
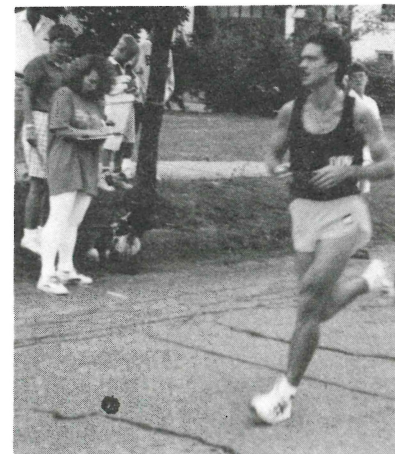
5 Mile Run, 20 Mile Bike - AUG 18

This first time event, organized by the Maine Freewheelers Bicycle Club and the Bangor YMCA Running Club, was a big success, based on all the great feedback from the participants. Scott Ellis of Topsham took top honors by closing a slight deficit in the running leg with a smoking performance on the bike. Cathy Jurgelevich turned in an impressive time to take the women's individual category. All participants were given a slight psychological boost on the uphill finish with the "Theme from Rocky" booming through the air. Results courtesy Mike Avery.

| | | RUN | TOTAL |
|----|-------------------|-------|----------|
| 1 | Ellis Scott | 28:33 | 1:17:52 |
| 2 | Boulay Pierre | 28:20 | 1:22:16 |
| 3 | Jurgelevich Kirk | 31:52 | 1:23:46 |
| 4 | Howes Nathan | 29:56 | 1:24:05 |
| 5 | Romac Chris | 32:19 | 1:24:53 |
| 6 | Anderson James | 31:53 | 1:25:33 |
| 7 | Appleby Dennis | 32:50 | 1:25:50 |
| 8 | Wilson Ian | 31:04 | 1:28:50 |
| 9 | Comeau Alan | 29:55 | 1:31:16 |
| 10 | Johnson Blake | 37:00 | 1:32:13 |
| 11 | Dow Jr Robert | 34:02 | 1:32:49 |
| 12 | Butterfield Scott | 32:07 | 1:34:48 |
| 13 | Francis Chris | 33:17 | 1:34:49 |
| 14 | Jurgelevich Cathy | 34:46 | 1:35:20* |
| 15 | Watkins Andy | 31:54 | 1:35:24 |
| 16 | Salsbury Karen | 35:03 | 1:35:34* |
| 17 | Lloyd Gary | 34:01 | 1:36:28 |
| 18 | Kent Pete | 39:07 | 1:38:56 |
| 19 | Norklun Mike | 39:16 | 1:39:20 |
| 20 | Brantner Karl | 35:12 | 1:39:21 |
| 21 | Haynes Will | 35:57 | 1:39:30 |
| 22 | Francis David | 32:24 | 1:39:54 |
| 23 | Ray Karl | 36:22 | 1:39:58 |

| | | | |
|----|-------------------|-------|----------|
| 24 | Howard Skip | 27:22 | 1:42:06 |
| 25 | Thompson Will | 35:06 | 1:43:23 |
| 26 | Butterfield Jason | 34:41 | 1:45:14 |
| 27 | Edelston Ken | 39:13 | 1:46:18 |
| 28 | Mulvey Tom | 37:54 | 1:46:29 |
| 29 | O'Brien Susan | 38:00 | 1:47:32* |
| 30 | Fessler Gary | 39:25 | 1:48:16 |
| 31 | Locke Joe | 31:15 | 1:54:21 |
| 32 | Brochu Tim | 46:20 | 1:59:55 |
| 33 | Leckey Cleve | 43:13 | 2:00:05 |
| 34 | Palmer Jane | 36:39 | 2:02:28* |

| | | RUN | TOTAL |
|----|-----------------|-------|---------|
| 1 | Ed King | 32:04 | 1:23:27 |
| 2 | Melissa Lockman | 31:29 | 1:24:55 |
| 3 | Matt Merrifield | 31:13 | 1:28:51 |
| 4 | Ann Leaman | 31:26 | 1:33:50 |
| 5 | Jodi McCarthy | 42:21 | 1:34:38 |
| 6 | Nathan Gilbert | 35:01 | 1:35:32 |
| 7 | Joyce Munlin | 35:06 | 1:45:57 |
| 8 | Kenneth Larsen | 33:00 | 1:47:32 |
| 9 | Kim Drury | 42:11 | 1:47:49 |
| 10 | Nicola Eden | 45:13 | 1:50:19 |
| 11 | Ian Fessler | 39:26 | 2:05:20 |



Top l to r: Sue O'Brien changes shoes for the bike * Robert Dow Jr was 40-49 winner * Pierre Bowlay lead after the run * bottom: Scott Ellis of Brunswick was overall winner

RAINBOW TIME TRIAL SERIES - AUGUSTA

AUGUST 4

GRAND MASTER

| | |
|----------------|----------|
| 1 George Walsh | 68 47:07 |
| 2 Dave Guban | 55 48:14 |
| 3 David Hatch | 68 54:04 |

JR MEN

| | |
|---------------------|----------|
| 1 Jamie Brooks | 14 45:24 |
| 2 Page Hadden | 16 45:34 |
| 3 Jody Larue | 14 45:53 |
| 4 Courtney Bosworth | 16 46:36 |
| 5 Adrian Frank | 14 46:53 |
| 6 Josh Freeman | 16 48:11 |
| 7 Kyle Warren | 16 49:17 |
| 8 Steve James | 16 50:40 |
| 9 Dana Pomerleau | 15 52:54 |

VET WOMEN

| | |
|-------------|----------|
| 1 Deb Pluck | 38 58:56 |
|-------------|----------|

SR MEN

| | |
|---------------------|----------|
| 1 Andy Haskell | 20 40:11 |
| 2 Bob Dubois | 30 40:22 |
| 3 Rob Fast | 29 41:53 |
| 4 Gene Lagomarsino | 29 43:00 |
| 5 Dan Smith | 30 43:59 |
| 6 Dick Marchessault | 30 44:03 |
| 7 Jason Pettengill | 20 44:53 |
| 8 John Levesque | 28 44:56 |
| 9 Doug Dolan | 28 46:20 |
| 10 Bob Knoth | 26 46:25 |
| 11 Tom Morrell | 30 48:12 |
| 12 Mike Lawson | 33 50:47 |

VET MASTER

| | |
|-------------------|----------|
| 1 Bill Hartwell | 46 41:45 |
| 2 Rob Pfeiffer | 46 45:21 |
| 3 Paul Timberlake | 51 48:17 |
| 4 Harry Schmitke | 53 49:47 |

SR WOMEN

| | |
|--------------------|----------|
| 1 Carla Carver | 31 45:47 |
| 2 Marie Wade | 29 47:53 |
| 3 Rhonda Morin | 24 50:53 |
| 4 Sue Butler | 28 51:27 |
| 5 Barbara Rattigan | 33 52:18 |

VET MEN

| | |
|--------------------|----------|
| 1 Dan Emery | 40 41:03 |
| 2 Ray Marchessault | 40 41:08 |
| 3 Dean Read | 44 42:08 |
| 4 Kirk Jurgelevich | 38 42:38 |
| 5 Roger Arbour | 35 43:28 |
| 6 Bill Cochran | 44 43:38 |
| 7 Chris Kinney | 37 43:57 |
| 8 Steve Oliveri | 37 47:03 |
| 9 Chuck Hillier | 39 48:31 |
| 10 Mark Simpson | 37 49:05 |
| 11 Ralph Good | 40 49:18 |
| 12 Martin Naas | 44 53:20 |

AUGUST 18

GRAND MASTER

| | |
|----------------|----------|
| 1 George Walsh | 68 47:14 |
| 2 Dave Guban | 55 49:55 |
| 3 Dave Hatch | 68 54:23 |

JR MEN

| | |
|------------------------|----------|
| 1 Charles Reeder | 17 42:33 |
| 2 Courtney Bosworth | 16 47:14 |
| 3 Chris Probert | 17 47:35 |
| 4 Adrian Frank | 16 48:08 |
| 5 John Adkins | 16 49:10 |
| 6 Kyle Warren | 16 49:50 |
| 7 Josh Freeman | 16 50:04 |
| 8 Matt Thorton | 16 52:05 |
| 9 Andrew Richard | 16 53:53 |
| 10 Jeremy Marchessault | 12 54:52 |
| 11 Dana Pomerleau | 15 55:54 |

SR MEN

| | |
|------------------------|----------|
| 1 Andy Haskell | 20 41:03 |
| 2 Dan Works | 30 41:17 |
| 3 Bob Dubois | 30 41:53 |
| 4 John Grenier | 32 42:38 |
| 5 Rob Fast | 29 42:59 |
| 6 Jamie Pelletier | 19 43:29 |
| 7 Gene Lagomarsino | 29 44:38 |
| 8 John Lagomarsino | 28 45:00 |
| 9 Richard Marchessault | 30 45:14 |
| 10 Brian St Louis | 32 46:25 |
| 11 Doug Dolan | 38 47:45 |
| 12 Jeff Longfellow | 24 48:32 |
| 13 George Benington | 31 48:53 |
| 14 Cliff Greim | 33 49:02 |
| 15 Tom Morrell | 30 52:42 |

SR WOMEN

| | |
|--------------------|----------|
| 1 Veronica Knight | 24 47:49 |
| 2 Marie Wade | 29 49:01 |
| 3 Becky Knight | 21 51:46 |
| 4 Sue Butler | 28 51:54 |
| 5 Barbara Rattigan | 33 52:34 |

VET MASTER

| | |
|------------------|----------|
| 1 Bill Hartwell | 46 42:26 |
| 2 Bill Cochran | 45 44:01 |
| 3 Rocky Freeman | 45 44:48 |
| 4 Rob Pfeiffer | 45 45:49 |
| 5 Frank Knight | 45 46:50 |
| 6 Bob Bachorik | 47 47:37 |
| 7 Harry Schmitke | 53 49:42 |

VET MEN

| | |
|--------------------|----------|
| 1 Dan Emery | 40 42:03 |
| 2 Ray Marchessault | 40 42:18 |
| 3 Roger Arbour | 35 42:35 |
| 4 Dean Read | 44 42:51 |
| 5 Chris Kinney | 37 42:58 |
| 6 Jim Dowling | 40 45:41 |
| 7 Marc D'Armour | 31 47:37 |
| 8 Jim Reuter | 38 47:03 |
| 9 Jim Daniels | 40 48:42 |
| 10 Mark Simpson | 37 49:06 |
| 11 Russ Probert | 42 49:35 |
| 12 Ralph Good | 40 50:24 |
| 13 Dan Barrett | 40 51:11 |
| 14 Chuck Hillier | 38 51:54 |
| 15 Martin Naas | 44 53:34 |

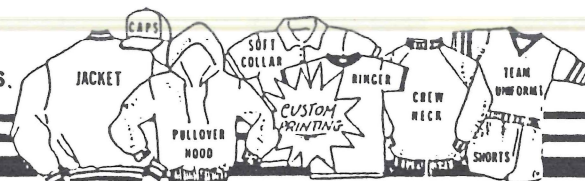
SERIES FINAL

| | |
|----------------------|-------------|
| 1 Andy Haskell | 20 3:25:13 |
| 2 Dan Works | 30 3:26:13 |
| 3 Bob Dubois | 30 3:27:35 |
| 4 Ray Marchessault | 40 3:30:33 |
| 5 Dean Read | 44 3:34:26 |
| 6 William Hartwell | 46 3:37:18 |
| 7 Cris Kinney | 37 3:40:21 |
| 8 Roger Arbour | 35 3:41:23 |
| 9 John Grenier | 32 3:42:20 |
| 10 Rocky Freeman | 45 3:45:18 |
| 11 Rob Pfeiffer | 45 3:48:04 |
| 12 John Levesque | 28 3:50:17 |
| 13 Jim Dowling | 40 3:51:00 |
| 14 Jamie Brooks | 14 3:51:29 |
| 15 Brian St Louis | 32 3:56:14 |
| 16 Courtney Bosworth | 16 3:57:29 |
| 17 Adrian Frank | 16 3:58:14 |
| 18 George Walsh | 68 3:59:02 |
| 19 Veronica Knight | 24 3:49:58* |
| 20 Doug Dolan | 28 4:00:35 |
| 21 Frank Knight | 45 4:00:37 |
| 22 Marie Wade | 29 4:05:34* |
| 23 Dave Guban | 55 4:07:50 |
| 24 Jim Reuter | 38 4:08:30 |
| 25 Tom Morrell | 30 4:09:22 |
| 26 Bob Bachorik | 47 4:09:30 |
| 27 Kyle Warren | 16 4:10:09 |
| 28 Jeff Longfellow | 24 4:10:48 |
| 29 Chuck Hillier | 38 4:11:46 |
| 30 Josh Freeman | 16 4:12:22 |
| 31 Ralph Good | 40 4:13:43 |
| 32 Jon Adkins | 16 4:16:32 |
| 33 Sue Butler | 28 4:32:28* |
| 34 David Hatch | 68 4:34:56 |

DECEMBER
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next issue of
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RUNNING



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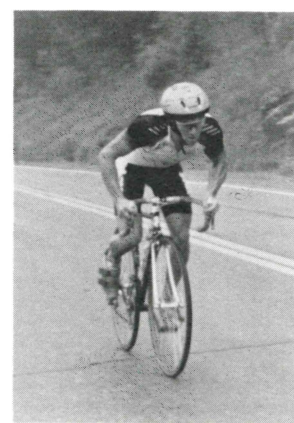
MEGUNTICOOK CIRCUIT BIKE RACE - July 7 - Camden *This race consists of 3 loops around a 10+ mile loop. It starts at the bottom of this humongous hill and ends at the top of the same hill, resulting in having to climb it 4 times. This was the first bike event that I had done in many years and it proved to be a lot of fun. Some in the front pack said that it was an easy pace (for them) until the very end. The winning time was 1:29:42. William Hartwell was the winning 40+, Jamie Schwellenbach was first women in 1:39:53 and Robert Jones was Junior men winner. Results were didn't include times or ages. Results courtesy of Sarah Andrus, Maine Sport.*

1 Rusty Davis
2 Jayson Loboazzo
3 Paul Carpenter
4 William Hartwell
5 Chris Mills
6 Bruce Frech
7 Bert Hall
8 Robert Baigvy
9 Todd Richard
10 Lucien Black
11 Scott Seymour
12 James Tierney
13 Nathan Mills
14 Jason Pettengill
15 Mike Workman

16 James Reuter
17 Ray Marchessault
18 Jim Schwellenbach
19 John Long
20 Dan Emery
21 William Carter
22 Dennis Rudnicki
23 Matt Gerrish
24 Larry Poulin
25 Stewart Guay
26 Mark Caron
27 Rob Harkins
28 Mike Marsankis
29 Steve Knobel
30 Bob Remillard

31 Todd LeBlanc
32 David Rudnicki
33 Don Andrus
34 Robert Jones
35 Bill O'Brien
36 Jaime Brooks
37 Mark Tasker
38 Michael Cannell
39 Bob Phelps
40 Page Hadden
41 Harry Schmitke
42 Jamie Schwellenbach
43 Nicholas Legare
44 John LeRoy
45 David Weferling

46 Joshua Morris
47 Matthew Johnson
48 Marie Wade
49 Robin Weber
50 Charles Thurston
51 Michael Brosnan
52 John LaFauer
53 Sue Butler
54 Lisa Abrams
55 George Benington
56 Lisa Oesterling
57 Atje Grenert
58 Marty Scanlan
59 Lindsay Iverson
60 Jan Munroe
61 Ruth Jolicoer



Top 1 to r: Women's winner Jamie Schwellenbach * Dave Wueferling and MR at the uphill finish * Scott Seymour takes a prime * Bottom 1 to r: The Start * Post race lies



TOM PAYSON BIKE RACE - Yarmouth - July 21

This race attracts riders from all over New England with 140 men and 17 women. The men race consists of 10 laps for 36 miles while the women do 7 laps for 25 miles. It was hot and humid but with an average speed of 27.5 mph for the men and 21 for the women, it had to be cooler then running that day. Results courtesy of Kinnin Laramie.

| | | | | | |
|-----------------------|--------------------|-----------------|----------------------|--------------------|-----------------|
| 1 Frank McCormack | IME, Bolla Wine | Plymouth, Mass. | 1 Stephanie Roussos | Mass Bay Road Club | New Bedford, MA |
| 2 Mark McCormack | IME, Bolla Wine | Plymouth, Mass. | 2 Becky Wigglesworth | M. Steel | Beverly, MA |
| 3 Derek Bouchard-Hall | Putney, West Hill | Putney, VT | 3 Sue Delaney | Nashua Velo Club | Nashua, NH |
| 4 Tom Moyer | M. Steel | Beverly, MA | 4 Kerry A. Keenan | Portland Velo Club | Portland, ME |
| 5 Bill Yabroudy | European Imports | Pawtucket, RI | 5 Heather Tallman | MLBC | Cambridge, MA |
| 6 Scott Wade | Putney, West Hill | Putney, VT | 6 Jennifer Hartel | | Andover, MA |
| 7 James O'Mara | Nashua Velo Club | Nashua, NH | 6 Suzy West | Putney, West Hill | Putney, VT |
| 8 Todd Mion | Nashua Velo Club | Nashua, NH | 8 Jodi Groesbeck | | |
| 9 Phil Gauthier | Elan Velo Club | Springvale, ME | 9 Alison Richardson | Putney, West Hill | Putney, VT |
| 10 Scott Pader | Mass Bay Road Club | Plymouth, MA | 10 Erika Graveline | Putney, West Hill | Putney, VT |

SUMMER BIATHLON SERIES - Bethel

5k Run and Shoot - August 4

When I first heard of this event I immediately planned to compete. A torn hamstring prevented me from running, but I still was anxious to cover the event and get a first hand view. On the morning of the race the forecast called for heavy rains to the west (including Bethel) so I headed down east and covered the Lobster Festival in Rockland instead. As it turned out, the rain may have kept others away but didn't stop the 16 hearty souls who showed up. A unique event which is a version of the "real" Olympic biathlon except that the participants run instead of ski. Each competitor ran 1 mile, returned to the shooting range for 5 shots in a prone position, ran another mile, fired 5 shots from a standing position then repeated the 1 mile run. For each miss of the target 30 seconds was added to the time. If you are a poor shot, (i.e. Dick Scribner) you have eliminated yourself from competition! Our own Nancy Lund combined some fast running with a few hits of the target to win the women's division. Results courtesy Kirk Siegel.

| | | | | | |
|----------------|---------|---------------------|----------|-------------------|----------|
| 1 Scott Jerome | 5 23:16 | 7 Nancy Lund | 7 30:15* | 12 Susan Crandall | 3 33:18* |
| 2 Scott Bean | 3 26:59 | 8 David Cate | 8 30:15 | 13 Dennis Jenkins | 2 34:20 |
| 3 James Feeney | 5 27:09 | 9 Paula Polka | 5 31:52* | 14 Gretchen Elias | 6 35:11* |
| 4 Josh Wojik | 3 27:29 | 10 Ken Bonstein | 4 32:29 | 15 Sara Haeger | 7 38:21* |
| 5 Doug Zinchuk | 8 28:23 | 11 Richard Scribner | 10 32:39 | 16 Mark Clinch | 5 41:07 |
| 6 Ira Cohen | 2 28:40 | | | | |

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CELEBRATE GORHAM ROAD RACES - July 13

| | | | | | | | | | | | |
|----|--------------|----------------------|--------|--------|-------------|----------|--------|--------------------------|-----------|-----------|--------|
| Re | Results | Courtesy - Don Penta | 46 | Pierce | Carol | 18:46* | 92 | Jewell | Terry | 23:30* | |
| 1 | Botting | Ken | 14:45 | 47 | Gould | Aaron | 18:52 | 93 | Clinch | Mark | 23:40 |
| 2 | Thibeault | Roland | 15:00 | 48 | Nicholas | Laurie | 18:54* | 94 | Stiles | David | 23:47 |
| 3 | Lancaster | Mike | 15:08 | 49 | Graffam | Jim | 19:02 | 95 | Penta | Don | 23:54 |
| 4 | McIver | Dennis | 15:23 | 49 | Hawkes | Bob | 19:04 | 96 | Stanley | Rod | 24:12 |
| 5 | Hatton | Craig | 15:31 | 50 | William | Champ | 19:13 | 97 | Anderson | Christine | 24:31* |
| 6 | Gray | Craig | 15:37 | 51 | Satterfield | David | 19:17 | 98 | Anderson | Amy | 24:44* |
| 6 | Cameron | Donald | 15:37 | 52 | Hatt | Marcus | 19:18 | 99 | Ziegel | Karen | 24:46* |
| 7 | Burgess | Mark | 15:42 | 53 | Shaw | Mike | 19:20 | 100 | Burke | William | 24:47 |
| 8 | Caiazzo | Mike | 15:51 | 54 | Finch | Doug | 19:22 | 101 | Isaacson | John | 25:04 |
| 9 | Devou | Bill | 15:56 | 55 | Boothby | Sam | 19:28 | 102 | Morrill | Mary | 25:18* |
| 10 | Gile | Kevin | 16:03 | 56 | Frizzell | Norman | 19:29 | 103 | Clinch | Trina | 25:42* |
| 11 | Flanders | Brian | 16:05 | 57 | Downing | Kevin | 19:36 | 104 | Bowers | Caroline | 25:44* |
| 12 | Foster | Roger | 16:37 | 58 | Ellis | Eric | 19:38 | 105 | Hinckley | Elaine | 26:04* |
| 13 | Peterson | David | 16:38 | 59 | Dunn | Ray | 19:40 | 106 | Seaward | Sarah | 26:30* |
| 14 | Thebeault | Jerry | 16:39 | 60 | Trafton | Joey | 19:52 | 107 | Peters | Paul | 26:48 |
| 15 | Gierie | Robert | 16:40 | 61 | Schultz | Ben | 19:55 | 108 | Carroll | James | 30:45 |
| 16 | Randall | Alec | 16:49 | 62 | Huertas | Aubin | 19:59 | | | | |
| 17 | Dunn | Jamilyn | 16:51* | 63 | Setelmack | Mark | 20:14 | Children's Race (1.5 mi) | | | |
| 18 | Connors | Russ | 16:55 | 64 | Kerwin | Joseph | 20:16 | 1 | Mercier | Jeff | 7:21 |
| 19 | Fogg | Carl | 16:56 | 65 | Hunter | James | 20:21 | 2 | Costello | Greg | 7:57 |
| 20 | Fitzgerald | Tim | 16:57 | 66 | Downing | Terry | 20:22* | 3 | Barry | Meghan | 8:10* |
| 21 | Burford | R | 17:00 | 67 | Misiel | Jeffrey | 20:23 | 4 | Downing | Peter | 8:19 |
| 22 | Hinckley | Scott | 17:02 | 68 | Brown | Lori Ann | 20:28* | 5 | Beagle | Noel | 8:26* |
| 23 | Vezina | Phil | 17:07 | 69 | Towle | Lori | 20:32* | 6 | Kovats | Ryan | 8:39 |
| 24 | Towle | Hayden | 17:12 | 70 | Newell | Greg | 20:42 | 7 | Gieringer | Carolee | 8:46* |
| 25 | Mercier | Jack | 17:15 | 71 | Walker | Nell | 20:52 | 8 | Palouski | Eric | 8:47 |
| 26 | Wilson | Donald | 17:18 | 72 | Rundlett | Derry | 21:01 | 9 | Downing | Michael | 8:48 |
| 27 | Dugas | Greg | 17:25 | 73 | Titcomb | Patricia | 21:10* | 10 | Cauazzo | Greg | 8:48 |
| 28 | Scribner | Richard | 17:26 | 74 | Geissler | Jeff | 21:23 | 11 | Bell | Mary | 9:02* |
| 29 | Gardner | Marc | 17:32 | 75 | Kouats | Ernie | 21:36 | 12 | Lovett | Justin | 9:17 |
| 30 | Hall | Ruth | 17:36* | 76 | Scott | Brad | 21:36 | 13 | Mendez | Georgia | 9:19* |
| 31 | Richards | Joe | 17:42 | 77 | Ouilette | John | 21:37 | 14 | McIver | Ryan | 9:25 |
| 32 | Berry | Les | 17:44 | 78 | Hawkes | Richard | 21:39 | 15 | Sandman | Jayne | 9:31* |
| 33 | Guzz | George | 17:51 | 79 | Southworth | JJ | 21:40 | 16 | Kirby | Kyle | 9:31 |
| 34 | Fournier | Mark | 17:59 | 80 | Randall | Rosalyn | 21:44* | 17 | Ouilette | Leah | 9:52* |
| 35 | Foshay | Don | 18:03 | 81 | Jewell | Mark | 21:53 | 18 | West | Danny | 10:12 |
| 36 | Newell | Chris | 18:03 | 82 | Burgess | Mark | 21:53 | 19 | Joyce | Phoebe | 10:14* |
| 37 | Moody | Doug | 18:06 | 83 | Cook | Traci | 22:05* | 20 | Jenkins | Andrew | 10:33 |
| 38 | Flaherty | Peter | 18:07 | 84 | Flint | WW | 22:25 | 21 | Lovett | Jonathan | 10:37 |
| 39 | Moore | Randy | 18:09 | 85 | Curran | Rochelle | 22:30* | 22 | Moore | Haley | 10:38* |
| 40 | Burlgajewski | Michael | 18:10 | 86 | Keene | Brenda | 22:35* | 23 | Frizzell | Adam | 10:44 |
| 41 | Downing | Mike | 18:11 | 87 | Richards | Linda | 22:52* | 24 | Frizzell | Emily | 10:47* |
| 42 | Hardy | Al | 18:12 | 88 | Clinch | Albert | 22:53 | 25 | Flint | Joe | 10:52 |
| 43 | Lajoie | Dick | 18:20 | 89 | Peters | Brian | 22:57 | 26 | Jenkins | Eileen | 11:21* |
| 44 | Jolicoeur | Bob | 18:20 | 90 | DeBoze | Tom | 23:09 | 27 | Palomaki | Peter | 12:15 |
| 45 | Zillman | Don | 18:22 | 91 | Grassi | Judy | 23:23* | 28 | West | David | 22:42 |

Colby 5 Mile Classic - Waterville - August 17

| | | | | | | | | | | | |
|----------------------------------|-----------|---------|-----------|-------|-----------|----------|-----------|-------|----------|----------|-----------|
| Results - Central Maine Striders | | | 19 | Reece | Chris | 19 19:15 | 37 | Blair | David | 48 22:20 | |
| 1 | Clapper | Gerry | 30 15:25 | 20 | Robinson | Andy | 16 19:24 | 38 | Moore | James | 48 22:20 |
| 2 | Coburn | David | 27 15:49 | 21 | Belanger | John | 40 19:29 | 39 | Lorey | Frank | 62 22:34 |
| 3 | Stevens | Alton | 43 17:20 | 22 | Bastow | Peter | 54 19:31 | 40 | Abrams | Don | 58 22:38 |
| 4 | Hallett | Michele | 27 17:24* | 23 | Williams | Bruce | 40 19:41 | 41 | Parent | David | 37 22:50 |
| 5 | Lyons | Jay | 20 17:30 | 24 | Whittier | Susan | 33 20:06* | 42 | Curtis | Keith | 62 23:04 |
| 6 | Dubord | Edie | 33 17:32* | 25 | Quirion | Bob | 17 20:17 | 43 | Hyer | Al | 43 23:25 |
| 7 | LaLiberte | Scott | 16 17:47 | 26 | Schroeder | Warren | 17 20:22 | 44 | Libby | Lisa | 17 23:56* |
| 8 | Ayer | Brent | 37 17:59 | 27 | Gillespie | Robert | 52 20:23 | 45 | Wilson | Warren | 57 24:04 |
| 9 | Kash | Kelley | 33 18:17 | 28 | Hall | Cliff | 56 20:30 | 46 | Libby | Carol | 42 24:21* |
| 10 | Manzer | John | 37 18:25 | 29 | Green | David | 33 20:40 | 47 | Thornton | Dick | 58 25:20 |
| 11 | Cartier | Justin | 18 18:32 | 30 | Clark | Ernie | 31 21:05 | 48 | Bickford | Harold | 45 25:53 |
| 12 | Caron | Carroll | 34 18:45 | 31 | Dyer | Teague | 15 21:05 | 49 | Viles | Walter | 55 26:03 |
| 13 | Phillips | Lambros | 33 18:48 | 32 | Fowles | Bruce | 51 21:40 | 50 | Ayer | Renee | 33 26:43* |
| 14 | Knickman | Denise | 23 18:52* | 33 | Libby | Dan | 45 21:40 | 51 | Tozier | William | 63 27:05 |
| 15 | Chapin | Jon | 32 19:02 | 34 | McIntyre | David | 29 21:57 | 52 | Sears | Ben | 8 27:44 |
| 16 | Dubord | Bill | 44 19:04 | 35 | Poulin | Arika | 13 21:59* | 53 | Mason | Harvey | 57 31:25 |
| 17 | Day | Steve | 25 19:08 | 36 | Smith | Clif | 40 22:05 | 54 | Brown | Mardie | 73 36:47* |
| 18 | Siren | Raul | 46 19:11 | | | | | | | | |

