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Lance Tapley

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M A I N E ***RUNNING & FITNESS***

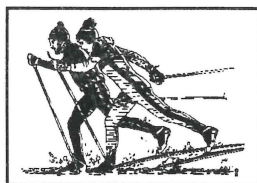
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A Rededication to Running



- Reader Survey Conclusion
- Results of 50 Races!

But still...



The Cross-Country Skiing Season Begins

- Seasonal X-C Calendar
- Bill Koch Youth Ski League



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Running	Race walking
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1/4 page	\$50	\$225 (ea. \$45)	\$440 (ea. \$40)
1/3 page	60	270	528
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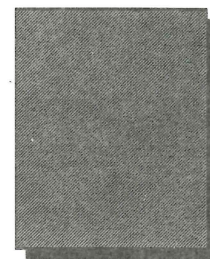
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MARCH	Sports Medicine
APRIL	Bicycling
MAY	Spring Running
JUNE	Kayaking & Canoeing & Rowing
JULY	Hiking & Camping
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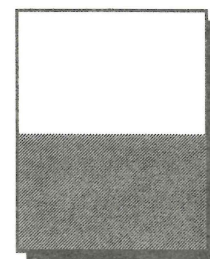
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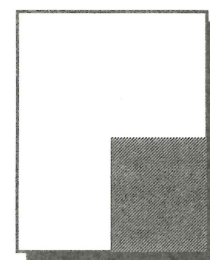
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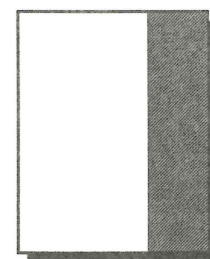
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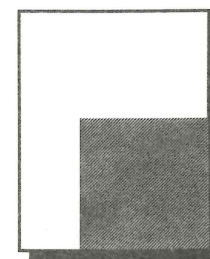
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MAINE RUNNING & FITNESS

December • 1995

MAINE'S SPORTS & FITNESS MAGAZINE

NO. 48

Also Coverage of: Cycling • Triathlons • Duathlons • Track & Field • Hiking • Climbing • Race Walking • Canoeing • Kayaking • X-C & Telemark Skiing • Alpine Skiing • In-Line Skating • Orienteering

Features

- 6** *2nd Annual Self-Analysis*
Back to the Future: Rededication to Running - *Lance Tapley*
- 7** Comments from the Readers
- 8** Sweat: Those Controversial Articles - *Lance Tapley*
- 9** Bike Race Analysis - *Brian Cullen*
- 16** X-C Ski Seasonal Calendar
- 18** Bill Koch Youth Ski League - *Lance Tapley*

Departments

- 2** Running Calendar
- 3** Alpine Skiing Calendar
- 4** News & Letters
- 12** Fitness & Training - *Steve Fluet*
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Race Results Running

- | | |
|---|---|
| 21 Peaks Island 5-Miler | 34 Robbinston 5K |
| 24 4th Bangor State Fair 4-Miler | 34 Gorham Trails 5K |
| 25 Yankee Homecoming 10-Miler | 34 Skowhegan Log Days 5K |
| 25 10th Dyer Memorial 5K | 35 Grants Dairy Milk Run 5-Miler |
| 26 St. Mary's 3-Miler | 37 Falmouth Forcaster 10K |
| 26 Palermo Days 5K | 37 6th James Gang 10K |
| 26 Lobster Festival 10K | 38 Penbay Medical Center 5K |
| 27 Lobster Festival Fun Run | 38 Terry Fox 5K |
| 27 Schoodic Point 15K | 39 18th Bar Harbor Half Marathon |
| 27 Samoset 10K | 41 Women's Distance Festival 5K |
| 28 Machias 5-Miler | 43 YMCA 3-Miler |
| 29 Johnson's 5-Miler | 44 Common Ground 5-Miler |
| 29 Angie Abraham 4-Miler | 44 Eliot Festival 5K |
| 30 Bowdoin and Back 10-Miler | 47 Casco Bay Half Marathon |
| 33 Festival by the Sea Marathon | 51 Maine Marathon |
| 33 YMCA Cardiac Run/Walk 5K | 53 Aroostook County Challenge |
| 33 Northeast Harbor 5-Miler | |
| Other Sports | 35 14th Androscoggin Triathlon |
| 20 Hilltop Biathlon Series | 37 Sayward Fat Tire Festival |
| 21 Marsh River Canoe Race | 38 Maine State Amateur Time Trials |
| 24 Maine State Triathlon Classic | 43 Black Bear In-Line Skate |

Happy Holidays!

As we head into the new year, with a new (old) direction for the magazine, we want to wish you an enjoyable holiday season, a rein-vigorating rest for the body and mind in preparation for the next season (see Steve Fluet's column in this issue), a pleasant pursuit of a winter sport, and healthy running in 1996.

The one month a year that the magazine skips is January, but we will be back for the February issue with race results for the remainder of 1995, a start on 1995's rankings, and features on indoor fitness.

Lance Tapley & the Maine Running & Fitness Family

Cover pictures: Top, Julius Marzul of Gorham, one of Maine's most devoted racers, is fully prepared for the winter. John LeRoy photo. Bottom: Kim McCrey winning a ski race in Caribou last winter.

Maine Running and Fitness is published monthly (except January) by Lance Tapley & Sons. Editorial and business offices: 7 Elm Street, Augusta, Maine 04330. Fax/Phone 207-626-3298. Copyright 1995 by Lance Tapley. Permission is granted for reproduction of race fliers and Chuck Hillier's bicycle-tour column. SSN 1064-6779. USPS No. 008-736. **Subscriptions** are \$23.65 per year (11 issues), \$42.80 for two-year subscriptions. Canadian and international addresses pay in U.S. funds. Add \$5 for 1 year, \$10 for 2-year subscriptions.

Deadline for article submissions, calendar listings, advertising copy and race fliers is the 1st of the month before the issue-date month. Second-class postage paid at Augusta, Maine 04330. Postmaster: Please send address changes to Maine Running & Fitness, 7 Elm Street, Augusta, Maine 04330. Text and cover printed on recycled paper.

Publisher & Editor: Lance Tapley. Associate Editor: Peggy Tapley. Reporters: Asa Tapley, Adam Tapley. Design and Layout: Keith Peters. Regular contributors: John LeRoy, Anne-Marie Davee, Rick Krause, David Crawford, Karen Salisbury, Steve Fluet, Chuck Hillier.

Calendar

Most races welcome young people.

Events that have special provisions for young people are shown with (+Y).

Running

December

- 2 Season's Greetings 5.5-Miler, Madison, 11 a.m., Ron Paquette, 437-9237.
- 2 Bradbury Mountain Challenge, 5-mile trail run, Pownal, 11 a.m., Bill Yeo, Bowdoin Nordic Ski Team, 725-3000.
- 2 Jingle Bell Run for Arthritis 5K, Concord, N.H., 10 a.m., 800-639-2113.
- 3 Friends of Travis Roy Unite 5K Run/Walk, Falmouth (5K Sports), 9:30 a.m., Mike Foley or Peter McFarland, 781-2671.
- 3 Reebok USA National Cross-Country Championship, Boston, Mass., Franklin Park, 10 a.m., no qualifying times, USATF-NE, 617-566-7600.
- 9 Jingle Jog for Kids, 5K run & 3.1K walk, Kennebunk, 10 a.m., Ann Marie Flaherty, 985-2526. (+Y)
- 9 USATF Junior Olympic Cross-Country Nationals, Baton Rouge, La., Ron Kelly, 883-2747. (+Y)
- 9 Footlocker High School Cross-Country Finals, San Diego, Calif. (+Y)
- 9 Jingle Bell Run, Bangor, 2 p.m., Westmarket Square, followed by a Bangor "Y" Running Club social and Yankee swap at the Whig & Courier pub.
- 10 19th Bill Rodgers Jingle Bell Run 2.5-Miler, Boston, Mass., 6

- p.m., Sheraton Boston Hotel, limit 4,000, 617-723-5612.
- 15 Hallowell Hash House Harriers hash, Alice Johnson, 622-9747.
- 17 Freeze Your Buns 95 5-Miler, Nashua, N.H., 9 a.m., 603-880-9479.
- 31 Fat Ass Fifty, 50-miler, Brunswick, 7:30 a.m., 4-mile loop, certified, no fee, no awards, bring water, Phil Pierce, 781-3769.
- 31 Rutland First Night 5K Run, Rutland, Vt., 3 p.m., 802-773-9168/775-5628.

January

- 5-7 27th Dartmouth Relays, Hanover, N.H. Full schedule of indoor track & field events for masters, high school, open, Carl Wallin or Barry Harwick, 603-646-2848.
- 13 Maine Track Club Awards Banquet, Italian Heritage Center, Portland, 5:30 social hour, 6:30 dinner, Ron Pelton, 846-9039.
- 20 Central Maine Striders Banquet, Waterville, 7 p.m., Holiday Inn, Ron Paquette, 437-9237.
- 21 17th Annual January Thaw Road Race, Belgrade Central School, 12 noon, 4.5-miler, Gene Roy, 465-7296.

Hiking, Etc.

December

- 1 Maine Outdoor Adventure Club meeting, Portland, 7 p.m., Unitarian-Universalist Church, 524 Allen Ave.; Dick Hall, 828-1532, or hotline, 828-0918, for club trip information. Club meets first Wednesday of each month.
- 24 Mt. Clinton (4,310 feet) and Mt. Eisenhower (4,761) via the Crawford Path; 9 miles at moderate, steady pace. Some above-treeline exposure. Full winter gear required. L. Jay

The Maine Track Club

15th Annual Mid-Winter Classic 10-Miler

February 4th, 1996
12 Noon
Cape Elizabeth High School

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Spenciner, 647-3347, or Bill McKenna, 647-2251; no calls after 9 p.m. Appalachian Mountain Club, Maine Chapter trip, no charge, maximum 10 people.

Alpine Skiing

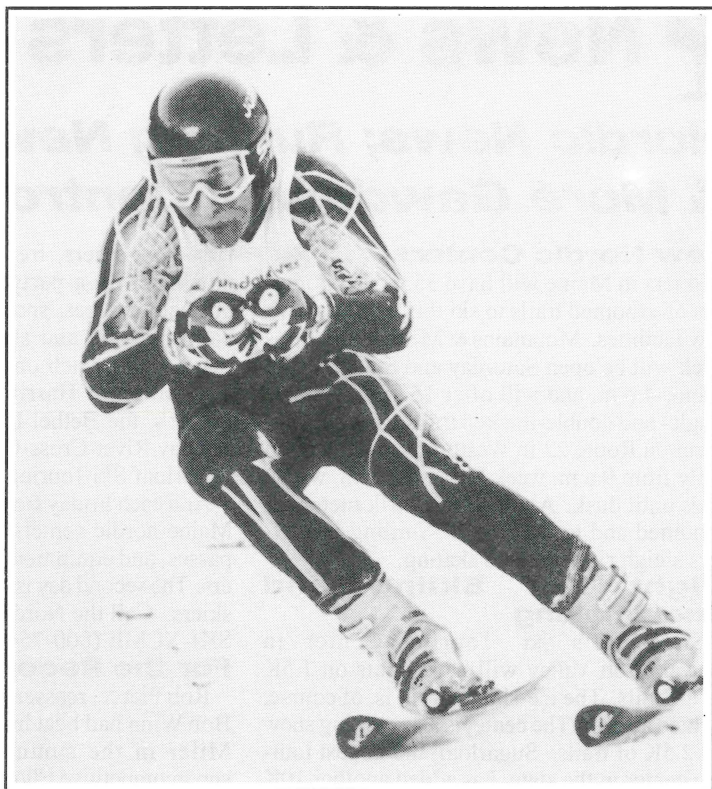
Ski areas often have informal races, celebrations, and club events, plus special promotions on lift tickets, lodging, lessons, equipment rental, etc. on a daily or weekly basis. For example, larger ski areas may offer NASTAR (citizens's races, handicapped) and other racing—including kids' races—on many days or on weekends. Check the particular resort for its full offerings. Maine's downhill ski-area phone numbers and addresses are listed in a box in this issue. USSA means United States Ski Association. FIS means Federation Internationale du Ski. Secondary school and college races are generally not listed.

December

- 1 New Hermon Mountain hopes to open with night skiing.
- 9 Grand opening for Oz, Sunday River's newest mountain.
- 9-10 Sugarloaf Demo Days. Plus: Brewers' Festival.
- 11-17 Maine Learn-to-Ski-Free Week. Check with participating ski areas for details.
- 15 Shawnee Peak, Lost Valley, Black Mountain, Camden Snow Bowl hope to open for night skiing (approximate date).
- 15-16 USSA Eastern Cup Giant Slalom and Slalom races. FIS national and international competitors. Sunday River.
- 16 River Ride Board Fest. Snowboard competition. Sunday River.
- 17 Lollipop Race for Kids, Saddleback. Continues through winter.
- 20-21 FIS Giant Slalom, Sugarloaf.



We didn't have a holiday-theme photo of the current publisher but we do have one of the former publisher, John LeRoy—taken on another holiday, Halloween!



- 27-28 USSA Freestyle Open Aerials. Open competition for licensed aerialists. Sunday River.
- 29-30 Carrabassett Valley Academy alumni race, Sugarloaf.
- 30 Budweiser adult race series, first race, Mt. Abram. Generally held every Saturday for rest of winter.
- 31 Mt. Dew Tri-Mountain Race Series, first race, Mt. Abram. Generally held every Sunday.

January

- 1 J.P. Parisien Memorial Race, Lost Valley.
- 1-2 Men's & Women's Nor Am race, Sugarloaf.
- 2-4 Racing with the Moon Series begins at Shawnee Peak. Eight weeks of team races on Tues., Wed., or Thurs. nights.
- 3 Wednesday Night Ski League begins, Eaton Mountain.
- 4 Budweiser adult ski racing series begins, weekly, Lost Valley.
- 4 Junior ski racing program begins, New Hermon Mountain.
- 6-7 Weisbein Memorial Snowboard Race, Sugarloaf.
- 7 USSA I's, II's Giant Slalom, Saddleback.
- 7 Sam's/Mt. Dew junior racing begins, weekly, Lost Valley.
- 13 Midnight ski run, Eaton Mountain.
- 14 Mederith Langley Wyman Memorial race, Sunday River. USSA Junior III's & IV's.
- 15 Winter Carnival, Eaton Mountain.
- 20 Eastern Intercoastal Ski League race. Ski club league. Sunday River.
- 20 Snowboard racing, Lost Valley.
- 21 Mel Jodrey Memorial race. Sunday River. USSA Junior I's, II's & Seniors.
- 22-23 Rand Stowell Downhill Race, Sugarloaf.
- 24 Moonlight Jimmy Fund Challenge Race, Shawnee Peak.
- 25 Winter Festival (including races), Squaw Mountain.
- 25-28 Women's Pro Ski Tour, Mt. Abram.
- 26-27 USSA A & B Combined Freestyle, Sunday River.
- 26-28 Canadian Club Celebrity Cup, Sugarloaf.
- 28 USSA III's & IV's Giant Salom, Saddleback.
- 28-30 Special Olympics, Sugarloaf.
- 29-2/2 Sugarloaf Schuss.

News & Letters

Nordic News; Running News; & More Gawdawful Controversy!

New Nordic Centers

Skiers in Maine will have 35 more kilometers of groomed trails to ski this winter at two new facilities. Mountains & Meadows in Limerick will be open Saturday and Sunday from 9 a.m.-4 p.m. and will offer 15 kilometers of single- and double-tracked trails. Smiling Hill Farm on Route 22 in Westbrook will be open daily from 9 a.m. weekdays and 8 a.m. weekends until dusk. Along with 20 kilometers of groomed and tracked trails, Smiling Hill offers sleigh rides and ice skating.

Night X-C Skiing and Snowmaking

Sugarloaf's Ski Touring Center in Carrabassett Valley will have lights on 1.5K of its trails. The ice-skating rink is, of course, lighted as well. The center is also making snow on 2.5K of trails. Sugarloaf, the largest touring center in the state, has added another 10K to its trail network, making a total of 95K.

Freebies

On Sunday, Jan. 7, many cross-country ski centers in the U.S. and Canada will give, to

first-time skiers, free introductory lessons, plus offer up a party: snow treasure hunts, obstacle courses, snowshoe golf and volleyball, dog-sled and sleigh rides, and lots of goodies to munch on. Centers participating in Maine are Harris Farm, Beech Ridge, Carter's, the Bethel Inn Ski Touring Center, Sunday River Cross-Country Ski Center, and Sugarloaf Ski Touring Center.

And each Friday from Jan. 1 to Mar. 15 most Maine nordic centers will have lessons, trail passes, and equipment rental free to first-timers. The second day is free, too, for participating skiers. Call the Nordic Ski Council at 800—SKI-XCME (800-754-9263).

For the Record

Rob Pierce, reasserting his dominance after Bob Winn had beat him at the Peaks Island 5-Miler in the summer, beat Winn at the supercompetitive Eliot Festival 5K on Sept. 30. His winning time was 14:44. Winn's time was 14:52. And between Winn and Pierce were Mike O'Brien (14:48) and Dan Verrington (14:52), from New Hampshire and Massachu-

setts respectively. Verrington had beaten Pierce at the Bridgton Four on the Fourth (he was second; Pierce was fourth).

Sugarloaf Among Fastest

Theoretically, according to the USA Track & Field publication *On the Roads*, the Sugarloaf Marathon is among the nation's fastest since it has an average drop of 4.1 meters per kilometer. Only eight marathons have a greater downhill gradient, with the Black Hills Marathon in Rapid City, S.D., with a drop of 16 meters/K, topping them (or bottoming them) all.

Only Five So Far

Only five in Maine have qualified for the Olympic Marathon Trials, which we have reported previously: Pierce for the men; Samuelson, Kirtland, Dubord, and Snow-Reaser for the women. Bob Winn tried again at the Marine Corps Marathon this fall, but came up short. Five may not sound like many, but consider that New York State only has five qualifiers; 12 states have none (Vermont, for example); and New Hampshire, home of some great runners, only has one, Cathy O'Brien from Durham.

Sunday Morning Runs

Steve Fluett, coach and Maine Running & Fitness columnist, and Jim McCorkle, owner of 5K Sports, the running store in Falmouth, have teamed up to organize 8 a.m. runs on Sunday beginning Dec. 9—open to all—which will leave from the 5K store at 190 U.S. Route

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1. The basic run is a 12-mile loop, part of the Maine Marathon course, but runners can go shorter or longer. Refreshments will be served afterwards at the store. Call Jim at 781-3134 or Steve at 829-4164.

Maine-Boston Connection

A "package" of two t-shirts with message and artwork celebrating the 100th Boston Marathon next year and the Maine people involved in it has been produced to benefit the Travis Roy Fund, which is dedicated to the hockey player from Yarmouth who was paralyzed in November in an accident in his first game for Boston University. The cost is \$28.59, and for this the purchaser gets a 100-percent cotton, long-sleeved t-shirt plus a racing singlet made by In Sport. Orders will be taken through Jan. 31 at 5K Sports, the running store, 781-3134.

Obituaries

New Hampshire Runners, an every-other-month tabloid magazine now in its third year, bites the dust with the November/December issue, according to an announcement from its publisher, Dana Waterman. Among other reasons he cites "the rising cost of printing." Citing a similar reason—but, more specifically, the skyrocketing paper prices this year—the magazine New England Runner in its latest issue shrank its product in physical size and turned to newsprint, a cheaper paper. The magazine looks vastly different.

Letters

To the Editor:

I understand that it makes good business sense to attract a larger group of subscribers by making the magazine less specific, but as a runner I can't help wanting to see more coverage of the latest running scene! . . . I don't believe that most runners are interested in a lot of the topics you cover. Maine runners deserve a publication of their own.

I know that you need to make living and I normally wouldn't offer criticism unless I had a better solution, but you did ask for comments.

Laurel Valley
Hiram

To the Editor:

I have to give you credit for giving your readers some fodder for thought, unlike the recycled fluff that fills the pages of Runner's World, but I'm not thrilled by all the polemics which are displayed within your covers.

I was there when Rick Krause and Bob Booker began the concept of a Maine running magazine, and even though the reproduction was sometimes poor and the pages were stapled and cobbled together, the content was genuinely about running, and stayed faithful to the core readers . . . But now it appears that you are using the bully aerobic pulpit to espouse a far-reaching, controversial political position over which people of good will can profoundly disagree.

There is, of course, a time and a place for charged political discourse, but I find it unmannerly to have it imposed on me in the one place where I can find refuge. When I next enter a race, or gather for a group run, I don't expect lines to be drawn based on how we voted on Referendum Question 1 . . .

All politics being local, I can't dispute the fact that our experience as runners has a bearing on our political views. It is perfectly legitimate for Joan Samuelson to appear before a Senate committee to offer testimony over proposed revisions in the Clean Air Act. Her experience as a runner determined her testimony, though of course it was her celebrity which led to the invitation to testify . . . However, when I invited you into my living room and paid my subscription, I didn't know I was getting a Green Party broadsheet. . .

You must have known when you chose to run the Maine Woods National Park article that it would draw a spirited response, and Bob Payne did so, but . . . you had to consume another page patiently offering a rebuttal, in the manner of a kindly uncle explaining to his unruly nephew why he has been misguided and generously giving him time to cool his hot head. Pardon me if this seems just a wee bit patronizing. . .

My family was among the first settlers of East Machias in 1765, and seven generations

later we're still in the same town. I can tell you that Maine natives have been patronized plenty, and we expect no less a dose of it from Restore than from the paper-company executives. "Rich out-of-staters" is just a convenient tag for people who are used to exercising power and control over us poor slob, and trying to make us feel good about it. We have good reason to be suspicious about anyone trying to convince us that they are "natural allies." Let us make up our own minds.

Deke Talbot
East Machias

To the Editor:

I feel compelled to comment on your use of your editorial power to reprehend those individuals who write in with views opposed to your own. I read with great dismay your point-by-point rebuttal to Bob Payne's letter to the editor in the November issue. You chose to voice your opinion with your original editorial on the Maine Woods National Park, therefore you ran the risk of antagonizing some of your readers.

Mr. Payne felt strongly enough about this issue to write a passionate letter offering another perspective. You should keep a stiff upper lip and print letters such as Mr. Payne's without pillorying the authors with self-serving pen. The readers of your publication can choose which position to adopt without further entreaties from you.

Pete Bottomley
Cape Elizabeth

To the Editor:

I hope that you can find room in between your ads and your pictures for this reader's comments. Please take the remainder of my subscription and give it to Restore. What their cause has to do with running and fitness, I'll never know. The little bit of material regarding running that is left in your magazine is duplicated in the Press Herald anyway.

I'll send my \$23.65 to SAM [Sportsmen's Alliance of Maine] and say good-bye to what used to be an excellent publication.

Barry Sargent
West Buxton

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To the Editor:

As a runner I have had a bad year. I lost most of July and all of August to injuries. Throughout my recovery I enjoyed the issues of Maine Running & Fitness I received each month. They kept me entertained and informed. While I couldn't be out there racing I could keep up with my friends who were, and plan for better days ahead. Look for some slow but steady times from me in the race results columns as the fall passes. Thanks for keeping the presses rolling.

Chris Gould
Waldoboro

To the Editor:

Thanks for doing a great job with the magazine! Happy running—see you on the road.

Nancy, Julie Lagin-Nasse
Starks

Correction

Shawnee Peak night downhill racing this season will cost \$89 for the eight weeks of racing. In Jordan Ginsberg's article in the November issue he gave a lower price that is for people who have season passes or other privileges.

Letters to the Editor may be sent to:
Maine Running & Fitness
7 Elm Street, Augusta, ME 04330

Publisher's Report

2nd Annual Self-Analysis: A Rededication to Running

by Lance Tapley

After a futile, year-long experiment of trying to expand the circulation by going more intensively into other sports, I am returning the magazine to its roots: From now on there will be less on other sports and more on running.

If we had attracted practitioners of other sports in greater numbers, I am afraid that out of economic necessity this would have become a multi-sports magazine, but I have concluded there just aren't that many competitive-level bicyclists, canoeists, skiers, etc. in Maine. Trying to nab the few there are with a magazine entitled Maine Running & Fitness was probably not a good idea, either.

And, as our recent reader survey demonstrated, if I continued emphasizing other sports I risked alienating the core constituency of Maine Running & Fitness.

What are the top three subjects these core readers want to see covered?

1. Running.
2. Running.

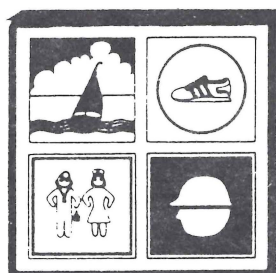
3. Running.

In the answers to the survey question, "Which of the following actions are most important for the magazine to improve itself?" "focus just on running" beat out "more coverage of sports besides running" by four to one.

Although circulation has not dropped since taking over the magazine in June, 1994, this is not what I had anticipated. It appeared for a while that circulation was growing rapidly. In the spring I pumped the magazine out to drug store and supermarket newsstands in great numbers. I doubled the print run at a time when paper costs were climbing steadily!

But that several-thousand-dollar gamble failed, too. When the huge numbers of returns came back—often months later—the hoped-for great jump in sales wasn't there. Maine Running & Fitness is too specialized a title for drug stores and supermarkets.

Even so, real circulation of the magazine was temporarily increased by pushing it out to more points of sale. But because the unit cost, the



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cost of printing each copy, is relatively high—compared, say, to the national magazines which print in astronomical numbers—even a “normal” return percentage would break this little magazine if allowed to continue for long.

Maine Running & Fitness continues to sell well at its traditional bookstore and sports-store outlets, and we will try to expand them, especially with bookstores, where it seems to do best.

I do not mean to say that we will abandon coverage of other sports. A significant minority of readers is interested in them. We will continue with seasonal news, calendars, and features related to bicycling, skiing, kayaking, canoeing, rowing, triathlons, track and field, and hiking and camping.

But the survey leaves little doubt that the readership is principally interested in the tried-and-true (for runners’ magazines) recipe of running and racing, training and fitness, nutrition, sports medicine, and running shoe evaluations—all of which we will try to emphasize (although the shoe companies haven’t cooperated much with shoes to evaluate). In the answers to the question of which sports subject “would you like to see more coverage of,” training and fitness outpolled cross-country skiing and bicycling four to one, and downhill skiing 20 to 1.

Within the subject of running, the staples of race calendars, race fliers, race results (published more quickly), and race photos overwhelmingly topped the poll, with “News & Letters” and nutrition on a second, but still major, level of interest. Features on road racers, the Runners’ Log, and Steve Fluet’s column obtained positive scores. To give an example of how much this is a runner readership, Chuck Hillier’s Bicycle Tours barely registered on the scale of interest.

Although readers still liked Maine Running & Fitness “very much” significantly over “somewhat,” there was a drop from last year (only a scattering said they liked it “not much”). The major reason was abun-

dantly evident: “Get back to running!” was penned in the comments section or written on the margins in many instances.

Previous to the November issue there had been no warning to me of the dissatisfaction with the emphasis on other sports. No one had even written me a letter to that effect. Thus the value of reader polls.

Inserting the survey in the downhill skiing issue didn’t much help the cause of the coverage of other sports because it turned out to be the sport our readership is least interested in. It is “a sport for the wealthy and one which consumes too much energy,” wrote one reader.

And the November issue had too much of downhill skiing at the expense of race results, which apparently everyone, after the big summer and fall racing season, is dying to see.

So perhaps the November issue skewed the response toward the negative. I would maintain that through most of the past year the number of road-race results in each issue generally has matched or exceeded those of previous years.

Still, the message is totally clear to me.

There is in a few readers’ comments (see the accompanying article) a nostalgia expressed for John LeRoy’s Mainely Running, our predecessor. Some people preferred John’s warm, folksy, in-group style. (He often didn’t bother to identify “Joanie” as Joan Benoit Samuelson, as an example.)

On the other hand, the professionalism which some say I have brought to the magazine is enthusiastically welcomed by a number of readers. The question of the in-group versus the journalistic approach I address more fully in another article in this issue.

The need to get the magazine out on a regular date each month I am acutely aware of. Rather than make excuses, let me just try to do better.

I will address other survey results in a later issue.

For those who sent in the poll, thank you. For those who didn’t, we welcome comments at any time.

The Readers Speak

A Sampling of Comments and Suggestions from the Reader Survey

“Excellent work in general. Maintain the down-home touch. A little controversy is like good manure: It makes things grow (Mr. Payne, the possible phony 26’er, etc.) . . . Keep up the good work.”

“In some of the articles there is a tone which seems to be there to incite controversy. It’s not always positive.”

“You should try to be a little less argumentative in your editorial replies . . . Robert Payne’s letter and style were far from effective, and yours was not much better.”

“Good rejoinder to Bob Payne’s letter!”

“Stick to your knitting. Your article on the Maine Woods National Park was totally inappropriate, not to mention off base.”

“Excellent magazine. It is much improved, more relevant, more timely than what it used to be.”

“Enjoy your mag and will continue to support it. Thanks for your efforts. I understand your goals, but running is what I do.”

“More focus on running. Do not plan to renew subscription based on current format.”

“I really depend on the issues coming out in a timely fashion so that I can get my registration forms in two to three weeks ahead of time.”

“Have some more articles. Now it seems like there’s more race results than articles.”

“I have lost interest in the magazine because of the lack of coverage of southern Maine races.”

“Keep from becoming a southern Maine magazine.”

“Your magazine is currently at its best.”

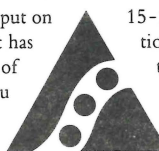
“I liked Mainely Running the way it was when LeRoy had it.”



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Sweat

Lance Tapley's Personal Column

Do You Want Articles with Controversy?

In the comments section of the recent reader survey and in some letters and remarks to me, a few readers have expressed unhappiness with articles that have controversy in them. These people do not want "negative" material in the magazine.

The articles cited are my own, and they are the ones that also have engendered the most praise.

The articles are the ones about Ray Johnson allegedly cheating at the Boston Marathon, Christine Snow-Reaser being possibly an over-driven runner, the editorials promoting the Maine Woods National Park, and some material in stories about top racers Rob Pierce and Bob Winn.

Several people asked me not to write about Ray Johnson, although he seemingly welcomed the opportunity to tell his side of the story, and the article was solicited by a close friend and supporter. But "it just divides the running community," one person told me.

I have not detected that Christine Snow-Reaser was disappointed with the article about her, and we remain friends. The criticism was that it portrayed her in part in a negative light. My own view is that the article expressed concern for her.

Some people did not like my position in favor of the proposed Maine Woods National Park. I approached the issue from the angle of the recreational opportunities the park would present, which seemed to me appropriate for an outdoor-sports magazine. The editorial stimulated a vigorous opposing viewpoint from Bob Payne in a letter that

appeared in the next issue, and I responded to Bob's arguments.

A couple of people wrote me that I shouldn't have had the effrontery to argue publically with a respected member of the running community. A couple of people said that they simply don't want to see this magazine contain political articles; they are out of place; and they make them uncomfortable.

In an article about Rob Pierce's emergence on the Maine running scene and his thumping of Bob Winn in a few races this spring, and in a later article about Winn rising to the challenge posed by Pierce (and beating him in a race), I quoted Winn making sore-loser-type remarks about Pierce ("I understand he's supported by his wife," etc.) in his explanation of why Pierce gets to train more and run better.

Winn says he never said this and, in fact, even denies having such a conversation with me. (I interviewed him on the phone.) He says I made up the interview and his remarks out of whole cloth. "I'm a nice person," he said. "I don't say things like that."

Winn said somewhat threateningly that "the running community is very upset" with the reporting on him and Pierce. Pierce believes that any feeling of competition between him and Winn is an unfortunate invention of this magazine.

I stand by what I reported Winn said. I took notes.

In a 30-year journalistic career I have had a number of people accuse me of misquotation when they see in print remarks that they regret having said, and I accept that this comes with the territory of being a journalist. People say foolish things; that doesn't necessarily make them bad people.

But I see absolute red when somebody falsely says our conversation never even took place.

Putting that aside, however, the big question is: What kind of reporting should be in the magazine?

I have worked as a writer and editor for five major daily newspapers across the country. I have worked either on staff or as a free-lance for

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literally dozens of magazines. I began my sportswriting career way back in college. This is where I am coming from. Whenever I open the New York Times sports pages, the Boston Globe, Sports Illustrated, the Portland Press Herald, and even the local Augusta Kennebec Journal sports section, I find articles in every issue that are filled with lively controversy and that certainly do not omit unflattering quotations.

Runner's World and Running Times, too, are full of articles on racers with odd personal traits, who have rivalries with other racers, who say foolish things, and so on. Some articles are very political and even caustic.

Every reader survey ever taken by all these publications has demonstrated that people want to read controversy—because it makes lively reading, but also because it is often the truth of what is being reported on. Controversy also illustrates truths—for example, about good sportsmanship or the pressure of competition.

So it was somewhat disconcerting—I should say baffling at first—for me to be forced to consider that maybe this publication has a number of readers who don't want this kind of journalism—who don't want perhaps what I define as journalism, which includes principles of truth-telling, accuracy, and telling the whole story that are, to me—given how I have spent my life—pretty close to holy.

However, in trying to understand these complaints, I have been forced to consider, realistically, that the more local the publication—look at the typical rural weekly newspaper—the more likely it is to avoid controversy, even if the best of them don't. The more local, the more private.

I have been forced to consider if in fact Maine Running & Fitness is perceived not as a public magazine but as a private newsletter for a tight-knit running community—a club, if you will. I don't see controversy in the Maine Track Club or Central Maine Striders newsletters. These are very positive and promotional, and no one would expect to see anything else. In a club newsletter the Bob Payne-Lance Tapley argument on the national park, for example, would be out of place.

On the other hand, every daily newspaper is filled with letters responding to editorials and editorials responding to letters. Believing that I was publishing a public publication, I was eager to continue the discussion of the park issue by printing and responding to Bob Payne's letter, and I looked forward to continuing the controversy in future issues.

So what do we have here, a "club" newsletter or a magazine?

Every publication, of course, always has some readers who protest controversy, particularly if their ox is being gored. Maybe I am dealing with a very small number of people here. But maybe not. What I would like to know from more readers is: Do you want only "positive" material?

I can eliminate controversy and reserve my journalism for my newspaper column. But some people have said that they really like my kind of writing. Please call me or write me on this question.

MAINE RUNNING & FITNESS

A Bike Race Analysis Streaked Mountain Classic

Buckfield-Aug. 20

by Brian Cullen - Portland Velo Club

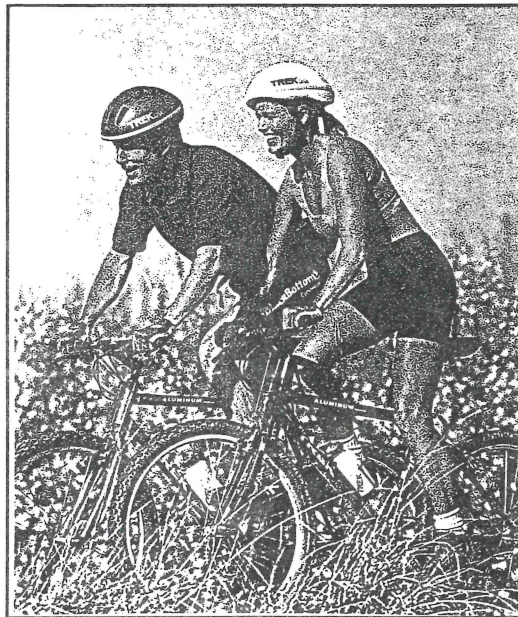


Heath Leavitt

For the Streaked Mountain Classic bike race conditions were ideal, a bit warm (mid 80's) but a beautiful sunny, dry day on a great course. Fifteen Portland Velo riders competed in the race.

The Streaked Mountain Classic is on a 30-mile loop considered to be one of the most arduous courses in New England. The race begins at the foot of the mountain and ends at the top. The opening and ending climb is four miles long and rises 850 feet with two major "walls" within the climb. Following the unbelievably fast descent down the mountain, the course rolls for another 20 miles or so before the first of the three major

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climbs ending on Streaked Mountain. The first is very short and steep at about 15 percent and a quarter-mile long, the next—often referred to as “Orchard Hill”—is about a mile long, gradually rising and then sharply finishing at about 20 percent. The four-mile Streaked Mountain climb follows two miles after Orchard.

Racing categories Pro, 1, 2, and 3 complete three laps (90 miles) of the 30-mile course. Categories 4, 5, and masters do two laps (60 miles). Citizen, junior, and women racers do one lap (30 miles).

Category 4, 5 Race

The pack rolled out deliberately from the start area at the Buckfield High School. The pace quickened at the bottom of Streaked Mountain, the first climb of the day, and then settled back down with some regrouping of riders off the back on the descent. At about 12 miles, Jeff Longfellow (Portland Velo Club [PVC], Cyclemania) made a bold move and went off the front. He later said he was testing the field and nobody went with him. Approximately two miles later a BRC (Boston Road Club) rider and an unattached rider bridged up to Jeff. The PVC riders did not attempt to go with the riders joining Jeff as they feared they would simply pull the rest of the field with them. In the best spirit of team tactics, PVC riders took no pulls at the front

and generally held third or fourth position in the pack so as to require chasers to go around them to keep the pace line moving.

Despite these blocking tactics and Jeff Longfellow's very smooth riding, the three-man breakaway group was swept up with about 20 miles to go. Jeff had been riding in his small chainring because of a broken front derailleur cable and therefore was not able to keep the pace sufficiently fast enough to stay away from the pack.

The pace picked up as the field approached the two serious backside hills prior to Streaked Mountain, with Bill Black (PVC, Cyclemania) and James Demer (PVC, Cyclemania) testing the field on the first of these, and then on Orchard Hill James Demer, Bill Black, Matt Faria (Mass.) and another rider broke clear from the field. James Demer was riding exceptionally well and looked like the man to beat.

The group of four stayed together until the first steep pitch of Streaked, when Bill Black and Matt Faria broke clear from a tiring James Demer and the fourth rider. Despite a hard tempo, Bill Black was unable to shake the tenacious Matt Faria, who held fast on Bill Black's wheel all the way up Streaked and came around Bill in the last 20 meters to win a very close sprint finish. James Demer rode strongly in for a very credible fourth-place finish.

Pro, 1, 2, 3 Categories Race

The pack of about 70 riders meandered from the start to the foot of Streaked Mountain. In the pack were (PVC, Cyclemania) riders Neil Fitch, Dave Brink, Andy Whelan, Art Davis, Sam Robinson, and the “Comeback Kid” Dave Johnson, a former Category 2 and Junior Olympic possibility. Also there were the Back Bay Boys—also known as CCCP (Competitive Cycling Club of Portland)—Bob Baiguy and Jeff Yingling. Present, too, were local Portland star Heath Leavitt and the Auburn crew of Jamie Pelletier and Dan Works.

At the foot of Streaked, Bill McDonnell in usual style blasted up the mountain ejecting anyone off the back who was not in top shape, leaving a group of about 20 at the summit. On the descent the field regrouped to a pack of about 50. Attacks started happening as soon as the course flattened, with one group—Andy Whelan, Heath Leavitt, and Bill McCarrick from Massachusetts—managing to stay away from the others. Neal Fitch and Bob Baiguy moved to the front and proceeded to block with their team. This remained the status quo for most of the first lap, with the pack being thinned on each major climb.

As Streaked Mountain was again being ascended for the start of the second lap, Andy Whelan, who had fallen off the lead group, was caught. Whelan later said he was “in a

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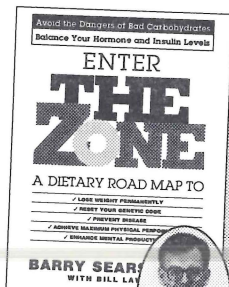
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little over his head." At the feed station at the summit the now-30-some pack slowed to pick up their bags and take nourishment (those fortunate to have seconds helping them).

At this point Neil Fitch had stopped blocking and was able to take some rest in the pack, since his teammate Andy Whelan had been caught. Neil, now rested, attacked on a minor hill just before Hebron Academy. The pack ignored him except Dan Works, an Auburn rider—therefore friendly to their common cause—and the two began to work together and opened a big gap. At this point Neil thought they were working for third and fourth place, but pretty soon they saw the lead bike far off ahead and he realized they had a chance of catching the lead group. Neil was also concerned about being dropped on the forthcoming climbs, knowing Dan Works's reputation as a climber, but was surprised when he had to wait for him on the pre-Orchard and Orchard Hill.

Neil Fitch decided, approaching Streaked, that he would do better alone and hammered up the mountain. He dropped Dan Works and very soon caught Heath Leavitt. Neil thought Heath might have been ill, but as it turned out he had got a rear flat and had been given a spare from the wheel van with only a 19-tooth sprocket. Enough to make anyone sick climbing up Streaked!

Neil, now very motivated with the possibility of winning, concentrated on catching the leader, which he did on the descent of Streaked. As soon as the leader was caught he "sucked" Neil's wheel and either refused or could not pull [Editor's Note: that is, be in the lead as opposed to drafting on someone] at all. Neil realized that the pack would start to chase really hard once they had caught Leavitt, so he knew that he would have to pull for the remainder of the course. Meanwhile, back on the course Bob Baiguy and Andy Whelan were working hard to chase down breaks, and block.

Neil, with McCarrick in tow, climbed pre-Orchard and Orchard and approached Streaked for the fourth and final time (whew!)—expecting to be caught anytime. The final attack didn't materialize thanks to the blocking going on in the pack. Up Streaked and now with 1K to go McCarrick attacked, got a gap, but drifted back to Neil. As Neil caught his wheel he shouted, "You've been sitting on my wheel for a lap and that's all you've got!" With 200 meters to go, McCarrick jumped but Neil stayed on his wheel. With 50 to go Neil started to pull around him, but as he really began to drive the pedals both legs seized with cramps and McCarrick was the winner. *C'est la vie!*

RESULTS

Pro, 1, 2, 3: 1. Bill McCarrick, 2. Neil Fitch, 3. Chris Peck, 4. Ryan Tie, 5. David Lipman.

Cat 4, 5: 1. Matt Faria, 2. Bill Black, 3. Andrew Ingram, 4. James Demer, 5. John Noyes.

Women (USCF): 1. Robin Gilmore Barnes, 2. Wendy de Hart.

Masters Men 35+: 1. William Von Thaden, 2. Richard Purdy, 3. Graydon Stevens, 4. Gary Evans, 5. Brad Tanner.

Masters Men 45+: 1. David Kliger, 2. Mike Workman, 3. Dereck Williams, 4. Bill Hartwell, 5. Brian Cullen.

Junior Men (USCF): 1. David Goodman, 2. Joe Alachoyen, 3. Russ Oulette, 4. Zach Jones.

Citizen Men 18-29: 1. Rick Gagne, 2. Joseph Heathco, 3. David Davenport, 4. Nate Bennett, 5. Thomas Williams.

Citizen Men 30+: 1. Danny Smith, 2. Richard Marchessault, 3. Jeff Corey, 4. Todd Doolin, 5. Michael Lawson.

Citizen Women: 1. Diana Poulin, 2. Lisa Knobel, 3. Kathy Mcleod.

Junior Men: 1. Jesse Bastide, 2. Chis Kautz.

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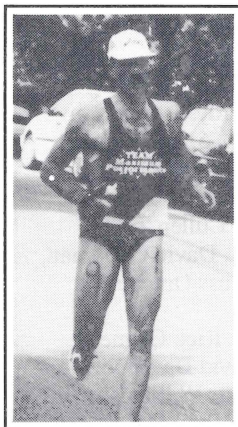
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Fitness & Training

by Steve Fluet

You Are Now Faced with a Big Choice



Steve Fluet

You've just completed the 1995 season. Your strengths and weaknesses are visible. They already provide some motivation for next year. You are now faced with an important decision which will greatly affect your next season.

Your first choice: Do I continue to train hard, race as much as possible, always striving for new PR's, and

follow the same training plan?

Your second choice: Do I start with a two-three week rest and rejuvenation period, then follow with a three-month base-building phase which will allow me to become aerobically strong to handle the intensity and competition

to come?

Most runners usually choose option one. The thought of a break scares people into thinking they will lose fitness, even though they will not. The best choice is number two. The idea is to start the new season physically and mentally fresh. So when you plan your season consider the following:

Rest and Rejuvenation. You need to hang up the running shoes for a while in order to fully recover from the previous season to permit a fresh attack on another year. Consider alternatives (swimming, biking, rowing, etc.) which will allow you to maintain your cardiovascular fitness. Resuming training too early is like pulling up garden vegetables before they are fully grown. You can't return them to the ground. Following a break, start with easy and gradual aerobic running to re-adapt to the stress. Within two-three weeks you should be at about 80-90 percent of your usual volume.

12-Week Base Building. Allow your body gradually to build up the number of hours you

run weekly. The running you do should consist primarily of aerobic training at 65-75 percent of your maximum heart rate. This phase is like building a solid foundation for a new house. Without a solid base, your training and racing will fall apart later. Also, decrease about 30 percent every fourth week. This will allow for a systematic progression by providing you with a slight break before beginning a new four-week cycle.

Consider including 20-second bursts at full speed two to three times per week. Include six to eight of these, which should be spread throughout the entire run. These bursts will build up your fast-twitch muscle fibers, which play a vital role in running faster. The second item to include is a short tempo run (15-20 min.) at 85 percent of your maximum heart rate every ten days. Following the base phase, you will be ready to start long and short hill repeats. This will be the start of your anaerobic threshold phase.

Weight Training. At around 30 years old, we start to lose 1-1.5 percent of our strength every year. This doesn't sound like much, but after 10 years you could lose at least 10 percent of your strength. The only way to reverse this process is through weight training. As runners, we develop muscular imbalances after years of running. The hamstring to quadricep strength ratio is out of proportion,

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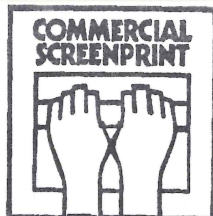
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abdominals become weak, low back becomes tight, and upper musculature becomes atrophied (loss of size and strength).

As runners, we should be concerned with being as strong as possible. This will allow us to train and race at a higher level. There will also be less chance of injury. Consider a program that includes both upper and lower extremities. The workout should be two -three sets of 12-15 repetitions and be completed two-three times per week. Make sure you receive proper instruction before starting a weight training program.

Cross Training. Runners become injured from weak muscles and/or overtraining. For most of us, running every day is dangerous. The constant pounding on the roads day after day will take its toll. Cross training can give your body a break while maintaining your fitness level. There are triathletes in Maine who can run a 10K at the end of a triathlon in the 34-35-minute range even after running only three-four days per week.

Examples of cross training are biking, swimming, deep-water running, NordicTrack, rowing on an ergometer, stair climbing on a stair machine — to name but a few. Including these options two to three times per week will make you a stronger and faster runner. One of the athletes I coach who is a master's runner ran the Maine Marathon in 3:14. She prepared for this by running only three to four times per week. She also included a considerable amount of cross training and weight training. It does work — just give it a chance.

Other Important Notes:

1. Consider training with a heart-rate monitor. (You must find your maximum heart rate and resting heart rate first.)
2. Run very easy on your easy days. If you run too fast you will not be recovered for your hard days.
3. Take one complete rest per week. The body (and mind) must also learn how to rest.
4. Your long run should be completed in terms of length of time rather than mileage.
5. Race once a month during your base-building phase. Don't go in with expectation for any PR's. Instead use the race to experiment with pace, negative splitting, or alternating fast miles with easy miles. Find out more about yourself as a runner.

Just remember, the next four months will set the tone for your entire season. If done correctly you will experience great results in the upcoming racing season. If you have questions or are interested in personalized coaching, please feel free to contact me at (207) 829-4164. Good luck and I hope to see you on the roads or in the weight room!

Steve Fluet is coach of the
Maine Track Club.



Nutrition

by Anne-Marie Davee

It's Time to Make a Diet Resolution

Did you know that you are what you eat - or don't eat! With that in mind, maybe it's time to make a diet resolution. To help you in making changes, let's take a look at the proposed revisions for the fourth edition of the Dietary Guidelines for Americans, due to be published early in 1996. These guidelines are designed to help choose a nutritious diet, promote good health, support your active lifestyle, and reduce your risk for chronic disease. These guidelines are revisited every five years to make sure they accurately reflect current nutrition knowledge and that the advice is scientifically sound.

The committee of health experts responsible for issuing these guidelines has concluded that the seven guidelines issued in 1990 remain sound. However, there are a few changes in guidelines No. 2, 3, 5 and 6. Here's a review of the seven guidelines including a peek at the proposed revisions:

1. "Eat a Variety of Foods" will remain the same. No single food can provide all the nutrients that your body needs, so it's important to choose foods from all five food groups: grains, fruits, vegetables, meats, and milk and dairy products.

2. "Maintain a Healthy Weight WILL CHANGE to "Balance the food you eat with physical activity; maintain or improve your weight." The percentage of Americans who are overweight is on the rise. In order to stay at the same body weight, you've got to balance the calories you take in with the amount your body uses. For those of us who like to eat, exercise is the key.

3. "Choose a diet with plenty of vegetables, fruits and grains" WILL CHANGE to "Choose a diet with plenty of grains, vegetables, and fruits" to reflect the food guide pyramid in which grains are first, forming the foundation. Grains, vegetables, and fruits are all essential parts of a healthy diet. These provide your body with complex carbohydrates

as well as vitamins and minerals.

4. "Choose a diet low in fat, saturated fat, and cholesterol" will remain the same. Some dietary fat is needed for good health (one tablespoon per day). Health experts recommend no more than one third of your total calories should come from fat. Americans currently average 34 percent. Look at your food labels and you will see that 65 grams of fat is recommended for a 2000-calorie diet.

5. "Use sugars only in moderation" WILL CHANGE to "Choose a diet moderate in sugars" to focus on your total diet. Sugars are carbohydrates and they are a necessary form of energy. However, too much sugar may knock out nutritious foods and is linked to dental caries (cavities). So, if can you afford to eat the extra calories be sure to regularly brush and floss your teeth.

6. "Use salt and sodium only in moderation" WILL CHANGE to "Choose a diet moderate in salt and sodium"—again, to focus on your total diet. Sodium occurs naturally in many foods and it makes food taste good. The recommended level of sodium intake is 2400 milligrams per day or 1 teaspoon of salt. Sodium is linked with high blood pressure, so read your food labels and taste your food before you salt it.

7. "If you drink alcoholic beverages, do so in moderation" will remain the same. Alcoholic beverages can be a regular part of a healthy diet when used in moderation. Moderation is defined as no more than one drink per day for women and no more than two drinks per day for men. A drink is equal to 12 ounces of beer, 5 ounces of wine or 1 jigger (1.5 oz.) of 80-proof distilled spirits.

So, make your diet resolution and have a Happy New Year!

Anne-Marie Davee is an athlete
and dietician.

A Winner

The winner of the Maine Running & Fitness Reader Survey drawing is Larry Brown of Greene, Maine. A detective in the Lewiston Police Department, he is a runner, triathlete, and fitness instructor. Readers may remember that Larry authored an article for the magazine last winter about water aerobics, which he teaches. For sending in his survey, and being lucky, Larry will receive a \$75 gift certificate to buy a pair of running shoes or cross-country ski boots. The drawing was from surveys postmarked by Nov. 10.



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BOOTS BY ROSSIGNOL & SALOMON

Rossi Delta Skating	\$239.00	\$159.00
Rossi Delta Classic	\$169.00	\$129.00
Rossi Tempo Combi	\$169.00	\$129.00
Salomon 9.1 Racing Skate	\$249.00	\$169.00
Salomon 9.1 Racing Classic	\$179.00	\$139.00
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Salomon Profil Skate/Classic	\$65.00	\$49.00
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POLES BY EXEL & SWIX

	STC	SALE PRICE
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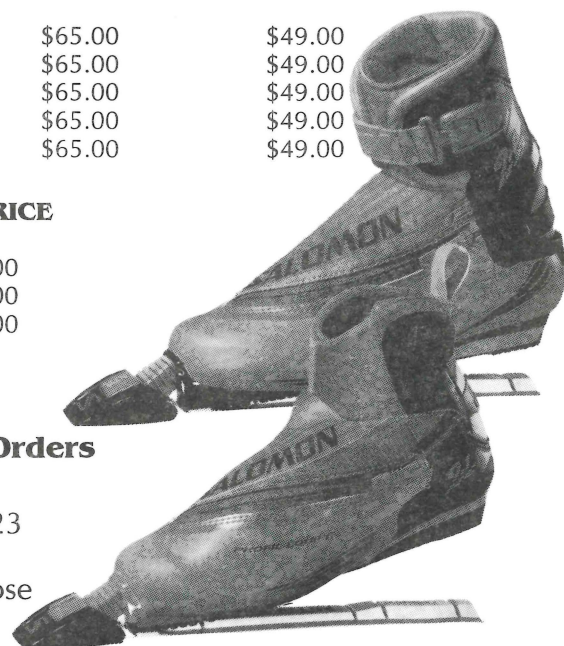
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Cross-Country Skiing Seasonal Calendar

Ski races are run if snow conditions permit. Always check. (+Y) means special events for young people. Boldface indicates flier in magazine. USSA is United States Ski Association. FIS is Federation Internationale du Ski.

December

- 2 Giving Tree Race, Rangeley, 11 a.m., 2.5K and 5K, open, welcomes high school racers, Jeff Foltz, 864-5087 (eves.) or 864-2122. (+Y)
- 9-10 Training camp for high school skiers, Carrabassett Valley, Sugarloaf Ski Touring Center, 237-6830. (+Y)
- 16 **Sugarloaf Sprint Relays**, Carrabassett Valley, 1 p.m., 3x 2.5K mixed classic relay, Sugarloaf Ski Touring Center, 237-6830, flier December.
- 17 **Sugarloaf Wild Moose Run**, Carrabassett Valley, 9 a.m., 5K and 7.5K classic, Sugarloaf Ski Touring Center, 237-6830, flier December. (+Y)

January

- 1 12th Carter's Last Stand 5K, Bethel, 1 p.m., Carter's X-C Ski Center, 539-4848.
- 7 Ski Fest, Farmington, 9 a.m., Troll Valley Cross-Country Ski Center, rentals and trails free for first-time skiers, 778-3656.
- 7 New England high school invitational nordic races, Carrabassett

- Valley, Sugarloaf Ski Touring Center, 237-6830. (+Y)
- 7-8 **Redfeather Snowshoe Demonstration Days & 7.5K Trail Race**, Carrabassett Valley, race on the 8th, 10 a.m. (snowshoes provided to first 25 entrants), Sugarloaf Ski Touring Center, 237-6830, flier December.
- 13 Mt. Blue Invitational Relays, Farmington, 10 a.m., Troll Valley Cross-Country Ski Center, high school skiers, 778-3656. (+Y)
- 14 Loki's Loppet, Farmington, 11 a.m. (10K classic) and 12:30 p.m. (10K freestyle), Troll Valley Cross-Country Ski Center, 778-3656.
- 14 Black Mountain Parent-Child Relay, Rumford, Black Mountain, 12 p.m., freestyle, Bill Koch Youth Ski League, Dan Warner, 364-8726. (+Y)
- 20 **The Pipeline Race**, 12K, Hampden, 11 a.m. (kids' race 10:30 a.m.), freestyle, back-up date Jan. 27, Sue or Paul O'Brien, 862-4669, flier December. (+Y)
- 19-20 USSA Eastern Cup and Bates College Carnival, 5K and 10K, Rumford, Black Mountain, 10 a.m., Dan Warner, 364-8726. (+Y)
- 21 Scandinavian Tour Race, Bethel, Bethel Inn, 824-6276.
- 21 Cornville/Skowhegan Meet, 12 p.m., freestyle, Bill Koch Youth Ski League, Randy Easter, 645-4630. (+Y)
- 27 **Great Caribou Bog Wicked Winter Ski Tour and Race**, 18.8K Bangor to Old Town, back-up date Feb 10, 11 a.m., classic, 1 p.m. kids' race, 825-3230 or 942-3825, flier December. (+Y)
- 28 **Sugarloaf 32K Ski Marathon and 10K Fun Ski**, Carrabassett Valley, 10 a.m., classic, Sugarloaf Ski Touring Center, 237-6830, flier December.
- 28 Akers Ski Classic, Andover, 12 p.m., classic, Bill Koch Youth Ski League, Leon Akers, 392-4582, or Rick Mills, 392-3921. (+Y)
- 28-30 Maine Special Olympics nordic races, Carrabassett Valley,

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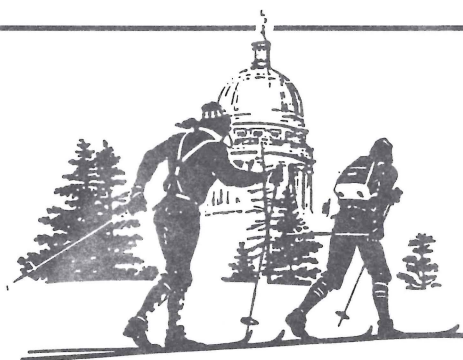
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Sugarloaf Ski Touring Center, 237-6830. (+Y)

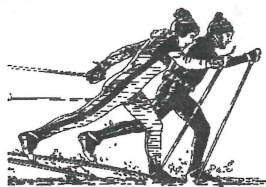
February

- 2 Maine high school nordic tryouts, Carrabassett Valley, Sugarloaf Ski Touring Center, 237-6830. (+Y)
- 4 **Flying Moose Classic**, Bethel, 11 a.m., 5K, 10K, 20K, classic, part of L.L. Bean Festival, Gould Academy, Scott Jerome, 824-7778, flier December.
- 11 Troll Valley Marathon, Farmington, 9 a.m., 42K marathon, freestyle, Troll Valley Cross-Country Ski Center, 778-3656.
- 11 Spruce Mountain Race, Jay, 12 p.m., Bill Koch Youth Ski League, Randy Easter, 645-4630. (+Y)
- 11 **Acadia Crossing Race**, Mt. Desert, 15K, MDI YMCA, Mark Hundhammer, 288-3511, flier December.
- 11 Androscoggin River Tour and 5K Race, Bethel, 1 p.m., Carter's X-C Ski Area, 539-4848.
- 17 Black Bear 15K Race, Orono, University of Maine, Thad Dwyer, 581-1081.
- 18 Cape Nordic Challenge, Cape Elizabeth, 12 p.m., kids' races, 5K, 10K, Dave Roberts, 767-3964.
- 18 Ski-Archery Biathlon, Farmington, 10 a.m. clinic, 12:30 p.m. race, archery combined with cross-country skiing, Troll Valley Cross-Country Ski Center, 778-3656.
- 24 Mt. Kineo Challenge, 10K, freestyle, Rockwood, The Birches, 534-7305.
- 24-25 USSA National Women's Jumping Championships, Rumford, Black Mountain, Dan Warner, 364-8726.

March

- 2 Sunday River Langlauf 15K, Newry, freestyle, Sunday River Cross-Country Ski Center, 824-2410.

- 3 **Beech Ridge 5K Cross-Country Ski Race**, Scarborough, 9:30 a.m., freestyle, Beech Ridge Farm Cross-Country Center, 839-4098, flier December.
- 3-9 USSA Junior Olympics Nordic National Championships, Rumford, Black Mountain, Dan Warner, 364-8726. (+Y)
- 10 Rangeley Lakes Loppet, 10K and 30K, Rangeley, 10 a.m., municipal trails, freestyle, Jeff Foltz, 864-2122 or 864-5087 (eves.).
- 15-17 Rumford FIS races, sprints, 5K, 10K, international juniors meet, Dan Warner, 364-8726. (+Y)
- 23-24 **Leprechaun Loppet 10K**, Carrabassett Valley, freestyle on the 23rd, classic on the 24th, Sugarloaf Ski Touring Center, 237-6830, flier December.
- 30 Pole, Paddle & Paw Triathlon, Newry, 1 p.m., 2.5-mile ski, 1.5-mile canoe, 1/2-mile snowshoe, 2-person teams and costumes, Sunday River Cross-Country Ski Center, 824-2410.



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Beech Ridge 5K Race - March 3rd
See Entry Form in this issue!