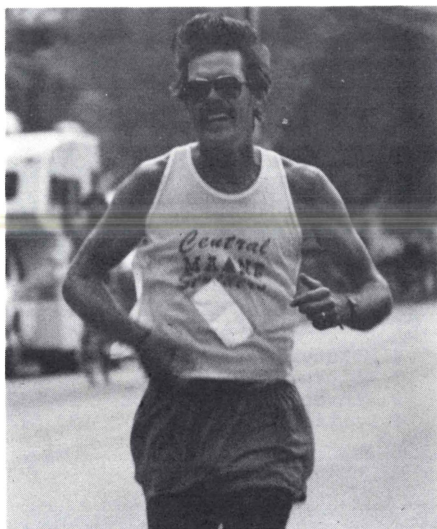
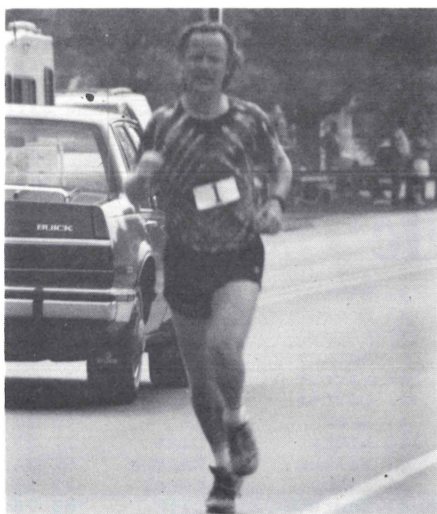
Joan Benoit Masters Mile - Seb Mano Open Mile Waterville - August 17

| | | | | | | | | | | | |
|---|---------|-------|---------|---|-----------|--------|---------|---|----------|---------|-----------|
| 1 | Stevens | Alton | 43 4:54 | 1 | Clapper | Gerry | 30 4:26 | 6 | McIntyre | David | 29 5:13 |
| 2 | Dubord | Bill | 44 5:02 | 2 | Muir | Allan | 36 4:27 | 7 | Knickman | Denise | 23 5:15 * |
| 3 | McGuire | Tom | 44 5:12 | 3 | Quirlon | Bob | 17 5:02 | 8 | Stevens | Machaon | 13 5:26 |
| 4 | Siren | Raul | 46 5:21 | 4 | Dyer | Teague | 15 5:12 | 9 | Dostie | Terry | 33 5:28 |
| 5 | Libby | Dan | 45 5:52 | 5 | Schroeder | Warren | 17 5:12 | | | | |
| 6 | Smith | Clif | 40 5:57 | | | | | | | | |

The Dam Run - 5K - Moscow - July 20

Race director Gordon Hartwell had 2 rolls of great photos of this race but were lost by the same photo labs that have ruined or lost a total of 6 rolls for MAINELY RUNNING. He reports that Danny Paul led from start to finish and was never challenged. The day was very hot and humid and the hills were tough on a very scenic course. Everyone involved, some from as far away as Kentucky, California, Florida, Mass. and Connecticut, enjoyed the race as things went smoothly for a first time event.

| | | | | | | | | |
|---------------|--------|-------|----------------|---------|--------|----------------|----------|--------|
| 1 Paul | Danny | 16:24 | 27 McManus | Dave | 20:50 | 53 Fournier | Tim | 25:09 |
| 2 Croteau | Dennis | 16:52 | 28 Dorion | Bryn | 20:58* | 54 Lacasse | Karen | 25:14* |
| 3 Howard | Jeremy | 17:05 | 29 Paul | David | 21:02 | 55 Hilmer | Maria | 25:20* |
| 4 Foxwell | Clint | 17:45 | 30 Belanger | Damien | 21:07 | 56 Plante | Casey | 25:33 |
| 5 Bloomerth | Dwayne | 17:55 | 31 Hagopian | Bob | 21:10 | 57 Pohlman | Donna | 25:34* |
| 6 Murphy | Todd | 18:38 | 32 Pacquette | Ron | 21:12 | 58 Stewart | Joel | 25:42 |
| 7 Manzer | John | 18:45 | 33 Henry | Andrew | 21:22 | 59 Hagopian | Brock | 25:52 |
| 8 McIntyre | David | 18:51 | 34 Dwyer | Larry | 21:37 | 60 Viles | Walter | 25:54 |
| 9 Foster | Roger | 18:59 | 35 Malloy | Steve | 21:39 | 61 Collins | Meagan | 26:01* |
| 10 Siren | Raul | 19:02 | 36 Hagopian | Brett | 21:55 | 62 Lagan Nasse | Julianne | 26:26* |
| 11 Maguire | Tom | 19:07 | 37 Stu | Aaron | 21:56 | 63 Lagin | Nancy | 26:26* |
| 12 Poulin | Dennis | 19:14 | 38 Hilmer | Jake | 21:57 | 64 Collins | John | 26:28 |
| 13 Wattles | Will | 19:17 | 39 Finkles | Jeff | 22:09 | 65 Seader | Ray | 26:39 |
| 14 Brume | Frank | 19:22 | 40 Henry | Arnold | 22:21 | 66 Conner | Robert | 27:47 |
| 15 Hagopian | Brian | 19:31 | 41 Hagopian | Brandon | 22:40 | 67 Clapper | Charlie | 29:15 |
| 16 Crockett | Walter | 19:33 | 42 Emrich | James | 22:46 | 68 Clapper | Leona | 29:20* |
| 17 Dyer | Teague | 19:39 | 43 Pelotte | Roy | 22:55 | 69 Belanger | Ronald | 30:31 |
| 18 Wheaton Sr | David | 19:41 | 44 Poulin | Mary | 23:04* | 70 Dwyer | Sally | 30:53* |
| 19 Lemieux | Myles | 19:44 | 45 LaCasse | Mark | 23:13 | 71 Pelotte | Gail | 31:02* |
| 20 Bachorik | Bob | 20:02 | 46 Walton | Bob | 23:14 | 72 Corrigan | Jane | 31:15* |
| 21 Fisher | Miker | 20:18 | 47 Witherspoon | John | 23:19 | 73 Conner | Maryln | 31:25* |
| 22 Bickford | Wade | 20:20 | 48 Walsh Green | Diane | 23:43* | 74 Belanger | Marie | 31:57* |
| 23 Green 11 | Arnold | 20:22 | 49 Robinson | Seth | 24:08 | 75 Bochorik | Candance | 33:35* |
| 24 Stewart | Dayrl | 20:33 | 50 Riding | Chris | 24:10* | 76 Plante | Bibi | 35:16* |
| 25 Paul | Jimmy | 20:40 | 51 Emrich | Bob | 24:28 | 77 Sullivan | Jim | 40:10 |
| 26 Turner | Dave | 20:43 | 52 Paul | Jack | 24:28 | 78 Sullivan | Kay | 40:10* |



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Bottom: Jim Paul is brother of winner Danny

LBCA 5K - July 21

Results Courtesy - Don Penta

| | | | | |
|----|---------------|---------|----|--------|
| 1 | Thompson | Michael | 33 | 16:51 |
| 2 | Mills Jr | Jeff | 17 | 17:11 |
| 3 | Burke | Alan | 27 | 17:19 |
| 4 | Jordan | Robert | 31 | 17:34 |
| 5 | Howard | Allen | 44 | 17:52 |
| 6 | Crockett | Walter | 32 | 18:04 |
| 7 | KCorrigan | Paul | 39 | 18:12 |
| 8 | Emrick | James | 16 | 18:18 |
| 9 | Bradbury | Gunar | 16 | 18:32 |
| 10 | Dawson | Ed | 31 | 18:43 |
| 11 | Paterson | Steve | 41 | 18:46 |
| 12 | Clark Whittie | Susan | 33 | 18:47* |
| 13 | Kloster | Jim | 33 | 18:48 |
| 14 | Pennock | Doug | 32 | 18:55 |
| 15 | Sears | Curtis | 39 | 19:14 |
| 16 | Kirby | Tom | 34 | 19:26 |
| 17 | Milew | Dick | 36 | 19:44 |

| | | | | |
|----|-------------|--------|----|--------|
| 18 | Worden | Mike | 22 | 20:05 |
| 19 | Ellingwood | Ken | 35 | 20:06 |
| 20 | Shannon | Eric | 17 | 20:47 |
| 21 | Brenner | Clark | 0 | 21:02 |
| 22 | Stupkewicz | Raron | 14 | 21:31 |
| 23 | Mills Sr | Jeff | 44 | 21:54 |
| 24 | Saint Amand | Jerry | 48 | 21:59 |
| 25 | Ramsey | Frank | 62 | 22:04 |
| 26 | Ellingwood | Cindy | 32 | 22:09* |
| 27 | Edwards | Frank | 49 | 22:25 |
| 28 | Mixer | Mary | 39 | 22:32* |
| 29 | Bonstein | Ken | 45 | 22:37 |
| 30 | Price | Kent | 52 | 22:37 |
| 31 | Shackleford | Bill | 49 | 22:42 |
| 32 | Chase | Ronald | 50 | 22:49 |
| 33 | Howard | Susan | 32 | 23:08* |
| 34 | Ozluk | Ali | 38 | 23:09 |
| 35 | Emrich | Bob | 34 | 23:13 |

| | | | | |
|----|------------|-----------|----|--------|
| 36 | Peterson | Diane | 27 | 23:14* |
| 37 | Nguyen | Mia-Jo | 24 | 24:00* |
| 38 | Connor | Robert | 57 | 24:23 |
| 39 | Burke | Dianne | 26 | 24:30* |
| 40 | Bonsteig | Rosemary | 39 | 24:33* |
| 41 | Lyons | Tom | 30 | 25:14 |
| 42 | Belanger | Rodney | 31 | 25:35 |
| 43 | Stupkewicz | Kathy | 15 | 26:44* |
| 44 | Burrill | Joel | 34 | 26:50 |
| 45 | Burrill | Christine | 33 | 26:50* |
| 46 | Whitney | Mary | 44 | 26:52* |
| 47 | Blue | Laura | 30 | 28:43* |
| 48 | Sears | Ben | 8 | 27:30 |
| 49 | Corregan | Jan | 39 | 28:43* |
| 50 | Mathies | Sue | 20 | 29:08* |
| 51 | Leland | Donna | 52 | 32:49* |
| 52 | Sears | Jean | 38 | 32:53* |
| 53 | Paulson | Paul | 64 | 37:55 |

Moonlight Madness 3 Miler - Farmington - July 26

Results courtesy - Jack Paul

| | | | | |
|----|-------------|-----------|----|--------|
| 1 | Meserve | Jeff | 33 | 15:11 |
| 2 | Croteau | Dennis | 41 | 15:49 |
| 3 | Hartwell | Gordon | 33 | 15:55 |
| 4 | Howard | Jeremy | 14 | 16:00 |
| 5 | Hartford Jr | Rick | 22 | 16:01 |
| 6 | Hastings | Randy | 37 | 16:02 |
| 7 | Blomerth | Duane | 21 | 16:19 |
| 8 | Stuart | Rick | 33 | 16:22 |
| 9 | Knight | Stacy | 22 | 16:24 |
| 10 | Lindsey | Jay | 32 | 16:36 |
| 11 | Fortin | Tim | 25 | 16:38 |
| 12 | Meserve | Tina | 24 | 16:40* |
| 13 | Parlin | Greg | 38 | 16:41 |
| 14 | Brown | Seth | 16 | 16:43 |
| 15 | Frost | Jamie | 18 | 17:12 |
| 16 | Blomerth | Daren | 18 | 17:14 |
| 17 | Manzer | John | 37 | 17:34 |
| 18 | Johnston | Ronald | 39 | 17:36 |
| 19 | Crockett | Walter | 32 | 17:42 |
| 20 | Hagopian | Bryan | 17 | 17:44 |
| 21 | Poisson | Ross | 15 | 17:46 |
| 22 | Wattles | William | 41 | 17:52 |
| 23 | Hoisington | Richard | 36 | 17:53 |
| 24 | Dube | Andy | 28 | 17:55 |
| 25 | Mitchell | Michael | 17 | 18:01 |
| 26 | Bradbury | Gunnar | 16 | 18:13 |
| 27 | Stewart | Darryl | 15 | 18:14 |
| 28 | Poucin | Denis | 31 | 18:18 |
| 29 | Fortin | Latty | 42 | 18:19 |
| 30 | Newton | Wayne | 47 | 18:26 |
| 31 | Yates | Bill | 50 | 18:27 |
| 32 | Simoneau | Michael | 43 | 18:31 |
| 33 | Joseph | Russ | 37 | 18:36 |
| 34 | Chabot | Katherine | 17 | 18:40* |
| 35 | Turner | David | 27 | 18:47 |
| 36 | Buchurik | Bob | 47 | 18:48 |
| 37 | McManus | David | | 18:49 |
| 38 | Mawhinny | Tanny | 38 | 18:55 |
| 39 | Cummings | Tim | 40 | 18:58 |
| 40 | Leather | Gregory | 35 | 19:01 |
| 41 | Lafreniere | Ross | 26 | 19:11 |
| 42 | Sullivan | Jim | 44 | 19:12 |
| 43 | Cummings | Dick | 54 | 19:13 |
| 44 | Kelly | Brian | 33 | 19:16 |
| 45 | Hagopian | Bob | 44 | 19:23 |
| 46 | Greenleaf | Michael | 38 | 19:24 |
| 47 | Jacques | James | 30 | 19:24 |
| 48 | Dupler | L | 30 | 19:28 |
| 49 | Bryn | Doiron | 30 | 19:30* |
| 50 | Andrews | Jeff | 17 | 19:33 |
| 51 | Kamholtz | Dennis | 44 | 19:41 |
| 52 | Smith | Rick | 33 | 19:43 |
| 53 | Jackson | Coleen | 30 | 19:46* |
| 54 | Bryant | Raymond | 54 | 19:50 |
| 55 | Cobb | Risa | 31 | 20:03* |
| 56 | Laney | Timothy | 27 | 20:05 |

| | | | | |
|-----|-------------|-----------|----|--------|
| 57 | Bowen | Eric | 35 | 20:06 |
| 58 | Finkels | Geof | 35 | 20:08 |
| 59 | Hagopian | Brett | 15 | 20:08 |
| 60 | Ellingwood | Ken | 35 | 20:09 |
| 61 | Wright | Bob | 34 | 20:10 |
| 62 | Page | Paul | 35 | 20:11 |
| 63 | Dean | Ron | 34 | 20:12 |
| 64 | Luciano | Scott | 15 | 20:19 |
| 65 | Grant | Dave | 33 | 20:19 |
| 66 | Hiscock | Michael | 15 | 20:29 |
| 67 | Johnson | Larry | 30 | 20:31 |
| 68 | Cornisilo | Steve | 35 | 20:36 |
| 69 | Lynn | Ron | 45 | 20:37 |
| 70 | Houghton | William | 34 | 20:41 |
| 71 | Hagopian | Brandin | 12 | 20:48 |
| 72 | Hess | Tory | 40 | 20:49 |
| 73 | Rossignol | Jarod | 14 | 20:50 |
| 74 | Bern | David | 46 | 21:00 |
| 75 | Hayes | Dennis | 41 | 21:02 |
| 76 | MacDonald | John | 40 | 21:08 |
| 77 | Burnette | Peter | 39 | 21:09 |
| 78 | Adams | Ryan | 12 | 21:10 |
| 79 | Bachorik | Rob | 22 | 21:11 |
| 80 | Rossignol | Lee | 36 | 21:21 |
| 81 | Chabot | Raymond | 44 | 21:22 |
| 82 | Osborne | Penny | 17 | 21:23* |
| 83 | Karkos | Paul | 34 | 21:36 |
| 84 | Pratt | Jason | 22 | 21:38 |
| 85 | Riordan | Dale | 33 | 21:39 |
| 86 | Nichols | John | 29 | 21:40 |
| 87 | Hagopian | Brock | 11 | 21:41 |
| 88 | Collins | Meghan | 9 | 21:41* |
| 89 | Collins | John | 44 | 21:42 |
| 90 | Eubanks | James | 55 | 21:43 |
| 91 | Freeman | Jerry | 22 | 21:44 |
| 92 | Kellingwood | Cindy | 32 | 21:45* |
| 93 | Breton | Jeff | 33 | 21:48 |
| 94 | Durrell | Colon | 47 | 21:52 |
| 95 | McCann | Karen | 40 | 22:01* |
| 96 | Stewart | Joel | 12 | 22:02 |
| 97 | Ryding | Kris | 28 | 22:03* |
| 98 | Ouellette | Michael | 34 | 22:08 |
| 99 | Paul | Jack | 35 | 22:09 |
| 100 | Nichols | Carol | 41 | 22:19* |
| 101 | St Pierre | Adde | 15 | 22:20* |
| 102 | St Pierre | Marriette | 20 | 22:24* |
| 103 | Williams | Mark | 23 | 22:32 |
| 104 | Morrill | Deven | 12 | 22:34 |
| 105 | Morrill | Don | 40 | 22:35 |
| 106 | Wattles | Nina | 33 | 22:42* |
| 107 | Hoisington | Ben | 11 | 22:48 |
| 108 | Morrill | Dennis | 51 | 22:51 |
| 109 | Dubois | Kelly | 20 | 22:53* |
| 110 | Russo | Heather | 16 | 22:55* |
| 111 | Dupler | Tini | 33 | 23:01* |
| 112 | Baylis | Erin | 16 | 23:02* |

| | | | | |
|-----|------------|------------|----|--------|
| 113 | Kobioches | Eric | 34 | 23:05 |
| 114 | Stowell | Preston | 11 | 23:06 |
| 115 | Bridges | Dexter | 30 | 23:11 |
| 116 | Drake | Nathan | 21 | 23:12 |
| 117 | Viles | Walter | 54 | 23:16 |
| 118 | Chakoumak | Allison | 33 | 23:20* |
| 119 | David | William | 72 | 23:24 |
| 120 | Simpson | Cedric | 11 | 23:27 |
| 121 | Smith | Sharon | 30 | 23:29* |
| 122 | Oakley | Dylan | 11 | 23:33 |
| 123 | Ruprecht | Karen | 36 | 23:49* |
| 124 | Bubier | Anne | 16 | 23:50* |
| 125 | Stewart | Darryl | 36 | 23:51 |
| 126 | Ellingwood | William | 41 | 24:00 |
| 127 | Chabot | Sherry | 44 | 24:33* |
| 128 | Lawless | Matt | 8 | 24:43 |
| 129 | Rossignol | Teri | 35 | 24:44* |
| 130 | Lafreniere | Pam | 26 | 24:48* |
| 131 | Bass | Kelcy | 12 | 24:51* |
| 132 | Hutchison | Michael | 11 | 24:52 |
| 133 | Ruprecht | Albert | 30 | 24:53 |
| 134 | Morrill | Leslie | 37 | 24:59* |
| 135 | Belanger | Rodney | 31 | 25:23 |
| 136 | Bowen | Erica | 11 | 25:24* |
| 137 | Lyons | Meghan | 11 | 25:25* |
| 138 | Devore | Rachel | 9 | 25:25* |
| 139 | Pelletier | Jackie | 41 | 25:26 |
| 140 | Whitten | Robbie | 9 | 25:26 |
| 141 | Bachorik | Candace | 42 | 25:34* |
| 142 | Oakley | Poster | 7 | 25:54 |
| 143 | Flint | Mary | 46 | 25:56* |
| 144 | Bean | Rebecca | 10 | 25:59* |
| 145 | Richard | Judi | 30 | 26:09* |
| 146 | Tyler | Eli | 13 | 26:31* |
| 147 | Paul | Sarah | 13 | 26:39* |
| 148 | Lake | Anna Marie | 34 | 27:21* |
| 149 | Pullo | Robert | 45 | 27:22 |
| 150 | Bean | Barbara | 8 | 27:24* |
| 151 | Bean | Robert | 43 | 27:45 |
| 152 | Howard | Heidi | 11 | 27:49* |
| 153 | Bubier | Ryan | 9 | 27:50 |
| 154 | Robbins | Tirzah | 7 | 28:00 |
| 155 | Sullivan | Kay | 43 | 28:01* |
| 156 | Brown | Susan | 39 | 28:27* |
| 157 | Bubier | Kylie | 12 | 28:29 |
| 158 | Ouellette | Jessica | 10 | 28:30* |
| 159 | Guyette | Kendall | 10 | 28:39 |
| 160 | Adams | Rachel | 10 | 28:40* |
| 161 | Tyler | Leah | 11 | 29:16* |
| 162 | Stevens | Avery | 8 | 29:23 |
| 163 | Kay | Ann | 35 | 29:24* |
| 164 | Kay | Roger | 46 | 30:03 |
| 165 | Robbins | Hannah | 7 | 30:06* |
| 166 | Eastler | Gretchen | 19 | 30:07* |
| 167 | Hutchinson | Melissa | 16 | 46:15* |
| 168 | Hutchinson | Amanda | 13 | 46:16* |

Peaks Island 5 Mile - July 27

This race took place on Peaks Island where runners trace the shore of the island. It has the reputation for being a social event as runners and their families enjoy a lobster bake after the event. No one told Gail Turner of Yarmouth and Rhonda Prime of Freeport that it was a social event. Gail took first place honors and Rhonda was only 6 seconds behind. There was also a close race in the male 50+ as Peter Bastow, Maine Track Club president, Clyde Coolidge of NH and Robert Randall of MA finished within 17 seconds of each other. Jean Thomas of Portland picked up the 50+ win. With Carol Weeks directing the race, the door was open for Brigitte Edquid to pick up the Masters win.

Results Courtesy - Carol Weeks

| | | | | | |
|-----------------------|----------|----------------------|-----------|----------------------|-----------|
| 1 Dann Tom | 34 26:22 | 26 Murray Ray | 26 31:06 | 52 Roy Diane | 21 33:11* |
| 2 Loomis Scott | 19 27:06 | 27 Schnapp Scott | 35 31:11 | 53 Laughlin Phil | 28 33:15 |
| 3 Lenihan Brian | 24 27:26 | 28 Fisco Thad | 26 31:13 | 54 Komulainen Craig | 28 33:17 |
| 4 Scannell Gordon | 38 27:44 | 29 Turner Gail | 31 31:14* | 55 Hodges Sheila | 36 33:23* |
| 5 Flanders Kenneth | 39 27:52 | 30 Prime Rhonda | 26 31:20* | 56 Bessey Don | 45 33:25 |
| 6 Remy Bill | 35 27:56 | 31 Dedekian Michael | 15 31:33 | 57 Gobeil Roger | 45 33:26 |
| 7 Theodore Bob | 39 28:13 | 32 Rolfe Scott | 28 31:36 | 58 Seguin Dana | 37 33:28 |
| 8 Barker Dan | 37 28:19 | 33 Oakes Steve | 28 31:39 | 59 Reali Dominic | 48 33:31 |
| 9 Bates Geoff | 17 28:27 | 34 Shearer Spencer | 28 31:44 | 60 Oortman Gerald | 30 33:34 |
| 10 Totman Christopher | 25 28:37 | 35 Bastow Peter | 54 31:50 | 61 Houser David | 41 33:40 |
| 11 Lovering Mitchell | 31 29:01 | 36 Systrom David | 37 32:01 | 62 Houston Amanda | 25 33:41* |
| 12 Wilson Greg | 32 29:01 | 37 Coolidge Clyde | 52 32:02 | 63 Rines Dale | 39 33:42 |
| 13 Titus John | 36 29:02 | 38 Craven Chip | 26 32:02 | 64 Roth Lori | 20 33:43* |
| 14 Newton Bill | 36 29:06 | 39 Randall Robert | 54 32:07 | 65 Ireton-HewiJack | 53 33:49 |
| 15 McCrea Brian | 31 29:16 | 40 Dupont Raymond | 36 32:10 | 66 Walsh Steve | 38 33:55 |
| 16 Wight Barry | 32 29:20 | 41 Mentor Peter | 30 32:26 | 67 Medaglia Donna | 22 34:00* |
| 17 Snekvik Charles | 48 29:28 | 42 FitzpatrickTim | 41 32:30 | 68 Works Norm | 30 34:02 |
| 18 Reali Michael | 37 29:44 | 43 Nichols Charlie | 42 32:36 | 69 Lougee Brian | 17 34:03 |
| 19 Nielsen Kurt | 36 29:54 | 44 Whitmore Bill | 31 32:37 | 70 Mosley Michael | 37 34:04 |
| 20 Clemence Tom | 34 29:55 | 45 Hopcroft Matt | 16 32:38 | 71 Lassetter Bob | 51 34:09 |
| 21 Lamoreau Paul | 31 30:08 | 46 Hackett Jeanne | 32 32:46* | 72 Valera Sam | 46 34:10 |
| 22 Cochrane Gary | 49 30:13 | 47 Perry Christopher | 18 32:47 | 73 Soule Philip | 50 34:11 |
| 23 Younie Glenn | 34 30:40 | 48 LaPountain,Lloyd | 29 32:59 | 74 Jacobsen Steve | 41 34:12 |
| 24 Snekvik Andrew | 19 31:01 | 49 Conti Fred | 41 33:00 | 75 Gendron Elisabeth | 28 34:14* |
| 25 Spiller Scott | 20 31:04 | 50 Barker Larry | 42 33:03 | 76 Profenno Dan | 31 34:16 |
| | | 51 McDonald Peter | 31 33:05 | 77 Benn David | 46 34:16 |

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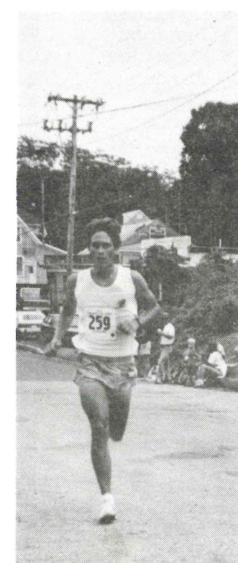
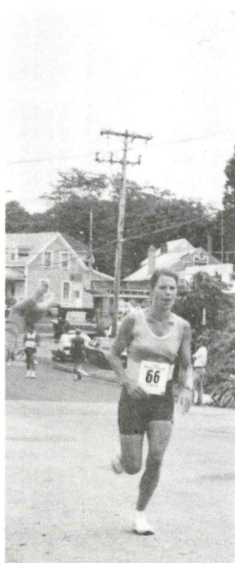
The Sports Section