Maine Cross-Country Ski Areas

Akers Ski, Inc.	Andover	392-4582
Beech Ridge XC Ski Center	Scarborough	839-4098
Bethel Inn Ski Touring Center	Bethel	824-6276
Birches Touring Center	Rockwood	534-7305
Black Mountain of Maine	Rumford	364-8977
Carter's XC Ski Centers & Shops	Oxford	539-4848
	Bethel	824-3880
Chesuncook Lake Ski Touring	Chesuncook Village	745-5330
Dave's Ski Shop	Augusta	623-9244
Harris Farm XC Ski Center	Dayton	499-2678
Hermion Meadow Ski Touring Ctr.	Bangor	848-3741
Spruce Mountain XC Ski Center	Jay	897-4090
Little Lyford Pond Camps	Unorg. Territories	695-2821
Moosehead Nordic Ski Service	Greenville	695-2870
Mountains & Meadows	Limerick	793-2084
Natanis Ski Area	Augusta	622-3561
Rangeley Municipal Trails	Rangeley	864-3326
Ski-a-Bit	West Buxton	929-4824
Saddleback Touring Center	Rangeley	864-5671
Smiling Hill Farm	Westbrook	775-4818
Sugarloaf Ski Touring Center	Carrabassett Valley	237-6830
Sunday River XC Ski Center	Bethel	824-2410
Telemark Inn	Bethel	836-2703
Titcomb Mountain Ski Touring	West Farmington	778-9031
Troll Valley XC Ski Center	Farmington	778-3656
Up-Country Winter Sports	Fort Fairfield	473-7265

Bill Koch Youth Ski League

by Lance Tapley

"We focus on fun and having games" is the way David Roberts describes the activity of Maine's chapter of the Bill Koch Youth Ski League, the nordic-ski equivalent of Little League.

For kids from five (or even younger) to thirteen (or sometimes older) who get together on winter weekends in varying locales around the state, there are plenty of games—such as frisbee and "sharks and minnows" on cross-country skis—but every Sunday there also are races, sometimes freestyle, sometimes classic technique.

The idea is to feed youngsters into the competitive cross-country skiing scene—the Bill Koch League is affiliated with the United States Skiing Association (USSA)—but Roberts, who works as a mechanical engineer and is a top masters runner, skier, and triathlete from Cape Elizabeth, emphasizes that it isn't just competition the group is interested in.

He defines the league as "a skiing program for young people to introduce them to a lifelong sport." He estimates there are 50 to 60 kids involved statewide.

Named for the famed 1976 Olympic silver medalist from Vermont and the most accomplished American cross-country ski racer in sports history, the Bill Koch League (Koch is pronounced "Coke") has clubs in Cape Elizabeth, Rumford, Auburn, Carrabassett Valley/Sugarloaf, and Skowhegan/Cornville. Plus a number of junior-high cross-country ski teams send kids to Bill Koch events. Its state chairman is Randy Easter from Jay, another familiar athlete on the state's running scene.

In addition to skiing games, there also is ski jumping, which these

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Walt Shepard of Yarmouth exploding from the start of the Bill Koch Youth Ski League new England Regional festival at Jericho, Vt., last season.

Festival-goers try out their technique at the annual L.L. Bean Cross Country Ski Festival held at Gould Academy in Bethel the first weekend in February.

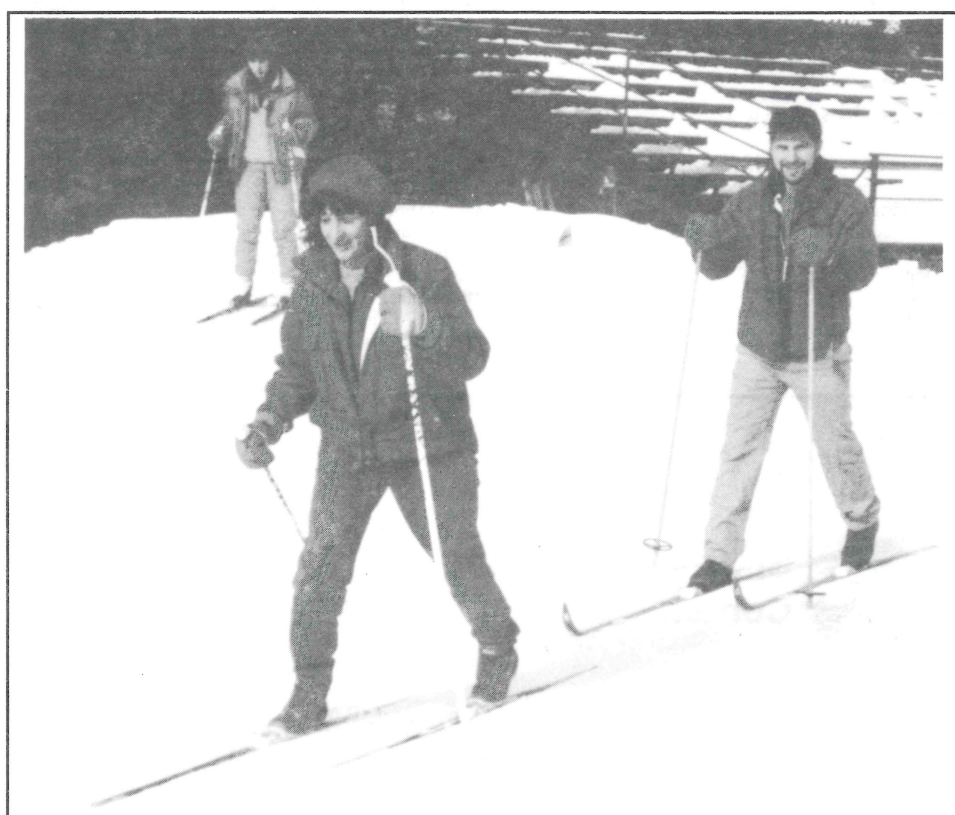
days is a dying sport because of insurance problems. Although not a part of the Bill Koch official program, some adults, such as John Upton, also of Cape Elizabeth, teach it to interested kids.

In addition to the local meets, there is an end-of-season regional meet. "The regional meets are a lot of fun for the kids," Roberts said. This season's regional will take place at Bretton Woods, N.H., March 2-3.

For slightly older kids, the Black Mountain ski area in Rumford is hosting the USSA Junior Olympics National Cross-Country Championships March 3-9, as well as a big Federation du Ski Internationale juniors meet a week later to which European teams have been invited.

And Roberts is organizing the Cape Nordic Challenge ski race, open to all, on Feb. 18. It will have adults and kids' races. Asked if he was confident the snow will cooperate in this coastal town in southern Maine, Roberts replied "we make do the best we can."

To find out about the Bill Koch Junior Ski League, call David Roberts at 767-3964, Randy Easter at 645-4630, or Anne or John Upton at 767-5837. The fee to get involved is \$15 including USSA membership. Weekly race fees are \$2-4.



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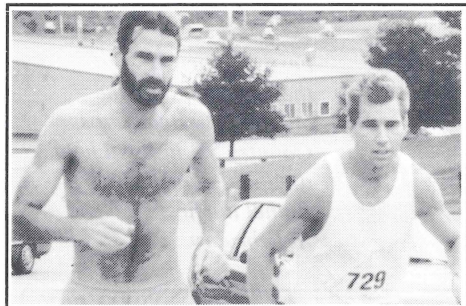
RT. 26, Oxford - (207)539-4848 - Middle Intervale Rd. Bethel

Carter's Last Stand 5K Ski Race, 1:00 p.m., Jan. 1, 1996, Bethel!

Biathlon

Hilltop Biathlon Series

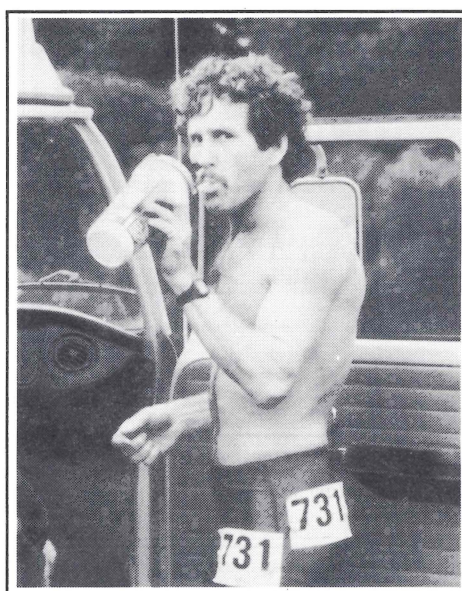
**Lewiston 5K run/
15K bike/5K run**



Thomas Bennett and John Gagnon

1st Biathlon-June 3

	1st Run	Bike	2nd Run	Total
1. Thomas Bennett	16:27	26:10	17:05	59:22
2. Kelly Rodrigue	18:15	23:55	18:44	1:00:54
3. Joshua Brown	17:19	27:36	19:11	1:04:06
4. John Powell	19:17	25:40	19:42	1:04:39
5. Deven Hamlen	17:37	27:24	19:48	1:04:49



Tom Wells, Cony High School
cross-country coach

6. Kirk Jurgelovich	18:15	26:30	20:36	1:05:21
7. John Gagnon	16:51	32:13	17:23	1:06:41
Larry Abbott				
8. R.J. Harper	19:15	27:44	20:37	1:07:36
9. Matt Sturgis	21:19	26:15	21:49	1:09:23
Russ Andrews				
10. Michael Ouellette	18:25	29:50	21:10	1:09:25
11. Hank Laidlaw	19:48	29:31	22:26	1:11:45
12. Bob Bussiere	19:43	32:16	21:46	1:13:45
13. Gaeton Fontaine	21:00	31:35	21:24	1:13:59

Lenny Poulin	21:06	28:02	25:07	1:14:15
14. Peter Mason	19:47	31:18	23:19	1:14:24
15. Les Berry	20:38	31:49	22:45	1:15:12
16. Marjorie Tennyson	21:10	32:34	24:11	1:17:55
17. John LeRoy	22:44	28:06	27:43	1:18:33
18. Mike Booth	22:00	30:18	26:31	1:18:49
19. Stephen Jacobs	21:31	30:58	26:31	1:19:00
20. Jim Irish	21:25	34:20	24:22	1:20:07
21. Bob Green	22:30	35:10	24:19	1:21:59
22. Susan Marquette	27:43	25:40	29:02	1:22:25
23. Michelle Gravel				
Dave Drew				
24. Michael Brooks	22:17	36:54	25:08	1:24:16
25. Chris Rugulies	23:39	33:51	27:27	1:24:57
26. Veronica Wills	23:40	33:58	27:19	1:24:57
27. Allen Huntington	24:32	46:03	27:35	1:38:10
DNF				
Cheryl Huntington				
Ed Mendes				(DQ on Run)
Cathy Jurgelovich				
Tim Jordan				

2nd Biathlon-Aug. 12

	1st Run	Bike	2nd Run	Total
1. John Gagnon	16:57	22:37	17:23	56:57
Dan Works				
2. Scott Brown	14:46	26:46	16:38	58:10
3. Thomas Bennett	16:32	26:21	16:59	59:52
Mark Rodrigue				
4. Kelly Rodrigue	17:48	24:19	17:55	1:00:02
Tim Clough				
5. Charlie Morin	17:50	25:06	19:49	1:02:39
Bob Dubois				
6. Mark Florenz	17:57	27:20	18:50	1:04:07
Russ Florenz				
7. Ed Mendes	18:42	26:10	19:38	1:04:30
Beryle Martin				
8. Tom Wells	17:43	27:10	19:48	1:04:41
9. Tom Trytek	18:21	27:45	20:20	1:06:26
10. Chase Pray	17:55	31:06	18:06	1:07:07
Greg Ganier				



**Sports Medicine
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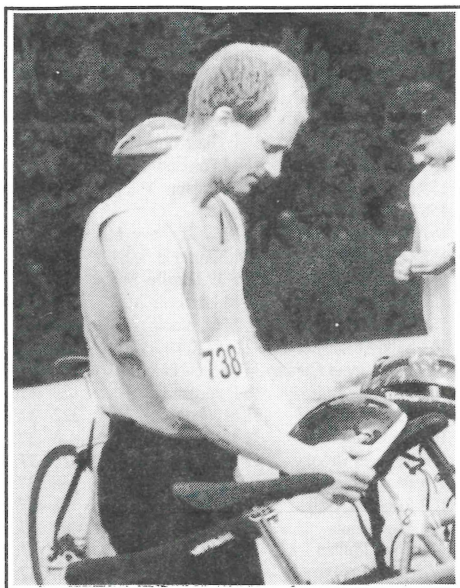
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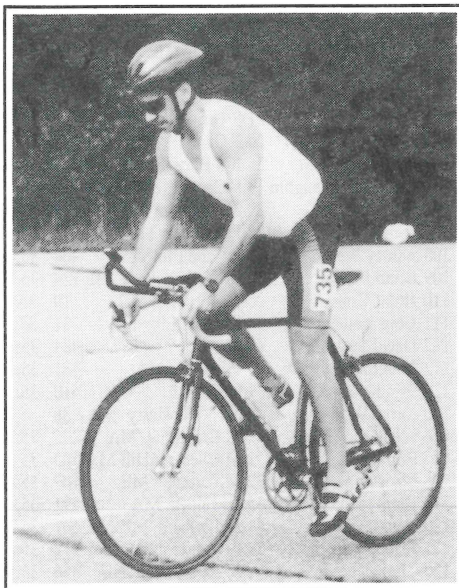
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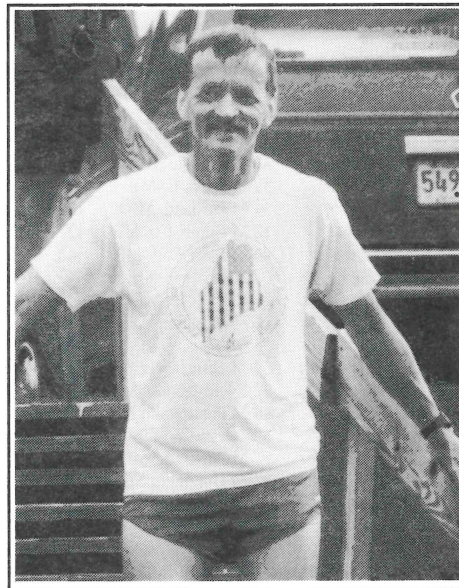
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Chase Pray

11. Randy Olson	19:53	26:30	21:30	1:07:53
12. Richard Harper	18:48	28:33	20:40	1:08:01
13. Nanette Morin	21:21	24:55	22:56	1:09:12
Russ Andrews				
14. Bob Bussiere	19:32	31:31	21:32	1:12:35
15. Gaeton Fontaine	20:51	31:27	21:10	1:13:28
Lenny Poulin				
16. John LeRoy	21:32	31:11	23:44	1:16:27
17. Steve Jacobs	22:14	32:15	24:13	1:18:42
18. Gail Miller	27:10	25:17	27:44	1:20:11
Mike Booth				
19. Matt Sturgis	21:52	36:23	23:50	1:22:05
20. Michelle Adkins	26:00	32:27	27:51	1:26:18

Bill Vaughn				
21. Patty Beach	26:02	40:25	26:26	1:32:43
Peter Beach				
22. Jane Moylan	29:31	37:57	30:44	1:38:12
Melanie Dupuis				
23. Rose Maecoux	29:33	37:11	33:36	
Pat Vel				
24. Gina Melaragno	25:06	48:52	25:36	1:40:34
Brian Bolduc				

Series Champions

Male Individual	
R.J. Harper	1:07:36

Female Individual

Marjorie Fennysson	1:15:12
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Male Team

Tom Bennett/Mark Rodrigue	59:22
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Female Team

Jane Moylan/Mel Dupuis	1:38:20
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Mixed Team

Kelly Rodrigue/Tim Clough	1:00:02
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Canoe Race

Marsh River Wiscasset - July 4

A Wright-Pierce Engineers (Topsham) war canoe - manned by 11 people - won by nearly two minutes over the rest of the field in the first Marsh River Race. Sponsored by the Wiscasset Recreation Department, the race attracted nine divisions of canoes and kayaks. The race began at the rest area in Sherman Lake in Newcastle and continued to the Sheepscot River to wind up at the Davey Memorial Bridge in Wiscasset. The Wright-Pierce war canoe - nine of the 11 paddlers were employees - pulled away from the field to finish the six miles in 52:03. Bob Dean of Camden, in a long racing kayak, was second in 54:01 and Tim and Terry Tracey were third in a canoe at 56:51.

K1 Short - Racing

1 Ken Anderson	1:07:18
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K1 Long - Racing

1 Bob Dean	54:02
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K1 Short - Rec - Men

1 Bill Sokolowski	1:31:52
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K1 Short - Rec - Women

1 Deb Howard	1:30:20
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K1 Long - Rec

1 Ken Gray	1:07:11
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War Canoe - Rec

1 Wright & Pierce	52:03
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OCI - Rec - Men

1 Jeff Dick	1:19:58
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OC2 - Racing - Mixed

1 Tim and Terry Tracey	56:51
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OC2 - Rec - Men

1 Keith & Jason Hunter	1:04:57
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OC2 - Rec - Women

1 Sam Sommers & Ashleigh Cox	1:28:48
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OC2 - Rec - Mixed

1 Peter Goth & Wendy Pick	1:01:16
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OC2 - Rec - Jr/Sr

1 Don & Jonathan Leaver	1:00:59
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Road Race

Peaks Island 5-Miler July 29

		Bib No.	
1 Bob Winn	36 M Ogunquit ME	423	24:35
2 Rob Pierce	34 M Alfred ME	384	25:21
3 Kevin Way	26 M Limerick ME	354	25:54
4 Robert O'Hara	40 M Jamaica Pln MA	472	26:35
5 Tom Howard	18 M Westbrook ME	430	27:29
6 David Audet	30 M Concord NH	130	27:39
7 Mike Payson	32 M Falmouth ME	286	27:56
8 Kevin P. Hynes	30 M Wells ME	379	28:19
9 Brian McCrea	35 M Freeport ME	282	28:41
10 Jeff Drouin	18 M Wethersfield CT	115	29:15
11 Jim Roche	30 M W. Hartford CT	240	29:16
12 Scott Morehouse	37 M Westport CT	262	29:30
13 Alan Reilly	42 M Glen Cove ME	330	29:31
14 Pamela Runquist	32 F Hampton VA	409	29:32
15 Timothy Roberts	18 M Phippsburg ME	424	29:47

Race Fliers

The advertising toward the back of the magazine is only for race-flier reproduction (arranged according to date). Full page (8½ x 11") only. Send us a good, black-and-white copy with check for \$50 per page per issue. Prepayment required. **Deadline:** 8th of the month preceding cover-date month. If layout work is required, there will be a small extra charge.

Business Card Ads

Let your fellow athletes know your business! "Athletes in Business" pages are designed for the standard business card. Send \$55 for 5 issues; \$100 for one year along with your card by the 8th of the month preceding cover-date month.

			Bib No.				Bib No.				Bib No.
16 Dan Barker	41 M	386	29:54	97 David Butrin	37 M Windham ME	436	34:29	147 Brian McAndrew	30 M So. Windsor CT	127	36:50
17 Ownes McCullough	33 M Limerick ME	447	29:58	98 Gordon Smith	37 M Portland ME	464	34:32	148 Glenn Totten	31 M Canton MA	120	36:51
18 Dan Hoffman	26 M Falmouth ME	182	30:06	99 Ed Doughty, Jr.	46 M Gray ME	186	34:35	149 John Chandler	68 M Laconia NH	174	36:59
19 Kevin Konieczny	34 M Goffstown NH	466	30:16	100 Celine Mainville	30 F West Bath ME	512	34:38	150 Diane LaVangia	36 F S Portland ME	243	37:00
20 John Mollica, Jr	42 M S Portland ME	365	30:22	101 Brian Hewett	33 M N Chelmsfd MA	135	34:43	151 Paul LaVangie	37 M S Portland ME	244	37:01
21 Paul Letarte	42 M Berlin NH	171	30:25	102 Andrea Beale	21 F Turner ME	419	34:45	152 Dan Senecal	39 M Hudson NH	352	37:04
22 Terry Sutton	33 F Portland ME	364	30:46	103 Angela Small	25 F Cape Eliz ME	502	34:45	153 Lisa Costello	34 F Glastonbury CT	189	37:05
23 David Junelle	43 M Carlisle PA	462	30:48	104 Susan Goodwin	35 F S Berwick ME	465	34:50	154 David M. Courtney	41 M Portland ME	446	37:06
24 Gary Brookman	39 M Peaks Is ME	470	30:58	105 Bridget McLaughlin	19 F Cape Eliz ME	112	34:53	155 Robert Wheeler	51 M Canton MA	252	37:06
25 Doug Darby	34 M Portland ME	136	31:06	106 Bill Ottmann	39 M Southern Pns NC	408	35:01	156 Ovidiu Schiopu	36 M	518	37:08
26 Nate Parsons	18 M Cumb. Ctr. ME	177	31:08	107 Pamela Jean Hewett	28 F Peaks Is ME	133	35:01	157 Tom Wall	52 M W Roxbury MA	104	37:09
27 Kurt Nielse	40 M Cape Eliz. ME	40	31:09	108 Ashley Wernher	24 F Cape Eliz ME	400	35:02	158 Charles Foehl	30 M Portland ME	493	37:11
28 John Bean	37 M Portland ME	443	31:21	109 Brian Hamilton	15 M N. Waterboro ME	124	35:05	159 Rima Lathrop	21 F Waterville ME	370	37:13
29 Daniela Daggy	24 F Peaks Is ME	445	31:26	110 Brent Graham	25 M Portland ME	19	35:09	160 Norman Sybert	41 M Harrison ME	197	37:14
30 Jaime Jackson	26 M Portland ME	413	31:32	111 Chip Kelley	34 M Cape Eliz ME	31	35:14	161 Ron Tustin	35 M Yarmouth ME	251	37:15
31 BJ Runquist	36 M	469	31:35	112 David Systrom	40 M	484	35:15	162 Sandy Lichlyter	32 F W Roxbury MA	267	37:16
32 K. Scott Hinckley	37 M Brunswick ME	47	31:51	113 Meredith Sailant	23 F Boston MA	481	35:16	163 Christopher Conkey	34 M Stoneham MA	117	37:17
33 Laura Hodnett	22 F Kennebunk ME	160	31:56	114 Eric Knutsen	31 M Cape Eliz ME	410	35:18	164 Julia McAndrew	30 F Portland CT	125	37:19
34 Brian Greene	48 M Portsmouth NH	178	32:02	115 Larry Wilson	44 M W. Newbury MA	36	35:27	165 Albert Tanguay	33 M Westbrook ME	322	37:21
35 Dirk Stewart	30 M	382	32:04	116 Michael Veneto	31 M Brookline MA	205	35:28	166 Robert Pearson	34 M Brighton MA	3	37:23
36 Ronald D. Deprez	51 M Portland ME	263	32:07	117 Bob Knox	31 M Chestnut Hill MA	503	35:37	167 Michael Brooks	49 M Danville ME	226	37:26
37 Damon Smith	22 M Huntingtn Sta. NY	499	32:08	118 Christopher Moore	32 M Portland ME	107	35:40	168 Patti Tableman	36 F Portland ME	48	37:32
38 Rick Hinds	41 M West Buxton ME	406	32:09	119 Carolann Gabriella	35 F Malden MA	391	35:41	169 Roger W. Hall	42 M Litchfield NH	98	37:35
39 Jerry Overton	42 M Jupiter FL	491	32:09	120 John Rolfe	41 M Portland ME	501	35:41	170 Mark Pouls	28 M Portland ME	488	37:39
40 Buzby Cook	32 M Kennebunk ME	199	32:10	121 Jeanne Guerin	34 F Weston MA	312	35:45	171 Chris Mullen	19 M Cape Eliz ME	387	37:39
41 Bob Dunfee, Jr.	44 M York ME	345	32:11	122 Clyde Coolidge	56 M Rollinsford NH	356	35:45	172 Clark Brewer	29 M Portland ME	314	37:43
42 Alex Agnew	37 M	522	32:11	123 Dale Rines	43 M Gorham ME	92	35:47	173 Kevin Daly	35 M Boston MA	509	37:44
43 Jeff Clements	32 M Peaks Is ME	184	32:16	124 Steve Grande	41 M Sandown NH	13	35:49	174 Leigh Philbrick	35 M Durham ME	323	37:47
44 John Brennan	19 M Portland ME	49	32:18	125 Jim Estes	46 M Portland ME	87	35:49	175 Emrich Hlava	30 M Cumberland ME	341	37:52
45 Chris Murray	29 M Westbrook ME	355	32:29	126 John Pettorini	46 M Kennebunk ME	180	35:51	176 John Petre	35 M Topsham ME	506	37:54
46 Leslie Rideout	34 F Malden MA	241	32:30	127 Lynda McCarthy	34 F Kittery Point ME	307	36:02	177 Gretchen Rand	21 F Falmouth ME	51	37:56
47 Hung Bui	23 M	359	32:32	128 Anthony Loftus	51 M Medford MA	380	36:03	178 Mark Marsters	31 M S Portland ME	175	37:57
48 Terence McAuliffe	37 M Gales Ferry CT	449	32:34	129 Jeff Campbell	21 M Menands NY	478	36:08	179 Matt Iwanowicz	30 M Boston MA	444	37:58
49 Graeme Grant	24 M Toronto, Ontario	480	32:36	130 Marty Gabriella	43 M Malden MA	390	36:13	180 Rocco Corsetti	47 M Westbrook ME	237	38:00
50 Tina Rufenacht	34 F Archbold OH	273	32:37	131 Pierre Brideau	32 M Montreal QU	517	36:16	181 Frank Knight	49 M N Gloucester ME	292	38:02
51 Jacob Toman	14 M Westbrook ME	238	32:38	132 Dick Lajoie	55 M Durham ME	437	36:19	182 Nancy K. Kennedy	27 F Scarboro ME	439	38:04
52 Steve Pepe	38 M Bedford MA	71	32:40	133 Betty Rines	38 F Gorham ME	91	36:20	183 Arthur Mercurio	42 M Winchester MA	426	38:04
53 Gerard Conley, Jr.	41 M Portland ME	194	32:43	134 F. Phillip Laughlin	32 M Peaks Is ME	438	36:26	184 David Nott	43 M Peaks Is ME	453	38:05
54 Robert McAndrew	29 M Portland CT	126	32:46	135 Michael Marenovic	50 M Holland NY	213	36:28	185 Jean LaRochelle	32 F Cape Eliz ME	405	38:06
55 Jeremy Van Voorhis	25 M Cumberland ME	369	32:51	136 Michael Hurley	32 M Bloomfield NJ	27	36:35	186 David Mehlhorn	31 M	474	38:11
56 Paul LeBlanc	30 M Saco ME	208	32:53	137 Dasa Pejchar	17 F Lincoln MA	417	36:39	187 Marius Carstensen	30 M Malden MA	389	38:15
57 Bill Shann	29 M Southboro MA	460	32:53	138 Pamela Hall	41 F Litchfield NH	97	36:39	188 Rich Bachhoff	40 M	42	38:16
58 David Labbe	24 M Biddeford ME	401	32:55	139 Lloyd LaFountain	33 M Biddeford ME	514	36:39	189 Cheryl Marsh	42 F Mirror Lake NH	80	38:18
59 Warren Draper	39 M	335	32:57	140 Chris Strom	13 M Portland ME	468	36:40	190 Doug Baird	51 M S Portland ME	257	38:20
60 Charles Legg	21 M Waterville ME	371	33:02	141 Mark Bell	38 M Saco ME	399	36:41	191 Melissa Murphy	22 F Biddeford ME	431	38:25
61 Katie Payson	30 F West Bath ME	513	33:02	142 Dominic Reali	52 M Portland ME	288	36:42	192 Susan Kolakowski	38 F Auburn ME	190	38:32
62 Scott Cushing	42 M Brunswick ME	428	33:04	143 Rose Morrison	32 F Limerick ME	505	36:43	193 Robert Deeves	37 M W. Gardiner ME	473	38:34
63 Mark Johnston	42 M Augusta ME	56	33:06	144 David Adamsky	31 M Portland ME	265	36:43	194 Kellern Wood	31 F Windham ME	149	38:35
64 Peter Merrill	36 M S Portland ME	383	33:07	145 Jody TenBroek	35 M Glastonbury CT	188	36:43	195 Jerry Alves	31 M Portland ME	128	38:39
65 Richard Conley	40 M New York NY	193	33:13	146 Brad Rufenacht	38 M Archbold OH	274	36:44	196 Dennis Duga	36 M Woodstock CT	5	38:40
66 Michael Willett	21 M Biddeford ME	381	33:20								
67 Jake Laferriere	47 M Bridgton ME	293	33:21								
68 John Whitman	50 M Peaks Island ME	454	33:21								
69 John Hancock	53 M Conway NH	256	33:22								
70 Marty Mullen	28 M Cape Eliz. ME	411	33:24								
71 Raymond Pinard	50 M	201	33:29								
72 Terry Edwards	31 M	360	33:31								
73 Stephen Coolidge	23 M Rollinsford NH	358	33:31								
74 Valerie Madden	32 F Jamacia Plain MA	471	33:32								
75 Gary Howard	52 M Conway NH	99	33:36								
76 Jon Connor	54 M Roslindale MA	119	33:36								
77 Kerry Corcor	30 F Portland ME	349	33:37								
78 Jeanne Hackett	36 F Peaks Island ME	99	33:41								
79 Brian Flynn	34 M Portland ME	12	33:47								
80 James Boisvert	38 M OOB ME	487	33:51								
81 Steve Jacobsen	45 M Kennebunk ME	141	33:53								
82 Stephen Schuit	43 M Peaks Island ME	46	33:55								
83 Jan Veinot	36 F Portland ME	78	33:56								
84 D.Scott Hamilton	44 M N. Waterboro ME	123	33:57								
85 Rebecca Webber	36 F Turner Center ME	373	33:58								
86 Robert Randall	58 M Merrimac MA	313	34:05								
87 Dan Smith	35 M Topsham ME	69	34:07								
88 Steve Douglas	34 M S Portland ME	372	34:08								
89 Robert Emple	32 M Falmouth ME	496	34:09								
90 Bob McCormack	44 M Cape Eliz. ME	163	34:10								
91 Bill Flynn	35 M Peaks Island ME	425	34:11								
92 John Nott	42 M	500	34:12								
93 Brigitte Laffin	18 F Wells ME	259	34:15								
94 Michael Carr	40 M Peaks Is ME	486	34:19								
95 Walter Cahill	39 M Portland OR	429	34:26								
96 Rod Jordan	39 M Windham ME	297	34:27								

		Bib No.			Bib No.			Bib No.			Bib No.
197 Monique Walker	26 F S Portland ME	50	38:42	278 Louise Schioppa	29 F	519	41:59	359 Carol Therrien	47 F Burlington MA	432	46:26
198 John Kelly	31 M Arlington MA	483	38:47	279 Jim Pettorini	53 M Glencoe IL	392	42:03	360 Charlie Seaman	35 M Shreveport LA	272	46:31
199 Cindy Gillan	37 F	200	38:47	280 Anne Fournier	35 F Dover NH	218	42:05	361 Craig Johnson	38 M Cape Eliz ME	367	46:32
200 John Gulliver	43 M Peaks Island ME	451	38:48	281 Fay Lewis	28 F Newburyport MA	463	42:09	362 Mary Lou Johnson	38 F Cape Eliz ME	368	46:32
201 Lynne Crandall	33 F Portland ME	458	38:50	282 Matt Burgess	26 M Portland ME	34	42:10	363 Jonathan Ayres	41 M Wakefield MA	315	46:32
202 Karol Derron	49 F Henniker NH	325	38:52	283 Moe Fortin	48 M Augusta ME	283	42:12	364 Kim Monaghan	36 F Portland ME	498	46:33
203 Kevin Conley	26 M Portland ME	495	38:53	284 Ormond Irish	62 M Gardiner ME	62	42:18	365 Peter Boland	37 M Cape Eliz ME	58	46:34
204 Norm Rodrigue	46 M Manchester ME	155	38:57	285 T. C. Scally	39 M New York NY	16	42:18	366 Carol Braun	33 F Saco ME	310	46:36
205 John Govoni	50 M Boston MA	185	38:58	286 Tom Freeling	56 M Waterville ME	279	42:22	367 Fran Brennan	58 M Brunswick ME	317	46:36
206 Steve Moskey	44 M Cape Eliz ME	164	39:02	287 Polly Kenniston	58 F Scarborough ME	215	42:25	368 Claudia Emerson	37 F Saco ME	25	46:37
207 John Fiedler	53 M Bangor ME	145	39:03	288 Dennis Corburn	53 M Hollis NH	75	42:28	369 Edye Radice	58 F Buffalo NY	212	46:41
208 David Momnie	45 M Ludlow MA	476	39:04	289 Jason Corburn	25 M Hollis NH	74	42:28	370 Paul B. Chace	28 M S Portland ME	450	46:42
209 Mike See	31 M Middletown CT	270	39:05	290 Patricia Dean	34 F Wborough MA	101	42:30	371 Karen Wight	34 F Casco ME	343	46:55
210 Jerry Johnson	51 M Cape May NJ	110	39:07	291 Andy Mahoney	44 M	225	42:35	372 Lori Layne	36 F Burlington MA	165	46:59
211 Erin Rodels	17 F Norwood MA	254	39:09	292 Nathaniel Ashmore	13 M Peaks Is ME	475	42:42	373 Cheryl Rague	31 F OOB ME	403	47:05
212 Gail Scala	28 F Easton PA	222	39:09	293 Martha Kelley	33 F Cape Eliz ME	32	42:51	374 Sheila Hardi	37 F Barrington NH	258	47:09
213 Paul Lanza	31 M Middletown CT	269	39:10	294 Janet Moberg	36 F Falmouth ME	144	42:52	375 John Holmes	44 M Yarmouth ME	183	47:10
214 K.M. Darby	40 M Sanford ME	490	39:13	295 John Fredette	24 M W. Newton MA	220	42:53	376 Brenda Tanguay	33 F Westbrook ME	321	47:13
215 Ralph Dobson	40 M Portland ME	95	39:15	296 Linda Pejchar	52 F Lincoln MA	416	42:56	377 Julie Tate	32 F Litchfield ME	334	47:33
216 Richard Baker	47 M N Yarmouth ME	407	39:26	297 Pat Fry	58 F Conway NH	300	43:02	378 Edna Hyer	61 F South Wales NY	211	47:55
217 Kevin Pavuk	28 M Portland ME	276	39:27	298 Kathleen Campbell	40 F Dedham MA	116	43:05	379 Angela Blevins	34 F Topsham ME	301	47:58
218 Christine Coughlan	33 F Orrs Island ME	412	39:28	299 Mike Rice	40 M Roxbury CT	414	43:06	380 Stacey Gross	27 F Boston MA	375	47:59
219 David Stankowicz	48 M Peaks Island ME	73	39:29	300 Erika Swift	23 F Portland ME	33	43:07	381 Joyce Ellsmore	33 F S Portland ME	328	48:32
220 Mark Ferrante	32 M Philadelphia PA	332	39:30	301 Tric Hoffman	30 F Falmouth ME	181	43:07	382 Sheila Filippone	52 F Newtonville MA	235	48:37
221 John Cullinane	51 M Auburn ME	191	39:31	302 Philip M. Call	46 M Portland ME	250	43:10	383 Kathleen Manno	54 F Buffalo NY	210	48:42
222 Phil Friedman	34 M Peaks Island ME	457	39:32	303 Karol E. Call	31 F Portland ME	249	43:10	384 Mark Coughlin	31 M Scarborough ME	227	48:48
223 Dirk Dachs	30 M Williston VT	435	39:36	304 Laird Carlson	50 M Peaks Is ME	459	43:20	385 Mary Ford	38 F Bangor ME	146	48:48
224 Leslie Shaw	29 F Brookline MA	427	39:42	305 Kathy Deupree	48 F Camden ME	277	43:23	386 Julie Johnson	20 F Cumberland ME	338	49:14
225 Roger Fortin	53 M Cumbrld Fsd. ME	284	39:43	306 Lois Tiedeken	40 F Peaks Island ME	68	43:26	387 Sara Karam	32 F Gorham ME	319	49:14
226 William Bennett	52 M Stratford CT	394	39:48	307 Cheri Shaw	39 F Peaks Island ME	86	43:28	388 Jack Hayes	54 M Augusta GA	402	49:17
227 David P. Rand	28 M Medford MA	248	39:49	308 Yvette Knight	49 F N Gloucester ME	291	43:32	389 Kim Dyer	30 F Mechanicsvl. VA	523	49:23
228 Diane Smith	41 F W Roxbury MA	81	39:50	309 Philip Campbell	77 M Lynnfield MA	198	43:34	390 Ginnie Pinard	50 F	202	49:26
229 Cathy Locke	34 F S Berwick ME	331	39:53	310 Norma Andrews	41 F Omaha NB	20	43:36	391 Pamela Baldwin	33 F Gorham ME	223	49:27
230 Nancy Smith	25 F Steep Falls ME	374	39:55	311 James Hodnett	48 M Kennebunk ME	161	43:37	392 Ann Jordan	38 F Windham ME	298	49:28
231 James Roche	59 M N Weymouth MA	233	39:57	312 Joann Totten	30 F Canton MA	121	43:40	393 Deb Toohey	38 F Orlando FL	294	49:29
232 Annalisa Trentino	28 F	515	40:04	313 Marsha Greenberg	46 F Peaks Island ME	45	43:47	394 Ben Rutkowski	13 M Bath ME	508	49:31
233 Scott Dyer	26 M Clifton NJ	281	40:04	314 John Fairfield	27 M Cape Eliz ME	434	43:57	395 Larry Dyer	51 M Falmouth ME	280	49:33
234 Peter Gulliver	16 M Peaks Island ME	452	40:05	315 Michelle Anderson	22 F W.Buxton ME	433	43:57	396 Jody Brinser	32 F Gorham ME	320	49:43
235 Garrett Toohey	43 M Orlando FL	295	40:06	316 Norm Proulx	53 M Peaks Island ME	65	43:59	397 Stephanie Dixon	26 F Steep Falls ME	388	49:49
236 Martha Crawford	33 F S Portland ME	90	40:13	317 David Mosley	48 M Portland ME	290	44:00	398 Walter M. Power	51 M Portland ME	264	49:52
237 Richard Crawford	33 M S Portland ME	89	40:17	318 Stacy Glass	28 F Brooklyn NY	520	44:03	399 Marge Parsons	44 F Cumberland Ct ME	176	49:53
238 Bill LeFort	47 M Plainville MA	2	40:21	319 John Comis	27 M	521	44:04	400 Russell L. Smith	55 M Cape Eliz ME	228	50:03
239 Zach Stegeman	16 M Yarmouth ME	42	40:21	320 Kristin George	24 F W. Newton MA	221	44:04	401 Michael Moore	55 M Peaks Island ME	111	50:09
240 Scott Pease	44 M Portland ME	70	40:22	321 Dean Fournier	41 M Dover NH	219	44:07	402 Liz Monaghan	32 F Cape Eliz ME	39	50:39
241 Dave Goodwin	23 M Arlington MA	172	40:24	322 Ruby MacDonald	40 F So. Harpswell ME	60	44:12	403 Margie Brothe	37 F Ellington CT	167	50:42
242 Kimberly Goodwin	34 F Westbrook ME	94	40:26	323 Michael Doonan	34 M Ipswich MA	156	44:19	404 James Brother	53 M Ellington CT	168	50:43
243 Jen Hamel	27 F Portland ME	18	40:29	324 Rodney Sparkowich	35 M	385	44:33	405 Wendy Bradley	57 F Coventry CT	15	50:46
244 Brian Martell	39 M Portland ME	59	40:30	325 Kathleen Nolan	38 F New York NY	192	44:35	406 Jerry Behnke	49 M Lisbon Falls ME	79	51:02
245 Kris Caterina	26 F Portland ME	239	40:32	326 Jen Poliquin	22 F Brewer ME	455	44:47	407 Pat Mahoney	43 F	224	51:03
246 Raymond Goyet, Jr.	36 M Mayport FL	246	40:33	327 Lori Towle	22 F S Portland ME	456	44:47	408 Rebecca Philbrick	25 F Concord NH	348	51:10
247 Paul McCourt	60 M Portland ME	158	40:37	328 Tom Morse	41 M Peaks Is ME	467	44:50	409 Helen Martin	27 F Concord NH	347	51:11
248 John Guerin	35 M Weston MA	311	40:38	329 Jeff Lang	35 M Portland ME	461	44:53	410 Tracy Rice	14 F Roxbury CT	415	51:13
249 Colleen Boland	40 F Cape Eliz ME	57	40:40	330 Sandra Hodnett	47 F Kennebunk ME	159	45:05	411 Sheila Scandurra	60 F Snyder NY	209	51:28
250 Kirsten Dorsey	25 F Portland ME	231	40:40	331 Tyler Howard	13 M Peaks Is ME	497	45:06	412 Mark Coleman	34 M S Portland ME	84	51:30
251 Martha Goyet	36 F Mayport FL	245	40:41	332 Stephen Howard	42 M Weybridge, Eng.	448	45:07	413 Sarah Moore Cox	31 F S Portland ME	106	51:51
252 Jack Deupree	49 M Camden ME	278	40:43	333 Vicki Crawford	38 F Manchester ME	142	45:10	414 W. Russell Cox, Jr.	36 M S Portland ME	108	51:51
253 Teresa Bierig	25 F Rochester NH	440	40:46	334 Jack Gleason	51 M Cape Eliz ME	44	45:12	415 Becky Rodels	40 F Norwood MA	253	52:12
254 Alton Frabetti	58 M Medford MA	169	40:48	335 Lila Lohr	50 F Biddeford PI ME	396	45:13	416 Felicia Files	31 F S Portland ME	147	52:13
255 Mark St.Germain	35 M Gorham ME	153	40:56	336 Linda Eldridge	50 F Ctr Conway NH	285	45:18	417 Marion Hardy	57 F Hampton Fls NH	21	52:20
256 Barry Caldon	51 M Henniker NH	326	41:05	337 Nancy Bauer	30 F Cambridge MA	150	45:19	418 Elizabeth Coleman	30 F S Portland ME	85	52:34
257 Mark Butterfield	39 M Falmouth ME	118	41:06	338 Beth Rutkowski	42 F Bath ME	507	45:21	419 Thomas Pettingill	53 M Merrimac MA	324	52:59
258 Jen Reali	20 F N Yarmouth ME	342	41:06	339 Deborah Burke	41 F Madbury NH	255	45:22	420 Debbie Johnson	36 F No. Waterford ME	131	53:25
259 Elaine Marenovic	50 F Holland NY	214	41:07	340 Donald E. Johnson	65 M Portland ME	72	45:23	421 Christine Colpitts	20 F Cumberland ME	339	53:32
260 Richard Pettorini	40 M Advance NC	393	41:08	341 Meredith Wilson	21 F W. Newbury MA	35	45:23	422 Julie Colpitts	15 F Cumberland ME	511	53:32
261 Sophia Rand	26 F Falmouth ME	308	41:09	342 Dennis McDonald	42 M Atco NJ	247	45:24	423 Willard Martin, Jr.	57 M Ct Sandwich NH	346	53:54
262 Mary Coolidge	27 F Rollinsford NH	357	41:12	343 Robert Itman	51 M Biddeford PI ME	395	45:27	424 Cynthia O'Connor	43 F Jackson NH	376	54:27
263 Julia McPherson	35 F Gorham ME	154	41:13	344 Andy Cloutier	33 M	316	45:36	425 David O'Connor	48 M Jackson NH	378	54:28
264 Elaine Guillemette	45 F Sanford ME	8	41:13	345 Anne Overton	36 F Jupiter FL	492	45:45	426 Anita Lockwood	37 F Shreveport LA	271	54:31
265 Tom Collins	51 M Sanford ME	7	41:14	346 Julia O'Connor	39 F Roslindale MA	114	45:50	427 Daniel Fitzgerald	42 M Manchester NH	336	54:56
266 John McGann	35 M Boston MA	420	41:16	347 Karla McGonigle	47 F No. Conway NH	377	45:52	428 Julius Marzul	69 M Gorham ME	105	54:55
267 Jack Beaton	65 M Atkinson NH	22	41:27	348 Robert Whitten	54 M Newtonville MA	236	45:58	429 Pamela Richards	36 F Peaks Island ME	64	55:04
268 Don Burnham	54 M Kennebunk ME	30	41:34	349 Meredith Foehl	25 F Needham MA	494	46:05	430 Andrea Prudhomme	37 F Dover NH	303	55:10
269 Bob Grande	44 M Malden MA	17	41:36	350 Angela Letrecq	20 F Cumberland ME	340	46:06	431 Susan Arrand	42 F	489	57:01
270 Bruce Pulkkinen	39 M Windham ME	296	41:40	351 Michael O'Sullivan	29 M Scarborough ME	41	46:07	432 Scott Baldwin	31 M S Portland ME	195	57:33
271 Jim Crawford	44 M Manchester ME	143	41:46	352 Elaine Pechoes	48 F Brookline MA	14	46:11	433 Felice Manthorne	49 F Saco ME	366	58:03
272 Louis Applebaum	36 M Manchester NH	304	41:50	353 Beverly Doughty	44 F Gray ME	187	46:13	434 Robert Campbell	12 M Menands NY	477	1:00:22
273 Beverly Gove	41 F Concord MA	485	41:54	354 Mary Coakley	26 F Enfield CT	137	46:14	435 Matthew Hurley	28 M Bloomfield NJ	28	1:00:26
274 Brenda Costello	42 F So. Harpswell ME	61	41:54	355 Max Roberts	25 M W. Hartford CT	138	46:15	436 Forrest Strayer	72 M Laguna Bch. CA	510	1:01:46
275 Claudia Hess	29 F Montreal QU	516	41:56	356 Mary Rhinehardt	26 F Portland ME	337	46:16	437 Lisa Hahn	26 F Winchester MA	482	1:08:34
276 Amy Brennan	26 F Brunswick ME	329	41:57	357 Maria Picentini	25 F Brighton MA	479	46:21				
277 Paul Romano	27 M Cumberland ME	173	41:57	358 Jane Beal	32 F Litchfield ME	351	46:22				

Road Race

4th Bangor State Fair 4-Miler July 30

1	Timothy Wakeland	30	21:31	18	Nichole Stevens	18	26:43*	46	Steven Graves	43	31:02
2	Michael Gage	42	22:15	19	Dale Dickie	52	27:05	47	Barbie Beal	36	31:02*
3	Randy MacNeil	34	22:27	20	Katrina Bischiemer	30	27:17*	48	Jeanne Butterfield	45	31:27*
4	John Rogerson	17	23:26	21	Jennifer Herbuld	32	27:32*	49	Rebecca Leamon	32	31:39*
5	Jason Moor	16	24:21	22	Will Mannett	14	27:34	50	Jessica Black	18	31:47*
6	Jim Ferland	28	24:25	23	Kurt Strassguer	43	27:35	51	Laurie Sue Thayer	22	31:47*
7	Chris Dorion	34	24:28	24	Robert Howell, Jr.	17	27:44	52	Jay Gould	35	31:55
8	Thomas Aucoin	34	24:44	25	Brent Bailey	33	27:48	53	Tony Cyrus	33	31:59
9	Joshua Madore	18	25:11	26	Nicki Farnham	32	28:02*	54	Sarah O'Donald	30	32:11*
10	Doyle Geoffrey	30	25:16	27	Thomas Kirby	39	28:02	55	Paul Howard	49	32:39
11	Mike Mallette	19	25:35	28	Angela Edgecomb	27	28:13*	56	Eric Soule	34	32:44
12	Peter Dauphinee	20	25:58	29	Brenda Bailey	33	28:27*	57	Jane Sargent	45	33:14*
13	Fred Franklin	44	26:22	30	John Treathern	55	28:40	58	Joseph Aubin	14	35:11
14	Joe Ewings	25	26:22	31	Doug Nancle	31	29:22	59	Casey Craig		35:42
15	Jeremy Black	21	26:30	32	LeRoy James Decker	23	29:23	60	Tanya Dickey	18	36:15*
16	Timothy Reid	41	26:32	33	Dick Miles	40	29:29	61	Stephany Gaige	15	36:27*
17	Todd Fry	28	26:33	34	Chuck Arrigoni	33	29:33	62	Kirk Soule	32	36:38
				35	Laurie Wardwell	38	29:37*	63	Bob LaForge	50	37:34
				36	Antoinette Decker	26	29:40*	64	Mike Howley	38	39:37
				37	Wayne Ayers	40	29:41	65	Lauren Emerson	37	39:41*
				38	Dave Samuelian	48	29:56	66	Christine Tibbetts		40:28*
				39	Andrew Howard	19	29:57	67	Mark Ranco	30	42:34
				40	Andy Mannett	13	30:01	68	Judy Dickie	53	43:14*
				41	James Booth	49	30:02	69	Matthew McCourt	13	44:36
				42	Don O'Halloran	47	30:03	70	Robin Long	35	45:20*
				43	John Wakely	43	30:11	71	Laura Jordan	26	46:42*
				44	Mitchell Epner	26	30:43				
				45	Chuck Lawrence	30	31:01				



Seventy-one runners braved the heat for the four-miler



Nichole Stevens 18, and Timothy Wakeland, 30, finished first overall for the women's and men's categories

Triathlon

Maine State Triathlon Classic Bethel - July 30

	Swim	Bike	Run	Total							
1	Raymond Kusche	12:37.1	37:41.3	20:22.7	1:10:41.1	19	David Drew	17:42.6	43:17.0	20:08.0	1:21:07.6
2	Mixed Team Smith	14:45.3	38:47.3	17:53.1	1:11:25.7	20	Tim Bruce	16:35.1	41:02.7	23:40.0	1:21:17.8
3	Duane Higgins	14:20.5	39:26.2	20:18.2	1:14:04.9	21	Janet McCullough	13:45.5	43:23.6	24:11.7	1:21:20.8
4	George Mongeau	14:38.9	38:46.2	20:43.2	1:14:08.3	22	William Emerson	18:11.9	42:34.2	20:38.5	1:21:24.6
5	Daniel Stasz	14:57.7	38:24.1	21:21.9	1:14:43.7	23	Mike Pratico	16:48.5	42:30.2	22:16.9	1:21:35.6
6	Michael Ricci	14:32.5	39:54.6	20:34.6	1:15:01.7	24	David McCullough	17:57.6	43:59.9	19:41.7	1:21:39.2
7	Mixed Team Richert	16:14.0	40:45.4	19:02.9	1:16:02.3	25	Nick Albanese	16:38.6	41:39.5	23:24.3	1:21:42.4
8	Joel Cotitcomb	14:27.5	40:28.7	21:13.9	1:16:10.1	26	Mike Hauser	15:57.0	42:35.9	23:20.1	1:21:53.0
9	Rob Smith	14:37.0	39:46.3	21:51.8	1:16:15.1	27	Tom Trytek	16:14.9	43:39.6	22:06.0	1:22:00.5
10	Wayne Hadley	12:50.6	41:35.1	21:51.9	1:16:17.6	28	Alan Schlemmer	18:04.9	42:58.2	21:41.6	1:22:44.7
11	Daniel Reid	14:40.7	41:47.5	21:29.6	1:17:57.8	29	William Appleby	16:32.9	41:20.7	25:03.0	1:22:56.6
12	Jennifer Samuels	13:47.5	41:25.0	23:02.5	1:18:15.0	30	George Paganis	16:28.9	41:44.2	24:56.0	1:23:09.1
13	Garry Grigel	16:41.6	41:37.4	21:01.3	1:19:20.3	31	Mark Simonds	15:39.9	42:34.1	24:59.0	1:23:13.0
14	Robert Brainerd	16:23.8	41:51.8	21:22.0	1:19:37.6	32	Tim Jordan	17:16.4	44:16.0	21:47.5	1:23:19.9
15	Christopher Bright	17:21.6	39:45.7	23:24.6	1:20:31.9	33	Lynn Hughes	17:55.8	43:14.0	22:21.3	1:23:31.1
16	Mixed Team Chandler	16:00.0	45:23.3	19:19.4	1:20:42.7	34	Evan Griffiths	15:15.9	45:38.9	23:38.5	1:24:33.3
17	Thomas Wells	16:22.6	43:22.8	20:59.2	1:20:44.6	35	Orin Parvin	13:59.1	43:47.6	27:34.8	1:25:21.5
18	David Freedman	16:42.4	43:01.6	21:18.4	1:21:02.4	36	Eric Lariviere	19:57.7	41:39.8	24:38.6	1:26:16.1
						37	Jennifer Ferree	14:01.9	47:41.4	25:21.4	1:27:04.7
						38	Mixed Team Heilig	14:28.2	46:52.2	26:07.0	1:27:27.4
						39	Stephen Clegg	16:25.4	47:21.5	23:49.4	1:27:36.3
						40	Fred Allen	17:07.7	46:20.0	24:26.0	1:27:53.7
						41	Stacy Knight	20:33.1	46:18.3	21:26.5	1:28:17.9
						42	Kurt Lietz	16:59.2	46:56.0	24:42.3	1:28:37.5
						43	Mark Rodrigue	18:07.1	46:49.5	24:26.6	1:29:23.2

44	Blake Haider	18:35.3	45:28.7	25:23.5	1:29:27.5	79	Dillon Gillies	21:55.5	50:44.5	25:12.0	1:37:52.0
45	Denny Bunn	16:41.1	46:14.3	26:56.4	1:29:51.8	80	Catie Dean	17:48.4	55:16.5	24:49.9	1:37:54.8
46	Scott Smith	17:12.6	46:13.3	26:39.0	1:30:04.9	81	Christopher Reidel	21:01.7	51:43.2	25:17.9	1:38:02.8
47	Jim Ekedahl	18:01.8	44:56.7	27:17.1	1:30:15.6	82	Michael Giglia	21:16.5	50:31.0	26:20.6	1:38:08.1
48	Mixed Team Ray	19:45.3	46:11.6	24:41.7	1:30:18.6	83	Jim Geary	20:03.4	50:59.7	27:20.8	1:38:23.9
49	Michael Booth	19:38.1	42:26.1	28:17.9	1:30:18.6	84	Eileen Duntey	18:39.4	50:52.5	28:55.5	1:38:27.4
50	Keith Yannelli	19:16.2	47:14.1	24:02.6	1:30:32.9	85	Carolyn Lockwood	13:41.7	49:41.1	35:07.3	1:38:30.1
51	Sho Shimoda	17:20.5	45:41.2	27:42.3	1:30:44.0	86	Mark Johnson	20:58.2	50:04.0	27:35.8	1:38:38.0
52	Rosalyn Randall	19:52.7	45:48.5	25:15.0	1:30:56.2	87	Julie Cloutier	19:36.9	51:36.6	27:24.6	1:38:38.1
53	Barth Keck	19:14.0	49:06.4	23:03.6	1:31:24.0	88	Brian Carey	21:18.8	49:56.4	27:57.2	1:39:12.4
54	Kathy Viglione	14:31.5	48:19.9	28:42.1	1:31:33.5	89	Mixed Team Carey	21:57.8	51:52.9	25:32.1	1:39:22.8
55	Ginny Peck	20:54.2	49:03.9	22:22.3	1:32:20.4	90	Barbara Neily Slager	14:30.8	58:21.8	28:12.8	1:41:05.4
56	Eric Hutchins	17:01.0	47:45.7	27:53.0	1:32:39.7	91	Patty Medina	17:51.5	53:40.8	30:46.7	1:42:19.0
57	Jamie Chamberlian	20:59.4	47:55.7	23:52.5	1:32:47.6	92	Julia Dahlgren	19:48.7	51:32.8	32:04.8	1:42:26.3
58	Margaret Timothy	16:33.9	50:52.6	25:23.8	1:32:50.3	93	Richard Birdsong	19:40.9	54:46.6	29:32.5	1:44:00.0
59	Walter Trott	19:55.2	48:22.2	25:00.5	1:33:17.9	94	Kevin Tacka	17:31.7	53:27.4	33:18.9	1:44:18.0
60	Michael Oullette	19:27.1	49:37.1	24:22.3	1:33:26.5	95	Jim Corperter	31:01.0	51:10.1	22:58.0	1:45:09.1
61	Stuart Christie	19:12.7	46:30.4	27:57.4	1:33:40.5	96	Ted Fiust	28:03.2	52:40.4	25:45.5	1:46:29.1
62	Female Team Youmans	20:15.1	47:19.2	26:35.4	1:34:09.7	97	Emily McKey	24:01.3	56:33.2	26:04.5	1:46:39.0
63	Walter Peck	12:47.2	52:59.3	28:25.0	1:34:11.5	98	Jayne Hanley	19:46.5	55:15.4	31:44.4	1:46:46.3
64	David Bronder	21:15.1	48:45.5	24:23.6	1:34:24.2	99	Scott Hussey	25:13.8	54:16.7	27:17.1	1:46:47.6
65	Mixed Team Czekaj	19:57.2	48:03.7	26:47.1	1:34:48.0	100	Michael Cowell	22:47.9	54:46.1	29:22.3	1:46:56.3
66	Mike Fuller	20:15.0	47:20.6	27:35.8	1:35:11.4	101	Michael Vashon	21:45.4	55:51.7	29:23.7	1:47:00.8
67	Marjorie Tennyson	20:09.8	50:16.4	24:59.4	1:35:25.6	102	Tom Fitzgerald	28:00.1	54:48.3	25:16.7	1:48:05.1
68	John LeRoy	21:00.5	48:54.3	25:43.4	1:35:38.2	103	Carla Pierce	23:08.0	55:59.1	32:49.2	1:51:56.3
69	Deb Merrill	20:24.9	51:28.6	23:47.1	1:35:40.6	104	Garrett Bonnema	24:37.3	58:59.9	28:40.9	1:52:18.1
70	Brian Fraser	20:28.9	50:18.1	24:55.2	1:35:42.2	105	Mixed Team Cummings	25:28.1	51:34.3	35:29.7	1:52:32.1
71	Joel Bradford	21:27.9	51:26.8	23:13.2	1:36:07.9	106	Mixed Team Swennes	20:07.0	1:09:55.7	22:47.9	1:52:50.6
72	John Eisner	19:07.3	51:20.6	25:46.8	1:35:14.7	107	Joel Slager	24:49.5	1:01:22.8	26:38.4	1:52:50.7
73	Thomas Carey	22:18.4	48:24.1	25:41.5	1:36:24.0	108	Bruce Kurtz	20:50.1	49:33.9	43:28.4	1:53:52.4
74	Jim McFarlane	15:32.9	51:30.6	29:21.9	1:36:25.4	109	Carol Savage	23:55.7	58:36.0	32:02.7	1:54:34.4
75	Maryanne Dunfey	19:06.0	49:53.9	27:32.1	1:36:32.0	110	Paul Alpert	24:58.3	58:30.9	31:08.3	1:54:37.5
76	Mixed Team Ruff	23:31.4	47:30.4	25:40.4	1:36:42.2	111	Deborah Mauro	24:04.7	1:03:34.3	28:17.8	1:55:56.8
77	Mike Lecompte	21:43.4	49:46.1	25:21.3	1:36:50.8	112	Steve Shoyer	23:21.6	1:01:16.1	35:28.2	2:00:05.9
78	Jim Irish	17:27.8	50:59.2	28:34.0	1:37:01.0	113	James Levanos	33:34.2	1:02:52.5	26:23.2	2:02:49.9

Road Race

Yankee Homecoming 10-Miler Newburyport, Mass. - Aug. 1

This huge race was the USATF New England championship. Julia Kirtland finished second female behind Georgia's Lynn Doering (55:51). Mike Silnsky of Fishkill, N.Y., won with a 50:32.

Maine Finishers

10	Andrew Spaulding	24	Searsport	53:02
109	Julia Kirtland	30	S Harpswell	59:37*
195	Paul Goransson	41	Eliot	1:03:48
225	Christine Reaser	29	Augusta	1:04:39*
233	Michael Reali	41	Cape Eliz.	1:04:51

272	Brian Noyes	37	Freeport	1:06:00
281	Terry Sutton	33	Portland	1:06:12*
309	Daniel Sacco	21	Brunswick	1:06:58
345	Randy Spencer	33	Farmington	1:07:52
375	Laura Hodnett	22	Kennebunk	1:08:36*
388	Alburn Butler	41	Portland	1:08:50
416	Joe Hayes	46	York	1:09:34
422	Duncan McEachern	54	Kittery	1:09:38
423	Richard Scribner	44	Gorham	1:09:39
458	Daniel Rooney	51	Alfred	1:10:27
461	Gary Goss	49	York	1:10:34
471	Larry Barker	46	S Portland	1:10:48
544	Stanley Sheldon, Jr.	48	Berwick	1:12:02
568	Yun Chong	35	Portland	1:12:33
602	Paul Lavancie	37	S Portland	1:13:20
604	Allan Carlisle	43	Springvale	1:13:22
617	John Morrissey	23	Lewiston	1:13:37
619	Hung Bul	23	Waterville	1:13:38
620	Loren Lathrop	46	S Portland	1:13:38
625	Wendi Cryan	28	York Beach	1:13:44*
629	David Legg	36	York	1:13:50
751	Reggie Sargent	49	Kennebunkport	1:15:57
782	Steven Gorman	40	Berwick	1:16:34

793	Ron Pelton	42	Yarmouth	1:16:45
873	Scott Hamilton	44	N Waterboro	1:18:00
885	Matthew Ouellette	27	South Berwick	1:18:12
945	Kitty Kelley	48	Portland	1:19:08*
1002	Gary Giffard	36	N Yarmouth	1:20:09
1065	Howard Spear	45	Westbrook	1:21:26
1080	Al Sproul III	57	Chamberlain	1:21:46
1084	Richard Fernald	51	York	1:21:51
1210	Jacob Morrill	14	S Portland	1:24:11
1237	Russ Bradley	71	Cape Elizabeth	1:24:56
1258	Claire Robbins	32	Yarmouth	1:25:32*
1371	John LeRoy	58	Brunswick	1:28:08
1385	Don Foshay	36	South Portland	1:28:21
1419	Herb Strom	65	Cape Elizabeth	1:29:00
1473	Mary Noyes	36	Freeport	1:30:10*
1515	Maurice Harmon	45	Scarborough	1:30:57
1588	Carlton Wendell	73	Portland	1:33:14
1713	Thomas Maran	43	York	1:37:44
1715	Nancy Kelley	38	Buckfield	1:37:48*
1775	Stoddard Chaplin	55	Biddeford	1:40:47
1825	John Brier	28	Portland	1:44:49
1886	Mark Clineh	39	Gorham	1:55:37
1891	Julius Marzul	69	Gorham	1:59:05

Road Race

10th Dyer Memorial 5K Aug. 2 - Winslow

Note the three teenagers as the top three - all under 18 minutes.