Lamey Wellehan

• MAINE MALL
• AUBURN MALL
• AUGUSTA
Downtown
• BRUNSWICK
Cooks Corner



| | | | | | | | | | | | | | | |
|-----|--------------|-----------|----|--------|-----|------------|------------|----|--------|-----|-------------|------------|----|--------|
| 78 | Giffard | Gary | 32 | 34:21 | 136 | Nunziato | Richard | 40 | 37:19 | 193 | Blanchard | Robert | 49 | 40:52 |
| 79 | Moody | Doug | 42 | 34:29 | 137 | Dean | Patricia | 30 | 37:20* | 194 | Boyer | David | 33 | 40:54 |
| 80 | Robinov | Rich | 31 | 34:34 | 138 | Smith | Diane | 37 | 37:24* | 195 | Poirier | Kim | 28 | 40:56* |
| 81 | Watts | Jeff | 22 | 34:38 | 139 | Costello | Lisa | 30 | 37:26* | 196 | O'Brien | Rick | 44 | 40:59 |
| 82 | Flanigan | Sean | 30 | 34:40 | 140 | Pendleton | John | 54 | 37:30 | 197 | Thayer | Marion | 30 | 41:29* |
| 83 | Kneeland | Nancy | 36 | 34:41* | 141 | Smith | Bruce | 45 | 37:33 | 198 | Irish | Ormond | 58 | 41:30 |
| 84 | Zillman | Don | 47 | 34:46 | 142 | Coughlin | Mark | 27 | 37:34 | 199 | Merrill | Deb | 35 | 41:33* |
| 85 | Jordan | Rod | 35 | 34:47 | 143 | Taylor | Donna | 42 | 37:36* | 200 | Merrill | Clint | 43 | 41:37 |
| 86 | Edquid | Brigitte | 43 | 34:48* | 144 | Atchison | Tom | 42 | 37:38 | 201 | Darby | Ken | 36 | 41:38 |
| 87 | Laux | Bob | 35 | 34:51 | 145 | Hourihan | Daniel | 35 | 37:38 | 202 | Gould | Joe | 45 | 41:43 |
| 88 | Butler | Karen | 42 | 34:54* | 146 | Kenney | James | 46 | 37:39 | 203 | Monahan | Timothy | 37 | 41:44 |
| 89 | LaNigra | Bob | 49 | 34:55 | 147 | Parsons | Keith | 35 | 37:43 | 204 | Doyle | Mary | 33 | 41:48* |
| 90 | Hutchinson | David | 52 | 34:56 | 148 | Sprague | Eliza | 22 | 37:52* | 205 | Carter | Betsy | 34 | 41:56* |
| 91 | Kelly | John | 27 | 34:57 | 149 | Rowe | William | 21 | 37:52 | 206 | Foye | Robert | 21 | 42:00 |
| 92 | Rolfe | John | 37 | 35:00 | 150 | Lipsky | Steve | 30 | 37:57 | 207 | Monaghan | Liz | 28 | 42:04* |
| 93 | Benner | Rhonda | 19 | 35:11* | 151 | Doyle | Michael | 26 | 38:01 | 208 | Latino | Mary Ellen | 42 | 42:06* |
| 94 | McLeon | Sean | 26 | 35:13 | 152 | Vadakin | Charles | 42 | 38:04 | 209 | Valera | Sandra | 45 | 42:20* |
| 95 | Waitkun | Gail | 36 | 35:14* | 153 | Winn | Stuart | 29 | 38:11 | 210 | Peterson | Kristin | 20 | 42:35* |
| 96 | Hogan | Carol | 40 | 35:20* | 154 | Osborne | Thomas | 39 | 38:12 | 211 | Snell | Karl | 34 | 42:39 |
| 97 | Robinson | Marty | 46 | 35:23 | 155 | Hurley | Michael | 28 | 38:19 | 212 | Larochelle | Jeannine | 28 | 42:43* |
| 98 | Pearson | William | 31 | 35:23 | 156 | Hodnett | Sandra | 43 | 38:19* | 213 | Poirier | Mark | 32 | 42:44 |
| 99 | Pearson | Bob | 30 | 35:34 | 157 | Houser | Suelene | 27 | 38:23* | 214 | Brown | Dana | 16 | 42:48* |
| 100 | Lunceford | Larry | 36 | 35:37 | 158 | Bammarit | Lisa Marie | 22 | 38:25* | 215 | Rhodes | Daniel | 37 | 42:48 |
| 101 | Washburn, Jr | Malcolm | 37 | 35:43 | 159 | McCormick | Mike | 29 | 38:26 | 216 | Gayton | Bill | 51 | 42:49 |
| 102 | Roberts | Ed | 34 | 35:43 | 160 | Loftus-Ray | Ray | 28 | 38:27* | 217 | Keene | Brenda | 37 | 42:53* |
| 103 | Pettorini | John | 42 | 35:48 | 161 | McMahon | David | 34 | 38:29 | 218 | Murphy | Pat | 45 | 42:54* |
| 104 | Phillips | Jeff | 42 | 35:50 | 162 | Hodgetts | Ann | 39 | 38:36* | 219 | Murray | Selena | 17 | 42:58* |
| 105 | Chellis | Mark | 28 | 35:52 | 163 | Redmond | Colleen | 26 | 38:44* | 220 | Clement | John | 36 | 42:59 |
| 106 | Hall | Charles | 27 | 35:54 | 164 | Baker | Dick | 43 | 38:51 | 221 | Rohde | Harvey | 49 | 43:08 |
| 107 | Sibley | Laura | 20 | 36:05* | 165 | Theodore | Debbie | 39 | 38:55* | 222 | McCrodden | Jane | 37 | 43:09* |
| 108 | Mayberry | Warren | 33 | 36:08 | 166 | Balzano | Shawn | 20 | 38:58 | 223 | Simpson | Stan | 43 | 43:10 |
| 109 | Guerin | John | 31 | 36:13 | 167 | Keefe | Marla | 37 | 39:02* | 224 | Kent | Don | 38 | 43:18 |
| 110 | Burns | Meg | 29 | 36:21* | 168 | Thomas | Jean | 55 | 39:11* | 225 | Utterstrom | Sandy | 47 | 43:20* |
| 111 | Soucy | Christine | 21 | 36:24* | 169 | Lovetere | Nancy | 47 | 39:17* | 226 | Hillman | David | 39 | 43:37 |
| 112 | Smith | Dennis | 40 | 36:26 | 170 | St. Amand | Gary | 36 | 39:17 | 227 | Swinbourne | Teresa | 20 | 44:18* |
| 113 | Hauenstein | Mimi | 40 | 36:31* | 171 | Dyer | Larry | 47 | 39:17 | 228 | Delay | Deede | 35 | 44:36* |
| 114 | Schmit | Stephen | 39 | 36:32 | 172 | Doyle | Stephen | 38 | 39:22 | 229 | Richmond | Jeanne | 32 | 44:51* |
| 115 | DeSaulnier | Ted | 44 | 36:33 | 173 | Warman | Vicki | 29 | 39:28* | 230 | Brown | Sandy | 44 | 44:52* |
| 116 | Walden | Larry | 38 | 36:34 | 174 | Nemitz | Bill | 37 | 39:32 | 231 | Gaurc | Roberta | 30 | 44:52* |
| 117 | Bean | Joseph | 45 | 36:35 | 175 | Lee | Christine | 33 | 39:35* | 232 | Whitten | Robert | 50 | 44:57 |
| 118 | Lang | Jeff | 31 | 36:37 | 176 | Batchelor | Nancy | 39 | 39:35* | 233 | Mentor | Kathleen | 26 | 45:31* |
| 119 | Oberg | Ken | 33 | 36:38 | 177 | McDonald | Heidi | 29 | 39:36* | 234 | Piacentini | Maria | 21 | 45:39* |
| 120 | Bradley | Russ | 67 | 36:40 | 178 | Moroney | Mike | 27 | 39:37 | 235 | Piacentini | Charlie | 54 | 45:40 |
| 121 | Nobile | Michael | 39 | 36:43 | 179 | Whiton | Craig | 40 | 39:53 | 236 | Hansen | Anne | 52 | 46:46* |
| 122 | Assante | Stephen | 39 | 36:44 | 180 | Woods | Irene | 38 | 39:53* | 237 | Gould | Jennifer | 44 | 47:03* |
| 123 | Hertberg | Bonnie | 25 | 36:45* | 181 | Nedelman | Jack | 27 | 39:57 | 238 | Billings | Dolores | 61 | 47:17* |
| 124 | Woodworth | Charles | 33 | 36:51 | 182 | Mosley | David | 44 | 39:57 | 239 | Greenberg | Marsha | 42 | 47:46* |
| 125 | Leombruno | Scott | 24 | 36:53 | 183 | Hooper | Carol | 31 | 40:07* | 240 | Silverstein | Marc | 28 | 47:50 |
| 126 | Roy | David | 39 | 36:53 | 184 | Williams | Teri | 29 | 40:11* | 241 | Moulton | Donna | 42 | 48:54* |
| 127 | Brown | Chris | 32 | 36:58 | 185 | Baird | Doug | 47 | 40:15 | 242 | Opper | Jack | 58 | 49:04 |
| 128 | Mills | Randy | 26 | 37:06 | 186 | McDonald | Michael | 40 | 40:22 | 243 | Horvat | John | 26 | 49:35 |
| 129 | Jackson | Steven | 25 | 37:11 | 187 | Peterson | Mary | 30 | 40:23* | 244 | Stuart | Bill | 33 | 49:35 |
| 130 | Brennan | Peggy | 30 | 37:11* | 188 | Fraenckel | Judy | 43 | 40:24* | 245 | Washington | James | 34 | 49:52 |
| 131 | Garrido | Juli | 26 | 37:12* | 189 | Showalter | Sharon | 32 | 40:47* | 246 | Laffely | Samuel | 17 | 52:09 |
| 132 | O'Neil | Barry | 39 | 37:13 | 190 | Gleason | Jack | 47 | 40:48 | 247 | Everley | Bob | 45 | 52:36 |
| 133 | McAndrew | Brian | 26 | 37:15 | 191 | Robson | Janice | 30 | 40:49* | 248 | McDermott | Peggy | 53 | 53:48* |
| 134 | Wolstat | Henry | 57 | 37:17 | 192 | Sherer | Roddy | 30 | 40:51 | 249 | Brown | Mardie | 74 | 65:56* |
| 135 | Taggart | Deryth | 32 | 37:18* | | | | | | | | | | |



l-r: Winner Gail Turner of Yarmouth - AT THE START - Yarmouth's Scott Loomis took 2nd place

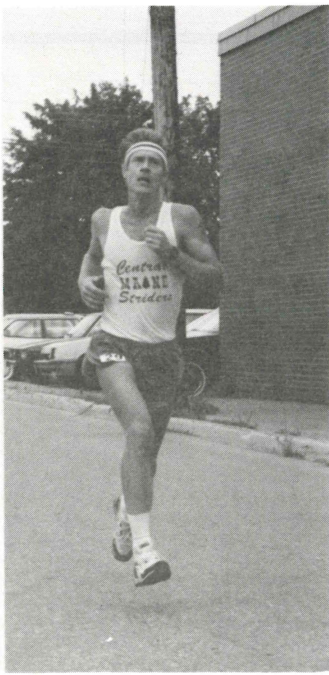
Maine Lobster Festival 10K - August 4 - Rockland

Many PRs were set in close to ideal conditions for an August race- 68 degrees and a light drizzle coupled with a flat certified course. Another national class vacationer showed up to set a new women's record. Jane Welzel of Fort Collins, Colorado recently qualified for the Olympic qualifier with a 2:33 marathon time. Danny Paul and winner, Andrew Howard from New Hampshire exchanged the lead frequently throughout the race. Danny managed to gain 20 yds at one point in the race but Howard proved to have superior leg speed at the end. Arnold Henry, age 13 attributed his PR performance to his recent attendance at the Colby running camp. At the awards ceremony it appeared that over half the runners walked away with one of the great merchandise prizes from the drawing. The volunteers at this race were the happiest group I have seen, they were truly enjoying themselves under Ken Sylvester's leadership. TAC certified.

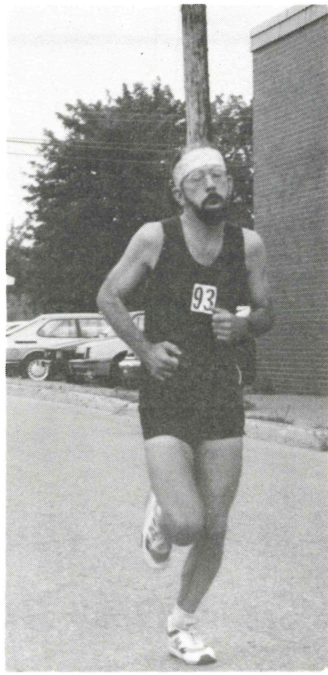
| | | | | | | | | |
|----------------|----------|-----------|----------------|----------|-----------|----------------|----------|-----------|
| 1 Howard | Andrew | 24 32:43 | 65 Hanscom | Stephen | 42 44:13 | 129 McCandless | Michael | 36 55:40 |
| 2 Paul | Danny | 37 32:47 | 66 Potter | Jack | 30 44:15 | 130 Campbell | Steve | 36 55:51 |
| 3 Mathews | Cliff | 40 33:10 | 67 Bliss | Steve | 38 44:17 | 131 Howard | Tom | 34 56:07 |
| 4 Newbury | Ron | 41 33:13 | 68 Richard | Lane | 37 44:25 | 132 Akers | Collette | 31 56:32* |
| 5 Thibeau | Tom | 33 34:22 | 69 Gordon | Bill | 44 44:28 | 133 Root | Peter | 25 57:06 |
| 6 Johnson | Wayne | 33 34:22 | 70 Sibley | Laura | 20 44:30* | 134 Root | Mary | 41 57:06* |
| 7 Frontin | Ron | 28 35:16 | 71 Withee | Theresa | 24 44:33* | 135 Masan | Harvey | 57 64:47 |
| 8 Towle | George | 41 35:19 | 72 Gagne | Don | 55 44:37 | 136 Everest | Mary | 47 65:42* |
| 9 Welzel | Jane | 36 35:56* | 73 Juslin | Duby | 43 45:00 | 137 Public | John | 41 66:42 |
| 10 Henry | Arnold | 15 36:20 | 74 Morrison | Schuyler | 43 45:00 | | | |
| 11 Lovering | Mitchell | 31 36:23 | 75 Robertson | Bill | 52 34:00 | | | |
| 12 Devou | Bill | 42 36:27 | 76 Bradley | Russ | 67 36 | | | |
| 13 Kitt | Paul | 38 36:52 | 77 Raymond | Michael | 41 45:24 | | | |
| 14 Galipeau | Sean | 17 37:06 | 78 Moore | Jim | 48 45:31 | | | |
| 15 Brosnan | Michael | 36 37:08 | 79 Mallicoate | Kara | 28 45:42* | | | |
| 16 Peterson | Steve | 42 37:13 | 80 Burton | John | 41 45:45 | | | |
| 17 Trott | Walter | 32 37:29 | 81 Bondeson | Dan | 41 45:49 | | | |
| 18 Murphy | Todd | 24 37:31 | 82 Oldread | Liz | 19 45:53* | | | |
| 19 Clark | Terry | 47 37:45 | 83 Berger | Phil | 21 45:54 | | | |
| 20 Meehan | Joe | 44 37:48 | 84 Allen | Grayson | 16 45:57 | | | |
| 21 James | John | 38 38:19 | 85 Gamage | David | 36 46:01 | | | |
| 22 McGurn | Joe | 43 38:27 | 86 McIlroy | Sarah | 21 46:15* | | | |
| 23 Keizer | Sal | 18 38:29 | 87 Spring | Ellen | 38 46:32* | | | |
| 24 Robertshaw | Daniel | 39 38:36 | 88 Cavanaugh | Richard | 58 46:47 | | | |
| 25 Swan | Tom | 41 38:36 | 89 Cushman | Bob | 53 46:48 | | | |
| 26 Fone | Scott | 31 38:37 | 90 Lutsch | Wyatt | 21 46:49 | | | |
| 27 Fogg | Carl | 43 38:39 | 91 Roberts | Susan | 38 47:06* | | | |
| 28 Larsen | Dave | 40 38:50 | 92 Dobroski | Alen | 51 47:08 | | | |
| 29 Taylor | Larry | 46 39:06 | 93 Emanue | Woody | 42 47:15 | | | |
| 30 Creamer | David | 35 39:13 | 94 Manery | Dave | 53 47:21 | | | |
| 31 Fogg Jr | Frank | 30 39:16 | 95 Gould | Michael | 52 48:02 | | | |
| 32 Wood | William | 35 39:17 | 96 Berger | Tim | 29 48:02 | | | |
| 33 Kash | Kelley | 33 39:21 | 97 Gargan | Angie | 26 48:03* | | | |
| 34 Coolidge | Clyde | 52 39:21 | 98 Straka | Catha | 31 48:10* | | | |
| 35 Demmons | Vern | 45 39:34 | 99 Jarvis | Paul | 44 48:12 | | | |
| 36 Cummings | Dick | 54 39:45 | 100 Rosmussen | John | 54 48:41 | | | |
| 37 Jordan | Bert | 34 39:51 | 101 Compagneli | Michael | 43 48:41 | | | |
| 38 Day | Steve | 25 39:57 | 102 Edelman | Dave | 31 48:48 | | | |
| 39 Horne | Brian | 30 40:00 | 103 Washburn | Walt | 68 49:12 | | | |
| 40 Paulisko | Bill | 41 40:06 | 104 Sommo | John | 40 49:40 | | | |
| 41 Allen | Charles | 41 40:10 | 105 McFarland | Paul | 47 49:41 | | | |
| 42 Weeks | Carol | 42 40:16* | 106 O'Neal | Dale | 29 49:47 | | | |
| 43 Predlham | Bub | 34 40:20 | 107 Vandervan | Claire | 31 49:56* | | | |
| 44 Burns | Chris | 19 40:20 | 108 Vandervan | Simon | 30 49:56 | | | |
| 45 Andrus | Dode | 43 40:22 | 109 Rasmussen | Jane | 55 49:58* | | | |
| 46 Ferre | Kurt | 40 40:43 | 110 DuPont | Robert | 55 51:06 | | | |
| 47 Weeks | Sumner | 42 40:45 | 111 Nelson | David | 57 51:08 | | | |
| 48 Skarbinski | Jack | 15 41:06 | 112 Billington | Gary | 30 51:09 | | | |
| 49 Leon | Jorge | 40 41:10 | 113 McMahon | Charles | 42 51:28 | | | |
| 50 Perret | Etienne | 37 41:19 | 114 Creamer | Chester | 62 51:36 | | | |
| 51 Seamons | Chip | 33 41:34 | 115 Baldwin | Steve | 40 52:01 | | | |
| 52 Sanborn | Don | 46 41:40 | 116 Morrill | Dennis | 51 52:24 | | | |
| 53 Simmons | Dennis | 46 41:42 | 117 Kelley | Ryan | 15 52:31 | | | |
| 54 McRea | Carol | 37 42:07* | 118 King | Juliette | 20 52:33* | | | |
| 55 Carter | John | 27 42:09 | 119 Pondrie | Susie | 40 52:35* | | | |
| 56 Andrus | Sarah | 36 42:37* | 120 Pondrie | David | 42 52:35 | | | |
| 57 Raderschadt | John | 49 42:55 | 121 Brown | Pete | 53 52:43 | | | |
| 58 Mezones | Jose | 25 43:08 | 122 Dodge | Bob | 58 52:49 | | | |
| 59 Benn | David | 46 42:12 | 123 Gamage | Scott | 13 53:28 | | | |
| 60 Pawson | Mathew | 13 43:12 | 124 Kitt | Doris | 37 53:58* | | | |
| 61 Alex | Mark | 31 43:28 | 125 Abbott | Michelle | 16 54:16* | | | |
| 62 Cederstrom | Martha | 36 43:48* | 126 Landre | Angela | 16 54:21* | | | |
| 63 Mendell | Carlton | 69 44:03 | 127 Wright | Wendy | 24 54:49* | | | |
| 64 Merritt Jr | John | 41 44:04 | 128 Underwood | James | 32 54:50 | | | |

Fun Run

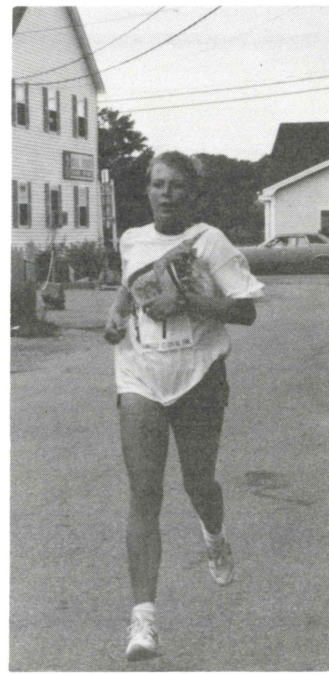
| | | |
|----------------|-----------|----------|
| 1 Laitenin | Bradley | 8 6:15 |
| 2 Corriveau | Brian | 6 6:16 |
| 3 Gamage | Adam | 7 6:19 |
| 4 Lyons | Cameron | 7 6:37 |
| 5 Philbrook | Adam | 8 6:44 |
| 6 Merritt | Timothy | 6 6:47 |
| 7 Cantara | James | 7 6:50 |
| 8 Moores | Mickey | 8 6:51 |
| 9 Derenas | Kjill | 6 7:06 |
| 10 Knutson | Gretchen | 6 7:11 * |
| 11 Lovett | Seeley | 8 7:31 * |
| 12 Tavernakis | Peter | 7 7:49 |
| 13 Baker | James | 3 57 |
| 14 Johnson | Glen | 6 7:52 |
| 15 Carmichael | Jennifer | 7 7:52 * |
| 16 Smith | Corey | 6 7:53 |
| 17 Leavell | Virginia | 3 7:54 * |
| 18 bandit | turkey | |
| 19 Meehan | Lilly | 4 8:18 * |
| 20 Nowley | Kevin | 7 8:20 |
| 21 Cantara | Shannon | 8 8:24 * |
| 22 Cantara | Jennifer | 5 8:26 * |
| 23 Kitt | Christian | 1 8:28 |
| 24 Knutson | Debora | 5 8:29 * |
| 25 Kenniston | Jody | 6 8:35 * |
| 26 Vose | Chris | 4 6:38 |
| 27 Kitt | Derek | |
| 28 Chamberlain | Pat | 1 8:45 |
| 29 Kenniston | Shawn | 2 8:49 |
| 30 Vose | Allen | 3 8:55 |
| 31 Dostie | Jennifer | 7 9:00 * |
| 32 Lyons | Zachary | 1 9:06 |
| 33 McCandless | Shannon | 6 9:12 * |
| 34 Burns | Kenny | 8 9:13 |
| 35 Henry | Amanda | 6 9:15 * |
| 36 Chace | Robin | 1 9:20 * |
| 37 Kash | Jason | 2 9:33 |
| 38 Creamer | Jill | 2 9:48 * |
| 39 Southard | Kent | 1 10:01 |
| 40 Creamer | Josh | 10:23 |
| 41 Foster | Jenny | 6 10:28* |
| 42 Philbrook | Micah | 1 10:36 |
| 43 Southard | Sarah | 3 10:39* |
| 44 Roemer | Paul | 6 10:45 |
| 45 Fish | Ian | 2 11:13 |
| 46 Gunn | Jessica | 11:34* |
| 47 Sleeper | Jessica | 11:52* |
| 48 Creamer | Carolyn | 3 12:03* |
| 49 Jorgensen | Hans | 15:14 |



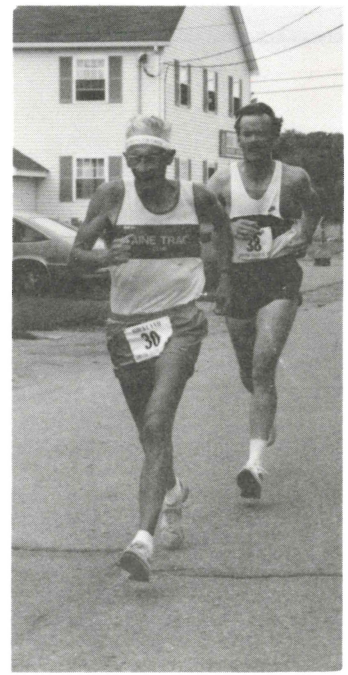
Gardner's Joe Meehan



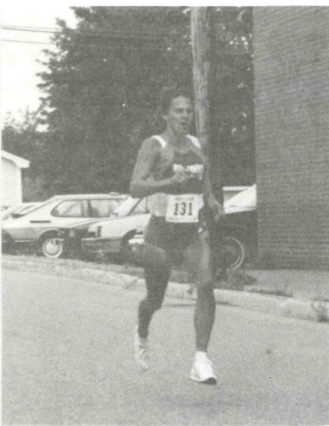
Windham's Terry Clark



Laura Sibley age 20
took 6th place



Carlton Mendell leads
John Merritt Jr



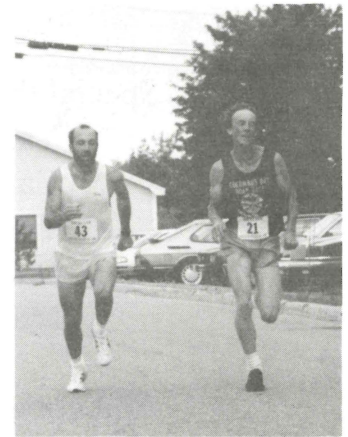
Winner Jane Welzel
set course record



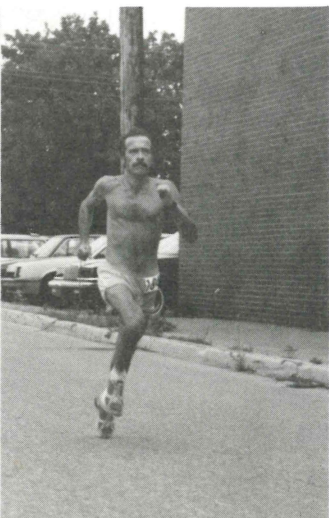
Clyde Cooledge won 50
- 60 & Kelly Kash



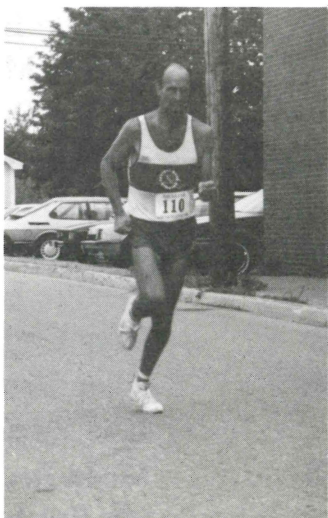
MTC's VP Summer Weeks
& Kurt Ferre



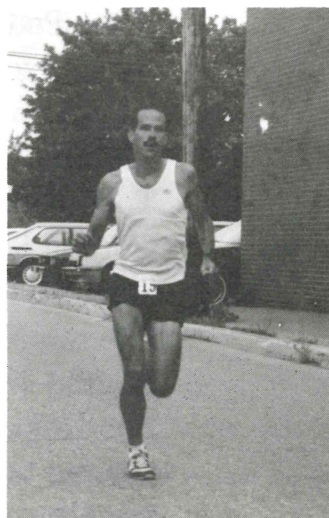
Walter Trott gains on
Todd Murphy



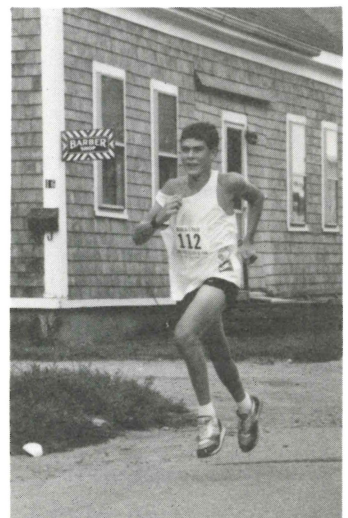
Ron Newbury of Auburn
took 4th



Central Mass Striders
Cliff Mathews



Wayne Johnson of
Friendship



Mathew Pawson age 13
ends with a sprint



of Yarmouth

*thanks the 700 runners and
75 volunteers who made the*
1991 Clam Festival Classic
a success!

Special thanks to these organizations who provided goods and services:

| | |
|------------------------|----------------------|
| Yarmouth Clam Festival | Organization support |
| Yarmouth Police Dept. | Course safety |
| Yarmouth Rescue | First aid |
| Oakhurst Dairy | Refreshments |
| Maine Track Club | Race management |

And congratulations to all runners who finished the race safely despite high temperatures and humidity. Age-category winners:

| | | |
|--------------|------------------|-----------------|
| Overall | Bob Winn | Kathy Tracy |
| Masters | Steve Podgajny | Brigitte Edquid |
| 15 and under | Ben Parsons | Gillian Morejon |
| 16-19 | Scott Loomis | Kristin Pierce |
| 20-29 | Michael Grigware | Kelly Rodrigue |
| 30-34 | Todd Coffin | Ruth Hall |
| 35-39 | Gordon Scannell | Eileen Dunfey |
| 40-44 | Steve Podgajny | Brigitte Edquid |
| 45-49 | Lawson Noyes | Faye Gagnon |
| 50-54 | Conrad Walton | Anne Trowbridge |
| 55-59 | Bob Hazzard | Jane Rasmussen |
| 60-64 | George Merrill | Mead Brownell |
| 65 plus | Bill Tribou | (no finishers) |

Clam Festival Classic 5 miler - July 20

Extremely hot and humid!! 92 degrees at the finish on the MR thermometer in the shade. Bob Winn had to work hard for the win but he showed everyone what a strong runner he is. Todd Coffin stayed within striking distance all the way and pushed Bobby to a excellent time considering the heat. Kathy Tracy has been recovering from injuries but still managed the win. Top masters runner Steve Podgajny had a super run and finished in 6th place but was unsatisfied with his performance. From The County, 53 year old Conrad Walton ran a 28:30. TAC certified. Results courtesy Ruth Heflefinger, Maine Track Club.

| | | | | | | | | |
|----------------|----------|-----------|----------------|-------------|-----------|------------------|-------------|-----------|
| 1 Winn | Bob | 32 24:28 | 70 Root | David | 22 31:08 | 139 Perry | Christopher | 18 33:31 |
| 2 Coffin | Todd | 30 24:39 | 71 White | Brian | 18 31:12 | 140 Daniel | Richard | 36 33:35 |
| 3 Grigware | Michael | 26 25:38 | 72 Fenderson | Bill | 35 31:13 | 141 Lajoie | Dick | 51 33:36 |
| 4 Sprague | Bob | 21 25:48 | 73 Derosier | Anthony | 18 31:14 | 142 Ciampi | Jim | 27 33:37 |
| 5 Bockus, Jr. | George | 24 26:00 | 74 Hinckley | Brodie | 18 31:16 | 143 Finnerty | Mark | 32 33:38 |
| 6 Podgajny | Steve | 40 26:13 | 75 Cheney | Peter | 46 31:16 | 144 Arsenault | Robert | 41 33:39 |
| 7 Botting | Ken | 30 26:29 | 76 Tedford | Samuel | 27 31:16 | 145 Hodgkin | Douglas | 52 33:41 |
| 8 Hall | Peter | 29 26:47 | 77 Pierce | Philip | 49 31:18 | 146 Fournier | Robert | 36 33:42 |
| 9 Randall | Fred | 40 26:51 | 78 Horton | Horace | 47 31:19 | 147 Nichols | Charles | 42 33:42 |
| 10 Loomis | Scott | 19 26:54 | 79 Cirillo | Michael | 25 31:19 | 148 Pecowicz | Rick | 36 33:43 |
| 11 Hogan | Stu | 29 27:00 | 80 Bastow | Peter | 54 31:21 | 149 Chapman | James | 40 33:43 |
| 12 Black | Andrew | 29 27:10 | 81 Swan | Gotha | 41 31:21 | 150 Ingalls | Andrew | 32 33:45 |
| 13 Scannell | Gordon | 38 27:21 | 82 Titcomb | David | 33 31:26 | 151 Dapice | Deedra | 25 33:46* |
| 14 Reed | Steve | 43 27:34 | 83 Brann | Bruce | 44 31:26 | 152 Butler | David | 33 33:48 |
| 15 Quinlan | Alan | 35 27:48 | 84 Scorzelli | Chris | 17 31:28 | 153 Strout | Scott | 29 33:48 |
| 16 Lancaster | Mike | 33 27:52 | 85 Laliberte | Perley | 28 31:29 | 154 Thorne | Kate | 31 33:49* |
| 17 Carroll | Casey | 19 27:55 | 86 Fogg | Carl | 43 31:33 | 155 Seguin | Dana | 37 33:49 |
| 18 Hammond | John | 36 27:58 | 87 Stuart | Bob | 36 31:37 | 156 Harris | Chris | 25 33:50 |
| 19 Miner | Alden | 38 28:02 | 88 Dunfey | Eileen | 35 31:38* | 157 Bickford | Dusty | 47 33:53 |
| 20 Reilly | Alan | 38 28:16 | 89 Poole | Charles | 37 31:38 | 158 Arsenault | Lisa | 33 33:57* |
| 21 Noyes | Lawson | 49 28:25 | 90 Schnapp | Scott | 35 31:42 | 159 Leon | Jorge | 40 34:02 |
| 22 Kuffner | Geoffrey | 18 28:28 | 91 Reed | Chris | 15 31:43 | 160 Maddaleni | Erika | 25 34:04* |
| 23 Barker | Dan | 37 28:31 | 92 Libby | Andrew | 19 31:44 | 161 Eaton | Gerald | 26 34:07 |
| 24 Walton | Conrad | 52 28:35 | 93 MacDiarmid | Garvie | 18 31:44 | 162 Profenno | Daniel | 31 34:07 |
| 25 Wilson | Gregory | 32 28:48 | 94 Cedrone | Ron | 42 31:44 | 163 Davee | Ann-Marie | 35 34:09* |
| 26 LaJeunesse | Todd | 21 28:52 | 95 Atwell | Tad | 23 31:45 | 164 Coe | Kenneth | 49 34:10 |
| 27 Lovering | Mitchell | 31 28:58 | 96 Bean | John | 33 31:46 | 165 Molander | Rick | 46 34:10 |
| 28 Kinley | Andrew | 20 29:03 | 97 Menendez | Thomas | 37 31:50 | 166 Perkins | John | 39 34:11 |
| 29 Tory | Colin | 20 29:06 | 98 Fone | Scott | 31 31:52 | 167 Boucher | Mark | 32 34:14 |
| 30 Pulsifer | Eric | 18 29:07 | 99 Smith | Bruce | 36 31:53 | 168 Forbes | Scott | 36 34:17 |
| 31 Keenan | Shaun | 29 29:07 | 100 Smith | Richard | 29 31:57 | 169 Bay | Lynn | 23 34:18* |
| 32 Lane | Rick | 44 29:11 | 101 Kinney | Kurt | 20 31:59 | 170 Merrill | James | 30 34:21 |
| 33 Hightower | Steven | 30 29:22 | 102 Stakel | David | 17 32:00 | 171 Rameau | Don | 34 34:24 |
| 34 Licht | Rick | 31 29:25 | 103 Rodrigue | Kelly | 27 32:10* | 171 Devou | Bill | 42 34:22 |
| 35 Starata | Timothy | 20 29:29 | 104 Hart | Edmond | 26 32:10 | 172 Kelly | Michael | 36 34:26 |
| 36 Wight | Barry | 32 29:30 | 105 Dedekian | Michael | 15 32:11 | 173 Pecteau | Shaun | 32 34:27 |
| 37 Nelson | Harry | 37 29:31 | 106 Cheney | Chris | 22 32:12 | 174 Baxter, Jr. | Ralph | 29 34:29 |
| 38 Parlin | Greg | 38 29:33 | 107 Philbrick | Carlos | 38 32:13 | 175 Norbert | Stephen | 27 34:30 |
| 39 Littlefield | Peter | 34 29:39 | 108 Philbrick | Leigh | 31 32:15 | 176 Hazzard | Jim | 29 34:33 |
| 40 Deady | Conan | 29 29:43 | 109 Green | Jim | 32 32:18 | 177 Dawson | Hugh | 39 34:35 |
| 41 Reali | Michael | 37 29:44 | 110 Powell | John | 38 32:19 | 178 Ferland | Frank | 42 34:36 |
| 42 Tarling | John | 40 29:46 | 111 Doughty | Ed | 42 32:20 | 179 Coffin | Jeff | 39 34:37 |
| 43 Smith | Dennis | 41 29:47 | 112 Braccio | John | 37 32:26 | 180 Salvo | Gerard | 36 34:39 |
| 44 Beauparlant | Doug | 20 29:49 | 113 Pride | Douglas | 28 32:31 | 181 Cooper | George | 35 34:40 |
| 45 Eldredge | John | 37 29:52 | 114 Marquis | Robert | 53 32:31 | 182 Arnold | Stanley | 48 34:49 |
| 46 Sylvester | Bill | 43 29:54 | 115 Burkhardt | Doug | 34 32:32 | 183 Colwell | Timothy | 33 34:52 |
| 47 Jordan | Stewart | 34 29:57 | 116 Pavlisko | Bill | 41 32:38 | 184 Asherman | Adrian | 27 34:52 |
| 48 Perkins | Charlie | 42 29:57 | 117 Arsenault | Jeffrey | 34 32:38 | 185 Pierce | Kristin | 17 34:52* |
| 49 Tracy | Kathy | 24 29:57* | 118 Hachey | Michael | 27 32:47 | 186 Decker | Scott | 44 34:53 |
| 50 Nowinski | John | 27 30:01 | 119 Hazzard | Bob | 59 32:57 | 187 Montimurro | Joseph | 33 34:55 |
| 51 45 | Creasy | 0 30:022 | 120 Coray | John | 30 32:59 | 188 Washburn, Jr | Malcolm | 37 34:55 |
| 52 Segars | Guy | 31 30:12 | 121 McCracken | Karen | 28 33:00* | 189 Rolfe | John | 37 34:56 |
| 53 Deprez | Ronald | 47 30:14 | 122 Ross | Steve | 36 33:04 | 190 Hoffman | Jacob | 22 34:59 |
| 54 Clark | Terry | 47 30:19 | 123 Barker | Larry | 42 33:06 | 191 Edquid | Brigitte | 43 34:59* |
| 55 Coughlin | Bob | 52 30:20 | 124 Watson | James | 31 33:14 | 192 Alex | Mark | 31 35:00 |
| 56 Allen | Tom | 35 30:25 | 125 Hutchins | Daniel | 31 33:14 | 193 Conti | Fred | 41 35:01 |
| 57 | Bandit | 0 | 126 Komulainen | Craig | 28 33:17 | 194 Heald | David | 35 35:01 |
| 58 Leonard | Stephen | 23 30:30 | 127 Merrill | Dave | 36 33:21 | 195 Haskell | David | 46 35:05 |
| 59 Peterson | David | 36 30:33 | 128 Sheehan | Steve | 36 33:22 | 196 Williamson | T.W. | 31 35:08 |
| 60 Thompson | Larry | 37 30:38 | 129 Roney | Christopher | 27 33:23 | 197 DiVirgilio | James | 34 35:11 |
| 61 Hardman | John | 26 30:47 | 130 Holden | Bill | 35 33:25 | 198 Meinking | Rick | 30 35:15 |
| 62 Nugent | Chris | 22 30:48 | 131 Shishov | Michael | 17 33:26 | 199 Spetaini | Peter | 17 35:17 |
| 63 Parsons | Ben | 15 30:50 | 132 Yeo | Michael | 23 33:26 | 200 Covell | Doug | 52 35:17 |
| 64 Barton | Muzzy | 39 30:50 | 133 Boisvert | Bernard | 30 33:27 | 201 Williams | Champ | 36 35:23 |
| 65 Craig | Rob | 35 30:51 | 134 Lane | Matthew | 13 33:28 | 202 Dix | Joseph | 17 35:24 |
| 66 Levesque | David | 36 30:51 | 135 Lyman | Bob | 47 33:29 | 203 Hamilton | Scott | 35 35:26 |
| 67 Hall | Ruth | 33 30:54* | 136 Davis | Scott | 41 33:30 | 204 Richards | Ronald | 41 35:27 |
| 68 Kuffner | Aaron | 16 30:58 | 137 DiLegge | Al | 45 33:30 | 205 Deane | Ron | 34 35:28 |
| 69 Butler | Alburn | 37 31:08 | 138 Houser | David | 41 33:31 | 206 Stokes | Matthew | 28 35:31 |

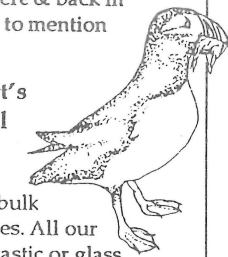


| | | | | | | | | |
|------------------|----------|-----------|-----------------|----------|-----------|----------------|----------|-----------|
| 207 Haney | Marjorie | 23 35:32* | 253 Wells | Richard | 31 36:36 | 299 Wilson | Carey | 46 37:51 |
| 208 Henderson | Harold | 45 35:32 | 254 Ianni | Patricia | 32 36:36* | 300 Allen | Jon | 17 37:52 |
| 209 Genesio | Mark | 28 35:35 | 255 Berliner | Cynthia | 28 36:41* | 301 LaSalle | Brian | 38 37:59 |
| 210 Jenkins | Kenneth | 32 35:44 | 256 Littlefield | David | 49 36:43 | 302 Chutchian | Ken | 33 38:01 |
| 211 Howell | Edward | 42 35:46 | 257 Good | James | 40 36:43 | 303 Wirth | Theodore | 30 38:01 |
| 212 Stakel | John | 20 35:51 | 258 Doyle | Michael | 26 36:44 | 304 Clemence | Jeanne | 42 38:02* |
| 213 Davidson | Dana | 38 35:52 | 259 Smith | Dennis | 40 36:44 | 305 Porter | Art | 48 38:02 |
| 214 Cromarty | Ian | 31 35:54 | 260 DeVos | Aletha | 48 36:49* | 306 Gorman | Leon | 56 38:11 |
| 215 Twomey | Kelly | 34 35:55 | 261 Porter | Greg | 17 36:50 | 307 Cornelio | Steven | 35 38:12 |
| 216 Gallagher | Lynn | 42 35:56* | 262 Hourihan | Daniel | 35 36:51 | 308 Leighton | Dennis | 33 38:12 |
| 217 Thaler | Jeff | 38 35:56 | 263 DiLegge | GINNY | 34 36:51* | 309 Ridge | Marty | 39 38:15 |
| 218 Charest | Raynald | 34 35:57 | 264 Hearl | Gerald | 51 36:53 | 310 Kelby | Susan | 16 38:17* |
| 219 Gagnon | Faye | 46 35:58* | 265 McDavitt | Steve | 37 36:58 | 311 Allen | Dan | 23 38:19 |
| 220 Ahlers | Thomas | 34 35:59 | 266 Swan | Robert | 44 36:59 | 312 Carey | Thomas | 39 38:22 |
| 221 Belisle | Adelle | 18 35:59* | 267 Murphy | Kenneth | 42 37:00 | 313 Cook | Joseph | 41 38:26 |
| 222 Lund | Nancy | 39 36:00* | 268 Beale | Stephen | 49 37:01 | 314 Jackson | Jim | 35 38:26 |
| 223 Kazilionis | John | 43 36:00 | 269 McHugh | Ted | 32 37:02 | 315 Akerley | Lee | 55 38:29 |
| 224 Giffard | Gary | 32 36:02 | 270 Patterson | Bob | 45 37:03 | 316 Cross | Kevin | 31 38:30 |
| 225 Algleo | Eric | 30 36:02 | 271 Norbert | Kim | 27 37:05* | 317 McLean | John | 41 38:32 |
| 226 Smith | Bruce | 45 36:03 | 272 Atwell | Trevor | 15 37:10 | 318 Bommarito | Lisa | 22 38:34* |
| 227 Buckley | Drew | 32 36:04 | 273 Pierce | Amy | 20 37:11* | 319 Purinton | Krista | 18 38:35* |
| 228 Hogan | Carol | 40 36:05* | 274 Wolstat | Henry | 57 37:12 | 320 Shanahan | Bill | 38 38:38 |
| 229 Plante | Gene | 42 36:05 | 275 Morrison | Robert | 49 37:12 | 321 Sibley | Laura | 20 38:40* |
| 230 Derosby | Tony | 33 36:06 | 276 DeSaulnier | Ted | 44 37:16 | 322 Gross | Bob | 35 38:40 |
| 231 Burke | John | 43 36:07 | 277 Dix | Doug | 47 37:17 | 323 Titcomb | Scott | 25 38:41 |
| 232 Tribou | Bill | 70 36:08 | 278 Works | Norman | 30 37:19 | 324 Rowe | William | 21 38:44 |
| 233 Gagne | Don | 55 36:08 | 279 Soule | James | 37 37:20 | 325 Sprague | Eliza | 22 38:45* |
| 234 Soule | Benjamin | 47 36:08 | 280 Campbell | George | 44 37:21 | 326 Flaherty | Timothy | 43 38:46 |
| 235 Cohen | Ira | 38 36:10 | 281 McCusker | Andrew | 43 37:21 | 327 Atwell | Stephen | 42 38:47 |
| 236 Meyer | Michael | 18 36:11 | 282 Gormley | Dave | 24 37:21 | 328 Milliken | Shaun | 21 38:47 |
| 237 Luton | Peter | 35 36:12 | 283 Nobile | Michael | 39 37:22 | 329 Schweber | Larry | 31 38:51 |
| 238 Babino | Jeffrey | 36 36:13 | 284 Daggett | John | 17 37:26 | 330 Smith | Robert | 42 38:51 |
| 239 Liming | George | 40 36:14 | 285 Wilson | Ed | 30 37:27 | 331 Carton | Patty | 29 38:52* |
| 240 Ilaria | Mark | 34 36:15 | 286 Coyne | Daniel | 29 37:27 | 332 Wall | Andrea | 25 38:53* |
| 241 Pelton | Ronald | 38 36:20 | 287 Lavoie | J.P. | 36 37:30 | 333 Rice | Peter | 39 38:57 |
| 242 Cooper | Nancy | 36 36:21* | 288 D'Amour | Marc | 36 37:30 | 334 Myers | Chuck | 31 38:57 |
| 243 Martin | Neil | 48 36:22 | 289 Swift | Stephen | 21 37:31 | 335 Merrill | George | 60 38:58 |
| 244 Woodworth | Charles | 33 36:23 | 290 Morrison | Danny | 34 37:41 | 336 Lindermann | S. | 37 38:59* |
| 245 Lewis | Patrick | 29 36:25 | 291 Everett | Stephen | 38 37:42 | 337 Rasmussen | John | 54 38:59 |
| 246 Johnson | Bud | 29 36:27 | 292 Spring | Ellen | 38 37:44* | 338 Tinkham | Philip | 44 39:02 |
| 247 Hooker-Smith | Lori | 35 36:28* | 293 Buzzell | Kenneth | 33 37:46 | 339 Gordon | Charlie | 43 39:02 |
| 248 Grogan | John | 38 36:29 | 294 Gregg | James | 30 37:47 | 340 Manzo | Gary | 36 39:06 |
| 249 Oberg | Ken | 33 36:30 | 295 Chase | Jim | 59 37:49 | 341 Finn | Gregory | 31 39:11 |
| 250 Newton | Thomas | 48 36:30 | 296 Chaffee | Mark | 34 37:49 | 342 Wolanski | John | 32 39:12 |
| 251 Mayberry | Warren | 33 36:31 | 297 Crocker | Chris | 33 37:49 | 343 Inches | Sue | 36 39:13* |
| 252 Merritt | John | 41 36:32 | 298 Coombs | James | 39 37:50 | 344 Foss | Ted | 23 39:14 |

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also depends on practical things,
like getting there & back in
one piece, not to mention
your gear.

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pocket beaches
tangled spruce fringe
delicately flavored
with mussels
gooseberries
& piquant grasses*

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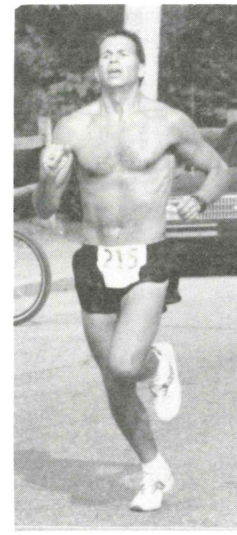
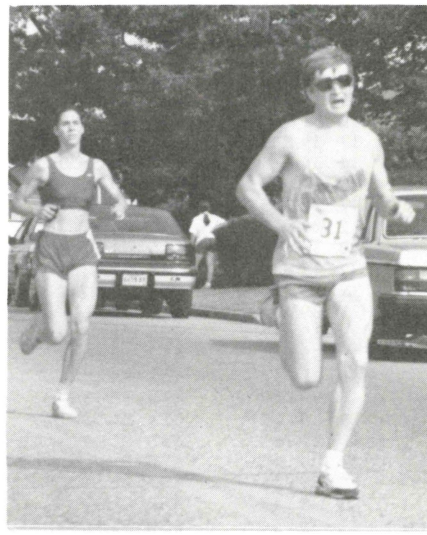
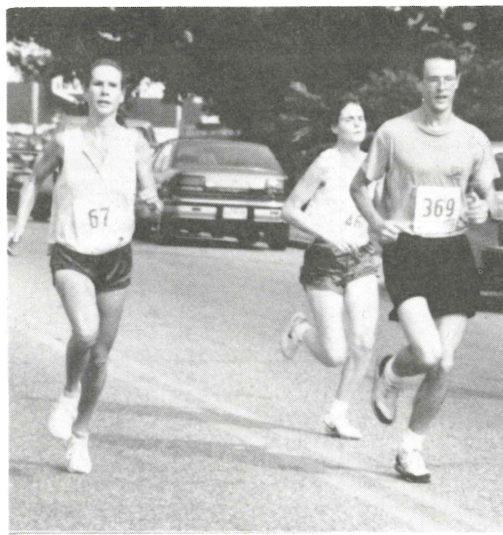
- On-site 95° fitness pool with pool therapist

PRENATAL AND POSTPARTUM PROGRAMS

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

PERSONALIZED FITNESS PROGRAM

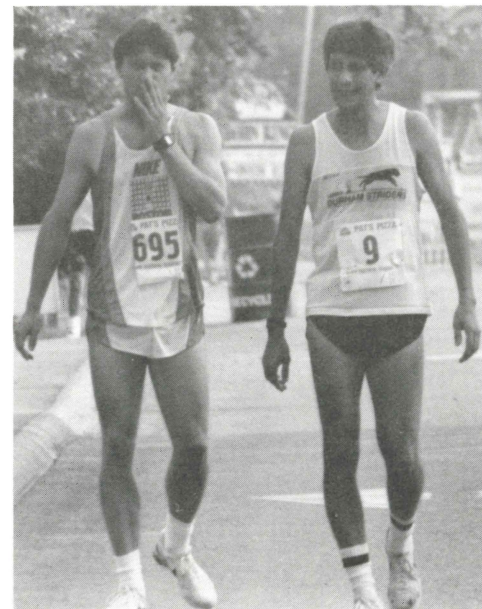
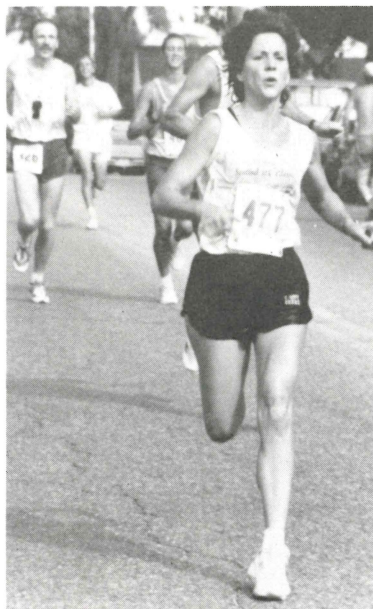
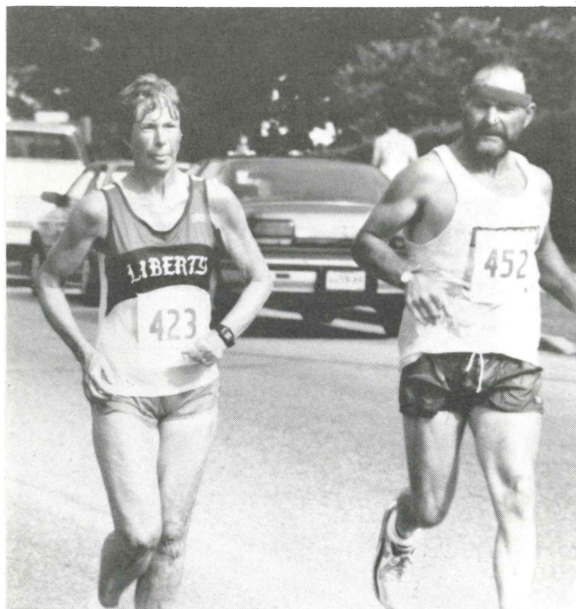
- General Public • In-depth medical screening and fitness testing
by physical therapists • Cybex/Eagle weight machines
• Aerobic exercise equipment



1 to r: Ron Deprez of Portland * Lisa Arsenault of Cumberland, Deedra Dapice and Yarmouth's Chris Harris * Winner Kathy Tracy and Falmouth's Charlie Perkins * Michael Grigware of Saco



1 to r: Douglas Hodgkin of Lewiston, unknown runner and Biddeford's Don Rameau * Nancy Lund (in the big hat), Gene Plante of York and Portland's John Kazilionis * Mary Arno of Brunswick



1 to r: Jane Rasmussen of Tenants Harbor and Clinton Goodenow of Freeport * MAINELY RUNNING's Ann Marie Davee * Todd Coffin of Bath and masters winner, Steve Podgajny talk before the race



| | | | | | | | | |
|-----------------|-----------|-----------|----------------|------------|-----------|------------------|-----------|-----------|
| 345 Newsome | Lana | 32 39:14* | 435 Judge | Hugh | 32 42:19 | 525 O'Connor | Tom | 40 46:35 |
| 346 Downs | Dick | 45 39:16 | 436 Welzel | Hank | 64 42:23 | 526 Gould | Peter | 29 46:41 |
| 347 Dyer | John | 46 39:17 | 437 Ahonen | Cheryl | 27 42:25* | 527 Johnson | Jeffrey | 32 46:46 |
| 348 LaVallee | Derek | 19 39:18 | 438 Doherty | Janice | 41 42:26* | 528 Aston | Jed | 16 46:53 |
| 349 Andrews | Cindy | 39 39:19* | 439 Thornton | Dick | 58 42:33 | 529 Thomas | Eugene | 37 46:57 |
| 350 Baker | Dick | 43 39:20 | 440 Gould | Mark | 26 42:34 | 530 DeVos | Autumn | 17 46:58* |
| 351 Barmure | Steven | 37 39:22 | 441 Rhodes | Daniel | 37 42:35 | 531 Ward | Catherine | 34 46:58* |
| 352 Nee | Paul | 34 39:24 | 442 Larochele | Jeanne | 28 42:41* | 532 Berholacc | Christine | 25 47:04* |
| 353 Waterhouse | Theodore | 23 39:25 | 443 Caldwell | James | 36 42:44 | 533 Andrews | Bert | 39 47:05 |
| 354 Strand | Stephen | 37 39:25 | 444 Denning | Michael | 45 42:46 | 534 DeVos | Amber | 15 47:09* |
| 355 Raymond | Michael | 41 39:26 | 445 Johnson | Andy | 14 42:47 | 535 Asherman | David | 37 47:10 |
| 356 Bly | Jean | 38 39:27* | 446 Nickerson | Carolee | 39 42:51* | 536 Gray | Jeff | 42 47:24 |
| 357 Brown | Chris | 32 39:28 | 447 Greenleaf | Eric | 26 42:51 | 537 Seymour | Craig | 38 47:27 |
| 358 Cunningham | Craig | 32 39:29 | 448 Shepard | Andrew | 34 42:55 | 538 Peterson | Kristin | 20 47:31* |
| 359 Bean | Kathy | 33 39:32* | 449 Soule | Charles | 31 42:59 | 539 Aceto | Thomas | 36 47:39 |
| 360 Roberts | Glenn | 39 39:33 | 450 Lausier | Joan | 47 43:00* | 540 Singer | Susan | 38 47:43* |
| 361 Myers | Jerry | 51 39:33 | 451 Harmon | Maurice | 41 43:01 | 541 Manion | Kara | 18 47:55* |
| 362 Horton | Scott | 45 39:37 | 452 Aston | Diane | 36 43:04* | 542 Bertolaccini | Joseph | 25 47:58 |
| 363 Elgee | William | 46 39:40 | 453 Wyman | Robert | 54 43:04 | 543 Bartlett | Melanie | 18 47:59* |
| 364 Dooley | Karyn | 19 39:43* | 454 Stockley | Bernice | 28 43:07* | 544 Jones | Melissa | 21 48:04* |
| 365 Baxter, Sr. | Ralph | 59 39:44 | 455 McDermott | Joann | 35 43:07* | 545 Wilson | Julie | 39 48:08* |
| 366 Gordon | Paige | 24 39:45* | 456 Brechting | Alice | 28 43:15* | 546 Thomas | Jonathan | 12 48:08 |
| 367 Douglas | Don | 40 39:46 | 457 Walker | Cheri | 28 43:15* | 547 Thomas | Peter | 38 48:15 |
| 368 Shiminski | James | 33 39:47 | 458 Body | David | 54 43:26 | 548 Poole | Malcolm | 40 48:16 |
| 369 Pierce | Lawrence | 42 39:54 | 459 Pierce | Nancy | 38 43:29* | 549 Trowbridge | Hannah | 50 48:23* |
| 370 Laskey | Diana | 30 39:55* | 460 Parmenter | George | 33 43:30 | 550 Lane | Betsy | 39 48:25* |
| 371 Wirth | Cathy-Ann | 31 39:56* | 461 Stark | Richard | 35 43:36 | 551 McLean | George | 47 48:39 |
| 372 Redmond | Colleen | 26 39:57* | 462 Latino | Mary Ellen | 42 43:37* | 552 Shibles | Bruce | 32 48:40 |
| 373 Beauparlant | Kevin | 15 40:00 | 463 Tanner | Lucy | 45 43:48* | 553 Turner | Warren | 43 48:44 |
| 374 Danscrean | Michelle | 20 40:02* | 464 Sires | John | 36 43:54 | 554 Burke | Joseph | 57 48:45 |
| 375 Cartwright | Richard | 42 40:10 | 465 Sawyer | Cliff | 38 43:56 | 555 Curran | Jim | 45 48:52 |
| 376 Dix | Aaron | 12 40:10 | 466 Sliwinski | David | 23 44:00 | 556 Kenniston | Polly | 54 49:02* |
| 377 Ryan | Rick | 32 40:11 | 467 Thomas | Christina | 35 44:03* | 557 Milliken | Shannon | 18 49:08* |
| 378 Duddy | Kathleen | 40 40:11* | 468 Ouillette | John | 43 44:04 | 558 Cunningham | Richard | 42 49:13 |
| 379 Barker | Jim | 38 40:18 | 469 Hodsdon | Robert | 13 44:04 | 559 Burns | Jonathan | 45 49:18 |
| 380 Guyer | Scott | 31 40:18 | 470 Cole | Brian | 28 44:05 | 560 Sylvester | Larissa | 43 49:36* |
| 381 Moller | Ken | 43 40:23 | 471 Cole | Melissa | 28 44:06* | 561 Peters | Paul | 57 50:01 |
| 382 Tableman | Patti | 32 40:24* | 472 Bennett | Joe | 71 44:07 | 562 Craparo | Karen | 51 50:09* |
| 383 Pompeo | Peter | 46 40:28 | 473 Flanagan | Dean | 27 44:08 | 563 Mellor | Harry | 46 50:12 |
| 384 Nicklas | David | 43 40:33 | 474 Peters | Brian | 26 44:12 | 564 Dearmott | Aimee | 28 50:14* |
| 385 Drew | Charles | 48 40:38 | 475 Foran | Joseph | 41 44:14 | 565 Ray | Kenneth | 33 50:15 |
| 386 St. John | Edward | 51 40:39 | 476 Tanner | Bob | 57 44:16 | 566 Bernier | Gail | 34 50:18* |
| 387 Jacques | David | 28 40:42 | 477 Moreau | Kathy | 47 44:18* | 567 Covell | Diane | 37 50:18* |
| 388 Metsker | Steve | 32 40:44 | 478 McGee | Gale | 32 44:19* | 568 Farris | Albert | 44 50:40 |
| 389 Tuttle | Benjamin | 28 40:45 | 479 Saltz | Barry | 31 44:20 | 569 Antoniuac | Robert | 46 50:42 |
| 390 Paradis | Thomas | 30 40:46 | 480 Twombly | David | 40 44:23 | 570 Holmes | Lloyd | 64 51:11 |
| 391 Turcotte | Ray | 49 40:48 | 481 Williams | Meunda | 32 44:27* | 571 Siebold | Cathy | 40 51:20* |
| 392 Wallace | Rebecca | 18 40:50* | 482 Winslow | Bonnie | 26 44:28* | 572 DiGiacomo | Tony | 11 51:22 |
| 393 Howe | Norm | 38 40:56 | 483 Hubbell | Jennifer | 35 44:29* | 573 DiGiacomo | Frank | 37 51:24 |
| 394 Nemitz | Bill | 36 40:57 | 484 Putnam | Steve | 47 44:31 | 574 Mellor | Alice | 46 51:53* |
| 395 Hale | John | 41 40:58 | 485 Piasio | Roger | 53 44:33 | 575 Milliken | Wayne | 42 51:55 |
| 396 O'Brien | Rick | 44 40:59 | 486 Hilden | Tania | 24 44:35* | 576 Tobiason | Cindy | 38 52:21* |
| 397 Flaherty | Mark | 20 41:00 | 487 Swinbourne | Teresa | 20 44:36* | 577 Haynes | Heidi | 18 52:44* |
| 398 Mosley | David | 44 41:02 | 488 Smith | Tim | 48 44:37 | 578 Richard | Beth | 35 52:51* |
| 399 Suter | Richard | 28 41:08 | 489 Kennedy | John | 45 44:38 | 579 Poore | Deborah | 42 52:59* |
| 400 Reid | Kathryn | 26 41:10* | 490 Bolles | Steven | 29 44:38 | 580 Silverstein | Marc | 28 54:25 |
| 401 Karu | Candace | 38 41:10* | 491 Mellor | Christine | 24 44:39* | 581 Mason | Harvey | 57 54:28 |
| 402 Arno | Mary | 46 41:13* | 492 Graves | Tracy | 24 44:39* | 582 Hinkle | Bobby | 50 55:54 |
| 403 Dumond | Matt | 17 41:13 | 493 Poole | Alexandra | 26 44:40* | 583 Hinkle | Arlene | 47 55:55* |
| 404 Kent | Don | 38 41:15 | 494 McDonough | Edward | 49 44:43 | 584 Mondor | Michelle | 43 56:43* |
| 405 Morrow | Steve | 45 41:17 | 495 Newland | Wayne | 53 44:47 | 585 Flanagan | Kimberly | 28 56:53* |
| 406 Richfield | Leslie | 39 41:19* | 496 Wibby | Tricia | 26 44:48* | 586 Farrin | Joanne | 36 56:57* |
| 407 Codere | Roger | 47 41:21 | 497 Love | Ginger | 48 44:51* | 587 Vail | Lilly | 54 57:38* |
| 408 Breton | Jeff | 33 41:24 | 498 Gorman | Kristine | 26 44:55* | 588 Butler | Tracey | 29 58:39* |
| 409 Greener | Richard | 42 41:25 | 499 Moroney | Michael | 27 44:58 | 589 Elliot | Vicki | 42 58:52* |
| 410 Childs | Susie | 27 41:26* | 500 Aston | Albert | 49 44:59 | 590 Bondeson | Gary | 55 59:42 |
| 411 Saltz | Lori | 29 41:27* | 501 McAfee | Mark | 35 45:03 | 591 Swallow | Robyn | 28 67:33* |
| 412 Boyer | David | 33 41:29 | 502 Mehtar | Mohsin | 36 45:04 | 592 Gordon | Jeff | 46 67:34 |
| 413 Bryan | Laurie | 31 41:36* | 503 Manderson | Christine | 27 45:09* | | | |
| 414 Tong | Duc | 26 41:42 | 504 Boddy | John | 43 45:10 | | | |
| 415 Hall | St. John | 30 41:43 | 505 Gilbert | Cheryl | 42 45:17* | | | |
| 416 Porter | Matt | 16 41:43 | 506 Maloney | Stephen | 41 45:17 | | | |
| 417 Hodgkins | Allison | 22 41:43* | 507 Grassi | Judy | 32 45:18* | | | |
| 418 Chase | Ronald | 50 41:44 | 508 Dennis | Rita | 36 45:26* | | | |
| 419 Weeks | Carroll | 28 41:44 | 509 McCann | Jim | 41 45:29 | | | |
| 420 Nappi | James | 43 41:45 | 510 Ilaria | Patty | 31 45:35* | | | |
| 421 Jolicoeur | Nan | 30 41:47* | 511 MacDonald | Reg | 46 45:36 | | | |
| 422 Jolicoeur | Robert | 54 41:52 | 512 Smith | William | 29 45:45 | | | |
| 423 Rasmussen | Jane | 55 41:53* | 513 Sloane | Susan | 31 45:46* | | | |
| 424 Goodenow | Clinton | 52 41:54 | 514 Brown | Sandy | 44 45:47* | | | |
| 425 Carter | Betsy | 34 41:54* | 515 Doughty | Beverly | 40 45:49* | | | |
| 426 Brunelle | James | 30 41:56 | 516 Brownell | Mead | 60 45:49* | | | |
| 427 Meservey | Jennifer | 19 42:00* | 517 Thomson | Paul | 42 45:53 | | | |
| 428 Gray | Daniel | 34 42:05 | 518 Poole | Victoria | 63 45:54* | | | |
| 429 Allen | William | 20 42:06 | 519 Thompson | Rita | 35 45:54* | | | |
| 430 Hamlin | Michelle | 20 42:07* | 520 Lauritsen | Tammy | 31 45:57* | | | |
| 431 Hall | Wendy | 25 42:11* | 521 Morejon | Gillian | 12 46:12* | | | |
| 432 Swinbourne | Kathleen | 16 42:13* | 522 Soule | Kirk | 28 46:15 | | | |
| 433 Brunelle | Al | 60 42:14 | 523 Howden | Hollie | 37 46:16* | | | |
| 434 Starkle | Debbie | 45 42:17* | 524 Pellerin | Brian | 24 46:24 | | | |