1	Andy Worth	19	17:24
2	Teague Dyer	19	17:40
3	Colin Moore	16	17:54
4	Bryan Hagopian	21	18:04
5	Derek Veilleux	17	18:41
6	Rick Stuart	37	18:48
7	Randy Hastings	41	18:52
8	Rusty Nelson	17	19:10
9	Richard Harding	15	19:38
10	John Paradis	40	19:56
11	Ryan Goding	17	20:07
12	Robert Moore	45	20:11

13	Art Robinson	44	20:23
14	Darin Knight	14	20:39
15	Brock Hagopian	15	20:43
16	Jon Chapin	36	20:55
17	Robin Bates	17	21:05*
18	David Benn	50	21:29
19	Bruce Bernier	39	21:46
20	Tinia Dyer	18	22:08*
21	Dena Flye	26	22:09*
22	Jim Moore	52	22:18
23	Ray Caron	39	22:27
24	Regan McPhetres	39	22:37
25	Ellie Tucker	40	22:48*
26	Maureen Lee	34	22:52*
27	Bob Hagopian	48	23:05
28	Barb Carter	32	23:06*
29	John Beck	34	23:16
30	Byron Cook	34	23:39
31	Carroll Ware	49	24:07
32	Jim Booth	49	24:14
33	Ken Sylvester	50	24:23
34	Judy Harris	41	24:30*
35	Keith Curtis	66	24:43

36	Goff French	44	24:52
37	Darren Nelson	13	25:49
38	Louisa Dunlap	54	25:54*
39	Alexandra Gilman	18	25:58*
40	Georgia Gilman	15	26:00*
41	Beth Bois	34	26:14*
42	Anne Rossetini	15	26:32*
43	Mary Parker	34	26:33*
44	Todd Whatley	32	26:58
45	Carlton Mendell	73	27:21
46	Richard Miles	40	27:23
47	Pam Brann	30	36:32*
48	Patrick Whatley	8	36:47
49	Josh Womack	10	37:00
50	Harvey Mason	61	40:29

8th Ralph Thomas Mile

1	Randy Hastings	41	4:56
2	Edie Dubord	37	5:04*
3	Jonathan London	26	6:07
4	Justin Dixon	12	6:10
5	Steve London	52	6:13
6	Mitchell Bois	9	7:56

Road Race

St. Mary's 3-Miler Biddeford Aug. 4

St. Mary's Road Race was a race director's nightmare. After an incredible week of heat and humidity, a huge thunderstorm hit Biddeford at precisely the time I expected about 90 percent of my registrations for the race. Over the years we have had as many as 200 and as few as 125. This year we had 60 finishers. It is very difficult to control all of the variables. Despite the low numbers, it was a great race. I guess we were lucky that the storm had moved on by race time.

The winner of the race was not decided until the last few feet with a burst by Kevin Way. Both Way and David Howe did a great job in wet, humid, and hairy

conditions. Christine Snow-Reaser did a great job as the women's winner. The high point of the race for me was presenting awards to folks who are not usually in the top few of their age groups. It's nice to spread the awards around.

Also a high point was Ken Botting's ninth finish (16:38). Ken and his family were involved in a very serious car accident. Ken was severely injured, breaking both his back and neck. Out of work, body cast, re-hab and less than a year later, running like the champion he is. He ran for Bentley in his college years and has been a great road racer in this area for years. He was presented a special award and received recognition with cheers from all. (Joel Croteau)

1	Kevin Way	15:05:65
2	David Howe	15:06:10
3	Brent Leighton	15:29:47
4	Stu Hogan	15:44:34
5	Bob LaCourse	16:15:56
6	Michael Simensky	16:27:63
7	Pat Johnson	16:30:46
8	Derrick Marsh	16:35:94
9	Ken Botting	16:38:81

10	Randy Barlett	16:58:00
11	Kevin Gile	17:06:33
12	George Towle	17:14:48
13	Christine Reaser	17:17:19*
14	Jerry Mullin	18:10:43
15	Michael Macomber	18:11:52
16	Paul Leblanc	18:13:18
17	Rob Petit	18:38:77
18	Patrick Nelson	18:39:39
19	Michael MyRick	18:44:02
20	Michael Gendron	18:56:02
21	Les Berry	18:58:96
22	Ben Cantara	19:00:04
23	Ben Perkins	19:17:36
24	Leslie Couture	19:19:39*
25	Matt Landry	19:40:04
26	Joey Nelson	20:09:01
27	Noelle Nolas	20:15:17
28	Stan Rosenfield	20:19:52
29	Gary Barton	20:21:83
30	Mike Carrier	20:34:25
31	Tim Wess	20:38:68
32	Matt Ivey	21:21:82
33	Scott Daigle	21:24:42
34	Eric Cote	21:28:62
35	Mike Bolduc	22:01:42
36	Phil Gendron	22:03:96

37	Jerry Bushey	22:07:88
38	Karen Mortiner	22:21:84*
39	David Garriepy	22:55:88
40	Mark Ivey	22:58:81
41	Jenny Balistren	23:19:02*
42	Cindy LeBlanc	23:22:56*
43	Carlton Mendell	23:47:18
44	Val LeBlanc	24:05:47*
45	Robert J. Couture	24:10:94
46	Polly Kenniston	24:39:18*
47	Amy Lessard	24:58:93*
48	Kathy Deupree	25:48:73*
49	Elizabeth Moffe	26:33:04*
50	Daren Daigle	26:41:19
51	David Boothby	27:20:89
52	Danny Moffre	27:35:24
53	Stanley Harmon	30:00:76
54	Bill Ivey	30:03:37
55	Kelli Gower	30:06:44*
56	Richard Gower	30:07:10
57	Don Penta	30:14:83
58	Julius Marzul	30:19:79
59	Denis Locke	34:33:29
60	Roger Borduas	34:33:76

*Asterisks indicate
female racers.*

Road Race

Palermo Days 5K Aug. 5

It's nice to see so many young people in the race. Almost unusual for road races.

1	Erik Wade	17	17:51
2	Rusty Nelson	17	17:56
3	Shawn Burchill	16	18:33
4	Paul Baillargeon	46	19:01
5	Steve Shunskis	23	19:39
6	Ed Hatch	42	19:01
7	Cody Rau	17	19:57
8	Jon Wade	15	20:20
9	Andy Dow	17	20:36
10	Dwayne Keller	46	20:45
11	Leanne Brady	16	21:19*
12	Bruce Williams	44	21:23
13	Dennis Keller	52	21:25
14	Scott York	17	21:39
15	David Benn	50	21:57
16	Justin Dixon	13	22:13
17	W.I. Jones	58	22:57
18	Jason Pierce	15	23:22
19	Tom Williamson	17	23:41
20	Erin York	14	23:42*
21	Darren Nelson	13	26:53
22	Mardulla Gleaton	38	27:16*
23	Jeff Newman	38	27:17
24	Mike Levey	51	28:24
25	Taylor Harmon	50	28:25
26	Sheri Cormier	36	30:55*
27	Ian MacMaster	13	32:20
28	Alex Krull	10	34:58
29	Lisa Krull	38	35:54*
30	Emily Krull	9	35:55*
31	Harvey Mason	61	38:27
32	Mardie Brown	78	43:44*

2.	Tom Thibau	37	33:38
3.	David Roberts	40	34:17
4.	J. Freeland	19	34:19
5.	Shaun Keenan	33	34:28
6.	Randy McNeill	34	34:57
7.	Thomas Bennett	37	35:12
8.	David Drew	31	35:17
9.	Guy Segars	35	35:37
10.	Steve Reed	47	35:44
11.	Ludo Bruyere	26	35:51
12.	Elliott Rogers	44	36:54
13.	Kelley Wilder	24	37:37*
14.	Lawson Noyes	53	37:43
15.	Frank Fogg Jr.	34	38:17
16.	Tom Aucoin	34	38:26
17.	Anthony Prest	33	38:35
18.	Larry Tonzi	48	38:45
19.	R.J. Harper	48	38:49
20.	Mike Thompson	37	38:55
21.	Bryce Black	18	39:01
22.	Jaime Jackson	26	39:04
23.	Hans Bucher	45	39:11
24.	William Sproul	37	39:15
25.	Rich Bouchard	46	39:16
26.	Donna Hurley	38	39:17*
27.	Jerry Graves	40	39:22
28.	Arnie LaCompts	34	39:29
29.	Sumner Weeks	46	39:32
30.	Andrew Ayers	26	39:37
31.	David Simard	38	39:55
32.	Ken Cotton	46	40:03
33.	Tim Zollo	29	40:04
34.	Ken Preston	41	40:04
35.	Art Robinson	44	40:07
36.	Gerard Conley	41	40:11
37.	Aric Odone	17	40:14
38.	Al Sproul III	57	40:19
39.	Larry Taylor	50	41:00
40.	David Benn	50	41:02
41.	Richard Conley	40	41:04
42.	Carol Manley	41	41:08*
43.	Patrick Leary	31	41:27
44.	Sarah Andrus	40	41:30*
45.	Brian O'Neill	33	41:31
46.	Gregg Wood	36	41:40
47.	Adrien Dandre	17	41:50
48.	Katrina Bisheimer	30	41:54*
49.	Kurk Strassguti	43	41:57
50.	Vance Stephens	34	41:59
51.	Michael Tanzia	29	42:03
52.	Joe McGurn	47	42:30
53.	Dennis Simmons	50	42:31
54.	James Rothloauer	25	42:34
55.	Dick Cummings	58	42:40
56.	Bruce Burnier	39	42:41

57.	Lonnie Lynch	35	42:19
58.	Jim Moore	52	42:54
59.	Michael Chung	34	42:55
60.	Buddy Carleten	36	42:56
61.	Tony Hess	46	42:57
62.	Scott Freeman	34	43:07
63.	Andrew Maney Jr.	30	43:12
64.	John Trefethen	55	43:14
65.	Lewis Santoni	37	43:16
66.	Carol Weeks	46	43:18*
67.	Steve Tuckerman	41	43:32
68.	Don Sanborn	50	43:35
69.	Richard Lane	41	43:38
70.	Dale Rines	43	43:41
71.	Laurie Wardwell	38	43:49*
72.	Bob Brosius	42	43:50
73.	Dale O'Neal	33	43:55
74.	Mark Alex	35	43:55
75.	Maureen Sproul	39	44:13*
76.	Al Sproul 4th	32	44:19
77.	Fred Merriam	47	44:31
78.	Michele Uzman	29	45:10*
79.	Lisa Ann Pavao	28	45:12*
80.	Ellen Spring	42	45:26*
81.	Vern Demmons	49	45:26
82.	Gail Reinertsen	53	45:28*
83.	David Maxcy	60	45:45
84.	David Lillie	45	45:50
85.	Dave Kennedy	52	45:52
86.	Norman Pedersen	40	45:59
87.	Amy Blease	26	46:01*
88.	Kerry Ratigan	24	46:04*
89.	Schuyler Morrison	47	46:07
90.	John Schwerdel	49	46:10
91.	Tobias Dodge	29	46:26
92.	Mark Lowenstein	31	46:27
93.	Sue D'Agostino	33	46:27*
94.	Ken Steele	51	46:33
96.	Kevin Kalloch	38	46:46
97.	Dave Libby	40	46:47
98.	Theresa Morris	28	46:48*
99.	Robert Alex	28	47:08
100.	Mark Dalute	41	47:16
101.	Sara Melendy	26	47:19*
102.	Brian Pelletier	29	47:27
103.	Iris Poland	39	47:31
104.	Don Newell	48	47:45
105.	Deborah Freeland	37	47:48*
106.	Matt Davis	17	47:52
107.	Rich Curley	47	48:08
108.	Kim Lynch	35	48:10*
109.	Mike Marshall	24	48:26
110.	Mark Kindig	28	48:27
111.	Steve Bliss	42	48:27
112.	Borg Klein	34	48:29

113.	Mike Callahan	40	48:30
114.	Angie Gargan	30	48:31*
115.	Basia Belza	40	48:32*
116.	Catherine Locke	34	48:35*
117.	Michael Campagnoli	47	48:53
118.	Chuck Lawrence	39	49:05
119.	Ed Atlee	55	49:07
120.	Bob Cogan	33	49:08
121.	Matthew Cann	24	49:10
122.	Kevin Bedford	41	49:14
123.	Louisa Dunlap	54	49:19*
124.	Tom Melendy	34	49:24
125.	Mark Feenstra	32	49:28
126.	George Sichelstiel	46	49:33
127.	Kath Anne Baumel	24	49:46*
128.	Walter Dick	57	49:50
129.	Jane Strassgueti	45	50:03*
130.	Carlton Mendell	73	50:12
131.	Anna Sommo	13	50:20*
132.	Richard Pre'e	45	50:24
133.	John Sommo	44	50:25
134.	Paul Johnson	38	50:32
135.	Deerfoot	49	50:36
136.	Paula Palka	34	50:40*
137.	Fred Palka	57	50:41
138.	David Flynn	32	50:43
139.	Richard Cavanaugh	62	50:46
140.	Liz Kohut	27	50:58*
141.	Laura Regrut	34	50:58*
142.	Amy Rosporski	30	50:59*
143.	Mark Hanley	36	51:08
144.	Dale Nussbickel	32	51:18
145.	Bonnie Nussbickel	29	51:18*
146.	Eleanor Dodson	14	51:31*
147.	Matt Pavao	31	51:33
148.	Kevin Conley	26	51:39
149.	Anna Mason	30	51:44*
150.	Julie Johnson	38	51:50*
151.	Jersey Rosen	55	51:52
152.	Wayne Page	37	51:57
153.	Paul McFarland	51	52:07
154.	Debbie Pearson	31	52:12*
155.	Lorrie Wilson	43	52:13*
156.	Martin Hoch Baum	53	52:14
157.	David Hamlin	41	52:21
158.	Unregistered		52:22
159.	Michael Gould	56	52:46
160.	Sara Rizkalla	29	53:15*
161.	Jeanne Collins	42	53:16*
162.	Colin Montoute	30	53:16
163.	Alex Dobrowolski	55	53:18
164.	Loren Bailey	51	53:23*
165.	Dalton Malmstrom	24	53:53
166.	Judi Richard	34	53:57*
167.	Dick Dodge	58	53:58

Road Race

Lobster Festival 10K Rockland Aug. 6

1.	Bob Winn	36	31:28
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56.	Bruce Burnier	39	42:41
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112.	Borg Klein	34	48:29
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167.	Dick Dodge	58	53:58
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168. Leah Hupper	30	54:04*	177. Kate Grinnell Miller	38	57:11*	186. Wendy Griswold	48	59:22*	195. Nancy Donahue	47	1:05:09*
169. Rick Martin	42	54:14	178. Rick Johnson	35	57:12	187. Thomas Grossman	42	1:02:19	196. Nancy Wilson	60	1:06:25*
170. Jane Rasmussen	59	54:20*	179. Fraun Cragg Martin	40	57:23*	188. Michael Gallo	34	1:02:39	197. J. Wilkinson	49	1:09:13
171. Robert Dodge	62	54:53	180. Cindi Moore	32	57:32*	189. Roger Gallo	33	1:02:39	198. Shirley Hoke	64	1:11:41*
172. Kathy Deupree	48	55:15*	181. Paul Homich	41	57:35	190. Mary Bird	39	1:03:15*	199. Chris Hoke	42	1:11:41
173. Steve Foster	33	55:27	182. Bob LaForge	50	57:36	191. Julius Marzul	69	1:03:54	200. Ali Brickle	18	1:13:01*
174. Jennifer Foster	34	55:27*	183. Ray O'Neal	55	57:59	192. Bill Maddox	36	1:04:12	201. Ann Johnson	53	1:14:00*
175. Robin May	37	55:31*	184. Tim Berger	33	58:53	193. Kathy Nolan	38	1:04:20*	202. Paul Paulson		
176. Mary Ann Robinson	40	57:06	185. Pete Kubat	48	59:21	194. Jessica Donahue	23	1:04:53*	(walker)	68	1:24:25*

Road Race

Lobster Festival Fun Run Rockland Aug. 6

1. Kyle Metcalf	6:37*	12. Shawn Kenniston	7:21	36. Ian McCray Martin	8:19	60. Christine Mihal	9:19*
2. Nate Rosenboom	6:46	13. Josh Brown	7:26	37. Carl Jappesen	8:26	61. Jessica Mihal	9:42*
3. Paul Parmley	6:48	14. David Darkin	7:26.2	38. Stanis Roberts	8:28	62. Tom Sommo	9:52
4. Benjamin Lohnes	6:52	15. Heather Jade Fogg	7:30*	39. Kylea Odone	8:32*	83. Karina Snow	9:55*
5. Nick Overlock	6:53	16. Matt Gopsill	7:31.2	40. Bill Penn	8:36	64. Sarah Southard	9:57*
6. Dustin Barrows	6:55	17. Kirk Lynch	7:31.5	41. Elisa Roberts	8:37*	65. Mark Chamberle	10:06
7. Douglass Bryant	7:03	18. Lucy Sommo	7:37*	42. Julia Little	8:39.3*	66. Tom Gopseli	10:09
8. Mike Curtis	7:09	19. Kamissa Mort	7:38*	43. Jessica Jones	8:39.8*	67. Cameron Mazurek	10:11
9. Kent Southard	7:11	20. Ava Goodale	7:39*	44. Lisa Pinkham	8:40*	68. Stacia Matthews	10:15*
10. Nick Pellicani	7:12	21. Mariah Hurley	7:40*	45. Pat Chamberli	8:42*	69. Ashley Berger	10:17*
11. Peter Malone	7:17	22. Jonathan Mort	7:43	46. Kyle Evans	8:43	70. Danielle Hansen	10:48*
		23. Mark Hoseboom	7:44	47. Andrew Carmichael	8:51	71. James Freeland	10:49
		24. Chris Brown	7:45	48. Matthew Homich	8:58	72. Elizabeth Rind	10:51*
		25. Isaac Wade	7:46	49. Frank Pavalkis	9:10	73. Amara Hale	10:57*
		26. Virginia Leavell	7:47*	50. Glen Ryan	8:13	74. Katie Evans	11:03*
		27. James Carmichael	7:48	51. Garret Temple	9:14	75. James Benner	11:07
		28. Ben Overlock	7:58	52. David Hochbaum	9:17	76. Paul Benner	11:13
		29. Amelia Fiske	7:59*	53. Eden Hochbaum	9:17	77. Jane Paulakis	11:15*
		30. Julia Parmley	8:00*	54. John Saucier	9:22	78. Michelle Hansen	11:22*
		31. Anna Hurley	8:04*	55. Charlie Holmes	9:24	79. Andrew Hansen	11:24
		32. Kim Maxcy	8:10*	56. Chester Dudzik	9:25	80. Sarah Ann Homich	11:32*
		33. Darren Robbins	8:13.3	57. Cynthia Parmley	9:26*	81. Mariah Hale	11:43*
		34. Robin Chace	8:13.6*	58. Rebecca Sproul	9:29*	82. Kris Benner	11:52
		35. Tyler Watkinson	8:14	59. Christen Mihal	9:31.6*	83. PaiQe Overlock	11:54*

Road Race

Schoodic Point - 15K Winter Harbor Aug. 12

1. Robert Ashby	27	50:53	23. David Torrey	48	60:03	54. James Moore	52	67:35	85. Jane Strassguti	45	76:51*
2. Patrick Sullivan	34	51:25	24. Janet Feldman	37	60:07*	55. Bob Jones	51	67:46	86. Skip Feldman	44	78:07
3. Tim Wakeland	30	51:58	25. Donna Hurley	38	60:07*	56. Jennifer Shultz	21	68:07*	87. Steven Tucker	43	78:13
4. Mike Gaige	42	52:58	26. Gary Larson	50	60:18	57. Patrick McCormack	32	68:16	88. Donnajean Pohlman	44	78:18*
5. David Roberts	40	53:24	27. Geoff Doyle	31	60:54	58. Rick Guyer	44	68:34	89. John Fiedler	53	78:23
6. Rick Stuart	37	54:38	28. Tim Reid	41	61:05	59. Stacy White	29	68:39*	90. Samuel Auerbach	61	78:58
7. Robie Black	41	55:56	29. Bob Dunfey	44	61:07	60. Ted Koehler	43	69:05	91. Michael Benyo	31	79:04
8. Chris Dorion	34	56:03	30. Alan Stockley	46	61:14	61. Joan Lee	41	69:15*	92. JoAnn Clough	48	79:34*
9. Parker Pruett	16	56:13	31. Chris Prickett	44	61:20	62. Bernice Stockley	32	69:22*	93. Robert Clough	43	79:34
10. Peter Dauphinee	20	56:14	32. Gerald Barney	62	61:47	63. Frank Short	49	69:54	94. Menziatti Antoinette	35	79:36*
11. Jeff Hunt	37	56:25	33. Jon Semba	30	62:01	64. Ron Paquette	54	70:26	95. Cathy Burnie	46	79:43*
12. Randall Spencer	33	57:18	34. Joe McGurn	47	62:08	65. Paul Barcewicz	43	71:14	96. Annette Hatch-Clein	32	80:20*
13. Owens McCullough	33	57:26	35. Scott Taylor	41	62:52	66. Dick Church	64	71:31	97. Laura Zegel	30	80:57*
14. Robert Jordan	35	57:38	36. Pete Nichols	36	63:04	67. Wayne Jacobs	36	72:11	98. Alan Nauss	57	82:16
15. JoAnn Nealey	34	57:46*	37. David Benn	50	63:09	68. Rene Collins	53	72:22	99. Beth Hatch lawson	30	82:49*
16. Judd Esty-Kendall	46	58:05	38. Kevin O'Shea	42	63:19	69. Erin Ray	29	72:22*	100. Rick Martin	42	83:38
17. Greg Dorr	30	58:17	39. Sheila Hodges	41	64:13*	70. Nancy Duffy	42	72:26*	101. Dick Dodge	58	84:29
18. Lou Lainey	47	58:28	40. Judson Cake	17	63:42	71. David Horr	42	72:27	102. Susan Blaisdell	54	84:56*
19. Jason Moor	16	58:33	41. William Emerson	31	63:45	72. Dale Nealey	31	72:32	103. Roberta Golden	44	85:28*
20. Stephen Tall	33	58:37	42. Budd Large	41	64:13	73. David Atwood	43	72:33	104. Frank Nicholas	20	86:39
21. Thomas Aucoin	34	58:37	43. William Orr	49	64:25	74. Keith Holland	40	72:33	105. Robin Billings	13	86:41
22. Jeremy Lisee	25	59:50	44. Lee Clein	32	64:51	75. John Walker	47	73:11	106. Rebecca Samson	30	87:44*
			45. Dale Dickie	52	64:56	76. Peter Golbitz	40	73:41	107. Frances Ashby	28	88:01*
			46. Kurt Strassaguti	40	64:57	77. George Leone	41	74:08	108. Mary Alice Bruce	56	79:34*
			47. David Baldwin	52	65:36	78. Greg Pruitt	26	74:46	109. Judy Dickie	53	92:33*
			48. Yun J. Chong	35	65:48	79. Louisa Dunlap	54	74:55*	110. Fran Brennan	58	95:39
			49. Frank Bragg	54	65:54	80. John Golden III	50	75:11	111. Mary Ford	37	96:14*
			50. Robert Dow,Jr.	50	66:42	81. Hugh Short	73	75:19	112. Charles Clapper	66	98:03
			51. Tim Dodge	34	66:48	82. Stephany Gaige	15	76:46*	113. Leona Clapper	65	109:35*
			52. Douglas Comstock	35	67:14	83. Jeanne Butterfield	45	76:51*	114. David Zasla	64	139:64
			53. Gene Roy	48	67:25	84. Chuck Burnie	41	77:30	115. Paul Paulson	68	135:54w

Road Race

Samoset 10K Bristol - Aug. 14

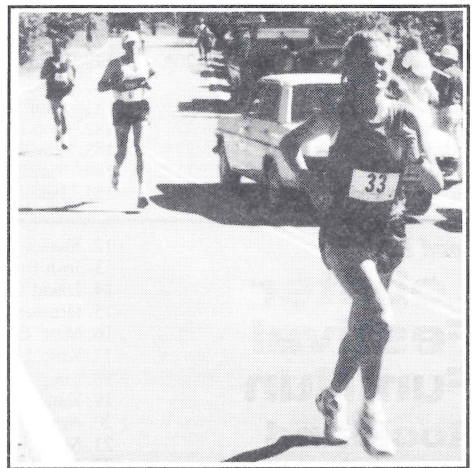
Race-day weather was perfect, sunny, and not too humid. There were 42 fun runners, 10 10K walkers and 102 10K runners who finished, a record number in the six years Carlene and I have organized this event. All races had prizes contributed by local sponsors in various age groups including the fun run. Middle-of-the-pack awards were given this year in both races. T-shirts were available this year for the first 85 10K runners and all volunteers. As a result of the great support and runner

participation, \$1,100 was raised for the Bristol Fire, Rescue, and Auxillary Organization. (Al Sproul)

1. Josh Hanna	23	Manchester,NH	32:58	14. Richard Cohen	46	New Castle,DE	39:42
2. Charlie Pohl	34	Weston,MA	34:09	15. Ken Cotton	46	Bristol	40:01
3. Arthur Anderson	25	New Harbor	34:41	16. Scott Peterson	18	Hartford,CT	40:13
4. Jeff Sanborn	41	Maryland	35:53	17. Wayne Newton	51	Jay	40:17
5. Chris Lincoln	25	Nobleboro	36:24	18. Thomas Amory	45	Camden	40:25
6. Michael Garland	32	Bristol	36:33	19. Meredith Garey	17	Edgcomb	40:38*
7. Lee Zerkowitz	40	Verona,PA	36:57	20. Doug Freeze	50	Saugerties,NY	40:39
8. Steve McGrath	40	Portland	37:21	21. Brian Kelley	37	Wilton	40:42
9. Leroy Mullin	40	Cape Porpoise	37:41	22. Mike Thompson	37	Union	41:27
10. Alan Reilly	42	Glen Cove	37:59	23. Steve Jacobsen	45	Kennebunk	41:40
11. Frank Fogg,Jr.	34	Union	38:13	24. David Polito	46	Georgetown	42:04
12. Chris Snow-Reaser	29	Augusta	38:24*	25. Stan Bunston	48	Ontario,CAN	42:16
13. William Sproul	37	New Gloucester	39:41	26. Hap Davis	47	Alberta,CAN	42:18
				27. Eric Gordon	28	California	42:22
				28. Julianna Nasse	16	Starks	42:48*
				29. John Pettorini	46	Kennebunk	43:18



Fun run instructions



No. 33 is Merideth Garey, 17, second female, from Edgcomb

30 Duane Olson	23 Boothbay Harbor	43:43	72 Sarah Plummer	28 Wiscasset	51:50*
31 Bob Brink	50 Saugerties, NY	43:55	73 Alan Ikalainen	49 S. Bristol	52:04
32 Paul Yates	44 Bristol	44:15	74 Tom Nanble	47 Bristol	52:13
33 Peter Goth	48 Bremen	44:35	75 Alan Pinkham	40 Damariscotta	52:20
34 Maureen Sproul	39 New Gloucester	44:36*	76 Leonard Padula	32 New Hampshire	52:31
35 Dan Lemieux	35 Winthrop	44:38	77 Paul McFarland	51 Lincolnville	52:45
36 Philip Street	37 Coopers Mills	44:45	78 Barb Ikalainen	43 S. Bristol	53:35*
37 Clyde Coolidge	56 Rollinsford, NH	44:52	79 Linda Wood	40 Edgcomb	53:54
38 Bob Brosils	42 Wayne	45:08	80 Robert Lockhart	44 W Hartford, CT	54:12*
39 Alvin Sproul	32 Londonderry, NH	45:21	81 Christine Cleary	42 Cambridge, MA	55:07
40 B.J. Russell	37 Bristol	45:34	82 Alex Dobrowolski	55 Bristol, NH	55:52*
41 Nancy Lagin	45 Starks	45:37*	83 Elizabeth Jones	19 Hollis, NH	56:03*
42 Eli Shepherd	59 Waterford, CT	45:45	84 Monica Browne	40 Trevett	56:07
43 Philip Devol	28 Boise, ID	45:50	85 Thomas Butler	50 Bristol	56:11*
44 Dick Orr	43 Bristol	45:55	86 Jane Rasmussen	59 Tenants Harbor	56:36*
45 Alan Petersen	44 New York	46:12	87 Lynda Cain	34 Cambridge, MA	56:41
46 Richard Prie	45 Massachusetts	46:40	88 William Avery	51 Rodes, PA	57:05*
47 Brian Leeman	39 Bristol	46:42	89 Wendy Pich	47 Medomak	57:37
48 Mark Daiute	41 Wiscasset	46:50	90 Joe Yakovac	46 Selfridge, MI	58:09*
49 Hob Brooks	15 Bristol	46:53	91 Dora St. Martin	31 Arlington, MA	58:32*
50 Robert Kyle	29	47:07	92 Wendy Griswold	48 Walpole	59:13
51 Donald Wood	33 Topsfield, MA	47:32	93 Warren Scharf	35 New York, NY	59:14*
52 Jennifer Seabury	36 Bristol	47:33*	94 Debi Hilton	55 Damariscotta	62:49
53 Debra Mandile	34 Waltham, MA	47:57*	95 David Kaler	38 Maryland	63:04
54 Ed Kennedy	43 Bristol	48:05	96 Rick Macklin	66 Newburyport, MA	64:09*
55 Lee Cunningham	59 Bristol	48:15	97 David Allard	27 S. Bristol	67:55
56 Iris Poland	39 Bristol	48:21*	98 Beth Gachowski	32 Pine Lake, GA	68:28
57 Bary Cain	32 Cambridge, MA	49:06	99 Bruce Nelson	69 Gorham	69:33*
58 Mike Campagnoli	47 Rockland	49:08	100 Julius Marzul	68 Lyme, NY	
59 Susan Weller	15 Boothbay	49:09*	101 Norman Wakely	39 Damariscotta	
60 Tim Wright	29 Cambridge, MA	49:13	102 Anne Connell		
61 Frank Campbell	44 Norwood, MA	49:35			
62 Russ Hughes	36 Richmond	49:41			
63 Warren Newton	27 Maine	50:23			
64 Barry Butterfield	28 Wilton	50:31			
65 Arnold Rosenfield	54 Acton	50:38			
66 Cindy Rancourt	36 Blacksburg, VA	50:53*			
67 Dean Shea	55 Union	51:00			
68 Brent Banks	13 Anandale, VA	51:05			
69 Carlton Mendell	73 Portland	51:07			
70 Mary Coolidge	27 Rollinsford, NH	51:24*			
71 Sheldon Belmain	54 Cranston, RI	51:33			