Maryette Stuart age 3.5, finishes the Clam Festival's fun run. The matching shorts belong to Cumberland's Bob Stuart.



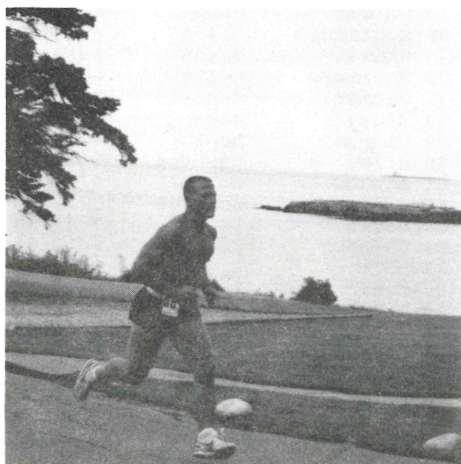
Ocean Point 5K - East Boothbay - August 3

Maine has many races with spectacular scenery and views but none come closer to duplicating the tourist guide books then this one. Much of it is along the edge of the ocean with many breathtaking vistas. There are also a few "breathtaking hills" on the course and many registered slow times for the distance. Warm temperatures and a bright sun didn't help the times either, but it was great for spectators. Race director Steve Jones doubled the turnout from last year and I predict that he will double it again next year as the word gets around about this course. Masters runner Steve Reed came close to catching the Nedeu brother at the finish. (RESULTS COURTESY STEVE JONES)

| | | |
|----------------|---------|----------|
| 1 Nedeau | Erik | 20 16:51 |
| 2 Nedeau | Ethan | 18 16:51 |
| 3 Reed | Steve | 43 16:54 |
| 4 Abello | Tom | 17 18:03 |
| 5 Carbonneau | Florent | 17 18:03 |
| 6 Benoit | Andre | 39 18:19 |
| 7 Griffin | Bill | 40 18:43 |
| 8 Reed | Chris | 15 18:55 |
| 9 Foster | Jack | 41 19:27 |
| 10 Oleson | Duane | 19 19:34 |
| 11 Jurgelevich | Kirk | 38 19:41 |
| 12 Kazakos | Niko | 19 20:01 |
| 13 Laverty | Bill | 40 20:05 |

| | | |
|----------------|--------|-----------|
| 14 Chase | Adam | 15 20:07 |
| 15 Casey | Paul | 15 20:07 |
| 16 Yeuall | George | 35 20:18 |
| 17 MacFarland | Ray | 26 20:47 |
| 18 Raderschadt | John | 49 20:51 |
| 19 Jones | Dara | 34 20:54* |
| 20 Austin | Hadley | 32 21:09 |
| 21 Sims | Dodd | 40 21:18 |
| 22 Jurgelevich | Cathy | 27 21:23* |
| 23 Benn | David | 46 22:00 |
| 24 Foster | John | 34 23:09 |
| 25 Benn | David | 46 21:23 |
| 26 Chace | Jon | 48 23:58 |

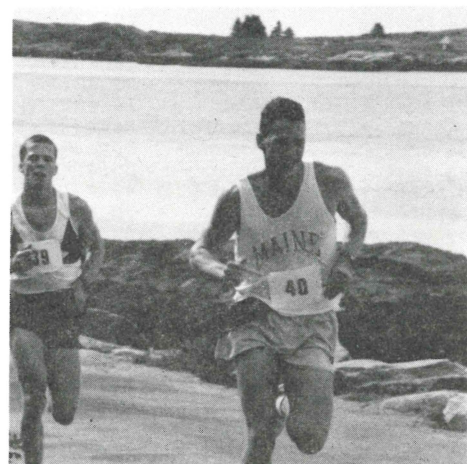
| | | |
|-------------|-----------|-----------|
| 27 Kieft | John | 48 24:25 |
| 28 Daniels | Julie | 14 24:37* |
| 29 Burnett | Guerry | 50 24:46 |
| 30 Bean | Kathy | 33 26:54* |
| 31 Newell | Barbara | 45 27:36* |
| 32 Tozier | William | 42 27:45 |
| 33 Newell | Peter | 46 28:04 |
| 34 Newell | Stephanie | 13 28:05* |
| 35 Roper | Amy | 17 28:29* |
| 36 Couture | Rebecca | 14 30:07* |
| 37 Skidgell | Tammy | 16 31:08* |
| 38 Mansir | Stephanie | 16 31:08* |
| 39 Benn | Linda | 43 36:29* |



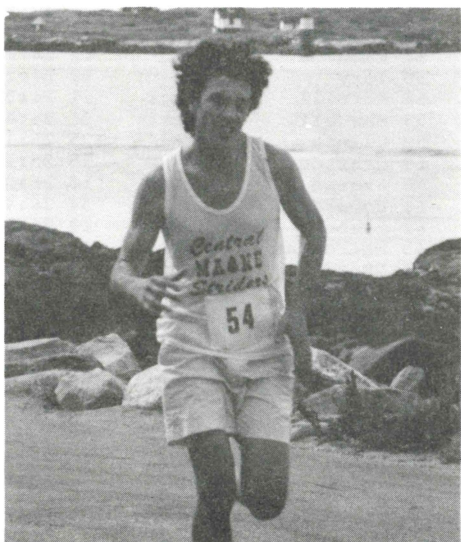
Kirk Jurgelevich isn't looking at the scenery



Linda Benn from Waterville finishes a difficult race



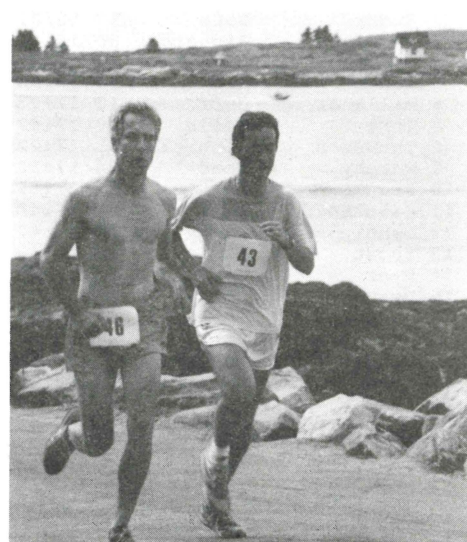
Brothers and winners Erik and Ethan Nedeau



Tom Abello, age 17 finished 4th in this youthful race



Chris Reed of Wiscasset is not far behind his father



Andre Benoit and Florent Carbonneau finished 6 & 5

Blueberry Festival 10K - Wilton - August 10

Results courtesy - Bill Yates

| | | |
|-------------------------------|------------------------------|---------------------------------|
| 1 Meserve Jeff 33 33:02 | 51 Aseltine Debbie 32 53:43* | 43 Towle Aaron 10 8:13 |
| 2 Hudock George 32 33:22 | 52 Ruprecht Karen 36 58:41* | 44 Allen Melissa 9 8:19 * |
| 3 Matthews Cliff 40 33:46 | 53 Atwood Steven 10 58:51 | 45 Palman Kate 9 8:15 * |
| 4 Henderson Jay 22 34:05 | 54 Krauss Gary 39 58:52 | 46 Jackson Andrew 7 8:16 |
| 5 Cobern Paul 27 24:40 | 55 Hetzell Nelson 34 59:13 | 47 Brosius Mochah 10 8:17 |
| 6 Gowler Mark 34 35:33 | 56 Mason Harvey 57 63:05 | 48 Yates Elena 7 8:26 * |
| 7 Allen Peter 38 37:50 | | 49 Jackson Nathan 6 8:31 |
| 8 Meserve Tina 24 38:07* | | 50 Morrill Jesse 11 8:32 * |
| 9 Henry Arnold 15 38:42 | | 51 Shaw Corey 8 8:34 |
| 10 Smith Richard 33 38:42 | | 52 O'Connor Anthony 6 8:40 |
| 11 Wattles William 41 39:15 | | 53 Washburn David 8 8:41 |
| 12 Wheaton David 38 39:30 | | 54 Beisaw Ryan 7 8:44 |
| 13 Lemieux Myles 50 40:04 | | 55 Corey Hannah 10 8:47 * |
| 14 Chabot Katherine 17 40:14* | | 56 Mason Steven 11 8:53 |
| 15 Simoneau Mike 43 40:18 | | 57 Perkins Carol Anne 9 9:01 * |
| 16 Day Steve 25 40:26 | | 59 Mason Sarah 6 9:10 * |
| 17 Kelley Brian 33 40:30 | | 60 Dionne Caleb 10 9:13 |
| 18 Cheeseman Ed 39 40:49 | | 61 Henry Amanda 9:20 * |
| 19 Dube Andy 28 40:52 | | 62 Quinn-Kelly Kaitlin 6 9:24 * |
| 20 Mason Nathaneil 42 41:07 | | 63 Flottesmesch Kate 6 9:24 * |
| 21 Bilello Vince 35 41:18 | | 64 Towle Ryan 11 9:26 |
| 22 Newton Wayne 47 41:24 | | 65 Glidden Joshua 8 9:28 |
| 23 Morejon Roy 48 41:33 | | 66 Perkins Lynn Anne 7 9:34 * |
| 24 Keniston Linda 37 41:50* | | 67 Ellingwood Jessica 8 9:36 * |
| 25 Blanchard John 45 41:51 | | 68 Mason Eric 8 9:40 |
| 26 McLain Michael 30 41:52 | | 69 Stewart Randy 7 9:43 |
| 27 McManus David 33 42:02 | | 70 Corey Levi 8 9:52 |
| 28 MacFarland Ray 26 42:14 | | 71 Washburn Heather 10 9:56 * |
| 29 Liming George 40 42:24 | | 72 Miller Dusty 7 10:11 |
| 30 Pennock Doug 32 42:43 | | 73 Palman John 6 10:20 |
| 31 Mason David 38 43:29 | | 74 Kobischen Jason 6 10:40 |
| 32 Gifford Gary 32 43:35 | | 75 Shaw Jason 6 10:55 |
| 33 Richardson Ryan 16 43:40 | | 76 Harris Scott 6 11:15 |
| 34 Hall Clifford 56 43:45 | | 77 Tucker Samuel 7 11:27 |
| 35 Jackson Coleen 30 43:48* | | 78 Davey John 5 11:28 |
| 36 Page Paul 35 43:53 | | 79 Dionne Anne 7 11:52* |
| 37 Raderschadt John 49 44:30 | | 80 Riley Cameron 5 12:01 |
| 38 Brosius Bob 38 44:51 | | 81 Atwood Colin 9 12:09 |
| 39 Mendell Carlton 69 44:54 | | 82 Waite Jessica 12 12:11* |
| 40 Pratt Jason 22 45:10 | | 83 Sills Dennis 7 12:58 |
| 41 Bies Stephen 38 45:13 | | 84 Knight Kevin 6 13:01 |
| 42 Yates Leah 15 45:47* | | 85 Bell Crystal 8 14:25* |
| 43 Frett Michael 48 46:44 | | 86 Duval Amber 8 15:31* |
| 44 Osborne Penny 17 47:04* | | 87 Landry Renee 4 16:45* |
| 45 Harvey Jim 22 47:32 | | 88 Yates Anna 13 16:45* |
| 46 Chamberlain David 15 47:47 | | 89 Miller Cal 6 16:50 |
| 47 Murray Patty 36 50:20* | | 90 Miller Cal 6 17:01 |
| 48 Corson Diane 33 52:03* | | 91 Hinman Zachariah 4 17:30 |
| 49 David William 72 52:04 | | 92 Sills Dana 3 17:31 |
| 50 Wattles Nina 33 52:22* | | 93 Hayden Daniel 4 18:01 |

One Mile

| | |
|-------------------------------|-----------|
| 1 Flottesmesch Robert 13 6:17 | 13 6:17 |
| 2 Scribner Andrew 14 6:19 | 14 6:19 |
| 3 Morrill Deven 12 6:21 | 12 6:21 |
| 4 Landry Seth 14 6:26 | 14 6:26 |
| 5 Morejohn Roy 10 6:27 | 10 6:27 |
| 6 Hall Evan 9 6:30 | 9 6:30 |
| 7 Landry Brooks 9 6:33 | 9 6:33 |
| 8 Black James 11 6:36 | 11 6:36 |
| 9 Flagg Ryan 14 6:37 | 14 6:37 |
| 10 Wrenn Andy 14 6:46 | 14 6:46 |
| 11 Scribner Stephen 11 6:46 | 11 6:46 |
| 12 Toothaker Timothy 12 6:48 | 12 6:48 |
| 13 Dalot Greg 14 6:49 | 14 6:49 |
| 14 Lewk Ben 13 6:50 | 13 6:50 |
| 15 Haegar Jesse 14 6:55 | 14 6:55 |
| 16 Gallant Brad 14 6:58 | 14 6:58 |
| 17 Hayden Lucas 10 7:06 | 10 7:06 |
| 18 Baxter Scott 9 7:07 | 9 7:07 |
| 19 Mason Mike 11 7:12 | 11 7:12 |
| 20 Mason Nathaniel 11 7:16 | 11 7:16 |
| 21 Brosius Ember 12 7:17 * | 12 7:17 * |
| 22 Corey Marcus 9 7:21 | 9 7:21 |
| 23 Mitchell Alan 12 7:29 | 12 7:29 |
| 24 Riley Jared 8 7:36 | 8 7:36 |
| 25 Keegan Aaron 13 7:37 | 13 7:37 |
| 26 Mitchell Jay 9 7:40 | 9 7:40 |
| 27 Corey Sarah 12 7:45 * | 12 7:45 * |
| 28 Phillips Kevin 9 7:49 | 9 7:49 |
| 29 Brosius Andy 7 7:52 | 7 7:52 |
| 30 Adams Matt 12 7:53 | 12 7:53 |
| 31 Lemarre Jonathan 9 7:57 | 9 7:57 |
| 32 Hayden Matt 8 7:58 | 8 7:58 |
| 33 Hyde Jason 12 7:59 | 12 7:59 |
| 34 Hinman John 7 8:00 | 7 8:00 |
| 35 Allen Emily 8 8:02 * | 8 8:02 * |
| 36 Hetzell Noah 10 8:00 | 10 8:00 |
| 37 Yates Martha 10 8:06 * | 10 8:06 * |
| 38 Jackson Jason 8 8:07 | 8 8:07 |
| 39 Paling Nathan 10 8:08 | 10 8:08 |
| 40 Davey Mark 8 8:08 | 8 8:08 |
| 41 Yates Rachel 7 8:09 * | 7 8:09 * |
| 42 Hinkley Craig 10 8:11 | 10 8:11 |

Roland Dyer Memorial 5k - July 31 - Winslow

Results courtesy C M Striders

| | | |
|------------------------------|------------------------------|---------------------------------|
| 1 Hale Greg 28 15:00 | 25 Bastow Peter 54 19:12 | 50 Glueck Craig 23 22:27 |
| 2 Ruder Nate 18 15:21 | 26 Nealey Jo-Ann 30 19:20* | 51 Bouchard Gary 35 23:04 |
| 3 Khorigan Richard 30 16:19 | 27 Cummings Dick 54 19:33 | 52 Richards Joe 42 23:28 |
| 4 Croteau Dennis 41 16:31 | 28 Haskell Todd 17 19:36 | 53 Sullivan Rebecca 14 23:43* |
| 5 Houle Ken 44 16:50 | 29 Nealey Dale 27 19:42 | 54 Katz Roger 42 24:23 |
| 6 Mills Jr Jeff 17 17:02 | 30 Bowen Rick 35 19:48 | 55 Tory Pera 17 24:28* |
| 7 Tory Colin 20 17:08 | 31 Katzan Harry 56 20:05 | 56 Morrill Dennis 51 24:32 |
| 8 Thompson Michael 33 17:22 | 32 Scribner Richard 40 20:08 | 57 Haskell Robert 41 24:41 |
| 9 Murphy Todd 24 17:32 | 33 Allen Charles 41 20:15 | 58 Clinch Mark 35 25:11 |
| 10 Frank Larry 35 17:35 | 34 Benn David 46 20:16 | 59 Crafton Jeanne 35 25:26* |
| 11 Saloranta Risto 41 17:45 | 35 Liming George 40 20:37 | 60 French Darren 10 26:02 |
| 12 Lane Rick 44 17:47 | 36 Clark Ernie 31 20:38 | 61 Howard Tom 34 26:42 |
| 13 Frost Jamie 18 17:48 | 37 Bau Karl 43 20:40 | 62 Labbe Heidi 12 26:48* |
| 14 Dyer Teague 15 17:48 | 38 Bies Stephen 38 20:55 | 63 Melkonian Sharon 42 26:53* |
| 15 Deans Larry 35 17:53 | 39 Kay Mike 41 21:21 | 64 Dyer Tina 14 26:58* |
| 16 Ruder Teague 16 18:05 | 40 Grenier Jodie 25 21:36* | 65 Tozier William 63 27:04 |
| 17 Sullivan Larry 41 18:11 | 41 Foster John 34 21:38 | 66 Hanington Dale 45 27:05 |
| 18 Jordan Robert 31 18:22 | 42 Moore Jim 48 21:52 | 67 Berthiaume Debbie 35 27:09* |
| 19 Caron Carroll 34 18:30 | 43 Lefebere Laurie 25 21:53* | 68 Bowen Erica 11 27:12* |
| 20 Chapin Jon 32 18:41 | 44 Blair David 48 21:59 | 69 Chamberland Ursula 38 27:23* |
| 21 Knickman Denis 23 18:46* | 45 French Goff 40 22:03 | 70 Allen Lynn 41 28:22* |
| 22 Siren Raul 46 19:04 | 46 Marcoux Sherry 19 22:05* | 71 Sears Ben 8 28:31 |
| 23 Whittier Susan 33 19:04* | 47 Flye Dena 22 22:07* | 72 Sears Jeanne 38 31:34* |
| 24 Cheeseman Edward 38 19:09 | 48 Abrams Don 58 22:14 | 73 Benn Linda 43 33:52* |
| | 49 Hyer Alton 43 22:21 | 74 Smith John 38 33:53 |

KENNEBEC 10,000 - Madison - August 21

A cool, damp evening for this 6pm event, as director Bob Hagopian keeps one of Madison's two road races alive. Allen was never headed, Sue added yet another win in a CMS event, and all 29 finishers enjoyed the challenge of skirting large pools of water in the wooded trails mid-way in a true pioneer running experience! Courtesy Jerry Saint Amand, Central Maine Striders.

| | | | | | | | | |
|------------|---------|----------|--------------|---------|-----------|----------------|-----------|-----------|
| 1 Allen | Peter | 38 37:03 | 10 Whittier | Susan | 33 40:48* | 20 Grant | David | 33 44:17 |
| 2 Johnson | Ray | 43 38:01 | 11 Pratt | Skip | 37 42:10 | 21 Ryding | Kris | 28 47:12* |
| 3 Crockett | Walter | 32 38:18 | 12 Jackson | Coleen | 30 42:34* | 22 Brown | Tony | 43 48:48 |
| 4 Manzer | John | 37 38:50 | 13 Cook | Byron | 44 42:38 | 23 LaCasse | Daren | 36 52:20* |
| 5 Chapin | Jon | 32 39:29 | 14 Green | David | 33 42:46 | 24 Pohlman | Donnajean | 40 52:29* |
| 6 Hagopian | Bryan | 17 39:48 | 15 Greenleaf | Michael | 38 42:57 | 25 Saint Amand | Jerry | 48 52:29 |
| 7 Corrigan | Paul | 39 39:49 | 16 Jaques | Jim | 30 42:59 | 26 Garland | Jim | 42 54:30 |
| 8 Lagasse | Albert | 45 40:09 | 17 Page | Paul | 35 43:10 | 27 Clinch | Mark | 35 56:28 |
| 9 Scribner | Richard | 40 40:16 | 18 Paquette | Ron | 50 43:27 | 28 Kelly | Mary | 42 61:31* |
| | | | 19 Clement | Bob | 45 43:54 | 29 Corrigan | Jan | 39 65:20* |

Angie Abraham5 Miler -Portland -August 25

| | | | | | | | | |
|------------------------------|---------|-----------|---------------|-----------|-----------|---------------|-----------|-----------|
| Results Ted Cunningham - MTC | | | 42 MCDONOUGH | PAUL | 40 28:03 | 85 Botler | Eric | 11 35:42 |
| 1 Acwood | Michael | 20 20:29 | 43 Shevenell | David | 29 28:07 | 86 Penta | Donald | 45 36:03 |
| 2 SULLIVAN | PATRICK | 30 20:49 | 44 Haney | Marjorie | 23 28:09* | 87 MCDONOUGH | ANN | 53 36:17* |
| 3 Thibault | Roland | 23 21:04 | 45 GAMAGE | ADAM | 11 28:17 | 88 Edwards | Mary | 42 36:26* |
| 4 BOTTING | KEN | 31 21:19 | 46 Bradley | Russ | 67 28:22 | 89 Fineberg | Melvin | 55 36:27 |
| 5 Towle | George | 41 21:24 | 47 Swan | Robert | 44 28:26 | 90 Broder | Brenda | 26 36:28* |
| 6 FLANDERS | KENNETH | 39 21:29 | 48 Black | Dick | 36 28:27 | 91 O'DONNELL | BARRY | 30 36:37 |
| 7 SMITH | DAVID | 20 22:11 | 49 Downs | Richard | 45 28:31 | 92 GODBOU | MARY | 29 36:38* |
| 8 GILE | KEVIN | 33 22:23 | 50 SCHROEDER | JERILYNN | 44 28:32* | 93 KENT | LOIS | 53 37:13* |
| 9 LEEMING | JOHN | 34 22:25 | 51 CUSHMAN | BOB | 53 28:49 | 94 GILBERT | STUART | 49 37:39 |
| 10 Laidley | Zachary | 18 22:32 | 52 Spear | Howard | 41 28:51 | 95 CHASE | JERROD | 15 38:10 |
| 11 ROBERGE | GUY | 40 22:34 | 53 Gavin | Rob | 35 29:05 | 96 Cross | Virginia | 48 38:25* |
| 12 Smith | Dennis | 41 23:19 | 54 Babine | Phil | 37 29:11 | 97 Holmes | Lloyd | 64 39:38 |
| 13 BARON | BRIAN | 17 23:40 | 56 MULREADY | BOB | 45 29:16 | 98 Long | Frank | 74 41:09 |
| 14 HAWKES | Bob | 69 24:03 | 57 Dyer | John | 46 29:18 | 99 BLACK | BONNIE | 36 41:39* |
| 15 PIERCE | PHILIP | 50 24:17 | 58 Messier | Christine | 19 29:29* | 100 WHITON | BARBARA | 33 42:51* |
| 16 SCRIBNER | RICHARD | 40 24:26 | 59 Brown | Daniel | 45 29:58 | 101 Philippon | Kaite | 20 42:53* |
| 17 WILSON | DON | 44 24:27 | 60 Lausier | Joan | 47 30:32* | 102 LESNIAK | CATHERINE | 21 42:55* |
| 18 VEZINA | PHIL | 31 24:46 | 61 GAMAGE | SCOTT | 13 30:33 | 103 McGarvey | Bonnie | 50 44:56* |
| 19 Chong | Yun | 31 24:58 | 62 WATSON | MIKE | 25 30:35 | 104 CHASE | AMANDA | 21 44:57* |
| 20 GIFFARD | GARY | 32 25:03 | 63 SHERMAN | DAVID | 35 30:39 | 105 Finkelman | Derek | 18 46:12 |
| 21 HACKETT | JEANNE | 32 25:11* | 64 McDermott | Joann | 35 30:48* | 106 MORESHEAD | ANGIE | 21 46:13* |
| 22 Gordon | Kevin | 37 25:21 | 65 Flint | Walter | 35 30:52 | 107 Carslick | Sandra | 34 46:15* |
| 23 MCDONOUGH | JOHN | 23 25:25 | 66 Hall | Wendy | 26 30:58* | 108 Carslick | Janelle | 7 59:26* |
| 24 Komulainen | Craig | 28 25:34 | 67 TRUDO | PAMELA | 39 30:59* | 110 DEPAOLO | NICK | 21 59:27 |
| 25 MESSIER | BRIAN | 16 25:41 | 68 Duddy | Kathleen | 40 31:11* | 111 Abraham | Jim | 27 59:28 |
| 26 RINES | DALE | 39 25:50 | 69 Koharian | Bruce | 47 31:29 | 112 Abraham | Jake | 1 59:29 |
| 27 Lindholm | Kristin | 18 25:53* | 70 CHANGE | HARRY | 51 31:30 | 113 Abraham | Nicholas | 1 59:45 |
| 28 HOUSER | DAVID | 41 26:02 | 71 SIMPSON | STANLEY | 43 31:44 | 114 DEPAOLO | ANTHONY | 44 59:46 |
| 29 Liming | George | 40 26:07 | 72 Perkins | Larry | 46 31:48 | 115 PALLANG | GERRIE | 48 59:47* |
| 30 Botler | Joel | 37 26:17 | 73 PEARSON | JOHN | 29 31:50 | 116 AUDET | IRENE | 50 60:00* |
| 31 Ashley | Timothy | 17 26:24 | 74 GOODMAN | KIM | 31 32:13* | 117 Richards | Joan | 42 60:03* |
| 32 LANIGRA | BOB | 49 26:26 | 75 Cunningham | Julia | 24 32:17* | 118 Giuliani | Sally | 45 61:00* |
| 33 ROLFE | JOHN | 37 26:28 | 76 RICHARDS | LINDA | 28 32:28* | 119 Abraham | Elaine | 27 61:00* |
| 34 PARKER | CLYDE | 39 26:31 | 77 McDonough | Ed | 50 32:38 | 120 PROFENNO | PAUL | 27 61:00 |
| 35 Lund | Nancy | 39 26:36* | 78 Gray | Dottie | 66 33:07* | 121 KLONOWSKI | JOANN | 23 61:00* |
| 36 DESROSBY | ANTHONY | 29 26:38 | 79 Murphy | Pat | 46 33:29* | 122 PELLETIER | BOB | 29 63:00 |
| 37 Nicholas | Laurie | 23 26:42* | 80 Hayes | Jessica | 41 33:31* | 123 McNally | Isabelle | 71 63:22* |
| 38 HALLETT | CONNIE | 32 27:12* | 81 CLINCH | MARK | 35 34:05 | 124 Gebo | Carole | 38 63:32* |
| 39 Mendell | Carlton | 69 27:22 | 82 SAWYER | RODNEY | 57 34:22 | 125 O'DONNELL | LORI | 28 63:33* |
| 40 HASTINGS | BILL | 18 27:47 | 83 MANCINI | LARRY | 17 34:36 | 126 FUSCO | DIANNE | 49 * |
| 41 GAMAGE | DAVID | 36 28:01 | 84 BARRY | MEGHAN | 11 35:04* | | | |