1-Mile Fun Run

1 Chris Orr	11 6:36
2 Vanessa Davis	13 6:37*
3 Wylie Belasik	11 7:10
4 Andrew Muir	11 7:18
5 Danny Lemieux	10 7:22
6 Megan Peterson	12 7:33*
7 Heather Fogg	8 7:39*
8 Nora Sullivan	11 7:52*
9 Ashley Banks	9 7:58*
10 David Nickerson	9 8:06
11 Joshua Rancourt	10 8:07
12 David Padgett	10 8:07
13 Helen Sullivan	9 8:12*
14 Peter Ingraham	28 8:17
15 Cheryl Tristine	26 8:18*
16 Jared Mitkus	13 8:20
17 Chris Hughes	14 8:23
18 Alvin Sproul V	8 8:30
19 Lee Emmons	10 8:35
20 J.J. Sproul	7 8:36
21 Kasiera Hughes	8 8:37*
22 Sara Cullinane	12 8:38*
23 Emily Spikell	9 8:46*
24 Jeanne Belasik	53 9:26*
25 Syrena Durlinger	14 9:03*
26 Stephen Ikalainen	6 9:09
27 Sam Cohen	7 9:30
28 Andrew Lane	8 9:30
29 Caitlyn Rancourt	9 9:42*
30 Ned Brown	6 9:52
31 Sarah Kennedy	13 9:59*
32 Rebecca Sproul	10 10:10*
33 Caleb Rancourt	5 10:11
34 Sean Kennedy	5 12:12
35 Justin Sproul	5 12:13
36 Amanda Lane	10 12:38*
37 Isabel Brackett	50 12:40*
38 Patricia Ingraham	56 13:10*
39 Sandra Lane	39 16:30*
40 Eileen Brock	41 16:30*
41 James Brock	37 16:30
42 Dylan York	3 17:20

Road Race

Machias 5-Mile Blueberry Run

Aug. 19

1 Tim Wakeland	30 E. Holden	26:42	8 Jason Moor	16 Bangor	29:40	24 Kevin O'Shea	Stamford, CT	33:12
2 Peter Millard	41 Orono	27:54	9 Greg Dorr	30 Bangor	29:51	25 Ian Fessler	15 Bangor	33:14
3 Matt Payson	17 Union	28:37	10 Stephen Tall	33 Glen Ridge, NJ	30:24	26 Ken Brack	32 Plympton, MA	33:18
4 Judson Esty-Kendall	46 Glenburn	29:04	11 Brendan Barden	18 Hinesburg, VT	30:31	27 Doug Pennock	36 Palmyra	33:26
5 Mark Chalufour	18 Cambridge, MA	29:06	12 Jeremy Lisee	25 Milbridge	30:45	28 Dale Dickie	52 Brownville Jct.	33:29
6 Peter Dauphinee	20 Bangor	29:07	13 Ken MacLeish	16 Cooperstown, NY	30:47	29 Bill Pinkham	52 Lamoine	33:33
7 Newell Lewey	37 Veazie	29:17	14 Thomas Aucoin	34 Bangor	30:58	30 Katrina Bisheimer	30 Bangor	33:39*
			15 J. Semba	36 Bangor	31:13	31 Bob Malatesta	39 Kensington, CA	33:47
			16 Gary Larson	50 Dover-Foxcroft	31:19	32 Mary Bartlett	27 Fredericton, NB	33:52*
			17 Randy Boesgaard	15 Flanders, NJ	31:49	33 Stephen Cates	45 Cutler	34:30
			18 Gregory Napoli	18 Lubec	32:00	34 Dean Crosman	38 Cutler	34:31
			19 Bion McFadden	55 Lubec	32:07	35 Kurt Strassgutl	43 Northeast harbor	34:38
			20 Sue Foster	37 Bar Harbor	32:14*	36 Frank Bragg	54 Bangor	34:44
			21 Bruce Twombly	43 Pittsfield	32:24	37 Jim Buehner	53 Lubec	34:52
			22 Brian Altwater	39 Perry	32:44	38 Robin Emery-Rappa	48 Lamoine	34:59*
			23 Kevin Dow	36 Eddington	32:49	39 Russell Prevost	43 Norfolk, MA	35:16

40	Nichi Farnham	32 Bangor	35:24*	67	Sue Tortello	40 Costigan	38:51*	94	Brian Doyle	43 W. Newfield	44:29
41	Scott Maker	37 N. Yarmouth	35:30	68	Carrie Wood	32 S. Portland	38:54*	95	Bob Dodge	62 Jackson, MI	44:30
42	Tony Jans	43 Whiting	35:32	69	Gary Hunt	42 Hancock	38:58	96	James Woodworth	27 Bangor	44:43
43	Bernice Stockley	32 Chester	35:34*	70	Robert Jung	50 E. Hampton, CT	39:12	97	David Whitham	55 Bar Harbor	44:45
44	Tom Heffernan	51 Rutland, VT	35:51	71	John Dean	46 Roque Bluffs	39:19	98	Jana Stabile	30 Bangor	44:51*
45	Fred Merriam	47 Bucksport	35:57	72	Mark Fochesato	24 AZ	39:27	99	Laura Graves	16 NE Harbor	45:20*
46	Mark Altwater	38 Perry	36:02	73	Richard Fochesato	33 E. Machias	39:50	100	Mary Bruce	56 Corea	46:09*
47	Steve Metz	45 Byfield, MA	36:21	74	David Stackpole	42 Ellsworth	39:55	101	Pat Franklin	44 Marblehead, MA	46:18
48	Kerry Peabody	32 S. Portland	36:24	75	Dana Urquhart	46 Bucks Harbor	40:03	102	Abra Hohnson	26 Trescott	46:32*
49	Donald Hogue	37 Woonsocket, RI	36:26	76	John Golden	50 Somerset, MA	40:07	103	Rebecca Leamon	32 Ellsworth	46:38*
50	David Cunio	53 Hancock	36:28	77	Sam Auerbach	61 Jonesport	40:25	104	Steve Graves	43 NE Harbor	46:50
51	Shawn Lamoureux	20 Columbia Falls	36:41	78	Erin Kimball	16 Dover-Foxcroft	40:41*	105	Tom Miller	78 Castsine	47:39
52	George Fountas	42 Wrentham, MA	36:45	79	Ralph Sprague	33 Portland	40:46	106	Terry Roberts	42 NE Harbor	47:53*
53	Ric Lamoureux	47 Columbia Falls	36:46	80	Doug Sprague	35 Jericho, NY	40:55	107	Charles Clapper	66 Bucksport	48:18
54	Gerard Nau	33 Cambridge, MA	36:47	81	John Strand	43 Pt. of Rocks, MD	40:55	108	Susan Talley	35 Cutler	50:03*
55	Noah Buehner	11 Lubec	36:57	82	Norm Toffolon	38 Machias	41:04	109	Jim Hurst	65 E. Machias	50:26
56	David Gholson	52 Bastrop, TX	37:07	83	Vaughn Holyoke	60 Brewer	41:37	110	Donna Chackelford	57 Bangor	51:13*
57	Tom Brennan	43 Robbinston	37:16	84	Dona Hardin	32 Jacksonville, FL	41:58*	111	Leona Clapper	65 Bucksport	52:22*
58	Erin Ray	29 Bangor	37:16*	85	Amy Whalen	26 Somerville, MA	42:21*	112	Kyle Novais	32 Whitman, MA	56:33*
59	Sarah McAleve	14 Calais	37:18*	86	Susan Blaisdell	54 Danbury, CT	42:54*	113	Ashlee Cancio-Bello	19 W. Rutland, VT	58:41*
60	Robert Harvey	42 Yarmouth	37:23	87	Don Douville	63 Machias	43:00	114	Sondra Richards	55 Machias	60:19*
61	Larry Hurst	39 Prescott, AZ	37:47	88	Robert Olson	61 Glastonbury, CT	43:04	115	Wendy Dorr	38 Machias	68:53*
62	Bruce MacLeish	48 Cooperstown, NY	38:13	89	Gary Fessler	50 Bangor	43:06	116	Jane Koch	26 Machias	72:45*
63	Brannin Buehner	13 Lubec	38:20	90	Charles Morgan	51 Roque Bluff	43:14	117	Jennifer Van Horne	36 Lonsdale, MN	72:46*
64	Kate Muir	13 Ellsworth	38:30*	91	Natalie Hayes	16 VT	43:14*	118	Susanni Douville	37 Portland	76:18*
65	Rene Collins	53 Brewer	38:36*	92	Stephen Apsega	45 Machias	43:31	119	Linda Albee	49 Machias	76:20*
66	Tim Brochu	33 Brewer	38:40	93	Amy Chapman	36 Locke Mills	44:01*				

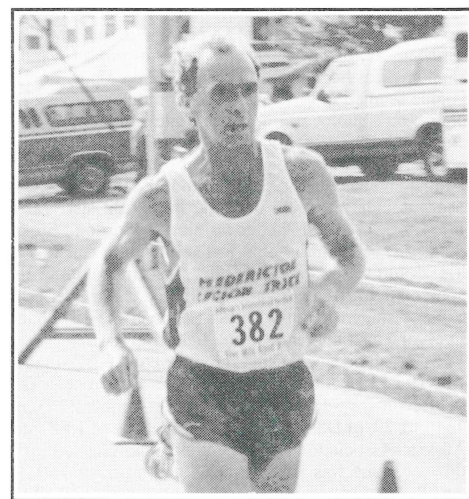
Road Race

Johnson's 5-Miler Calais - Aug. 19

The 16th Johnson's True Value International Fair 5-Mile Road Race was run under beautiful conditions. Roly McSorley from Fredericton, N.B., earned first place by running the international course in a fine time of 28:38. Mary Beth Gorey, also from Fredericton, took the Ladies Open with a solid time of 35:36. (John Rogers)

1	Roly McSorley	Fredericton, N.B.	28:38
2	Jonathan Aretakis	Pembroke	29:57
3	Newell Lewey	Veazie	31:08
4	Andy Boesgard	Flanders, NJ	32:52
5	Bion McFadden	Lubec	32:59
6	Charlie Barnard	Charlottesville, N.B.	33:28
7	Steve Scott	Fredericton, N.B.	33:52
8	Brian Altwater	Pleasant Point	34:21
9	Mary Beth Gorey	Fredericton, N.B.	35:36*
10	Garn Pomery	St. John, N.B.	36:10

11	Verne Cunningham	St. Andrews, N.B.	36:50
12	Pierre Breault	St. Stephen, N.B.	37:40
13	Mary Bartlett	Fredericton, N.B.	37:42*
14	Tom Brennan	Calais	38:38
15	Peggy Ross	Winterport	38:44*
16	Marianne Calder	St. Stephen, N.B.	39:33*
17	Timothy Cline	Windham	40:19
18	Mark Altwater	Pleasant Point	40:24
19	Clare Cline	Calais	40:43*
20	Curtis Faulkner	Truro, N.S.	40:52
21	Josh Parker	Princeton	41:21
22	Alan Marana	Woodland	41:29
23	Joel Parker	Princeton	41:31
24	Carol Scott	Fredericton, N.B.	42:12*
25	Joe Cunningham	St. John, N.B.	42:26
26	Art Comeau	St. John, N.B.	42:41
27	Aarin Bronson	St. Stephen, N.B.	42:41
28	Chip Miller	Yarmouth, N.S.	42:55
29	Sylvia McConkey	St. Stephen, N.B.	44:23*
30	Ann Bacon	Mt. Desert	50:06*
31	Jodi Boesgard	Flanders, NJ	52:32*
32	Sarah McAleer	Calais	52:33*
33	Bill Yardley	St. Stephen, N.B.	53:04
34	Jim Hurst	Big Bend, TX	57:00
35	Chris Hayward	Calais	58:20
36	Katherine Hayward	Calais	58:21*



Winning Roly McSorley of Fredericton, N.B.
(a master, too)

Road Race

Angie Abraham 4-Miler Portland - Aug. 20

Results courtesy Split-Time Race Management

1	Bob Winn	36	18:11
2	Kyle Rhoads	25	19:57
3	Steve McGrath	40	21:41
4	Nghia Huynm	18	21:44
5	Ryan Fenton	14	21:50
6	Jeffrey Bennett	32	21:55
7	Chuck Radis	41	21:57
8	Ted Hutch	30	21:59
9	Shawn Green	22	22:04
10	Ryan Martin	16	22:40
11	Bob Hawkes	73	22:46
12	Martyn Keen	33	22:59
13	John Bean	37	23:21
14	Paul Liming	46	23:31
15	Rex Holtan	43	24:10
16	Richard Scribner	44	24:14
17	Jerome St. Louis	16	24:24
18	Emily Holdtman	18	24:41*
19	Ray Shevenell	54	24:56
20	Roger Canteno	32	24:59

21	Larry Frank	39	25:18
22	Eric Conrad	16	25:27
23	Jim Estes	46	25:34
24	Britt Wolfe	30	25:37
25	Andrew Zanland	18	25:47
26	Christy Peters	24	25:49*
27	John Keeley	44	25:50
28	David Paul	50	25:51
29	Leanne Brady	16	25:52*
30	Ryan Hutchins	16	25:54
31	Connie Hallett	36	26:06*
32	Kevin Ferguson	16	26:19
33	Rachael Greenberg	16	26:25*
34	Phil Vezina	35	26:25
35	Jon Audette	16	26:26
36	George Liming	44	26:29
37	Gil Forbes	15	26:33
38	Michele Oham	29	26:44
39	Rose-Prest Morrison	32	27:09*
40	Doug Blanchard	69	27:24
41	Adam Audette	17	27:30
42	Taylor Marble	15	27:37
43	Matt Lonland	18	27:43
44	Nicole Belanger	16	27:46*
45	Erik Carlson	16	27:50
46	Jeff Lyons	38	27:57
47	Christopher Bowden	18	28:28
48	Larry Wiggins	53	28:28

49	Michael Caiola	18	28:30
50	Nancy Hill	28	28:57*
51	Alan Ramsdell	54	29:29
52	Sal Clark	16	29:31*
53	David Eyerman	17	29:34
54	Danny MacDuffie	17	29:36
55	James Wharton	15	29:46
56	Randy Shaffer	40	30:01
57	Jared Storer	18	30:02
58	Matt Luccarelli	16	30:08
59	Anne-Marie Dionne	16	30:26*
60	Kimberly Eis	15	30:42*
61	Jessica Storer	20	30:50*
62	James Bass	16	30:52
63	John Griffin	15	30:55
64	Josh Nex	15	31:01
65	Kevin Smith	26	31:07
66	Bill Deetjen	51	31:40
67	Zack Bowman	16	31:43
68	Meghan Barry	16	31:48*
69	Fred Eis	47	31:50
70	Jenna Pompeo	16	31:51*
71	Jodi Thekialt	16	31:55*
72	Bryn Carlson	16	31:58*
73	Jen Lovejoy	17	32:05*
74	Elizabeth Coyne	16	32:07*
75	Ali Kuzmickas	16	32:12*
76	Joe Coyle	46	32:17

77 Danielle Hogan	16	32:27*	91 Jennifer Arich	16	34:34*	105 Don Penta	49	39:11
78 Katie Barton	16	32:41*	92 John Gallagher	42	34:51	106 Liz Russell	16	39:46*
79 Jessie Read	16	32:41*	93 Scott Nelson	16	34:53	107 Kate Jenkins	16	39:56*
80 Kris Griffin	16	32:42*	94 Lori Ferguson	16	34:59*	108 Frank Long	78	42:12
81 Kristen Wilkins	16	32:44*	95 Sarah Didonato	16	35:14*	109 Andrea Knight	37	42:15*
82 Lindsay Stuart	16	33:18*	96 Catherine Arnold	16	35:15*	110 Melissa Aaskov	18	43:24*
83 Peter Maynard	15	33:49	97 Lee Nicoloff	42	35:25*	111 Don McElminney		47:27
84 Alyson Root	26	33:56*	98 Susannah Clark	16	35:33*	112 Stephanie Bagley	22	52:51*
85 Timothy Beverage	25	33:58	99 Erin Carrigan	16	35:53*	113 Andrea Bagley	49	52:54*
86 Samantha Beverage	26	33:59	100 Roxanne Huff	16	35:54*	114 Chris Sawyer	23	52:57
87 Jenn Shaffer	16	34:00*	101 Katie Radke	16	37:29*	115 Claire Cutting	9	1:00:00*
88 Jane Shaffer	39	34:00*	102 Dennis Morrill	55	37:33	116 Barbara Cote	29	1:00:00*
89 Heather Metirier	16	34:28*	103 Mark Clinch	39	37:36			
90 Jen Campbell	16	34:32*	104 Sylvia Norton	40	37:56*			

Road Race

Bowdoin and Back 10-Miler Aug. 20

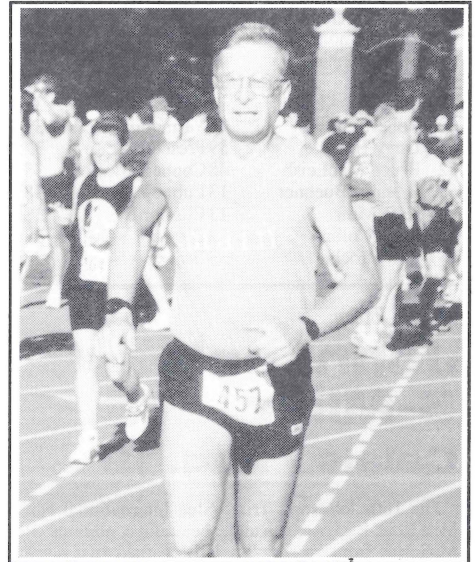
"It was beautiful," said Shaun Keenan, 33, of Coopers Mills, about his Sports East Bowdoin & Back race experience this year. His 55:32 was a personal best for the distance, but the competition was stiff for this excellent Maine runner and he only came in 11th. Tom Thibeau, 37, of Gardiner, who came in ninth (in many smaller races he comes in first), also had a p.r. Lots of people seemed to be scoring bests on this relatively flat course on a sunny, warm, but dry late-summer day. The course also provided a lot of shade, many gratefully noted.

Further back in the pack, Deborah Cassidy, 38, of Scarborough, improved her time from 1:22 last year to 1:19. She credited "better training." Gordon "Spike" Stein, 52, of Damariscotta, just felt glad he finished on his debut Bowdoin & Back, feeling especially appreciative that his daughter Hillary, 22, a Wellesley College student, "ran with her old man the first half." Everyone also appreciated the light traffic.

"Such a good field," said Ludo Bruyere, 26, of Augusta, who finished 26th with a 58:25. "It's a p.r. race." That held even for some of the very best runners. Diane Tedford, 29, of Dalton, Mass., who was one of 13 Boston Athletic Association team members who cleaned up in this race (she was first women), had a p.r. of 1:01:14. An all-American in college, she was training for the Twin Cities Marathon in Minnesota in October. Two B.A.A. members, Joseph Carroll and George Rose, took the first two places in the men's division, "and this was the team's second tier," said Toben Nelson, their assistant coach. The B.A.A.'s top people were at the Parkersburg, W.V., half marathon. (LT)

1 Joseph Carroll	33 M	53:41 Brighton	MA
2 George Rose	36 M	54:07 Kingston	MA
3 Stu Hogan	33 M	54:26 OOB	ME
4 Stephen Sarkozy	27 M	54:31 Cape Elizabeth	ME
5 Robert Ashby	27 M	54:38 Brunswick	ME
6 Pete Bottomley	33 M	54:43 Naples	ME
7 Michael Grigware	30 M	54:46 E. Waterboro	ME
8 Patrick Sullivan	34 M	54:54 Bangor	ME
9 Tom Thibeau	37 M	55:08 Gardiner	ME
10 Justin Curtis	33 M	55:09 Nashua	NH
11 Shaun Keenan	33 M	55:32 Coopers Mills	ME
12 Jeff Tidd	30 M	56:12 Saco	ME
13 Bill Desrosier	32 M	56:43 Scarborough	ME
14 Bruke Tadesse	18 M	56:56 Arlington	MA
15 Michael Rice	20 M	57:08 Bath	ME
16 Michael Payson	32 M	57:10 Falmouth	ME
17 Lance Guliani	36 M	57:14 West Bath	ME
18 Bryan Kuprewicz	39 M	57:20 Wells	ME
19 David Drew	31 M	57:35 Litchfield	ME
20 George Bockus	29 M	57:41 Windham	ME
21 Kevin Steiner	21 M	57:43 Brunswick	ME
22 Gordon Hartwell	37 M	57:57 Bingham	ME
23 Bob Reetz	27 M	58:06 Burlington	MA
24 Stephen Beckwith	38 M	58:12 Bolton	MA
25 Michael Hewitt	19 M	58:22 Bath	ME
26 Luddvic Bruyere	26 M	58:25 Augusta	ME

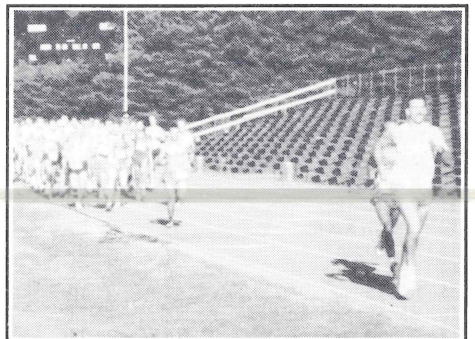
27 Pierre Martel	23 M	58:26 So. Portland	ME
28 Brian McCrea	35 M	58:30 Freeport	ME
29 Rob Craig	39 M	58:33 Cumberland	ME
30 Jim Toulouse	47 M	58:39 Cape Elizabeth	ME
31 Guy Segars	35 M	58:54 Brunswick	ME
32 Bob Wanamaker	36 M	59:16 Eliot	ME
33 Rick Reaser	28 M	59:41 Augusta	ME
34 Scott Broerman	35 M	59:50 Brunswick	ME
35 Thomas Bennett	38 M	59:53 Lewiston	ME
36 Kevin Gile	37 M	59:58 Gorham	ME
37 Randy Bartlett	39 M	1:00:00 Eliot	ME
38 Gordon Scannell	42 M	1:00:18 No Yarmouth	ME
39 Ronald Johnston	43 M	1:00:20 Durham	NH
40 Jonathan Kelly	18 M	1:00:25 Bath	ME
41 Russell Wogan	40 M	1:00:28 Portland	ME
42 Parker Morse	21 M	1:00:32 Amherst	MA
43 John Eldredge	41 M	1:00:35 Cumberland	ME
44 Steve Anderson	31 M	1:00:37 Andover	MA
45 Shawn Jyavook	21 M	1:00:40 Unity	ME
46 Jim Gunson	28 M	1:00:43 Portland	ME
47 Jerry Mullin	40 M	1:00:43 Cape Porpoise	ME
48 Barry Bass	31 M	1:00:44 Wellesley	MA
49 Joel Croteau	51 M	1:00:45 Biddeford	ME
50 John Lee	47 M	1:00:45 Beverly	MA
51 William Boucher	37 M	1:00:51 Auburn	ME
52 Owens McCullough	33 M	1:00:54 Limerick	ME
53 Steve Podgajny	44 M	1:00:56 Brunswick	ME
54 Dwight Blease	35 M	1:01:00 Brunswick	ME
55 Chris Metcalfe	44 M	1:01:01 East Walpole	MA
56 Paul Gadbois	41 M	1:01:04 Saco	ME
57 Michael Reali	41 M	1:01:09 Cape Elizabeth	ME
58 James Flaker	31 M	1:01:10 Portland	ME
59 TJ Hesler	26 M	1:01:12 Augusta	ME
60 Diane Tedford	29 F	1:01:14 Dalton	MA
61 Ronald Plourde	25 M	1:01:21 Lewiston	ME
62 Francisco FariaEMai	34 M	1:01:31 Milton	MA
63 Terry Sutton	34 F	1:01:35 Portland	ME
64 Chris Jones	32 M	1:01:46 Bucksport	ME
65 Alan Reilly	42 M	1:01:47 Glen Cove	ME
66 Jeffrey Day	24 M	1:01:51 Medford	MA
67 Bill Reilly	48 M	1:01:53 Brownfield	ME
68 Roland Thibault	27 M	1:02:06 West Hartford	CT
69 Randy Spencer	33 M	1:02:10 Freeport	ME
70 Joseph Hewitt	19 M	1:02:11 Bath	ME
71 Jack Hodgkins	27 M	1:02:23 Boston	MA
72 Charles Trantarella	27 M	1:02:35 Waltham	MA
73 James Haddow	36 M	1:02:42 Limington	ME
74 Robert Prest	33 M	1:02:49 Liberty	ME
75 Dan Hutchins	35 M	1:02:50 So. Portland	ME
76 Stewart Jordan	38 M	1:02:53 North Yarmouth	ME
77 Kevin Carley	40 M	1:02:54 Cumberland	ME
78 John Leeming	38 M	1:02:57 Cumberland	ME
79 Fred Randall	44 M	1:03:00 Bath	ME
80 David Simard	38 M	1:03:06 Augusta	ME
81 Christine Reaser	29 F	1:03:07 Augusta	MA
82 Ryan Aldrich	16 M	1:03:08 Durham	ME
83 Gretchen Hibben	30 F	1:03:16 Concord	MA
84 Bob Coughlin	56 M	1:03:22 Falmouth	ME
85 Charlie Poole	41 M	1:03:30 Yarmouth	ME
86 Michael Moran	39 M	1:03:33 Orrs Island	ME
87 Ken Norton	42 M	1:03:37 Bath	ME
88 Jaime Jackson	26 M	1:03:39 Portland	ME
89 Lynn Schuler	32 F	1:03:42 Charlestown	MA
90 Neil Welner	23 M	1:03:49 Brunswick	ME
91 Richard Mulhern	41 M	1:03:59 Falmouth	ME
92 Allan Robinson	30 M	1:04:02 Boston	MA
93 Jay Chandler	38 M	1:04:08 Northbridge	MA
94 Mike Daly	50 M	1:04:11 Brunswick	ME
95 Paul Davis	39 M	1:04:12 Falmouth	ME
96 Mary Meehan	29 F	1:04:17 Topsham	ME



Steve Jacobsen, Kennebunk



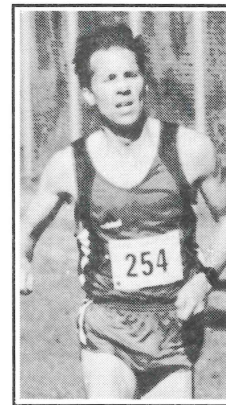
Gail Heinrich, Waltham, Mass.