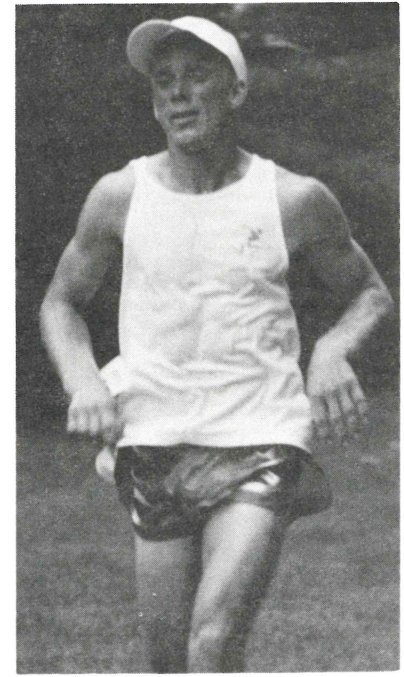
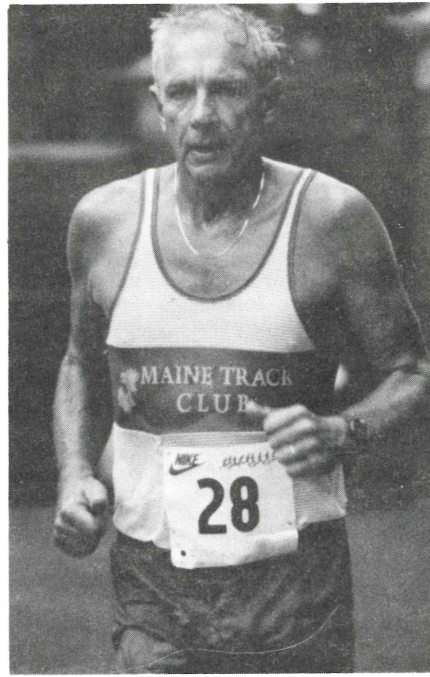
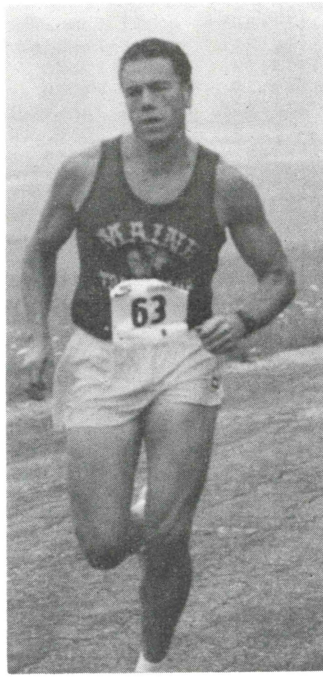
Ralph Thomas & Gerry Poulin Miles - Winslow - August 31

| | | | | | | | | |
|--------------------------------|--------|---------|------------|---------|---------|------------|---------|-----------|
| Results courtesy of CM Stiders | | | 7 Scribner | Richard | 40 5:20 | 1 Quirion | Robert | 17 5:00 |
| 1 Croteau | Dennis | 41 4:44 | 8 Siren | Raul | 46 5:25 | 2 McGovern | Danny | 38 5:28 |
| 2 Houle | Ken | 44 4:56 | 9 Belanger | John | 40 5:37 | 3 Grenier | Jodie | 25 5:35 * |
| 3 Stevens | Alton | 43 4:59 | 10 Allen | Charles | 41 5:41 | 4 Dostie | Terry | 33 5:39 |
| 4 Saloranta | Risto | 41 5:01 | 11 Bastow | Peter | 54 5:43 | 5 Pierce | Kristin | 17 5:45 * |
| 5 Dubord | Bill | 44 5:15 | 12 Pierce | Larry | 42 6:27 | 6 Zucker | Alan | 38 6:33 |
| 6 Lane | Rick | 44 5:17 | | | | 7 Marcoux | Larry | 12 6:53 |

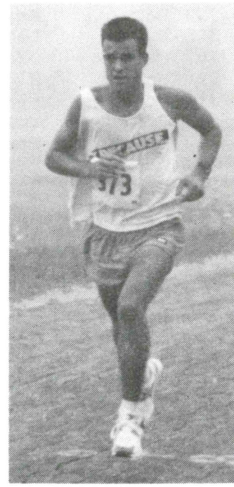
Bowdoin and Back 10 Miler - Brunswick - August 18

From what I have seen, Bob Winn is the strongest male runner in Maine this summer. At Sports East's Bowdoin and Back, Bob proved himself again. The temperature felt cool but the close to 100% humidity made breathing difficult for those who pushed their aerobic threshold. Bob and Mike Lyons, former Cheverus High standout and Sophomore at U of Pennsylvania, hit 2 miles in 9:45. Mike had been pushing the pace but when he heard their split he said something like "oh no!", and backed off the pace. Bob finished in 50:29, the best time on this course since Collin Peddle's 50:00 in 1983. According to John Gale who measured the course for recertification in 1987, there is very little difference between the course that Colin ran on and today's course. There was a close race for the women's title as Kelly Rodrigue, of Lewiston and Rush Hall of Gorham were only seconds behind Maryann Doss. It was good to see Maryann Doss winning again even though the weather conditions required her to carry an inhaler for her breathing. This race keeps getting more popular as 403 finished. Results courtesy Ted Cunningham of the Maine Track Club.

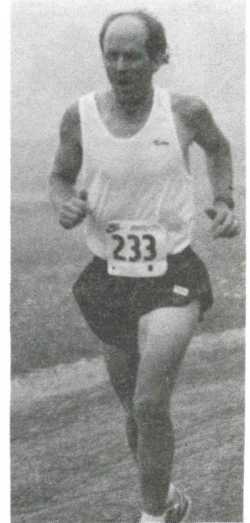
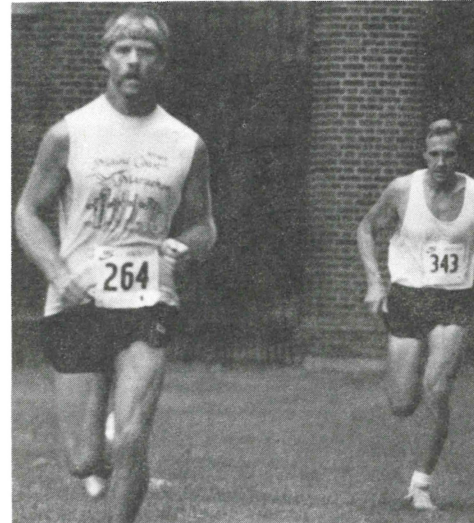
| | | | | | | | | |
|---------------|----------|-------------|----------------|-------------|-------------|----------------|-----------|-------------|
| 1 Winn | Robert | 32 0:50:29 | 69 Rodrigue | Kelly | 27 1:05:07* | 137 Griffin | Joy | 33 1:09:18* |
| 2 Lyons | Mike | 20 0:51:04 | 70 Miller | Christopher | 26 1:05:08 | 138 Lawry | Russell | 31 1:09:19 |
| 3 Sprague | Bob | 21 0:53:47 | 71 Campbell | John | 31 1:05:11 | 139 Reali | Dominic | 48 1:09:21 |
| 4 Randall | Fred | 40 0:55:12 | 72 Moriarty | Steve | 41 1:05:12 | 140 Laverty | William | 40 1:09:24 |
| 5 Loomis | Scott | 19 0:55:50 | 73 Bengthswon | Jeff | 32 1:05:15 | 141 LaFountain | Lloyd | 29 1:09:30 |
| 6 Merrill | Paul | 37 0:56:13 | 74 Cedrone | Ron | 42 1:05:20 | 142 Belanger | John | 40 1:09:32 |
| 7 Gryfiel | Stephen | 33 0:56:37 | 75 Allen | Tom | 35 1:05:27 | 143 Kjellman | Mark | 32 1:09:33 |
| 8 Frontin | Ronald | 28 0:56:57 | 76 Stowell | Don | 36 1:05:29 | 144 Beaudoin | Michael | 48 1:09:33 |
| 9 Toulouse | Jim | 43 0:56:59 | 77 Trull | Michael | 25 1:05:30 | 145 Fall | Greg | 27 1:09:36 |
| 10 Reed | Stephen | 43 0:57:04 | 78 Hall | Ruth | 33 1:05:32* | 146 Toscano | James | 35 1:09:41 |
| 11 McCarthy | Tom | 32 0:57:11 | 79 Fenderson | Bill | 36 1:05:33 | 147 Nicholas | Laurie | 23 1:09:46* |
| 12 Hall | Peter | 29 0:57:18 | 80 Tyson | Adam | 31 1:05:34 | 148 Mcfaul | Richard | 47 1:09:52 |
| 13 Lane | Rick | 44 0:57:35 | 81 Fone | Scott | 31 1:05:41 | 149 Delfing | Lou | 24 1:09:57 |
| 14 Thibeau | Tom | 33 0:57:41 | 82 Philbrick | Carlos | 38 1:05:42 | 150 Howard | Jason | 16 1:10:05 |
| 15 Thibault | Roland | 23 0:58:09 | 83 Beauparlant | Doug | 20 1:05:42 | 151 Palman | Gary | 39 1:10:06 |
| 16 Quinlan | Alan | 35 0:58:11 | 84 Sheldon | Stanley | 44 1:05:44 | 152 Pecowicz | Rick | 36 1:10:06 |
| 17 Scannell | Gordon | 38 0:58:30 | 85 Wilson | Donald | 44 1:05:48 | 153 Kelly | Michael | 36 1:10:13 |
| 18 Berthiaume | Guy | 45 0:58:37 | 86 Fortin | Larry | 42 1:05:49 | 154 Lathrop | Loren | 42 1:10:21 |
| 19 Fluet | Stephen | 33 0:59:28 | 87 McGuire | Tom | 45 1:05:50 | 155 Giffard | Gary | 32 1:10:22 |
| 20 Tripp | Jason | 19 0:59:32 | 88 Reed | Chris | 15 1:05:53 | 156 Green | Jason | 28 1:10:25 |
| 21 Bates | Geoff | 17 0:59:37 | 89 Snekvik | Andrew | 19 1:06:06 | 157 Jones | Dara | 34 1:10:27* |
| 22 Noyes | Lawson | 49 0:59:53 | 90 Green | Arnie | 59 1:06:06 | 158 McRea | Carol | 37 1:10:31* |
| 23 Tory | Colin | 20 0:59:56 | 91 Marquis | Robert | 53 1:06:07 | 159 Hopecroft | Matt | 16 1:10:38 |
| 24 Snekvik | Charles | 48 1:00:04 | 92 Turner | Gail | 31 1:06:08* | 160 Wachtl | Timothy | 40 1:10:40 |
| 25 Deans | Larry | 35 1:00:05 | 93 Fogg | Carl | 43 1:06:10 | 161 Turkey | Bandit | 0 |
| 26 Keenan | Shaun | 29 1:00:08 | 94 Boisvert | Bernard | 30 1:06:23 | 162 Hazzard | Bob | 59 1:10:45 |
| 27 Gile | Kevin | 33 1:00:11 | 95 Doughty | Ed | 42 1:06:36 | 163 Steve | Robertson | 32 1:10:47 |
| 28 Olsen | Mike | 29 1:00:12 | 96 Jackson | Dana | 33 1:06:41 | 164 Carll | Thomas | 47 1:10:48 |
| 29 Nelson | Harry | 37 1:00:40 | 97 Pavlisko | Bill | 41 1:06:50 | 165 Campbell | Dick | 40 1:10:54 |
| 30 McCarthy | Daniel | 43 1:01:08 | 98 Dunfey | Eileen | 35 1:06:57* | 166 Jarratt | Rob | 49 1:10:55 |
| 31 Murphy | Jim | 44 1:01:14 | 99 Green | Jim | 32 1:07:09 | 167 Sommers | Joel | 19 1:10:57 |
| 32 Wilson | Greg | 32 1:01:19 | 100 Gallupe | Glen | 31 1:07:10 | 168 Lafono | Peter | 39 1:10:59 |
| 33 Jordan | Stewart | 34 1:01:27 | 101 Peterson | David | 37 1:07:11 | 169 Alex | Mark | 31 1:11:03 |
| 34 Devou | Bill | 42 1:01:39 | 102 Scribner | Richard | 40 1:07:11 | 170 Arsenault | Lisa | 33 1:11:04* |
| 35 Reali | Michael | 37 1:01:43 | 103 Regali | Joe | 37 1:07:15 | 171 Costigan | Dan | 27 1:11:13 |
| 36 Tarling | John | 40 1:01:46 | 104 Yates | Bill | 50 1:07:21 | 172 Rolfe | John | 37 1:11:15 |
| 37 Lewis | Kevin | 30 1:01:50 | 105 Cotton | John | 33 1:07:24 | 173 Pierce | Carol | 44 1:11:20* |
| 38 Johnson | George | 37 1:01:52 | 106 Pancerev-S | Robin | 35 1:07:31* | 174 Denning | Henley | 21 1:11:22* |
| 39 Eldredge | John | 37 1:01:57 | 107 Casey | Jerry | 35 1:07:38 | 175 Washburn | Malcolm | 37 1:11:41 |
| 40 Merrill | Sam | 41 1:02:00 | 108 Serunian | Peter | 31 1:07:41 | 176 Ash | John | 21 1:11:43 |
| 41 Boucher | William | 33 1:02:05 | 109 Cheney | Peter | 46 1:07:44 | 177 Rameau | Don | 34 1:11:49 |
| 42 Schlemmer | Alan | 30 1:02:08 | 110 Abradi | Rick | 33 1:07:45 | 178 Arsenault | Robert | 41 1:11:51 |
| 43 Coughlin | Bob | 52 1:02:20 | 111 Tripp | David | 49 1:07:46 | 179 Foley | Kevin | 36 1:11:56 |
| 44 Fortin | Timothy | 25 1:02:27 | 112 Boothby | Todd | 24 1:07:48 | 180 Dehart | John | 50 1:11:56 |
| 45 Segars | Guy | 31 1:02:31 | 113 Komulainen | Craig | 28 1:07:55 | 181 Dawson | Hugh | 39 1:12:12 |
| 46 Farley | Francis | 44 1:02:41 | 114 McCarthy | Joshua | 15 1:07:57 | 182 Coffin | Jeff | 39 1:12:39 |
| 47 Griffin | Bill | 40 1:03:05 | 115 Preble | Jeffrey | 37 1:08:12 | 183 Paquette | Ronald | 50 1:12:47 |
| 48 Miller | Tim | 16 1:03:16 | 116 Chong | Yun | 31 1:08:30 | 184 Jamison | John | 43 1:12:58 |
| 49 Perkins | Charlie | 42 1:03:21 | 117 Davee | Anne-Marie | 35 1:08:33* | 185 Foshay | Donald | 32 1:13:01 |
| 50 Sylvester | Bill | 43 1:03:25 | 118 Laliberte | Scot | 16 1:08:36 | 186 Mendell | Carlton | 69 1:13:02 |
| 51 Clark | Terry | 47 1:03:33 | 119 Bowden | Ellen | 38 1:08:40* | 187 Jackson | Kathleen | 16 1:13:07* |
| 52 Blease | Dwight | 31 1:03:39 | 120 McDonald | Peter | 31 1:08:42 | 188 Easley | Thomas | 27 1:13:09 |
| 53 Scott | Burnet | 25 1:03:47 | 121 Granle | Steve | 37 1:08:46 | 189 Bumgardner | Denton | 42 1:13:11 |
| 54 Kurry | Jorma | 19 1:03:48 | 122 Lyman | Bob | 47 1:08:49 | 190 Charest | Raymald | 34 1:13:12 |
| 55 Meehan | Joe | 44 1:04:01 | 123 Menendez | Thomas | 38 1:08:50 | 191 Lougee | Brian | 17 1:13:13 |
| 56 Butler | Alburn | 37 1:04:03 | 124 Walker | Chris | 21 1:08:50 | 192 Wood | Bill | 39 1:13:22 |
| 57 Trott | Walter | 33 1:04:08 | 125 Hardy | Alan | 39 1:08:52 | 193 Dunfey | Robert | 40 1:13:23 |
| 58 Bunnell | Jim | 33 1:04:15 | 126 Tome | Arthur | 56 1:08:53 | 194 Soule | James | 37 1:13:26 |
| 59 Barton | Muzzy | 39 1:04:21 | 127 Cowell | Michael | 54 1:08:54 | 195 Warren | Paul | 35 1:13:29 |
| 60 Stuart | Bob | 36 1:04:27 | 128 Mosley | Mike | 37 1:08:56 | 196 Cavanaugh | Michael | 40 1:13:35 |
| 61 Kash | Kelly | 33 1:04:30 | 129 Flaherty | Peter | 44 1:08:59 | 197 Peters | John | 42 1:13:39 |
| 62 James | John | 38 1:04:42 | 130 Jacobsen | Steven | 41 1:09:00 | 198 Hanson | John | 41 1:13:42 |
| 63 Ginn | Clifford | 15 1:04:44 | 131 Hazzard | James | 30 1:09:03 | 199 Conti | Fred | 41 1:13:43 |
| 64 Connors | Russ | 59 1:04:47 | 132 Sproul | Maureen | 35 1:09:06* | 200 Humphries | Jennifer | 21 1:13:45* |
| 65 Deprez | Ronald | 47 1:04:55 | 133 Coray | John | 30 1:09:09 | 201 Hewitt | Mike | 15 1:13:46 |
| 66 Titcomb | David | 33 1:04:57 | 134 Rau | Jane | 41 1:09:11* | 202 DiPalma | Stephen | 35 1:13:47 |
| 67 Ross | Steve | 36 1:04:57 | 135 Sanborn | Donald | 46 1:09:13 | 203 Zillman | Don | 47 1:13:47 |
| 68 Doss | Maryann | 31 1:05:01* | 136 Moore | Randy | 37 1:09:15 | 204 Wells | Rich | 46 1:13:54 |



1 to r: Joseph Bennett, 71, of Lewiston * Cape Elizabeth's Michael Reali, 37 * Bob Hazzard, 59, will soon be a top competitor in the 60+ division * Mike Olsen, 29, of Freeport



1 to r: "A happy group" from the Maine Track Club, Deb Merrill, Jeanne Clemence and Susan Davenny * Bob Sprague of Gray * Brunswick's Geoff Bates and Gordon Scannell of North Yarmouth



1 to r: Tom Atchison of Gorham and Charles Vadakin of Freeport * Mike Lyon finished in 2nd place * Ed Doughby Jr of Gray and Dana Jackson of Westbrook * Bill Fenderson of Westbrook



| | | | | | | | | | | | | | | |
|-----|------------|----------|----|----------|-----|------------|-----------|----|----------|-----|-----------|-----------|----|----------|
| 205 | Decker | Scott | 44 | 1:13:57 | 271 | Newsome | Lana | 33 | 1:19:23* | 337 | Denning | Michael | 45 | 1:25:09 |
| 206 | Turkey | Bandit | 0 | | 272 | Taylor | Debbie | 37 | 1:19:25* | 338 | Lussier | Kirk | 27 | 1:25:24 |
| 207 | Davenney | Bill | 46 | 1:14:11 | 273 | Sobel | Dan | 43 | 1:19:29 | 339 | Labbe | Ron | 41 | 1:25:38 |
| 208 | White | John | 27 | 1:14:21 | 274 | Thornton | James | 49 | 1:19:30 | 340 | Wyman | Robert | 54 | 1:25:42 |
| 209 | Hepburn | Michael | 33 | 1:14:23 | 275 | Ryding | Kris | 28 | 1:19:30* | 341 | Tableman | Patti | 32 | 1:25:47* |
| 210 | Higgins | Walter | 51 | 1:14:26 | 276 | Gordon | Andrea | 26 | 1:19:48* | 342 | Karu | Candace | 38 | 1:25:50* |
| 211 | Hewitt | Joe | 15 | 1:14:31 | 277 | Treadwell | David | 48 | 1:19:51 | 343 | Akers | Rodney | 42 | 1:26:19 |
| 212 | Powers | Roddy | 48 | 1:14:32 | 278 | Dyer | Nanette | 29 | 1:20:03* | 344 | Cushman | Robert | 53 | 1:26:25 |
| 213 | Brown | Jonathan | 37 | 1:14:33 | 279 | Lavoie | J.P. | 36 | 1:20:13 | 345 | Conley | Dave | 51 | 1:26:31 |
| 214 | Parker | Clyde | 39 | 1:14:34 | 280 | Chase | Jim | 59 | 1:20:16 | 346 | Glazer | James | 50 | 1:26:42 |
| 215 | Turkey | Bandit | 0 | | 281 | Titcomb | Scott | 25 | 1:20:22 | 347 | Jolicoeur | Nanette | 30 | 1:26:50* |
| 216 | Salvo | Gerard | 36 | 1:14:36 | 282 | Jacques | David | 29 | 1:20:29 | 348 | Jolicoeur | Robert | 54 | 1:26:51 |
| 217 | Wood | Douglas | 42 | 1:14:39 | 283 | Merlino | Robert | 50 | 1:20:34 | 349 | Thomas | Johanna | 26 | 1:27:05* |
| 218 | Tripp | Joshua | 15 | 1:14:44 | 284 | Jones | Phil | 40 | 1:20:35 | 350 | VanOrden | John | 46 | 1:27:05 |
| 219 | Downs | Gary | 60 | 1:14:47 | 285 | Lohnes | Barry | 47 | 1:20:39 | 351 | Hilton | Debi | 35 | 1:27:09* |
| 220 | Howell | Ed | 42 | 1:14:48 | 286 | Bouziane | Diane | 30 | 1:20:45* | 352 | Evans | Richard | 58 | 1:27:22 |
| 221 | Bowie | Eric | 31 | 1:14:49 | 287 | Baxter | Ralph | 59 | 1:20:56 | 353 | Bean | Kathy | 33 | 1:27:26* |
| 222 | Bradley | Russ | 67 | 1:14:50 | 288 | Smith | Jeff | 35 | 1:20:57 | 354 | Bean | David | 35 | 1:27:27 |
| 223 | Foster | Pete | 22 | 1:15:02 | 289 | Gibbs | Cathy | 42 | 1:21:10* | 355 | Viney | Paul | 47 | 1:27:33 |
| 224 | Hyde | Nick | 41 | 1:15:04 | 290 | Mills | Randy | 26 | 1:21:19 | 356 | McDonough | Sheila | 19 | 1:27:54* |
| 225 | Merritt | John | 41 | 1:15:05 | 291 | Spear | Howard | 41 | 1:21:21 | 357 | Shennan | David | 40 | 1:27:59 |
| 226 | Profenno | Daniel | 31 | 1:15:06 | 292 | Cloutier | Oscar | 56 | 1:21:26 | 358 | McLean | George | 48 | 1:28:04 |
| 227 | Green 11 | Arnold | 40 | 1:15:07 | 293 | Burnie | Chuck | 37 | 1:21:32 | 359 | Jeakle | David | 27 | 1:28:24 |
| 228 | McCarthy | Mary | 30 | 1:15:08* | 294 | Kingdon | Bruce | 50 | 1:21:39 | 360 | Britt | Susan | 31 | 1:28:32* |
| 229 | Robinov | Richard | 31 | 1:15:11 | 295 | Gordon | Charlie | 43 | 1:21:47 | 361 | Wood | Winifred | 37 | 1:28:43* |
| 230 | Jarnagin | Kevin | 35 | 1:15:13 | 296 | Brennan | Kenneth | 47 | 1:21:50 | 362 | Clark | Patricia | 31 | 1:28:54* |
| 231 | Brillard | Rick | 34 | 1:15:23 | 297 | Greener | Richard | 42 | 1:21:52 | 363 | Chick | Steve | 42 | 1:28:55 |
| 232 | Fife | Peter | 18 | 1:15:29 | 298 | Taylor | Donna | 42 | 1:21:56* | 364 | Dewick | Stephen | 51 | 1:28:59 |
| 233 | Pagnano | Karen | 25 | 1:15:30* | 299 | Atchison | Tom | 42 | 1:21:59 | 365 | Moroney | Michael | 27 | 1:29:15 |
| 234 | Struble | Gordon | 42 | 1:15:32 | 300 | Payson | Philip | 38 | 1:22:00 | 366 | Sfirri | Dorothy | 38 | 1:29:16* |
| 235 | Whipple | Lindsay | 23 | 1:15:33* | 301 | Kearley | Steven | 32 | 1:22:00 | 367 | Rogers | Greg | 26 | 1:29:22 |
| 236 | Ladner | Peter | 50 | 1:15:45 | 302 | Abradi | Valerie | 31 | 1:22:12* | 368 | Perkins | Brian | 45 | 1:29:31 |
| 237 | Harkins | Abby | 24 | 1:15:49* | 303 | Elliott | John | 56 | 1:22:30 | 369 | Golden | Paul | 19 | 1:29:55 |
| 238 | Nobile | Michael | 39 | 1:16:05 | 304 | Hickey | Terry | 42 | 1:22:34 | 370 | Cumpian | Dolly | 18 | 1:29:58* |
| 239 | Robinson | Andy | 16 | 1:16:06 | 305 | Higbee | Heather | 45 | 1:22:38* | 371 | Giustra | Richard | 51 | 1:30:22 |
| 240 | Mills | Scott | 34 | 1:16:08 | 306 | Higbee | William | 46 | 1:22:39 | 372 | Davenney | Susan | 42 | 1:30:33* |
| 241 | Cooper | Nancy | 36 | 1:16:13* | 307 | Parsons | Keith | 35 | 1:22:49 | 373 | Dolley | Jane | 43 | 1:30:34* |
| 242 | Akerley | Lee | 55 | 1:16:21 | 308 | Evans | Leah | 17 | 1:22:56* | 374 | Foye | Warren | 43 | 1:30:35 |
| 243 | Schroeder | Jeri | 44 | 1:16:47* | 309 | Dewick | Gladys | 37 | 1:22:58* | 375 | Bennett | Joseph | 71 | 1:31:07 |
| 244 | Connolly | Michael | 38 | 1:16:52 | 310 | Handy | Elizabeth | 33 | 1:22:58* | 376 | Kobischen | Eric | 34 | 1:31:09 |
| 245 | Hadiaris | Leon | 39 | 1:16:52 | 311 | Collins | Steve | 54 | 1:23:10 | 377 | Feldman | Michael | 50 | 1:31:19 |
| 246 | Vadakin | Charles | 49 | 1:16:55 | 312 | Pohlman | Donnajean | 40 | 1:23:13* | 378 | Kearley | Roland | 56 | 1:31:23 |
| 247 | Seamans | Mark | 33 | 1:17:01 | 313 | McFarland | Paul | 47 | 1:23:18 | 379 | Paterson | Sally | 50 | 1:31:49* |
| 248 | Meyer | Michael | 18 | 1:17:02 | 314 | Wallace | Brian | 38 | 1:23:19 | 380 | Hornbeck | Linda | 43 | 1:33:27* |
| 249 | Daignault | Sue | 29 | 1:17:03* | 315 | McMahon | David | 34 | 1:23:28 | 381 | Jarratt | Catherine | 43 | 1:33:27* |
| 250 | Renaud | Cynthia | 24 | 1:17:04* | 316 | Jackson | James | 35 | 1:23:43 | 382 | McCoid | Beverly | 56 | 1:33:34* |
| 251 | Germann | Robert | 44 | 1:17:11 | 317 | Wilkoff | Marilyn | 46 | 1:23:44* | 383 | Rodrigue | Peter | 23 | 1:33:42 |
| 252 | Tarbell | Becky | 29 | 1:17:15* | 318 | Francis | Edward | 48 | 1:23:45 | 384 | Lipman | Karen | 19 | 1:33:43* |
| 253 | Ellis | Eric | 38 | 1:17:23 | 319 | Paille | Kenneth | 34 | 1:23:49 | 385 | McDonough | Ed | 50 | 1:33:45 |
| 254 | Smith | Bruce | 45 | 1:17:25 | 320 | Merrill | Deb | 35 | 1:23:50* | 386 | Gilbert | Cheryl | 42 | 1:33:48* |
| 255 | Heinz | Stephen | 42 | 1:17:314 | 321 | Smith | Sarah | 27 | 1:23:55* | 387 | Jones-Low | Stasia | 37 | 1:35:49* |
| 256 | Tucker | Lance | 35 | 1:17:37 | 322 | Andrews | Cindy | 39 | 1:24:11* | 388 | Hyde | Nicola | 40 | 1:35:50* |
| 257 | Robertson | Bill | 52 | 1:17:41 | 323 | Ryan | Rick | 32 | 1:24:13 | 389 | Dreyer | Philip | 49 | 1:36:30 |
| 258 | Miller | Al | 53 | 1:17:49 | 324 | Hunter | Joe | 33 | 1:24:13 | 390 | Faunce | Irv | 45 | 1:36:52 |
| 259 | Smith | Dennis | 40 | 1:18:03 | 325 | Hunt | Dawn | 30 | 1:24:15* | 391 | Grassi | Judy | 32 | 1:37:04* |
| 260 | Spring | Ellen | 38 | 1:18:08* | 326 | Dobrowolsk | Alex | 51 | 1:24:20 | 392 | Fineberg | Mel | 55 | 1:37:44 |
| 261 | Lynch | Kim | 31 | 1:18:31* | 327 | Dalrymple | Kate | 30 | 1:24:23* | 393 | Haile | Dianne | 50 | 1:37:46* |
| 262 | Lang | Jeff | 32 | 1:18:32 | 328 | McGuire | Marcy | 52 | 1:24:32* | 394 | Brennan | Fran | 54 | 1:39:25 |
| 263 | Giglia | Michael | 32 | 1:18:42 | 329 | Lajeunesse | Pamela | 42 | 1:24:35* | 395 | Burke | Joseph | 57 | 1:39:39 |
| 264 | Thomas | Jean | 55 | 1:18:44* | 330 | Cunningha | Craig | 32 | 1:24:36 | 396 | Pechow | Elaine | 44 | 1:39:40* |
| 265 | Gallupe | Theresa | 29 | 1:18:50* | 331 | Belmain | Sheldon | 50 | 1:24:38 | 397 | Koehler | Elizabeth | 34 | 1:39:41* |
| 266 | Mills | Kimberly | 31 | 1:18:52* | 332 | Saint Ama | Jerry | 48 | 1:24:40 | 398 | Rothwell | John | 41 | 1:39:42 |
| 267 | Assante | Stephen | 39 | 1:18:54 | 333 | Yorty | Arley | 27 | 1:24:43 | 399 | Behnke | Jerry | 45 | 1:39:43 |
| 268 | Ellingwood | Cindy | 32 | 1:19:00* | 334 | Hamel | David | 29 | 1:24:55 | 400 | Evans | Kay | 50 | 1:40:22* |
| 269 | Gillis | Carol | 32 | 1:19:08* | 335 | Wallace-J | Priscilla | 32 | 1:24:59* | 401 | Detroy | Christine | 62 | 1:49:10* |
| 270 | Hatch | Theron | 51 | 1:19:21 | 336 | Goodenow | Clinton | 52 | 1:25:07 | 402 | Farrin | Joanne | 36 | 2:00:23* |
| | | | | | | | | | | 403 | Laffely | Samuel | 17 | 2:01:03 |