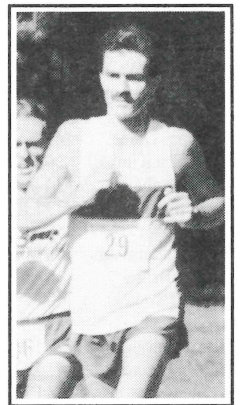
Tom Thibeau leads the pack soon after the start

97 Paul Casey 41 M 1:04:29 Saco
 98 Alburn Butler 41 M 1:04:40 Portland
 99 Adam Tyson 35 M 1:04:48 Brunswick
 100 Robert Ashley 39 M 1:04:59 No Yarmouth
 101 Kevin Kennelly 30 M 1:05:05 Salem
 102 Don Stowell 40 M 1:05:07 Cumberland
 103 Bob Lazansky 41 M 1:05:13 Macungie
 104 Calter Crockett 36 M 1:05:18 Skowhegan
 105 Gerard Conley 41 M 1:05:22 Portland
 106 William Sproul 37 M 1:05:24 New Gloucester
 107 Scott Holt 30 M 1:05:31 Topsham
 108 Laurel Valley 32 F 1:05:41 S Hiram
 109 Michael Michael 49 M 1:05:46 Saco
 110 Blake Strack 33 M 1:05:52 Portland
 111 Bob Bussier 36 M 1:05:53 Lewiston
 112 Jesse Randall 19 M 1:05:55 Bath
 113 George Johnson 41 M 1:05:58 Bailey Island
 114 David Chamberlain 33 M 1:06:02 Falmouth
 115 Denis Poulin 35 M 1:06:07 Carrabassett Val
 116 Ken Cotton 46 M 1:06:09 Bristol
 117 Daniel Kelly 40 M 1:06:10 Portland
 118 Sumner Weeks 46 M 1:06:15 Portland
 119 John Howard 32 M 1:06:16 Somerville
 120 Thomas Allen 39 M 1:06:22 Cumberland
 121 Bill Whitmore 35 M 1:06:23 Falmouth
 122 Terry Clark 51 M 1:06:28 Windham
 123 Ellen Bowden 42 F 1:06:29 Cumberland
 124 Steve Jacobsen 45 M 1:06:30 Kennebunk
 125 Edward Hibben 36 M 1:06:30 Concord
 126 Jared Legare 16 M 1:06:32 Auburn
 127 Les Berry 47 M 1:06:36 Gorham
 128 Steve Moriarty 45 M 1:06:37 Cumberland
 129 Duane Hinds 19 M 1:06:39 Bath
 130 Randy Moore 41 M 1:06:39 Gorham
 131 Gretchen Read 52 F 1:06:41 Portland
 132 Fred Lewis 39 M 1:06:48 Coventry
 133 Joe Meehan 48 M 1:06:50 Gardiner
 134 Charles Walt 50 M 1:06:51 New York
 135 Thomas Amory 45 M 1:06:52 Camden
 136 Charles Legg 21 M 1:06:56 Billerica
 137 Charles Iselborn 38 M 1:07:00 Portland
 138 Al Sproul 57 M 1:07:03 Chamberlain
 139 Larry Doble 49 M 1:07:08 Lisbon Falls
 140 Jan Beckwith 39 F 1:07:10 Bolton
 141 Ed Doughty Jr 46 M 1:07:14 Gray
 142 Bradley Poster 40 M 1:07:17 Marlboro
 143 Jake Laferriere 47 M 1:07:20 Bridgton
 144 John Illig 31 M 1:07:25 Waterville
 145 Bill Laverty 44 M 1:07:25 Brooklyn
 146 Loren Lathrop 46 M 1:07:28 So. Portland
 147 Tim Sickle 43 M 1:07:30 Bowdoin
 148 Daniel Rooney 51 M 1:07:31 Alfred
 149 Tom McGuire 49 M 1:07:33 Oakland
 150 Mark Nowak 47 M 1:07:39 Topsham
 151 James McCorkle 40 M 1:07:45 Falmouth
 152 Larry Fortin 46 M 1:07:53 Farmingdale
 153 Gail Turner 35 F 1:07:54 Portland
 154 Donald Hebert 1:07:55 Lewiston
 155 Charles Morin 32 M 1:07:56 Auburn
 156 Kerry Corcoran 30 F 1:08:03 Portland
 157 James Batts 53 M 1:08:17 Andover
 158 Chris Doble 36 M 1:08:20 Skowhegan
 159 Mike Williams 43 M 1:08:22 Topsham
 160 Ron Cedrone 46 M 1:08:24 Falmouth
 161 Carol Manley 41 F 1:08:26 Washington
 162 Hung Bui 23 M 1:08:30 Waterville
 163 Thomas Troy 35 M 1:08:30 Billerica
 164 Mark Rodrigue 31 M 1:08:31 Lewiston
 165 Valerie Trantanello 27 F 1:08:37 Waltham
 166 Kevin Jenkins 38 M 1:08:38 Gorham
 167 Ken Buzzell 37 M 1:08:39 Brunswick
 168 Sarah Andrus 40 F 1:08:42 Rockport
 169 Carlos Philbrick 42 M 1:08:43 Dayton
 170 David Polito 46 M 1:08:45 Georgetown
 171 Al Nagel 54 M 1:08:46 Boston
 172 Stephen Coolidge 23 M 1:08:53 Rollinsford
 173 Mark McClellan 38 M 1:08:57 Rockland
 174 Will Lund 40 M 1:08:58 Falmouth
 175 Brad Springer 24 M 1:09:03 Portland
 176 David Dowling 41 M 1:09:12 Cumberland Ctr
 177 Mary Poulin 35 F 1:09:15 Carrabassett Val
 178 Jean Lamontagne 32 F 1:09:17 Mequon
 179 Lonnie Lynch 35 M 1:09:20 Wiscasset
 180 Greg Bishop 28 M 1:09:25 Portland

ME 181 Paul Lavangie 37 M 1:09:26 So. Portland
 ME 182 David Peterson 41 M 1:09:28 Westbrook
 ME 183 Jacob Toman 14 M 1:09:32 Westbrook
 ME 184 Michael Bosse 24 M 1:09:33 Portland
 NH 185 Nelson Larkins 34 M 1:09:34 Freeport
 ME 186 Stephen Liscovitz 41 M 1:09:35 Brunswick
 PA 187 John Pettorini 46 M 1:09:37 Kennebunk
 ME 188 Mark Joyce 45 M 1:09:38 Portsmouth
 ME 189 Nancy Cooper 40 F 1:09:40 Falmouth
 ME 190 John Rolfe 41 M 1:09:41 Portland
 ME 191 Scott Fone 35 M 1:09:48 Bath
 ME 192 Gordon Smith 37 M 1:09:54 Portland
 ME 193 Ken Preston 41 M 1:09:55 Mechanic Fls
 ME 194 B. MacLaughlin 19 F 1:10:05 Cape Eliz.
 ME 195 Leigh Minor 25 F 1:10:11 OOB
 ME 196 Mary McCauley 36 F 1:10:11 Georgetown
 ME 197 Rich McCauley 35 M 1:10:12 Georgetown
 ME 198 Robert Arsenaault 45 M 1:10:13 Cumberland
 ME 199 Peter Hanson 55 M 1:10:38 Portland
 ME 200 Stephen Murphy 51 M 1:10:39 Biddeford
 ME 201 Will Thompson 43 M 1:10:40 Brunswick
 ME 202 Kathy Jenkins 35 F 1:10:41 Gorham
 MA 203 Nicholas Vail 16 M 1:10:42 Brunswick
 ME 204 Jeanne Hackett 36 F 1:10:45 Peaks Island
 ME 205 Fred Bragdon 34 M 1:10:47 Wiscasset
 ME 206 Clyde Coolidge 56 M 1:10:48 Rollinsford
 ME 207 Niki Anderson 24 F 1:10:55 Newton
 ME 208 Deena Cherenza 28 F 1:10:56 Somerville
 MA 209 Andrew McCuster 48 M 1:10:57 Yarmouth
 ME 210 Yun Chong 35 M 1:11:01 Portland
 ME 211 Randy Wing 36 M 1:11:04 Bath
 ME 212 Scott Cushing 42 M 1:11:05 Brunswick
 ME 213 Patrick Fitzmaurice 38 M 1:11:06 Richmond
 ME 214 Nancy Clark 37 F 1:11:09 Sanford
 ME 215 Ralph Baxter Jr 33 M 1:11:12 So Portland
 RI 216 Rick Hartzell 42 M 1:11:13 Brunswick
 ME 217 Bob McCormack 44 M 1:11:14 Cape Elizabeth
 NY 218 Gail Heinrich 30 F 1:11:19 Waltham
 ME 219 Rosalyn Randall 45 F 1:11:22 Portland
 MA 220 Stephen Fluet 37 M 1:11:31 Cumberland
 ME 221 Chip Kelley 34 M 1:11:37 Cape Elizabeth
 ME 222 Maureen Sproul 39 F 1:11:39 New Gloucester
 ME 223 Kathryn Tolford 40 F 1:11:42 Falmouth
 MA 224 John Cullen 43 M 1:11:46 Topsham
 ME 225 Joan Reynolds 39 F 1:11:52 Arrowsic
 VT 226 Joseph Guimond 36 M 1:11:53 Portland
 ME 227 Gus Goodwin 34 M 1:11:57 Portland
 ME 228 Nannette Morin 36 F 1:12:01 Lewiston
 NY 229 Melissa Coulombe 22 F 1:12:04 Falmouth
 ME 230 Louis Thibeault Jr 45 M 1:12:06 Lisbon Falls
 ME 231 Mark Alex 35 M 1:12:08 West Rockport
 ME 232 Mike Cavanaugh 44 M 1:12:10 Portland
 ME 233 Margaret Jones 31 F 1:12:18 Bucksport
 ME 234 Ashli Minor 24 F 1:12:28 OOB
 ME 235 Budd Large 41 M 1:12:35 Auburn
 ME 236 James White 41 M 1:12:39 Rumford
 ME 237 Bill Wood 43 M 1:12:40 Harrison
 ME 238 Donald Andrus 47 M 1:12:45 Rockport
 ME 239 Peter Areson 45 M 1:12:50 Brunswick
 ME 240 Chris Dinan 40 M 1:12:52 Portland
 MA 241 Rob Jarratt 53 M 1:12:54 Brunswick
 ME 242 Greg Pyle 29 M 1:13:00 Augusta
 ME 243 David Toothaker 32 M 1:13:13 Brunswick
 ME 244 Walter Webber 65 M 1:13:20 Walpole
 ME 245 Marjorie Tennyson 42 F 1:13:22 Harpswell
 ME 246 Lorali Smith 24 F 1:13:26 OOB
 MA 247 Jon Wiley 43 M 1:13:33 Bath
 ME 248 Mark Lapointe 29 M 1:13:36 Manchester
 MA 249 Scott Hamilton 44 M 1:13:46 No Waterboro
 ME 250 David Toothaker 37 M 1:13:47 Brunswick
 ME 251 Larry Sutton 37 M 1:13:49 Auburn
 ME 252 Rocco Corsetti 47 M 1:13:49 Westbrook
 ME 253 John Peters 46 M 1:13:52 Brunswick
 ME 254 Reggie Sargent 49 M 1:13:54 Kennebunkport
 MA 255 Mark Sawyer 30 M 1:13:55 Cape Elizabeth
 NH 256 Keith Holland 40 M 1:13:58 W. Rockport
 ME 257 Karen Pagnano 29 F 1:13:58 Waldoboro
 ME 258 Candice Kary 42 F 1:13:59 Kennebunkport
 ME 259 George Alexion 36 M 1:14:12 Lynn
 ME 260 Betty Rines 38 F 1:14:15 Gorham
 ME 261 Carl Comstock 56 M 1:14:15 Scarborough
 WI 262 Michael Mosley 41 M 1:14:20 Portland
 ME 263 Tom Ryan 38 M 1:14:24 Gray
 ME 264 Donald Harriman 48 M 1:14:27 Pittsfield



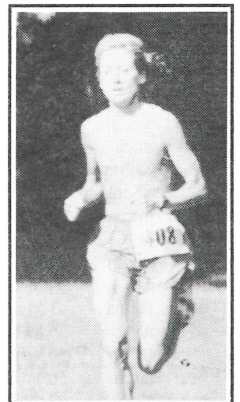
George Rose
came in second



Stewart Jordan leads
John Leeming



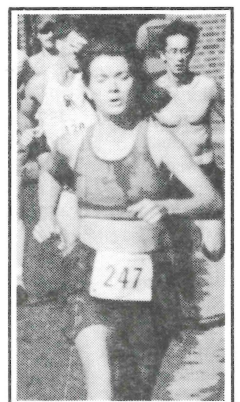
Mark Rodrigue
ahead of Hung Bui
(No. 416)



Laurel Valley,
South Hiram



Elizabeth Kimball,
Easton



Nancy Clark,
Sanford

ME 265 Ted Kirchner 47 M 1:14:28 Portland
 NH 266 John Merritt 45 M 1:14:30 Gorham
 ME 267 Rick Ramseyer 33 M 1:14:31 Portland
 ME 268 Joe Bennett 37 M 1:14:32 Bangor
 ME 269 Jim Shields 29 M 1:14:33 Bath
 ME 270 Carrie McCuster 25 F 1:14:34 Portland
 ME 271 Mike Brooks 49 M 1:14:38 Danville
 ME 272 Ron Beard 35 M 1:14:38 Portland
 ME 273 Mike McCarthy 43 M 1:14:40 Yarmouth
 ME 274 Charles Spies 38 M 1:14:42 Topsham
 ME 275 Thomas Carll 51 M 1:14:42 Gray
 ME 276 Rebecca Raskin 27 F 1:14:43 Portland
 MA 277 Dan Hogan 44 M 1:14:48 Portland
 ME 278 Donald Zillman 51 M 1:14:49 Portland
 ME 279 Jim Gott 27 M 1:14:50 Bowdoinham
 ME 280 David Courtney 41 M 1:14:55 Portland
 ME 281 Ralph Butts 34 M 1:15:06 Gray
 ME 282 Nick Rathbone 26 M 1:15:12 Brunswick

283 Charles Vadakin	53 M 1:15:15 Freeport	ME	362 Susan Kolakowski	38 F 1:19:30 Auburn	ME	441 Katherine Everett	31 F 1:26:10 Kennebunk	ME
284 James Pender	26 M 1:15:16 Milton	MA	363 John Cullinane	51 M 1:19:30 Auburn	ME	442 Bradlee Hunter	33 M 1:26:13 Freeport	ME
285 Cecile Fontaine	44 F 1:15:20 Portland	ME	364 Jim Thornton	46 M 1:19:31 Westbury	NY	443 Milt Dudley	43 M 1:26:30 Bath	ME
286 Phil Cousineau	43 M 1:15:26 Portland	ME	365 Chris Salamone	35 M 1:19:33 South Portland	ME	444 Mary Coolidge	27 F 1:26:33 Rollinsford	NH
287 David McKay	32 M 1:15:28 Topsham	ME	366 Wendy Williams	41 F 1:19:37 Portland	ME	445 Geri Robbins	50 F 1:26:36	
288 Petipas Diane	41 F 1:15:30 Gilford	NH	367 Deborah Cassidy	38 F 1:19:39 Scarborough	ME	446 Ronald Read	53 M 1:26:39 Portland	ME
289 Rosalea Kimball	24 F 1:15:32 Winthrop	ME	368 Rebecca Clark	33 F 1:19:42 Portland	ME	447 William Dunnett	38 M 1:26:39 Cumberland	ME
290 Bob Krebs	34 M 1:15:34 Bowdoinham	ME	369 Daniel Profenno	35 M 1:19:55 Portland	ME	448 Keith Kennelly	36 M 1:26:53 Windham	NH
291 Andrew Morris	39 M 1:15:37 Topsham	ME	370 Cem Giray	33 M 1:20:02 Walpole	MA	449 Arabella Eldredge	41 F 1:26:56 Cumberland	ME
292 John Dyer	50 M 1:15:39 Yarmouth	ME	371 Harold Vath	45 M 1:20:02 No. Reading	ME	450 John Finn	40 M 1:26:59 Brunswick	ME
293 Dick Cummings	58 M 1:15:41 Manchester	ME	372 Louisa Dunlap	54 F 1:20:06 Belfast	ME	451 Emily Bergson	20 F 1:27:00 Portland	ME
294 Mark Bruns	36 M 1:15:42 Gray	ME	373 Michael Giglia	36 M 1:20:18 Damariscotta	ME	452 Derik Sheane	24 M 1:27:06 Topsham	ME
295 David Rodick	40 M 1:15:43 Portland	ME	374 Graeme Archer	17 M 1:20:21 Durham	CT	453 Sharon McKee	35 F 1:27:08 Augusta	ME
296 Joan Lavin'	47 F 1:15:51 Portland	ME	375 Mark Daiute	41 M 1:20:23 Wiscasset	ME	454 Laurie Curtis	48 F 1:27:09 Yarmouth	ME
297 Ellen Spring	42 F 1:15:55 Thomaston	ME	376 Abby Holman	33 F 1:20:32 Portland	ME	455 Cecilia Caldwell	36 F 1:27:11 Portland	ME
298 Richard Evans	41 M 1:16:00 Yarmouth	ME	377 Richard Cavanaugh	62 M 1:20:35 Freeport	ME	456 Jeanne Richmond	36 F 1:27:11 Cape Porpoise	ME
299 Linda Hanson	48 F 1:16:02 Portland	ME	378 Donald Foshay	35 M 1:20:36 So Portland	ME	457 Sarah Rizkalla	29 F 1:27:33 Scarborough	ME
300 Betsy Barrett	44 F 1:16:03 Scarborough	ME	379 Michael Kingsley	35 M 1:20:52 Rollinsford	NH	458 Ronald Carvalho	31 M 1:27:34 Brunswick	ME
301 Dominic Reali	52 M 1:16:05 Portland	ME	380 Orlando Delogu	58 M 1:20:56 Portland	ME	459 Candace Griffin	32 F 1:27:41 Falmouth	ME
302 John Morse	50 M 1:16:06 Bath	ME	381 Dolly Cumpian	22 F 1:20:58 So. Harpswell	ME	460 Maureen Carr	31 F 1:27:58 Montpelier	VT
303 Gene Waters	59 M 1:16:07 Cumberland	ME	382 Severa Von Nentzel	22 F 1:20:59 So. Harpswell	ME	461 Michael Denning	49 M 1:28:15 Yarmouth	ME
304 Matthew Sturgis	26 M 1:16:09 New Gloucester	ME	383 L. Mark Kibler	40 M 1:21:20 Thorndike	ME	462 Jane Dolley	47 F 1:28:17 Yarmouth	ME
305 Joan Lee	41 F 1:16:16 New Gloucester	ME	384 Claire Robbins	32 F 1:21:26 Yarmouth	ME	463 Rod Sparkowich	35 M 1:28:23 Portland	ME
306 Stephen Bies	42 M 1:16:18 Bryant Pond	ME	385 Michael Nobile	43 M 1:21:32 So. Portland	ME	464 Patricia Bruns	40 F 1:28:36 Portland	ME
307 Gary Johnson	48 M 1:16:27 Bowdoinham	ME	386 Stephen Strand	41 M 1:21:43 Yarmouth	ME	465 Jean Goodman	39 F 1:28:37 So Windham	ME
308 Robert Pinion	47 M 1:16:29 Bath	ME	387 Jean Thomas	59 F 1:21:49 Portland	ME	466 St John Hall	34 M 1:28:55 Portland	ME
309 Kim Coombs	38 F 1:16:34 Gorham	ME	388 Chuck Burnie	41 M 1:21:51 Cumberland	ME	467 Spike Stein	52 M 1:29:01 Damariscotta	ME
310 Howard Sagrams	47 M 1:16:35 Cambridge	MA	389 Kirk Townsend	36 M 1:21:54 Bath	ME	468 Kathy Bean	37 F 1:29:03 Boothbay Harbor	ME
311 Elizabeth Kimball	21 F 1:16:36 Easton	ME	390 Clair Pagnano	21 F 1:21:59 Union	ME	469 Margaret Guthrie	44 F 1:29:29 Portland	ME
312 Hillary Murnane	22 F 1:16:42 Wellesley	MA	391 Bill Robertson	56 M 1:21:59 Portland	ME	470 Cush Anthony	55 M 1:29:48 Falmouth	ME
313 Jeff Smith	39 M 1:16:42 Portland	ME	392 Don Bessey	49 M 1:22:14 Kennebunkport	ME	471 Robert Ittmann	51 M 1:29:49 Princeton	NJ
314 James Maddin	37 M 1:16:48 Freeport	ME	393 Wendy Craig	36 F 1:22:17 Cumberland	ME	472 Carol Montgomery	60 F 1:29:50 Philadelphia	PA
315 Joe Sirois	54 M 1:17:05 Rumford	ME	394 George Conly	47 M 1:22:20 Cape Elizabeth	ME	473 Kay Whitmore	37 F 1:29:52 Falmouth	ME
316 Thomas Petipas	41 M 1:17:07 Gilford	NH	395 Michael Detscher	39 M 1:22:21 Freeport	ME	474 Peter Lavallee	39 M 1:29:55 Topsham	ME
317 Ed Howell	46 M 1:17:09 Freeport	ME	396 David Engler	47 M 1:22:23 Bowdoinham	ME	475 Lois Tiedeken	40 F 1:29:53 Peaks Island	ME
318 Dick Stott	50 M 1:17:13 Scarborough	ME	397 Eugene Howe	52 M 1:22:24 Topsham	ME	476 Deb Degraff	36 F 1:30:23 Brunswick	ME
319 Robert Dasch	36 M 1:17:18 Bath	ME	398 Dianne Kazilionis	35 F 1:22:27 Portland	ME	477 Carlene Anderson	45 F 1:30:31 So. Portland	ME
320 Jim Schoonover	42 M 1:17:24 Cape Elizabeth	ME	399 Robert Benoit	27 M 1:22:28 Brunswick	ME	478 Cheri Shaw	39 F 1:31:03 Peaks Island	ME
321 Rick Yorgey	43 M 1:17:25 Washington	DC	400 Ed Atlee	55 M 1:22:31 Augusta	ME	479 Marsha Greenberg	46 F 1:31:06 Peaks Island	ME
322 Susan Marquette	40 F 1:17:31 Durham	ME	401 Sarah Parrott	36 F 1:22:32 South Portland	ME	480 Alex Dobrowolski	55 M 1:31:07 New Harbor	ME
323 Whitney Sullivan	28 F 1:17:32 Windham	ME	402 Iris Poland	39 F 1:22:34 New Harbor	ME	481 Richard Carter	36 M 1:31:30 Portland	ME
324 Anne-Marie Davie	39 F 1:17:35 Pownal	ME	403 Don Burnham	54 M 1:22:36 Kennebunk	ME	482 Betsy Carter	38 F 1:31:31 Portland	ME
325 Erin MacLean	32 F 1:17:35 Yarmouth	ME	404 Angie Gargan	30 F 1:22:38 Rockland	ME	483 George Balcom	38 M 1:31:44 Brunswick	ME
326 Andrew MacLean	33 M 1:17:36 Yarmouth	ME	405 Daniel Gatchell	48 M 1:22:50 Brunswick	ME	484 Catherine Jarrett	47 F 1:32:10	
327 Thomas Doucette	41 M 1:17:47 South	VT	406 Don Russell	58 M 1:22:55 So Portland	ME	485 Linda Hornbeck	47 F 1:32:10 Topsham	ME
328 Gloria Brown	19 F 1:17:49 South Hadley	MA	407 Rick Obrien	48 M 1:22:58 So Portland	ME	486 Janice Mokros	46 F 1:32:23 Cambridge	MA
329 Marjorie Adams	45 F 1:17:53 Cumberland	ME	408 Lee Ackerly	59 M 1:23:06 So Portland	ME	487 Beverley McCoid	60 F 1:33:04 W. B.B. Harbor	ME
330 Eric Cote	48 M 1:17:55 Saco	ME	409 Ross Povenmire	39 M 1:23:08 Portland	ME	488 Lila Lohr	50 F 1:33:04 Princeton	NJ
331 Howard Spear	45 M 1:17:55 Westbrook	ME	410 Christine Coughlan	33 F 1:23:09 Orr's Island	ME	489 Brenda Tanguay	33 F 1:33:10 Westbrook	ME
332 Kim Lynch	35 F 1:17:55 Wiscasset	ME	411 Jeanne Mc Morrow	40 F 1:23:12 Freeport	ME	490 Albert Tanguay	33 M 1:33:10 Westbrook	ME
333 John Rothwell	45 M 1:17:57 Brunswick	ME	412 Clinton Goodenow	56 M 1:23:20 Freeport	ME	491 Dan Sobel	47 M 1:33:10 Cape Elizabeth	ME
334 Michael Cowell	58 M 1:18:01 Yarmouth	ME	413 Debra Nowak	38 F 1:23:32 Topsham	ME	492 Sarah Haggerty	25 F 1:33:17 Augusta	ME
335 Eric Lagios	36 M 1:18:04 So Portland	ME	414 Becky Basch	30 F 1:23:37 Arlington	MA	493 Frances Ashby	28 F 1:34:39 Bowdoinham	ME
336 James Bunce	46 M 1:18:04 Phippsburg	ME	415 Lydia Sherwood	35 F 1:23:38 Essex	MA	494 Beverly Doughty	44 F 1:35:35 Gray	ME
337 Susan Daignault	33 F 1:18:05 Topsham	ME	416 Stephen Heinz	47 M 1:23:40 So. Harpswell	ME	495 Sally Gore	32 F 1:35:49 Freeport	ME
338 Cindy Aiken	41 F 1:18:11 Yarmouth	ME	417 Rik Ginty	41 M 1:23:41 Brunswick	ME	496 Beth Fenwick	36 F 1:36:45 Topsham	ME
339 Arthur Mercurio	42 M 1:18:14 Winchester	MA	418 Peter Ladner	54 M 1:23:43 Brunswick	ME	497 Liz Rutkowski	42 F 1:37:32 Bath	ME
340 Roddy Powers	52 M 1:18:20 Carlisle	MA	419 Kevin Conley	26 M 1:23:56 Portland	ME	498 Julie Tate	32 F 1:37:55 Litchfield	ME
341 Susan Martin	38 F 1:18:25 Bridgton	ME	420 Bill Higbee	50 M 1:24:14 Topsham	ME	499 Charile Reichl	39 M 1:38:01 Kutztown	PA
342 Alicia Pulsifer	24 F 1:18:27 Portland	ME	421 Greg Trundy	43 M 1:24:18 Rumford	ME	500 Kenneth Dolley	39 M 1:38:17 Yarmouth	ME
343 Gordon Struble	46 M 1:18:30 Woolwich	ME	422 David Bergson	54 M 1:24:31 Portland	ME	501 Bill Davenney	50 M 1:38:18 Portland	ME
344 John Schwerdel	49 M 1:18:31 Augusta	ME	423 Cathy Burnie	46 F 1:24:46 Cumberland	ME	502 Sally Paterson	54 F 1:38:19 Portland	ME
345 Anthony Monaco	50 M 1:18:32 Brunswick	ME	424 Tim Neill	44 M 1:24:47 East Waterboro	ME	503 Greg Smith	34 M 1:38:26 Portland	ME
346 Dick Delbro	47 M 1:18:35 Brunswick	ME	425 Barbara O'Connell	40 F 1:24:47 Yarmouth	ME	504 Sasha Corsetti	15 F 1:38:32 Westbrook	ME
347 Julie Banta	33 F 1:18:36 Richmond	ME	426 Thomas Deam	44 M 1:24:48 Lisbon Falls	ME	505 Marcia Feller	48 F 1:38:50 Yarmouth	ME
348 Paul Harlacher	43 M 1:18:36 Bath	ME	427 Ken Paille	38 M 1:24:49 Auburn	ME	506 Diana Champeon	35 F 1:38:50 Yarmouth	ME
349 Michael Lathrop	26 M 1:18:37 Topsham	ME	428 Sherry Carll	48 F 1:24:52 Gray	ME	507 Robyn Ridlon	5 F 1:38:51 Kennebunkport	ME
350 Robert Hornbeck	41 M 1:18:46 Brunswick	ME	429 Ryan Ostebo	57 M 1:24:52 Saxtons River	VT	508 Pam Smith	1 F 1:38:56 Brunswick	ME
351 Peter Fiori	25 M 1:18:46 Brunswick	ME	430 Bob McArtor	56 M 1:24:58 Freeport	ME	509 Tamara Risser	30 F 1:39:16 Brunswick	ME
352 Nancy Kennedy	27 F 1:18:50 Scarborough	ME	431 Joe Teno	42 M 1:25:16 Yarmouth	ME	510 Shelley Toppan	38 F 1:39:17 Hallowell	ME
353 Sarah Marble	28 F 1:18:51 Saco	ME	432 Barry Lohnes	51 M 1:25:23 Topsham	ME	511 Fran Brennan	58 M 1:40:16 Brunswick	ME
354 Clough Toppan	48 M 1:19:00 Hallowell	ME	433 Marcy McGuire	56 F 1:25:28 Brunswick	ME	512 Maggie Soule	53 F 1:41:23 Yarmouth	ME
355 David Premo	40 M 1:19:01 Brunswick	ME	434 Raynald Charest	38 M 1:25:40 Freeport	ME	513 Sandy Utterstrom	51 F 1:43:55 Falmouth	ME
356 Larry McAulay	42 M 1:19:03 East Lebanon	ME	435 Phil Scavotto	36 M 1:25:42 Portland	ME	514 Neil Gallagher	53 M 1:44:17 Brunswick	ME
357 Billy Beggs	32 M 1:19:05 Newtown	CT	436 Martha Palmer	33 F 1:25:45 Freeport	ME	515 Jo Marie McAulay	43 F 1:44:35 East Lebanon	ME
358 Donna Holtby	41 F 1:19:08 Fryeburg	ME	437 Pamela Lajeunesse	46 F 1:25:49 Brunswick	ME	516 Kiera Seekins	12 F 1:49:51 Weeks Mills	ME
359 John Dehart	54 M 1:19:21 Bailey Island	ME	438 Rachel Landry	27 F 1:25:50 Camden	ME	517 Julius Marzul	69 M 1:49:58 Gorham	ME
360 John Dewey	42 M 1:19:22 Littleton	MA	439 Kevin Doran	39 M 1:26:01 Topsham	ME	518 Jerry Kennelly	65 M 1:50:56 Derry	NH
361 Dennis Hogan	48 M 1:19:23 Boston	MA	440 Steve Moskey	44 M 1:26:09 Cape Elizabeth	ME			

Marathon

Festival by the Sea Marathon St. John, N.B. Aug. 20

Male winner was Mario Boudreau of Nigadoo, N.B., in 2:26:01. Female winner was Gina Spear-Burrows of Grand Bay, N.B., in 3:15:44. This was a first-time, certified marathon and half marathon. It included rolling, moderate hills, with the majority of the course flat. The registration was 274 including Norm Frank of Rochester, N.Y., who added no. 572 to his world record of marathons completed. The weather was sunny and comfortable with low humidity and light wind. Temperatures ranged from 49 F. at the start to 69 F. when the last runner finished, typical for that date. A Mainer, William Emerson of Bangor, finished third. (Daryl Steeves)

Men Marathoners from Maine

3. William Emerson	31 Bangor	2:52:32
10. Douglas Hutchinson	21 Dover	3:05:47
17. Kevin Johnson	40 Bar Harbor	3:10:59
44. Stephen Assante	43 Sebago Lake	3:37:40
61. David Thompson	27 Unity	3:58:30
80. Donald Kent	42 Portland	4:40:02

Women from Maine

6. Emily Stuart	36 Cumberland	3:56:13
8. Isabelle Schwetzer	42 Bar Harbor	4:09:49

Men Half Marathoner from Maine

14. Bob Stuart	40 Portland	1:28:53
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Female Half Marathoner from Maine

19. Arlin Kent	43 Portland	2:05:53
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Road Race

YMCA Cardiac Run/Walk 5K Bangor - Aug. 25

1 Derek Treadwell	16:04
2 Newel Lewey	18:00
3 Shawn Jyawook	18:36
4 Josh Madore	18:42
5 David Jeffrey	19:13
6 Michael Thompson	19:18
7 Lee Martin	19:32
8 Tim Reid	19:35
9 Tom Kirby	19:40
10 Nichol Stevens	19:41
11 Jon Connolly	20:00
12 Joe Ewings	20:07
13 George Wright	20:09
14 Bill Pinkham	20:14
15 Brent Bailey	20:27
16 Sheila Hodges	20:39*
17 Cris Leon	20:57*
18 Nichi Farnham	21:03*
19 Angela Edgecomb	21:16*
20 Brenda Bailey	21:25*
21 Peggy Ross	22:00*
22 Gene Ross	22:28
23 David Samuelian	22:41
24 Tony Cyrus	23:24
25 Robert Welch	23:31
26 Bruce Theriault	23:50
27 Joanna Owen	24:33*
28 Laura Zegel	25:15*
29 James Woodworth	26:19
30 Nobuko Tawara	26:36
31 Crystal Downs	26:44*
32 Norman Fitzgerald	27:45
33 Tom Bennett	27:45
34 John Raymond	27:46
35 Mike Howley	27:46

36 Karen Sullivan	29:18*
37 Mary Rovaris	30:33*
38 Randi Hornecker	31:20*
39 Peggy Burden	32:59*
40 Al Bean	33:00
41 Zak Martin	33:44
42 Dawn Pelletier	33:45*
43 Linda Leon	34:28*
44 Alice Clifford	36:02*
45 Kathleen Howley	36:03*