SADDLEBACK UPHILL RUN - Rangely - August 31

This course is just under 3 miles with the first 1/4 mile winding from the White Birch Condominiums and up the access road where the runners met the hill straight on climbing over 1900 vertical feet to the summit of Saddleback Ski Area. Temperatures were in the 60's at the bottom and in the 50s at the top where the visibility was less than 5 feet at times as the clouds rolled by. Mother nature thought that when the race starter Tom McAllister said "go" that it was precisely the right time to give the runner a 10 minute shower. Results courtesy Mike Reynolds of Ski Maine Association.

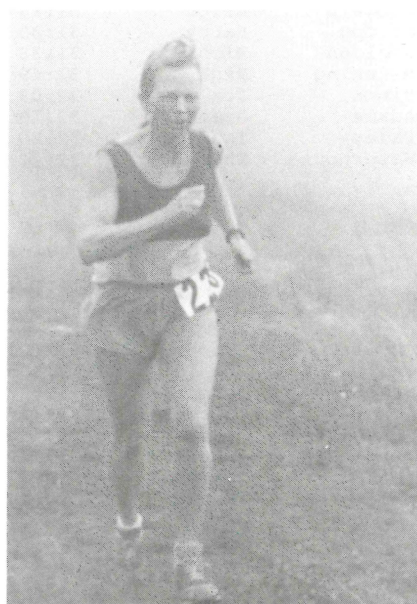
| | | |
|-------------|---------|-------|
| 1 Poirrier | Bob | 24:50 |
| 2 Woodward | Ken | 25:46 |
| 3 Lyon | Bob | 26:15 |
| 4 Smith | Richard | 26:33 |
| 5 Connally | Wes | 26:40 |
| 6 James | John | 26:43 |
| 7 Fletcher | Ralph | 27:37 |
| 8 Lysik | John | 28:25 |
| 9 Henry | Arnold | 29:13 |
| 10 Menendez | Tom | 29:20 |

| | | |
|---------------|---------|--------|
| 11 Sproul | Maureen | 29:35* |
| 12 Hartford | Andrew | 29:39 |
| 13 Warren | Art | 29:45 |
| 14 Hoisington | Dick | 29:59 |
| 15 Gagnon | Peter | 30:18 |
| 16 Wicker | Allan | 30:35 |
| 17 Gagnon | Faye | 31:0* |
| 18 Lloyd | Gary | 32:31 |
| 19 Caldon | Barry | 32:31 |
| 20 Simon | Joe | 32:48 |

| | | |
|--------------|---------|--------|
| 21 Hawksley | Jeff | 33:41 |
| 22 Blackmore | Tad | 34:06 |
| 23 Faley | Todd | 34:39 |
| 24 Dunlap | Louisa | 36:01* |
| 25 Epstein | Carol | 38:56* |
| 26 Maguire | Michael | 39:13 |
| 27 D'Amboise | Paul | 41:08 |
| 28 Estey | Carol | 46:18* |
| 29 Moore | Sam | 46:43 |
| 30 Hinkley | Mike | 54:46 |
| 31 Hinkley | Anna | 54:47* |



l to r- 1st & 2nd Masters;
Ralph Fletcher of Auburn &
Andrew Hartford, Lancaster



Belfast's Louisa Dunlap age
50 was 3rd place overall



l to r: Winner, Maureen
Sproul of New Gloucester
and Brewer's Carol Epstein

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P.O. Box 1177
Waterville, Maine 04901

For Information Contact:
Gene Roy, President
465-7296

UPCOMING EVENTS

Oct 12 - Carmel
"Run 'O The Irish 5 Miler"
Oct 20 - Waterville
"Pine Tree Marathon"
November 21 - Augusta
"Gasping Gobbler 10-K"
"Turkey Two Miler"
December 7 - Madison
"Season's Greetings 5.5mi"

Shawnee Peak Great Mountain Chase - Bridgton - August 24

This race was the first in the Key Bank Peak to Peak series of six uphill races. The course was 3 miles with the 1st being flat and the last 2 climbing 1300 vertical feet to the summit of Shawnee Peak Ski Area. Race director, Amy Richardson said that it was the most competitive field in the history of the race. Temperature in the 70s and dry conditions produced many good performances. Pete Bottomley of Naples set a new course record by edging out Peter Hall of Gorham. Ruth Hall bettered her husband's performance with a first place finish in the female division.

| | | | | | | | | |
|---------------|---------|--------|---------------|----------|--------|--------------|---------|--------|
| 1 Bottomley | Pete | 23:49 | 25 Gagnon | Peter | 29:19 | 49 Callahan | Kevin | 32:39 |
| 2 Hall | Peter | 24:04 | 26 Gooddard | Kelly | 29:31* | 50 Kane | Bill | 32:59 |
| 3 Poirier | Bob | 24:17 | 27 Swan | Tom | 29:34 | 51 Sporcic | Chris | 33:05 |
| 4 Silverblade | Gary | 24:29 | 28 Gagnon | Faye | 29:44* | 52 Hadlock | Wayne | 33:25 |
| 5 Skerritt | Bill | 24:45 | 29 Gorbies | Scott | 29:45 | 53 Chase | Nathan | 34:02 |
| 6 McIver | Dennis | 24:57 | 30 Jacobson | Arthur | 29:52 | 54 Bowdich | Bill | 34:27 |
| 7 Snow | Mark | 24:58 | 31 Cusick | Jennifer | 30:02* | 55 Hagan | James | 34:34 |
| 8 Lyon | Bob | 25:42 | 32 Jordan | Bert | 30:17 | 56 Sybert | Norman | 34:40 |
| 9 Lainey | Lou | 25:57 | 33 Brosius | Bob | 30:27 | 57 Dunlap | Louisa | 35:11* |
| 10 James | John | 26:10 | 34 Howse | John | 30:34 | 58 Rupprecht | Sumner | 35:12 |
| 11 Bobichaud | Ronald | 26:20 | 35 Millard | Julie | 30:39* | 59 Healy | Martin | 35:37 |
| 12 Blood | Jim | 26:42 | 36 Kennedy | John | 30:43 | 60 Whiton | Craig | 35:52 |
| 13 Rearick | Daniel | 26:47 | 37 Derosby | Anthony | 30:45 | 61 Fisher | Steve | 36:25 |
| 14 Pray | Chase | 26:50 | 38 Ruber | Ginger | 30:58* | 62 Lang | Jeff | 37:12 |
| 15 Moore | John | 27:03 | 39 Sporcic | David | 31:13 | 63 Emery | Deborah | 38:42* |
| 16 Merrill | Peter | 27:42 | 40 Fintonis | Peter | 31:17 | 64 Maguire | Michael | 37:58 |
| 17 Henry | Arnold | 27:44 | 41 Goodwin | Alice | 31:22* | 65 Holtby | Donna | 38:42* |
| 18 Hall | Ruth | 27:53* | 42 Caldron | Barry | 31:35 | 66 Damboise | Paul | 40:23 |
| 19 Cote | Kertis | 28:10 | 43 Sheldon | Michael | 31:38 | 67 Rearick | Nancy | 40:32* |
| 20 Warren | Arthur | 29:11 | 44 Meinking | Rick | 31:49 | 68 Berry | James | 40:50 |
| 21 Menendez | Tom | 28:46 | 45 Simon | Joe | 32:09 | 69 Furtado | Mario | 43:38 |
| 22 Sproul | Maureen | 29:00* | 46 Adams | Grant | 32:19 | 70 Estey | Carol | 46:15* |
| 23 Hartford | Andrew | 29:11 | 47 Faley | Todd | 32:20 | 71 Estey | Lee | 49:07 |
| 24 Jacobson | Ryan | 29:16 | 48 Waterhouse | Theodore | 32:22 | | | |

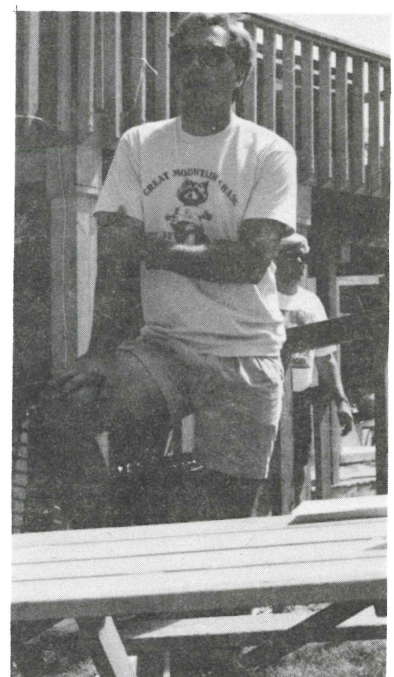
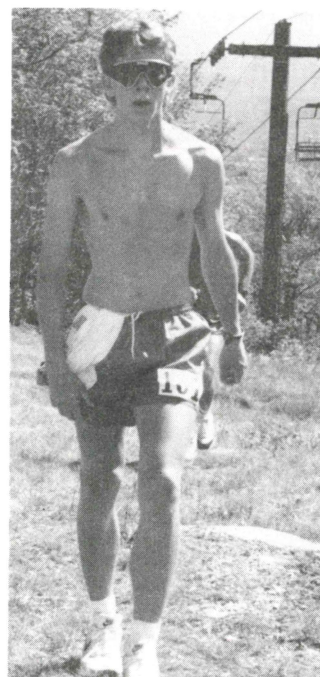
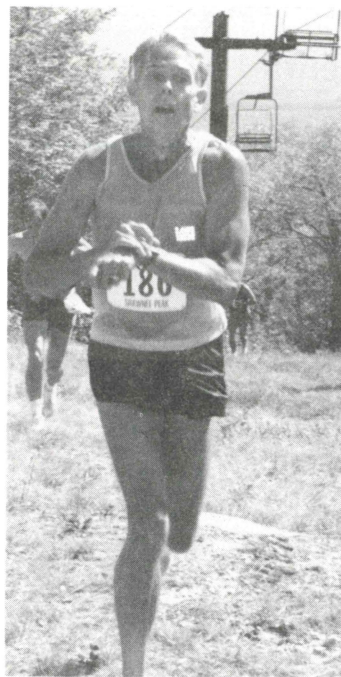
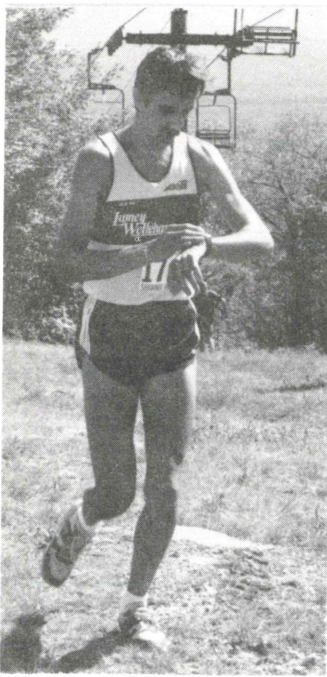
photos →

Cutler Towers 5K - Cutler - August 24

| | | | | | | | | |
|---------------------------------|----------|----------|--------------|---------|-----------|-------------|-----------|-----------|
| Results courtesy - Tom McKinney | | | | | | | | |
| 1 Aretakis | Jonathon | 32 16:34 | 19 Dowling | Tom | 17 19:31 | 38 Phillips | David | 20 22:47 |
| 2 Mosel | Ed | 42 17:05 | 20 Alley | David | 41 19:35 | 39 Auerbach | Sam | 57 23:23 |
| 3 Barnes | Tom | 30 17:13 | 21 Cates | Stephen | 41 19:38 | 40 Ackley | Mary Jane | 38 23:35* |
| 4 Wood | Jason | 18 17:20 | 22 Ganiel | Gladys | 14 19:41* | 41 Moore | Danny | 28 23:37 |
| 5 Alley | Braden | 16 17:47 | 23 Patterson | Andy | 34 19:45 | 42 Smith | Beverly | 16 23:49* |
| 6 Lamoureux | Ric | 43 18:08 | 24 Lamoureux | Shawn | 16 19:48* | 43 Rowden | Terry | 43 24:33 |
| 7 Willey | David | 28 18:10 | 25 Mosel | Carol | 41 19:52* | 44 Larsen | Ken | 40 24:41 |
| 8 Sprague | TJ | 15 18:18 | 26 Alley | Kevin | 21 20:01 | 45 Nicholas | Starr | 17 25:05* |
| 9 Pinkham | Bill | 48 18:20 | 27 Berg | Paul | 20:17 | 46 Backman | Gretchen | 17 25:21* |
| 10 Carter | Mike | 41 18:22 | 28 Grant | Adam | 14 20:43 | 47 McGarry | Mary Ann | 33 25:32* |
| 11 Worcester | Mike | 42 18:36 | 29 Maker | Marvin | 45 20:48 | 48 Alley | Crystal | 14 25:36* |
| 12 Leighton | John | 17 18:40 | 30 Fagonde | Peter | 16 20:59 | 49 Newcomb | John | 13 26:56 |
| 13 Smith | Dwight | 15 18:47 | 31 Sprague | Tom | 45 21:20 | 50 Alley | Trisha | 15 28:29* |
| 14 Penney | Shirl | 14 18:52 | 32 Hamilton | Bill | 43 21:24 | 51 Carter | Cathy | 38 39:40* |
| 15 Talbot | Deke | 42 18:56 | 33 Wentworth | Lloyd | 38 21:51 | 52 McCabe | Bridget | 29 39:41* |
| 16 Abrams | Bob | 34 18:57 | 34 Jans | Tony | 39 21:54 | 53 Hamilton | Sue | 42 42:00* |
| 17 Look | Billy | 15 19:14 | 35 Elevry | Rick | 39 21:56 | 54 Abrams | Diane | 42 43:21* |
| 18 Hanscom | Aaron | 19 19:17 | 36 Nicholas | Jill | 16 22:02* | 55 Albee | Linda | 45 47:29* |
| | | | 37 Behnke | Joseph | 31 22:37 | | | |

Katahdin Trust 5 Miler - Presque Isle - August 10

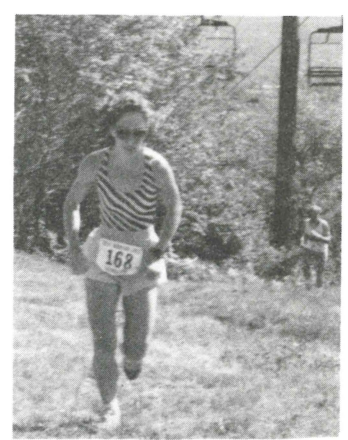
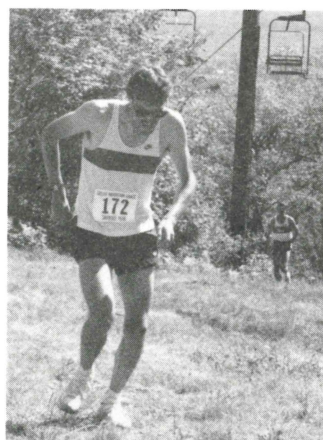
| | | | | | | | | |
|----------------------------------|----------|-----------|-------------|----------|-----------|----------------|----------|-----------|
| Results courtesy - Paul Lamoreau | | | | | | | | |
| 1 Everett | Bob | 31 26:34 | 18 Hartford | Michael | 15 30:49 | 35 Richardson | George | 44 34:30 |
| 2 Freme | Bruce | 35 26:34 | 19 Ross | Mitch | 31 31:01 | 36 Toner | Nancy | 13 34:40* |
| 3 Walton | Conrad | 52 27:21 | 20 Bouchard | Dan | 30 31:16 | 37 Mooers | Ralph | 50 34:45 |
| 4 Cote | Kirk | 19 28:04 | 21 Duprey | Bob | 48 31:37 | 38 Rzewnicki | Matt | 33 35:29 |
| 5 Stewart | Hal | 29 28:14 | 22 Johnson | Lendall | 58 31:54 | 39 Osgood | Eben | 62 35:30 |
| 6 Feeney | Gary | 46 28:28 | 23 Hale | Sue | 18 31:59* | 40 Fillion | Danielle | 17 35:35* |
| 7 Hartford | Terrance | 18 28:31 | 24 Cuff | Pete | 34 32:15 | 41 Hartford Sr | Richard | 46 35:56 |
| 8 Ferland | George | 17 28:36 | 25 Miller | Tom | 37 32:30 | 42 Thompson | Art | 57 36:14 |
| 9 McElwain | Frank | 37 29:04 | 26 Toner | Conrad | 46 32:32 | 43 Cleaves | Rachael | 18 37:40* |
| 10 Lamoreau | Paul | 31 29:22 | 27 Edgecomb | Angela | 23 32:41* | 44 Cloukey | AJ | 13 37:43 |
| 11 Swallow | Doug | 40 29:48 | 28 Higgins | Emily | 26 32:44* | 45 McElwee | Carol | 46 37:45* |
| 12 MacDonald | Erv | 48 30:03 | 29 McElwee | Darcie | 18 33:16* | 46 Ross | Gene | 55 38:09 |
| 13 Toner | Lee | 18 30:05 | 30 White | Marshall | 18 33:29 | 47 Mullis | Joe | 38 39:34 |
| 14 Cleaves | Robert | 15 30:09 | 31 Toner | Gail | 14 33:32* | 48 Peters | Don | 44 40:45 |
| 15 Sund | Donna | 25 30:13* | 32 Toner | Cindy | 16 33:48* | 49 Bailey | Milton | 72 47:35 |
| 16 Alden | Roy | 37 30:16 | 33 Beasley | Joe | 51 34:08 | 50 Good | Pat | 40 67:19* |
| 17 McCluskey | David | 21 30:44 | 34 Marquis | Bob | 51 34:27 | 51 Ferland | Mary | 45 67d:2* |
| | | | | | | 52 Clark | Marilyn | 55 72:00* |



l to r: Bob Poirier, Mechanics Falls - Daniel Rearick, New Brunswick - Ryan Jacobson, Winthrop - Mike Reynolds of Ski Maine Association is the director of the Alpine Series



l to r: Kelly Goddard of Gorham, NH took 3rd place - Arthur Warren & Peter Gagnon recovering at the top - Faye Gagnon and Louisa Dunlap won honors in the Master division.



l to r: Winner Peter Bottomley of Naples - Peter Hall of Gorham took 2nd - Ruth Hall won womens - Maureen Sproul of New Gloucester. PHOTOS COURTESY: Maureen Sproul and Mike Reynolds

The United States Biathlon Association presents



BETHEL

Gould Academy

Sunday, October 5, 1991

9:30 a.m. Clinic

10:30 a.m. Start

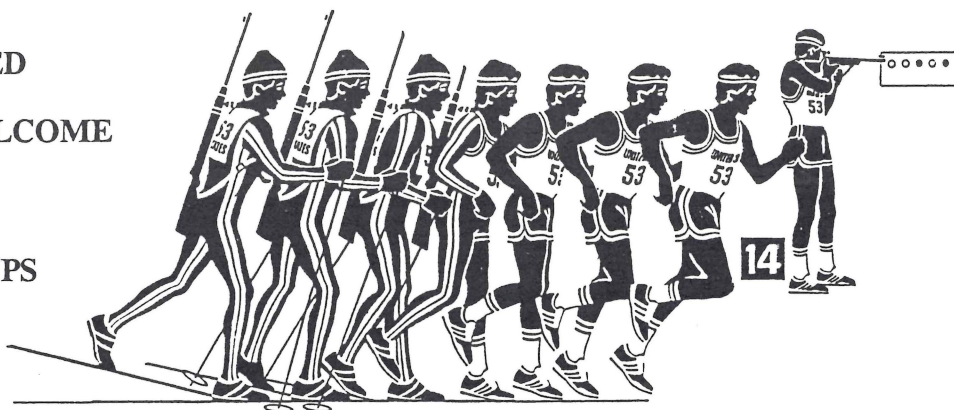
Experience the summer version of the Winter Olympic Sport of Biathlon

ALL EQUIPMENT IS PROVIDED

BEGINNERS ARE ESPECIALLY WELCOME

FREE PRE-RACE CLINICS

AWARDS FOR ALL AGE GROUPS



Event Description:

The race begins with a one mile run (interval starts). The loop brings you back to the range where you walk to a shooting point, lay down, pick up the rifle, shoot five shots at metal "knock-down" targets, lay the rifle down and head out on loop two. Another mile later and you return to the range. This time it is five shots from the standing position. The race finishes with a final one mile "dash" to the finish. The total distance is 5K and you shoot ten shots. Each miss results in 30 seconds added to your elapsed time. You will use a .22 rifle which does not kick and is quite easy to shoot.

Set your sights on a Kingsbury Summer Biathlon . . .
with 100 races across the nation.

| | | | | | |
|-------------|------------------|----------------|-------------|----------------|----------------------|
| Atlanta | Bozeman | Dayton | Kansas City | Portland | Syracuse |
| Austin | Buffalo | East Greenwich | Lincoln | Raleigh | Tahoe |
| Baton Rouge | Burlington | Eugene | Los Angeles | St. Louis | Visalia |
| Bend | Chicago | Hanover | Memphis | Sacramento | Wallingford |
| Bethel | Cleveland | Las Vegas | Minneapolis | Salt Lake City | |
| Bismarck | Colorado Springs | Long Island | Milwaukee | San Antonio | |
| Bloomington | Corpus Christi | Houston | Phoenix | San Diego | and many more races |
| Boise | Quad Cities | Indianapolis | Pittsburgh | Spokane | across the nation... |

Special thanks to True North Adventure Ware

ENTRY INFORMATION

REGISTRATION:

Field limited to 100 entries. \$12.00 fee includes quality T-shirt, awards, clinics, and refreshments. Entry fees are not refundable except after 100 entries.

ELIGIBILITY:

Open to all athletes age 14 and over who complete one of the MANDATORY familiarization clinics. Everyone is welcome to participate whether or not they have previously fired a .22 rifle.

AWARDS:

Awards three to five deep in all age divisions. Competitors who do four or more of the 1991 races and participate in the National Championships are eligible for a portion of the \$25,000 series purse.

CLINICS:

All first-timers are required to attend one pre-race biathlon familiarization clinic. Here you will learn the rules of the sport, correct shooting positions, the safety concerns, race strategy tips, and have a chance to shoot. The clinic is free and you will have one opportunity to attend in Bethel. Clinic: At Gould Academy, August 4, 9:30 a.m. Other clinics may be held prior to August 4th -- contact Kirk Siegel for further information.

DIRECTIONS:

Gould Academy is located in the center of Bethel, at the intersection of Rt. 2 and 26. Park next to Bingham Gym (up the street from the large Field House and on the left) on the Gould Academy campus. Range is at Gould Academy Cross-Country Trails, at the intersection of Grover Hill Road and Route 5.

INFORMATION:

For more information about Summer Biathlon, write: Summer Biathlon, P.O. Box 997, Portland, OR 97207. (503) 721-0182. For more information about the Bethel event, contact: Kirk Siegel, P.O. Box 860, Bethel, ME 04217, (207) 824-2196.

Target quality rifles provided by Marlin, the world's largest rifle manufacturer.



Precision guaranteed by Blount.

Official Entry Form

Kingsbury Bethel Summer Biathlon, October 5, 1991

\$12 registration fee (\$15 on race day), payable to Summer Biathlon.

Mail to: Kirk Siegel, P.O. Box 860, Bethel, ME 04217.

Name _____

Age (as of 8/4/91) _____

Address _____

City _____

State _____ Zip _____

Telephone _____

Male Female Shirt Size: M L XL
(circle one) (circle one)

Current 5K time _____

RELEASE: In consideration of the acceptance of my entry, I, for myself, my executors, administrators, and assigns, do hereby release and discharge Summer Biathlon, National Shooting Sports Foundation, U.S. Biathlon Association, Kingsbury, Marlin, Blount, City of Bethel, Gould Academy, True North Adventure Ware, Kirk Siegel, and any other sponsors from all claims or damages, demands, actions whatsoever in any manner growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature _____

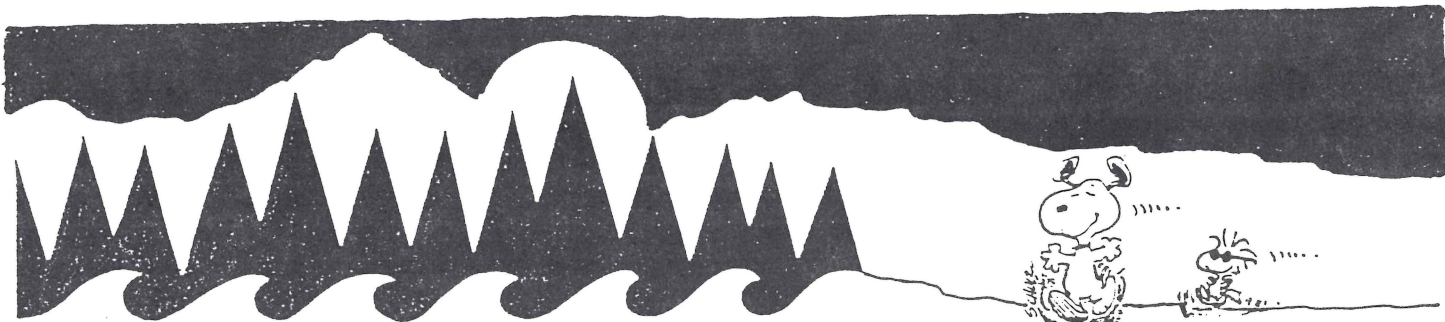
Date _____

(parent must sign if under age 18)



The United States Biathlon Association gratefully acknowledges the visionary support of the National Shooting Sports Foundation in making the impressive growth of Summer Biathlon possible.





3rd
ANNUAL

PHYSICAL THERAPY 8-K

SPONSORED BY: Maine Physical Therapy Association,
Mid-Coast Health Services, and *Mainely Running Magazine*

Date: Saturday, October 5th
Place: Brunswick High School (map on back)
Time: Registration 7:30 - 8:30
Stretching Clinic 8:30
Race Start 9:00



FEATURES:

- FAST, FLAT AND TAC CERTIFIED COURSE. 8k is a TAC recognized distance & is 50 yds short of 5 mile. Race results will qualify for State records at 8k.
- Pre-run stretching clinic & Post-run Physical Therapy Sports Massages.
- Proceeds to benefit **SADD** (Students Against Drunk Driving).
- Water at start, finish and on course.
- Time splits and all miles marked. Race managed by Maine Track Club.
- Refreshments and Bill Audet music entertainment following race.
- Rest rooms and showers available.
- Race results and photos published in *Mainely Running*.



AWARDS: ▲ First 4 finishers in male and female open categories.
▲ 1st and 2nd place male and female in age divisions:
under 19, 20-39, 40-49, 50-59, 60 and over.

ENTRY FEE: ● To receive long sleeve T-shirt:
Pre-register before Sept. 27 . . . \$8.
● Pre-register without T-shirt . . . \$5.
● Race Day Registration \$6.



For more information call race directors: Dan Sullivan, 729-1641, x 293, or John LeRoy, 725-8680. **Please make check payable to:** Maine Physical Therapy Association. **Mail check & form to:** Dan Sullivan, PT, Parkview Memorial Hospital, Maine St., Brunswick, ME 04011.

PRINT NAME: _____ AGE: _____ MALE _____ FEMALE _____

ADDRESS: _____ PHONE: _____

T-SHIRT SIZE (before Sept. 27) S _____ M _____ L _____ XL _____ Entry Fee/Check One: ☐ \$8. ☐ \$5. ☐ \$6.

NO BABY STROLLERS OR RADIO HEADSETS ALLOWED

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat/or humidity, traffic and the conditions of the road, all such risks 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.

SIGNATURE _____ DATE _____ PARENT'S SIGNATURE
IF UNDER 18 YEARS _____

Mahoosuc Arts Council

4th Annual HIKE/WALK/RUN

Up Sunday River's Three Mile Trail

**The Grand Finale in the Key Bank Peak-to-Peak
Maine Alpine Running Series including Shawnee Peak (8/24),
Saddleback (8/31), Lost Valley (9/22), Sugarloaf/USA (9/29), Camden Snow
Bowl (10/6)*

**Saturday, October 12, 1991, 10:15AM from South Ridge base area
in conjunction with The Sunday River FALL FESTIVAL**

Registration & race pack pick-up 8:30-9:30AM

\$10 pre-registration fee or \$12 registration fee on the day of the event will include:

- ✓ 100% Cotton T-shirt for the first 150 registrants
- ✓ Water Stations & Snacks
- ✓ Prizes for all age categories including ski weekend getaway, lift tickets, and much more!
- ✓ Prize categories for kids!

Sponsored by:



Gould Academy



Boise Cascade

The Bethel Oxford County Citizen



Sunday river
MAINE

Make a weekend of it and enjoy the Blue Mtn. Arts & Crafts Festival, Sunday River Mountain Bike Park,
CrisSports Grand Re-opening and Outdoor Barbecues!

Please mail in this entry form along with your \$10 pre-registration fee by Saturday, October 5, 1991 to:

Sunday River Ski Resort

HIKE/WALK/RUN

P.O. Box 450

Bethel, ME 04217

Name: _____

Address: _____

Telephone #: _____

Age: _____ Sex: M ___ F ___ T-shirt size S M L XL

Do you plan to participate in the Key Bank Peak-to-Peak Maine Alpine Running Series? Y ___ N ___

The Citibank United Way 10K

1991 RRCA Maine State 10K Championship Road Race



United Way

Sunday, October 13, 1991 at 10:00 AM

START & FINISH

Tennis of Maine, 196 U.S. Route One, Falmouth

SCENIC COURSE ALONG CASCO BAY

Fantastic water and island views as the course skirts the perimeter of Mackworth Island and runs along Shoreline Drive in Falmouth Foreside. The course is fast and level and ready for your personal best.
TAC Certified Course

FREE T-SHIRTS
to the first
300 registered runners!

\$700 IN CASH AWARDS

- ☆ \$100 each to 1st place male & female solo runners
- ☆ \$100 each to 1st place male team & female team; Teams = 5+ entries, top 3 finishers scored
- ☆ Cash and other awards 5 deep in 12 age categories for males & females
- ☆ Masters and Seniors Awards

All entry fees donated to
the United Way of Greater Portland!

ENTRY FEE

Pre-registration by mail until October 10 is \$10 per runner; Registration race day from 8:00 AM to 9:30 AM is \$12 per runner

Race organizational expenses paid by Citibank.

Post-race refreshments and shower facilities provided by Tennis of Maine.

Directions to Tennis of Maine:

Take Buckman Road Exit off I 295. Head east on Buckman Road to Route One. Go south to 196 U.S. Route One.

Hosted by Tennis of Maine

Sponsored by Citibank

Race Directors: Phil and Rae Pierce, Ph. (207) 781-3769



TENNIS OF MAINE

CITIBANK

CITIBANK UNITED WAY 10K ENTRY FORM

October 13, 1991

Do not write in this space

NO REFUNDS, EXCHANGES OR TRANSFERS

| | | | | | | | | | |
|-----------------------------|--|------------|--|----------------|---|-----|----------------------------|-----------------|--------|
| Last Name | | First Name | | Age | Birth Date | | | Sex | |
| | | | | on day of race | Mo. | Day | Yr. | Male | Female |
| | | | | | | | | | |
| Mailing Address Street | | | | | Include Apt. No. and/or C/O (Check here if this is a change of Address []) | | | Area Code Phone | |
| | | | | | | | | | |
| City | | | | | State (or Country if not USA) | | | Zip Code | |
| | | | | | | | | | |
| Exact Name of Team (if any) | | | | | TAC Number | | Check T-Shirt Size: M L XL | | |
| | | | | | | | | | |

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

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

SIGNATURE _____

DATE _____

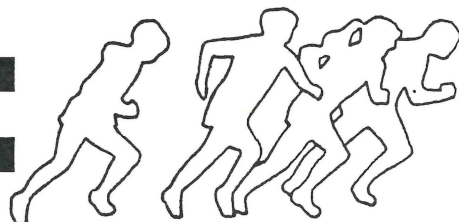
PARENT'S SIGNATURE

IF UNDER 18 YEARS _____

Please complete and mail with check made payable to "Citibank United Way 10K Road Race" to be received by October 10 to: Citibank United Way 10K, c/o Maine Track Club, P.O. Box 8008, Portland, ME 04104

The Sub 5 Track Club presents:

The 2nd Annual
University of Maine Credit Union
ASPIRATIONS
10K RACE



To Benefit Maine Educational Opportunity Programs ■ 9th event in the BDN Charities Race Series

Date: Sunday, October 13th, at 10:00 am
Start/Finish: UMaine Fieldhouse on Orono Campus

Fee: \$7.00 (includes continental brunch after the race — danish, donuts, muffins, coffee, juice)

Awards: To the top three (3) male and female finishers in the following age-groups: 13 & Under, 14-19, 20-29, 30-39, 40-49, 50 & Over.

Features:

- Fast course travels through the University Forest and on the Bike Path
- The brunch is available to non-race friends and family for \$2.00
- A T-shirt to the first 100 to register
- Changing rooms/showers available
- Wheel-measured course
- Digital clock at the finish

Name _____ Age _____ Sex _____

Address _____ City _____ State _____

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

Signature _____

Parent's signature (if under 18) _____

Mail registration to Jerry Ellis, Onward Building, Flagstaff Rd., Orono, Me 04469
581-2319, or 2320 or 942-3582 (eve.)





MICHELOB LIGHT
presents



Merrimac Lions Club 10th Annual 2 & 5 Mile Race



October 20, 1991



MERRIMAC SAVINGS BANK

BENEFIT: Eye Research & Lions Charities

Starting Times:

- 1/2 mile - 1 p.m.
- 2 Mile - 1:15 p.m.
- 5 Mile - 1:45 p.m.
- 5 Mile - Race Walk - 1:15



Report to:

Training Field, Merrimac, MA
(Exit 53 Off Rt. 495)
Corner of Church St. & Liberty

awards, raffles, gifts, & refreshments for runners

Sweat-shirts to first 400 entrants, awards in 35 divisions

Race Director: Robert Randall - HOT LINE: 1-508-346-9240

SPECIAL EVENT: HEAVY WEIGHT - 5 MILE ONLY

3 DIV. 1st 3 FINISHERS - CHECK IN : 1:15 p.m.

PRE-ENTER FOR SPECIAL RAFFLE PRIZES

ENTRY FEE:

| 1/2 Mile FUN RUN | FREE (10 & under) | |
|------------------|-------------------|------|
| | PRE | POST |
| 2 mile | \$5 | \$6 |
| 5 mile | \$7 | \$8 |
| 2 & 5 mile | \$9 | \$10 |

MAIL ENTRY & CHECK TO:

MERRIMAC LIONS ROAD RACE
P.O. BOX 411
MERRIMAC, MA 01860



Registration Form

(official use only)

Name: _____ Age (as of 10/20) _____ DOB: _____ Sex: _____

Address: _____ Town: _____

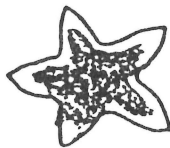
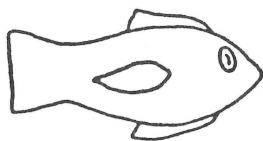
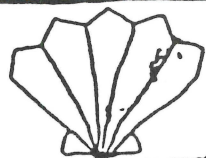
State: _____ Zip: _____ Tel. #: _____

EVENT: _____ 1/2 mile _____ 2 mile _____ 5 mile _____ 5 mi. HV. Wt. _____ 5 mi. Race/Walk

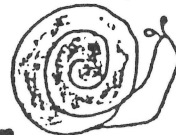
***Checks Payable To: Merrimac Lions Club ***

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, and administrators waive any and all rights and claims for damages I may have against the organizers and sponsors of this race.

Runner's Signature: _____ Parent's Signature (if under 18) _____



COASTAL



FIRST ANNUAL COASTAL CRUISERS 5K CROSS COUNTRY RUN

(Part of the proceeds to benefit the Refugee Resettlement Program)

SUNDAY NOVEMBER 3, 1991 8am
MACKWORTH ISLAND, PORTLAND MAINE

ENTRY FEE: \$5.00 on or before Oct 25
\$6.00 after Oct 25
Make checks to Coastal Cruisers
Mail to Donna Hubert 25 Mass. Ave.
Portland ME. 04102

CATEGORIES: 19&Under, 20-29, 30-39, 40-49, 50-59, 60&Over

AWARDS: TOP 3 Male and Female Finishers, Top 3 Male and Female in each age -

In consideration of your accepting this entry, I, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages I may have against the race committee, any sponsor, their representatives, successors, and assigns for any and all injuries suffered by me at said race or event, even if it is caused by negligence on the part of the race committee.

NAME: _____ AGE: _____ SEX: _____

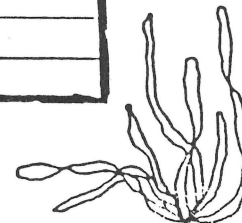
ADDRESS: _____

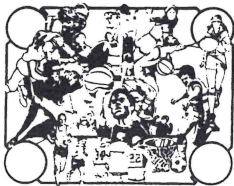
TEAM or CLUB: _____ T-SHIRT SIZE: _____

SIGNATURE _____

PARENT or GUARDIAN if under 18 _____

CRUISERS





HILLS
Sporting Goods

THE FRED J. HACKETT 14TH ANNUAL AUTUMN RUN



Course: TAC Certified (#NH 85045 JMC). Rolling hills through country roads. Please note that the start is about a mile from registration. There are no facilities there, so please stay in the registration area until at least 11:30.

Race Day Check-In: 10:00-11:30 AM, Sunday, Nov. 3 at the Clubhouse at Beaver Meadow Golf Course. See directions on map (back panel).

Teams: Clubs, schools, and businesses only, please. The first 3 finishers score (by finish time). Men's & Women's open team categories.



Race Direction: Granite State Race Services
Bob Teschek: (603) 863-2537

Results: Computer timing & scoring.
All entrants receive complete mailed results.

Sanction: NEAC/TAC

Benefit: A donation from the race proceeds will be given to the Concord Boys and Girls Club.

Entry Fee: \$10.00 by November 1 and \$12.00 on November 2 and race day. Make check payable to: Concord Savings Bank Autumn Run. Send to: CSB Autumn Run, Box 739, Concord, N.H. 03302-0739.

Awards:

Cash prizes:

Top 5 Men & Women (\$100/75/60/50/40)
(No High School or NCAA athletes)

Top 2 Masters Men & Women (\$50/30)
(Masters are also eligible for
Top 5 cash awards)*

Athletes must be TAC Registered AND have cards with them to receive cash on race day.

Top 2 Male & Female Teams (\$60/30)

Merchandise Prizes

(provided by Hills' Sporting Goods)

Top 2 M&F Division Winners 19 & under,
35-39, 40-44, 45-49, 50-54, 55-59, 60-64,
65-69, and 70 & over

*Awards made according to W.A.V.A. age
adjusted performance tables.

**Winners must be present to receive
merchandise prizes.**

----- DETACH AND ENCLOSE WITH ENTRY FEE -----

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|--|-----------------|--|---|--|---|--|---------------|--|----------------|--|---|--|---|------------|--------------------|--|--|--|-------|--|-----|--|--|--|--|--|--|--|
| Last Name | | | | | | | | | | | | | | | First Name | | | | | | | | | | | | | | |
| Age On Race Day | | Sex (check one) | | M | | F | | Date of Birth | | | | / | | / | | TAC No. (Optional) | | | | | | | | | | | | | |
| Address | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| City | | | | | | | | | | | | | | | | | | | | State | | Zip | | | | | | | |
| Work Phone No. | | | | | | | | | | Home Phone No. | | | | | | | | | | | | | | | | | | | |
| Team Name | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

ALL ENTRIES RECEIVED BY OCTOBER 23, 1991 ARE GUARANTEED LONG-SLEEVE SHIRTS.

WAIVER—UNSIGNED WAIVERS WILL BE REJECTED

I know that participating in the Fred J. Hackett Autumn Run on Nov. 3, 1991, is potentially hazardous. I should not enter and participate 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 distance. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release Concord Savings Bank, Granite State Race Services, the City of Concord, the State of New Hampshire, TAC, any volunteers and any and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Athletes who participate in this competition will be subject to formal drug testing in accordance with TAC rules and IAAF Rule 144. Athletes found positive for banned substances, or who refuse to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Hot Line at 800-233-0393.

(Signature)

Date

(Signature of parent or guardian if under 18)

ENTRY FORM (Please print clearly)

FREEPORT COMMUNITY EDUCATION

AND

COLE • HAAN



present the

10th Anniversary of the

GREAT OSPREY OCEAN RUN - 10K

10 am, Saturday, November 16, 1991

A beautiful 6.2 mile course beginning at Wolf's Neck Park in Freeport and continuing down country roads.

Age Groups: Male and Female: 14-18, 19-29, 30-39, 40-49, 50+.
Entry Fee: \$10 pre-registered/\$12 day of the race. Long sleeved T-shirt to 1st 100 registered. Awards to 1st Freeport male/female and to 1st, 2nd in each category. Water not available at park.
TAC certified. Come ready to run!

Waiver & Entry Form

GREAT OSPREY OCEAN RUN - 10TH ANNIVERSARY

I enter this event at my own risk and will hold no one responsible for my personal injuries.

T-Shirt Size (please circle) Small Medium Large X-Large

Name _____ Sex _____ Age _____

Address _____

City _____ State _____ Zip _____

Signature (parent's if under 18)

Mail entry and fee to Freeport Community Education, 30 Holbrook St., Freeport, ME 04032. For information, call 865-6171.



4TH ANNUAL CHRISTMAS CLASSIC 5K



When: November 24, 1991 at 11 A.M. Registration at 10 A.M.

Where: Farmington, Maine. From the State Theater on Broadway.

Entry Fee: \$5.00. T-Shirts to the first 25 to register.

Course: 5K(3.1 miles). Fairly flat, out and back course. 1 mile split.

Age group awards (male/female). 19 and under, 20-29, 30-39, 40-49, 50 and over

For information contact Jack Paul at 778-3962 or John Moore at 778-2881, or write Jack Paul, 5 Pleasant Street Apt. #2, Farmington, Maine 04933.

NAME_____

ADDRESS_____

PHONE_____AGE_____SEX_____

In consideration of this entry, I waive any and all claims for myself and my heirs against officials or sponsors of the "Christmas Classic Run" for injury or illness which may directly or indirectly result from my participation.

SIGNATURE_____



The 23rd Annual Shop'n Save Turkey Trot

A Thanksgiving tradition

5K (3.1 mi.) at 10:30 am
10K (6.2 mi.) at 11:15 am

10K is TAC certified ME-9010-GN

*Runners and walkers
welcome!*



Sunday, Nov. 24, 1991
Middle School
Cape Elizabeth, Maine



Maine Track Club
presents

Sunday, Nov. 24, 1991
Cape Elizabeth Middle School
5K at 10:30 am
10K at 11:15 am

Cost: \$7.00 pre-race (Please do not
mail after Monday, Nov. 18)
\$7.00 race day
[Note: Runners or walkers cannot enter
both events.]

Features:

- Winter knit hats to first 150 registered runners and walkers. (Sign up Today!)
- Random drawing for grab boxes.
- "Stay Trim for the Holidays" guide and recipe book written by Shop 'n Save nutritionists.
- Post-race coffee, cider and doughnuts.
- Locker rooms, showers available.

Awards: Turkeys provided by Shop 'n Save in each race to top three overall male and female finishers top two male and female finishers in each of the following age categories:

1-19 20-29 30-39
40-49 50-59 60+

Special Awards for first male and first female Hannaford Brothers employees to finish each race!

☐ 10K Run
(\$7.00)

☐ 5K Run
(\$7.00)

Send with check to:
Maine Track Club (Turkey Trot)
PO Box 8008, Portland ME 04104

NAME First Last AGE ON 11/24/91 M F
ADDRESS PHONE
TOWN STATE ZIP

NO RADIO HEADSETS

NO BABY STROLLERS

NO REFUNDS

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 effect of the weather (including wind, rain and snow), traffic and the conditions of the road, in consideration of your accepting my entry. I, for myself and anyone entitled to act on my behalf, waive and release the Maine Track Club, the Town of Cape Elizabeth, Shop 'n Save (Hannaford Bros.) and all other sponsors, their representatives and successors from all claims or liabilities arising out of my participation in this event.

Signature _____

Parent (if under 18) _____



CENTRAL MAINE STRIDERS, INC.

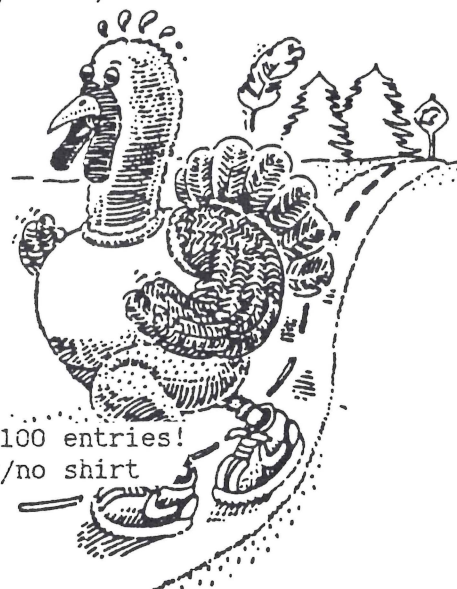
Proudly Announce the 12th Annual



"GASPING GOBBLER 10K" & 2 Mile Fun Run

*Thanksgiving Day - Thursday, November 28, 1991
10 a.m. - Augusta Civic Center, Augusta, Maine
(Off Maine I-95, Exit 31)*

The Central Maine Striders invite you to one of Maine's favorite late fall events on a holiday morning. Our certified loop course over rolling hills has drawn many of the state's top runners over the years as the Striders former top runner, Gerry Clapper, won this event from 1980 to 1985! Peter Lessard was 2nd in '85, '86 and '88 before winning last year to climax his "Runner Of The Year" performance in Maine! Veronica Knight was 3rd in '85, then won in '88 and '89 and is always apt to arrive on Thanksgiving morning! Last year Lois Brommer of Somerville, Ma. won & set a course record prior to her marriage to Ralph Duquette who won this race himself in '86!



ENTRY FEE: \$9.00 - Long sleeved, multi-color T-shirts to 1st 100 entries!
(Pre-register up to November 25th) \$6.00 race day/no shirt
\$3.00 2 mile race / (no shirts)

RACE DIRECTOR: John Schwerdel (622-4507)

SPONSORS: ATLEE EYE CARE CENTER / EDMONDSON OPTICIANS

COURSE: Certified (ME 85012 GN) 6.2 mile, rolling hills, loop course. Starts/ends behind Augusta Civic Center. (Map on back of this flyer)

FEATURES: Halfway water stop (weather permitting) Juice & refreshments following race.
Showers/Changing rooms available courtesy of: UMA - Augusta campus.

AWARDS: Special awards 1st place male/female in 10-K. Age group awards, male/female in 10-K. 1st place, male/female awards in fun run.

RESULTS: Published in Kennebec Journal/Morning Sentinel/Mainely Running

COURSE Open: 30:29 Gerry Clapper (1984) 37:24 Lois Brommer (1990)
RECORDS: Masters: 35:55 Guy Berthiaume (1986) 44:06 Susan Blaisdell (1982)

Central Maine Striders Waiver & Entry Form — Gasping Gobbler 10-K

☐ 10-K \$9.00

☐ 2 Miler \$3.00

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

TEAM OR CLUB: _____ T-SHIRT SIZE: ☐ S ☐ M ☐ L ☐ XL

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

SIGNATURE _____

PARENT or GUARDIAN if under 18 _____

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

PIES TO
ALL FINISHERS

Merrimack Valley Striders presents
New England's Fastest Growing Road Race



FEASTER FIVE THANKSGIVING DAY ROAD RACE

Thursday, November 28, 1991, 8:30 am
Main Street, Andover, MA

LONG SLEEVE SWEATSHIRTS TO ALL PRE-ENTRIES



NEW 5 MILE COURSE WITH 4 LANE START,
DIGITAL CLOCKS EACH MILE



Bernardin Insurance

Numbers and Sweatshirts can be picked up at:
Bernardin Insurance, 60 Main St., Andover
Mon., Nov. 25; Tues., Nov. 26; Wed., Nov. 27
10 am - 5 pm

or at Fitness Clinic & Expo (see Below)



FITNESS CLINIC & EXPO

Sponsored by Orthopedic Rehabilitation Affiliates
Wednesday, Nov. 27, 2 pm - 8:00 pm
Old Town Hall, Main St. Andover.

Free massage, cholesterol check and lung capacity check 6:30:
Free seminars by Jack Fultz, Saucony shoes, Christmas trees
and other prizes to be given away.
Also race registration & number pick up

Pre-entry: \$10.00 (by November 5), Post: \$10.00
Christmas trees to top finishers

For more information contact Bill Pennington, (508) 475-5671 or John Burke, (508) 372-6160
Make checks payable to: Merrimack Valley Striders,
and mail to: Bay State Race Services, 3 Foster Street, Haverhill, MA 01832

ENTRY FORM

SHIRT SIZES M L XL
please print clearly

In consideration of this entry being accepted, I, for my heirs, executors, administrators, waive and release any and all claims for personal damages I may have against the organizers, and sponsors of this race and I attest and verify that I am physically fit and have sufficiently trained for this event.

Name.....

Address.....

City/State/Zip.....

Telephone..... Male..... Female..... Age.....

Signature.....

Signature Parent/Guardian (if under 18).....



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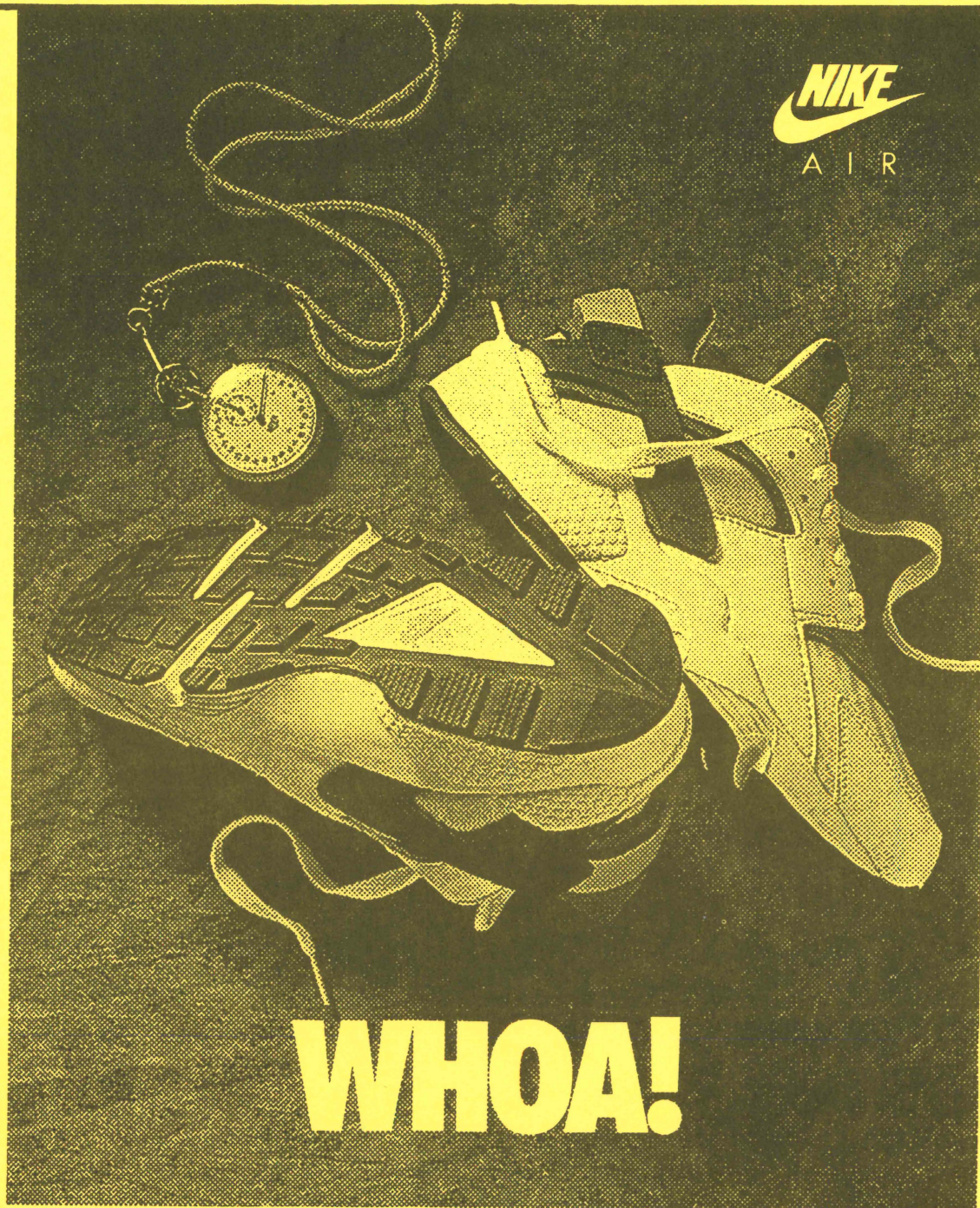
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