Walkers

1 Jenny Woodbury	42:12*
2 Jerica Whited	45:00*
3 Lindsey Guerrette	45:01*
4 Deb Hodgson	45:40*
5 Tom Aucoin	45:41
6 Richard Frost	46:34
7 Ray Giroux	46:35
8 Slip Corey	53:36
9 Arlene Pearson	54:17*
10 Bob Pearson	54:18
11 Deborah Pickering	54:37*
12 Richard Burnham	54:38
13 Sarah Smith	57:01*
14 Mary Smith	57:02*
15 David Cahoon	59:07
16 Robert Voelker	59:08

Road Race

Northeast Harbor 5-Miler Aug. 26

1 Tim Wakeland	26:25
2 Tim Bollom	27:30
3 David Tyler	28:30
4 Jeremy Lisee	29:37
5 Jay Hass	29:51
6 Stephen Tall	29:56
7 Sam Brown	30:03
8 Gladys Ganiel	30:39*
9 Steve Connor	30:40
10 David Emala	31:09
11 Bob Stuart	31:13
12 Sue Foster	31:25*
13 Jonathan Russel	31:33
14 Janet Feldman	31:48*
15 Rufus Williams	32:06
16 Courtney Jenkins	32:19*
17 Mark Bizezinski	32:37
18 Rod Jordan	32:38
19 Andy Jaffe	32:42
20 James Dyke Jr.	32:50
21 Ric Lamoureux	32:58
22 Norm Hawes	33:00
23 Judson Cake	33:11
24 Chuck Welsh	33:29
25 Alan Guyette	33:29
26 Kurt Strassguetl	33:52
27 Robin Emery-Rappa	34:06*
28 Michael Talbert	34:16
29 Jim Hoffer	34:19
30 Sharyn Kingma	34:31*
31 Alexander Grant	34:52
32 Dwight Brown	34:59
33 Cliff Olson	35:09
34 Steve Hudson	35:40
35 Douglas Nangle	35:55
36 Shawn Lamoureux	35:58
37 Julia Drinker	36:01*
38 Ted Koehler	36:08
39 Peter Golbitz	36:12
40 David Cunin	36:12
41 Merritt Dyke	36:18
42 Rosalea Kimball	37:07*
43 Colin Jones	37:13

44 James Kearnes	37:31
45 Elizabeth Kimball	37:34*
46 Kenneth Whitney	37:35
47 Matthew Bucklin	37:46
48 Sarah Mcaleer	37:50*
49 James Fernald	37:54
50 Robin Estey	37:55*
51 James Mahoney	38:03
52 Tony Hass	38:07
53 Dick Church	38:09
54 Al Mollitor	38:21
55 Richard Howell	38:54
56 Andrew Joseph	39:01
57 Sarah Jones	39:11*
58 Ian Jones	39:11
59 Sam Jones	39:12
60 Ed Raymaker	39:19
61 Skip Feldman	39:29
62 Naomi McIsaac	39:39*
63 Kate Muir	39:42*
64 Katherine Whitney	39:42*
65 M.J. McIsaac	39:47
66 Chris Coose	39:51
67 Emily Stuart	39:52*
68 Richard Rosander	39:56
69 Jane Strassguetl	40:10*
70 Glenna Lampner	40:11*
71 Steve Graves	40:19
72 Rory Stratton	40:31
73 Beth Lawson	40:48*
74 Dawn Rader	41:18*
75 Harry Wright	41:27
76 James Tweedie	41:33
77 Annie Mensietti	41:44*
78 Chandler Bass	41:51
79 Mary Cunningham	41:56*
80 Meghan McGrath	42:10*
81 Gary Fessler	42:20
82 Polly Kenniston	42:36*
83 Nick Kelsh	42:37
84 Carol Grant	42:58*
85 Cody Stratton	43:29
86 David Witham	43:49
87 James Woodworth	43:51
88 Laura Graves	44:09*
89 Stacy Frangos	44:15*
90 Dennis Frangos	44:16
91 Matt Cowley	44:29
92 Mary Alice Bruce	44:54*
93 Ellen Hass	45:16*
94 Carmen Sanford	45:20*
95 Kelsea Carr	45:21*
96 Terry Roberts	45:31
97 Harvey Bunker	45:37
98 Eve Harrison	45:37*
99 Tom Miller	46:10
100 Wayne Hedrick	47:01
101 Jane Joseph	47:07*
102 Richard Howland	47:09
103 Barbara Polhemus	47:25*
104 Jeff Gold	48:06
105 Tim O'Brian	48:15
106 Jeannette Emale	48:28*
107 Cynthia Ihrig	48:49*
108 Allan Klienman	49:01
109 Joan Klienman	49:20*
110 Joey Boucher	51:05
111 Mark Bucklin	51:17
112 Mary Jones	52:08*
113 John Gillespie	52:08
114 James Kolkin	52:09
115 Donna Shackelford	52:23*
116 Kate Joseph	52:23*
117 Catherine McDonald	52:23*
118 Charlie Kolkin	56:29
119 Kathie Pontone	56:52*

Road Race

Robbinston 5K Aug. 26

The Firefighter 5K and one-mile fun run, in their third annual appearance, enjoyed surprisingly cool weather as a field of runners and walkers competed energetically for victory. Amy Potvin of Searsmont set a new one-mile record for females with her fine 6:04 finish. Anne Leonard of Manchester, Conn., was second (6:18), and Kristy Albee of Machias third (6:24). The boys were led by Lance Stuart of Machias who earned first place in 6:21, Jason Ramsdell of Pembroke (6:59) second, and Noel Brennan of Robbinston third (7:15). Awards were also earned by Rachel Brennan and Joey Footer of Robbinston for outstanding efforts.

Jonathan Aretakis of Pembroke, a strong, dynamic athlete who has done consistently well in his road-racing endeavors, swept the field with a strong first-place finish of 17:19 in the 5K main event. Bion McFadden of Lubec, who has been experiencing a renaissance of strength and success as a master's runner (50-59 division), easily earned second place with 19:08. Third-place honors were secured by young Josh Ramsdell, also from Pembroke, with his 21:02 finish. Josh won last year's one-miler and is a standout team member for the Washington Academy Raiders.

Amy Potvin also won the 5K with a time of 23:22.

Diane Cashore of Robbinston won second place overall in the 5K with a superb effort and strong finish up Mill Cove Hill. Achieving third place for the female finishers overall was Calais road racer Bethany Frankland.

The Robbinston Volunteer Fire Department is very appreciative of the continuing support of local community leaders and also wishes to thank the 48 area businesses that generously donated quality items for the big raffle which concludes the awards ceremony each year. (Tom Brennan)

1	Jonathan Aretakis	36	Pembroke	17:19
2	Bion McFadden	55	Lubec	19:08
3	Josh Ramsdell	15	Pembroke	21:02
4	Richard Honer	40	Lubec	21:07
5	Rob Pike	16	Lubec	21:35
6	John Churchill	48	Robbinston	22:38
7	Mark Altwater	38	Perry	22:58
8	Dana Urquhart	46	Bucks Harbor	23:13
9	Amy Potvin	13	Searsmont	23:22*
10	Tom Brennan	43	Robbinston	23:23
11	Phil Stuart	47	Machias	25:19
12	Jack Leonard	46	Manchester,CT	25:34
13	Diane Cashore	40	Robbinston	25:43*
14	Bethany Frankland	20	Calais	27:02*
15	Ann Bacon	47	Mt. Desert	27:48*
16	Bob Myers	38	Mt. Desert	29:00
17	Shirley Hoke	64	Rockport	33:42*
18	Linda Albee	49	Machias	50:57*

One-Mile Run Run/Walk

1	Amy Potvin	13	Searsmont	6:04*
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2	Anne Leonard	12	Manchester,CT	6:18*
3	Lance Stuart	11	Machias	6:21
4	Kristy Albee	11	E. Machias	6:24*
5	Jason Ramsdell	13	Pembroke	6:59
6	Eunice Francis	8	Perry	7:00
7	Noel Brennan	10	Robbinston	7:15
8	Joey Footer	10	Robbinston	7:17
9	David Silk	8	Calais	7:26
10	James Ramsdell	8	Pembroke	7:34
11	Rachel Brennan	12	Robbinston	7:37*
12	Emily Brennan	8	Robbinston	7:53*
13	Brandon Silk	10	Calais	7:55
14	Jeff Ramsdell	6	Pembroke	8:10
15	Nettie-Kate Jordan	13	Machias	8:20*
16	Daniel Cashore	10	Robbinston	8:45
17	Katie Jo Merrill	12	Robbinston	9:03*
18	Heather Leavitt	11	Robbinston	9:34*
19	Julie Footer	8	Robbinston	9:34*
20	Rebecca Cashore	12	Robbinston	11:42*
21	Linda Moffet	42	Robbinston	12:59*
22	Blain Silk	3	Calais	13:53
23	Lynn Silk	34	Calais	14:19
24	Paula Frankland	40	Calais	14:32*
25	Cheryl Stuart	43	Machias	14:34*
26	Heather Stuart	16	Machias	14:45*
27	Lisa Leavitt	15	Robbinston	14:57*
28	Pam Wiggett	27	Eastport	14:58*
29	Angela Leonard	16	Calais	14:59*

Road Race

Gorham Trails 5K Aug. 26

1	Kyle Rhoads	16:29
2	D. Roberts	16:42
3	D. Hall	16:51
4	S. Turner	17:40
5	R. Fenton	17:53
6	K. Gile	17:58
7	C. Hall	18:14
8	M. Gordon	18:24
9	J. Titcomb	18:25
10	R. Scribner	18:45
11	J. Toman	18:55
12	D. Peterson	18:59
13	K. Jenkins	19:04
14	J. Rundell	19:22

15	T. Thorne	19:24
16	B. Pole	19:35
17	R. Hall	19:42*
18	K. Milliken	19:34
19	L. Berry	19:45
20	S. Douglas	19:57
21	M. Beaudoin	20:00
22	C. Newell	20:17
23	Kathy Jenkins	20:25*
24	Kim Moody	20:32*
25	T. Talbott	20:42
26	E. Burne	20:46
27	M. Stelmack	20:48
28	S. Morrison	20:55
29	N. Frizzell	21:10
30	K. Reilly	21:26*
31	R. Corsetti	21:27
32	R. Morrison	21:36
33	P. Vezina	21:37
34	S. Dawson	22:13*
35	R. Nathan	22:14
36	E. Thorne	22:29
37	L. Hall	22:32

38	J. Caterina	22:34
39	J. Dionne	23:12
40	S. Robbins	23:45
41	K. Smith	24:11
42	B. Hamblen	24:48
43	J. Salamone	25:33*
44	C. Mendell	26:32
45	D. Hebert	26:32*
46	A. Lebreque	26:56
47	J. Howick	27:11
48	J. Strickland	27:19
49	K. Zecek	27:33*
50	J. Hines	27:51
51	H. Johnson	27:59
52	T. White	28:00
53	M. Flemming	28:19
54	M. Parsons	29:01*
55	S. Galiotta	29:04*
56	S. Gignard	29:04*
57	D. Fairhurst	29:28*
58	A. Gosselin	30:16*
59	B. Deforte	30:16*
60	J. Marzul	30:35

61	M. Clinch (RW)	30:42
62	Don Penta	31:26
63	V. Cross	32:18*
64	D. Talbott	33:28
65	P. Buckley	34:50*

2K (1.24 Miles) Road Race

1	Andy Jenkins	6:27
2	Eric Johnson	6:28
3	Kevin Zecek	7:24
4	Quinn Flemming	7:31
5	Mike Conley	7:38
6	Peter Palomaki	7:44
7	Stanis Roberts	8:01
8	Elise Roberts	8:19*
9	Andrew Smith	10:03
11	Neil Craig	10:42
12	Brian Jenkins	11:02
13	Allison Hall	12:10*
14	Olivia Titcomb	12:10*
15	Greg Bem	13:04

Road Race

Skowhegan Log Days - 5K Aug. 26

Run under ideal conditions, the first Skowhegan Log Days New Balance 5K was a huge success. Scott Brown of Lewiston sped to a sparkling 4:40 mile and was never challenged as he won in a quick 15:30 over the newly certified course. Jo-Ann Nealy of Northport outdueled Christine Snow-Reaser to win the ladies' division by 15 seconds. One hundred and twenty-five finished the scenic run through the back streets of Skowhegan. The highlight of the very fast course is a two-time run across the town walking bridge which sits 100 feet above the Kennebec River. A big draw for the small-town race was New Balance giving away over \$1,500 in prizes, including 14 pair of running shoes. (Walter Crockett)

1	Scott Brown	32	Lewiston	15:30
2	Shawn Keenan	33	Coopers Mills	16:24
3	Teague A. Dryer	19	Winslow	16:49
4	Aaron Monty	17	Norridgewock	16:54
5	Gordon Hartwell	38	Bingham	16:59
6	Michael Lancaster	37	Gorham	17:35

Walter Crockett photo



Elizabeth Foley of Fairfield ahead of Tim Ames of Canaan

7	Derek Veilleux	17	Benton	17:36
8	Rusty Neason	17	Albion	17:37
9	Jamie Hartgrove	16	Fairfield	17:50
10	Rudy Albert	18	Lewiston	17:53
11	Richard Harding	15	Fairfield	17:55
12	Shawn Jyawook	21	Unity	17:56
13	Jo-Ann Nealey	34	Northport	18:06*
14	Christine Reaser	29	Augusta	18:21*
15	David Simard	38	Augusta	18:24
16	Bill Hill	34	Winslow	18:31
17	Chase Pray	51	Greene	18:32
18	Chris Prickett	44	Cambridge	18:38
19	Paul Baillargeon	46	Augusta	18:41
20	Tim Reid	41	Carmel	18:51
21	Denis Poulin	35	Carrabst. VI.	18:52
22	Kent Johnson	35	Bar Harbor	18:52
23	Wendy Ouellette	22	Belgrade	18:53*
24	Ron Cloutier	16	Lewiston	19:01

25	Arthur Robinson	45	Augusta	19:02	60	John Merritt, Jr.	45	Gorham	21:16	93	Crystal Miller	25	Norridgewock	24:22*
26	Dale Nealey	31	Northport	19:04	61	Ron Paquette	54	Albion	21:26	94	Don Pohlman	44	Albion	24:30*
27	John Paradis	40	Smithfield	19:13	62	Walter Powell	33	Skowhegan	21:32	95	James Wells	17	Fairfield	24:40
28	Raul Siren	50	Solon	19:15	63	Aaron Poland	14	Madison	21:32	96	Elizabeth Boyden	16	Clinton	24:46*
29	Soren Siren	25	Athens	19:16	64	Jeff Locke	16	Troy	21:44	97	Colby Waugh	44	Madison	25:22
30	Al Sproul	57	Chamberlain	19:21	65	Mike Poulin	17	Fairfield	21:46	98	Mike Curan	31	Skowhegan	25:27
31	Will Mannett	14	Norridgewock	19:23	66	Dick Miles	40	Bangor	21:46	99	Jenny Kelley	16	Fairfield	25:37*
32	Chris Doble	36	Skowhegan	19:27	67	David McManus	37	Industry	21:47	100	Karen Lacasse	40	Skowhegan	25:50*
33	Dale Dickie	52	Brnville Jct.	19:28	68	Gene Roy	48	Oakland	21:54	101	Nobuko Tawara	21	Unity	26:05*
34	Jorge Acero	40	Waterville	19:43	69	Andy Marine	16	Thorndike	22:02	102	Paul Johnson	37	Skowhegan	26:07
35	Albert Lagasse	49	North Anson	19:44	70	Joel Vigue	40	Madison	22:18	103	Don Cailler	42	Gardiner	26:08
37	Paul Corrigan	44	Hartland	19:46	71	Bruce Santoro	42	Madison	22:19	104	Karya Curran	29	Skowhegan	26:23*
38	David Benn	50	Waterville	19:51	72	Maureen Lee	34	Waterville	22:20	105	Wayne Hartsgrrove	45	Fairfield	26:32
39	Sheila Hodges	40	Hampden	19:53*	73	Monica McMichael	30	Norridgewock	22:27*	106	Mary Robinson	40	Augusta	27:07*
40	Darren French	14	Smithfield	19:53	74	Stephen Rinaldi	24	Skowhegan	22:32	107	Michelle Gravel	28	Lewiston	27:16*
41	Andy Mannett	13	Norridgewock	19:55	75	Fawn Paradis	35	Smithfield	22:34*	108	Dave Drew	31	Litchfield	27:16
42	Chris Hilton	41	Skowhegan	19:56	76	Albert Landry	32	Lewiston	22:34	109	Carey Clement	43	Skowhegan	28:06*
43	James Ellis	45	Dov.-Foxcroft	19:57	77	John Ross	38	Norridgewock	22:38	110	Judy Dickie	53	Brownville Jct.	28:07*
44	Mary Poulin	35	Carrabst. V1.	20:00*	78	L. Mark Kilber	40	Thorndike	22:45	111	Maryann Thurlow	18	Canaan	28:14*
45	Dick Cummings	58	Manchester	20:00	79	Mike Kay	45	Skowhegan	22:47	112	Brenda Stinchfield	44	Madison	28:38*
46	Barry Wherren	48	Waterville	20:18	80	Joe Cleaves	39	Dexter	22:44	113	Gloria Gordon	23	Skowhegan	29:06*
47	Tim Merritt	16	Gorham	20:19	81	Jean Gosselin	38	Benton	22:52	114	Erin Richardson	14	Freedom	30:01*
48	Tony Hess	47	Oakland	20:22	82	Todd Whately	32	Waterville	23:20	115	Morgan King	13	Thorndike	30:29*
49	Hank Laidlaw	52	Belgrade	20:23	83	Goff French	44	Smithfield	23:22	116	Benji Knisley	37	Coopers Mills	30:37*
50	Brent Brockway	15	Albion	20:32	84	Louise Dunlap	54	Belfast	23:34*	117	Mark Babin	33	Unity	32:00
51	Peter Bastow	59	Cumberland	20:41	85	Robin Poland	27	Skowhegan	23:42*	118	Molly Prickitt	16	Cambridge	32:26*
52	Matthew Sturgis	26	N Gloucester	20:43	86	Ed Worcester	33	Waterville	23:48	119	Kerry Palmer	16	Sangerville	32:54*
53	Rick Bowen	39	Waterville	20:44	87	Beth Bois	34	Fairfield	23:58*	120	Patti Brann	30	Skowhegan	32:54*
54	Keith Holland	40	W. Rockport	20:47	88	Jerry St Amand	52	Winslow	23:59	121	Jane Earle	41	Skowhegan	33:47*
55	Ray Caron	39	Winslow	20:50	89	Elizabeth Foley	16	Fairfield	24:05*	122	Linda Benn	47	Waterville	36:35*
57	Bob Clement	49	Skowhegan	20:52	90	Tim Ames	37	Canaan	24:06	123	Linda Doody	44	Madison	39:25*
58	Hung Bui	23	Waterville	21:06	91	Kelly Leach	38	Skowhegan	24:07*	124	Michael Doody	45	Madison	41:40
59	James Moore	52	Waterville	21:08	92	Brianne Quirion	16	Fairfield	24:21*	125	Linda Sarvent	45	North Anson	41:42*

Road Race

Grants Dairy Milk Run 5-Miler Bangor - Aug. 27

1	Pat Sullivan	34	26:50
2	Michael Gaige	43	27:12
3	Randy MacNeil	34	27:56
4	Glendon Rand	33	28:22
5	Scott Hosner	28	29:14
6	Peter Dauphine	20	29:14
7	Newell Lewey	37	29:30
8	Chris Dorion	34	29:40
9	Chris Jones	32	29:47
10	Jason Moor	16	29:52
11	Jim Ferland	28	30:02
12	Glen Holyoke	33	30:54
13	Gary Larson	50	31:25
14	Lee Martin	40	31:32
15	Ton Aucoin	34	31:41
16	Jan Semba	36	31:51*
17	Alan Stockley	46	32:15
18	Richard Scribner	44	32:16
19	Tim Reid	41	32:22
20	Arie Odoe		32:40
21	Bill Pinkham	52	32:55
22	Tom Kirby	39	32:57
23	Sheila Hodges	40	33:09*

24	Dale Dickie	52	33:22
25	Katrina Bisheimer	30	33:28*
26	George Wright III	19	34:17
27	Ed Scott	42	34:23
28	David Baldwin	52	34:30
29	Rich Adler	48	34:35
30	Dena Flye	26	34:46*
31	Chris Belanger	20	34:57
32	Nichi Farnham	32	35:13*
33	Margaret Jones	31	35:52*
34	Wayne Ayers	40	35:55
35	Donna Just	38	36:18
36	Dick Miles	40	36:31
37	Don Harriman	48	36:58
38	Erin Ray	29	37:13*
39	Peggy Ross	27	37:19*
40	Bernice Stockley	32	37:29*
41	David Sammelian	49	37:32
42	Vernon Martin	35	35:35
43	Dave Atwood	43	37:37
44	Sue Tortello	40	37:47*
45	Barbara Beal	36	37:53*
46	Rene Collins	53	38:29*
47	Doug Reusch	40	38:42
48	John Wakely	43	38:54
49	Bob Welch	39	38:56
50	Tony Cyrus	33	39:03
51	Debbie Dwyer	36	39:09*
52	Joe Bennett	37	39:11
53	Larry Saczawa	53	39:13
54	Jeanne Butterfield	46	39:52
55	Michael Appel	24	40:21
56	Kate Muir	13	40:36*
57	Don Gallagher	35	40:43

58	Sam Auerbach	61	41:00
59	Laura Zegel	30	41:39*
60	Mary Evans	43	41:44*
61	George Rolleston	42	41:53
62	Vaughn Holyoke	61	42:01
63	Tamatha Wardwell	36	43:15*
64	Joe Aubin	68	43:41
65	Kay Rogers	32	44:13*
66	Bill Arata	52	44:17
67	Beth Gaige	35	46:06*
68	Judy Dickie	53	47:18*
69	Cindy Poswer	48	49:08*
70	Charles Clapper	66	50:12
71	Peggy Burden	55	54:01*
72	Leona Clapper	65	55:29*
73	Paul Paulson	68	Race Walker

1-Mile Fun Run

1	Mike Smith	11	6:11
2	Oriana Farley	10	6:32*
3	Andrew Kirby	10	6:41
4	John Snow	9	7:32
5	Evan Farley	7	7:39
6	Matthew Kirby	8	7:51
7	Egean Clair	13	8:07
8	Lance Lewey	13	8:09
9	Brandon Tupper	13	8:10
10	Jarrod W. Lewey	8	9:04
11	Jillian Beal	8	9:13*
12	Nicholas Beal	4	10:20
13	Kayla Alley	5	10:25*
14	Jonathan Cyrus	4	
15	Athion Lewey	3	13:07
16	Joanna Cyrus	31	13:11*
17	Emily Lewey	11	13:15*

Triathlon

14th Androscoggin Triathlon Auburn-Lewiston - Aug. 27 6.2-Mile Run, 6.3-Mile Canoe, 25-Mile Bike

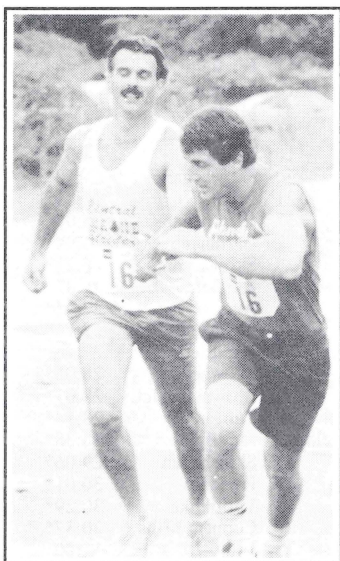
Some of the state's better runners, such as Christine Snow-Reaser, Scott Brown, and Tom Thibau, participated in this venerable Maine tradition. And so did some top-notch canoeists, such as Susan Morris of South Berwick, who with her husband Bob

operates Morris Canoe Co. (She was fifth woman in the canoe racing nationals last year.) Most people participated in teams, but there were a few ironmen such as Barry Fifield of Windham, who was top individual in this race and is national triathlon champ in the rarified world of canoe triathlons. But there were also lots of middle-of-the-pack folks in clunky recreational canoes (they had their own categories).

There were only 55 entries (including teams) this year, down from as many as 198 one year in the 1980's, according to race director Dan Campbell. He blamed the current lack of a series of canoe triathlons in Maine as the reason for the drop: "People used to make a summer out of it."

It was one of the best-organized races this reporter has seen. The reason: 105 (!) red-shirted Army Reserve soldiers on weekend duty, many from Connecticut and Massachusetts, ran it with military precision. They even provided a professional radio announcer for the final-leg bicycle finish in front of Lewiston High School.

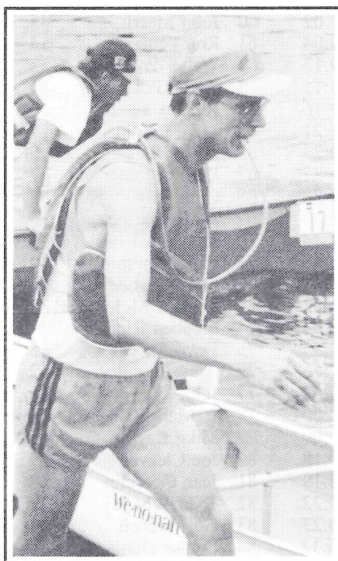
It was a cloudy, misty day on the quiet Androscoggin River. Some of the runners,



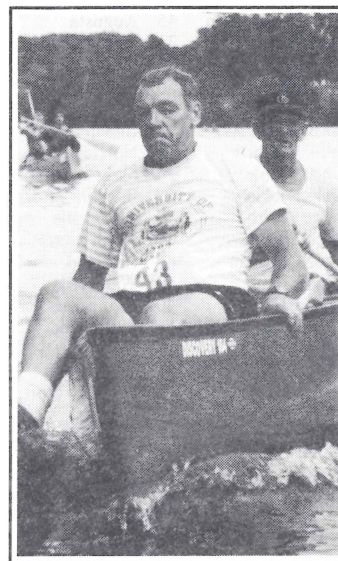
The "Gardiner Boys" pass off



Susan Morris running for her canoe



Imbibing en route



"The Connecticut Yankees" putting on the brakes

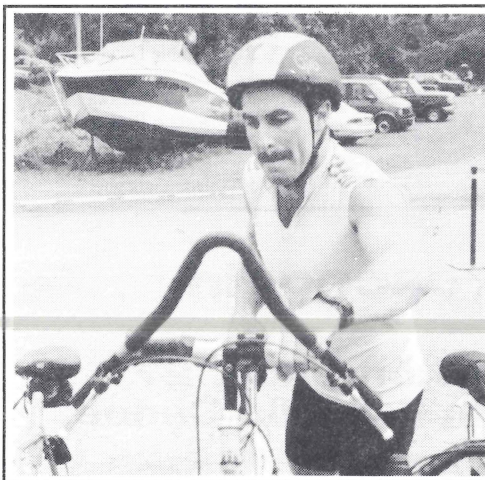
such as Tom Bennett of Lewiston, who don't do much canoe racing, were amazed by how all that lactic acid built up in their legs during a 10K could feel after an hour of sitting in a canoe. (LT)

			Run	Canoe	Bike	Total
1	Racing	Snorada Nordic	32:57	57:17	59:01	2:29:15
2	Rec	Williams, Twoomey & Leavers	41:35	35:35	1:13:04	2:30:14
3	Rec	Bachelor	38:11	41:01	1:12:45	2:31:57
4	Rec	Old 202	41:09	36:49	1:17:40	2:35:38
5	Racing	Aud-Bouy's	35:56	57:45	1:02:51	2:36:32
6	Rec	Leapin Lizards	40:33	34:12	1:23:36	2:38:21
7	Racing	Watermark Printing	34:22	1:01:04	1:04:15	2:39:41
8	Rec	World Travelers	43:43	45:49	1:10:14	2:39:46
9	Rec	Frye Mtn. Boys	41:08	42:07	1:16:32	2:39:47
10	Rec	Werdafukarwes	42:18	39:52	1:19:45	2:41:55
11	Rec	Mikees Pub & Grub	51:15	44:42	1:05:53	2:42:50
12	Rec	Jim Coady's Team	50:26	40:24	1:12:41	2:43:31
13	Racing	The Connecticut Yankees	36:27	1:02:05	1:05:10	2:43:42
14	Rec	Weak End Weariers	45:38	36:56	1:21:14	2:43:48
15	Racing	No Problem	36:20	1:01:37	1:06:34	2:44:31
16	Racing	Hickey	40:29	1:03:11	1:01:05	2:44:45
17	Rec	Reitte & Griffiths	43:11	44:11	1:18:00	2:45:22
18	Racing	Gardiner Boys	34:00	57:52	1:13:50	2:45:42
19	Rec	Jackson Road Crew	46:09	36:06	1:25:28	2:47:43
20	Racing	Touch & Go	39:41	1:02:49	1:08:20	2:50:50
21	Racing	Lewis & Clark	32:11	1:09:28	1:09:41	2:51:20
22	Racing	The Hartford Agency	36:19	1:03:01	1:12:14	2:51:34
23	Racing	Barry Fifield (1st Individual)	37:47	1:05:23	1:09:06	2:52:16
24	Racing	Holderness #1	39:35	1:03:32	1:10:06	2:53:13
25	Rec	Lewiston Police	49:47	39:36	1:26:06	2:55:29
26	Rec	Higgins, Young, Harriman	44:17	37:59	1:33:44	2:56:00
27	Racing	Reaser, Morris, Heed, Martin	40:28	1:04:11	1:12:19	2:56:58
28	Racing	Ed Mendes	39:27	1:09:03	1:09:34	2:58:04
29	Racing	Iron Mike	37:37	1:07:44	1:16:14	3:01:35
30	Racing	River Rats	39:55	1:08:29	1:14:20	3:02:44
31	Racing	IP (Androscoggin Mill)	38:01	1:15:35	1:09:09	3:02:45
32	Rec	The First-Timers	41:45	44:12	1:37:18	3:03:15
33	Rec	The Go Team	39:49	48:59	1:34:54	3:03:42
34	Rec	Androscoggin Bank Sharks	49:46	44:12	1:30:10	3:04:08
35	Rec	Sloan, Matthews	53:47	46:43	1:24:24	3:04:54
36	Rec	Team Coca-Cola	41:40	42:04	1:43:09	3:06:53
37	Racing	Veggie & The Carnivore	37:32	1:15:47	1:13:40	3:06:59
38	Racing	Wright-Pierce	40:28	1:04:46	1:21:45	3:06:59
39	Racing	The Squeaky Wheels	46:36	1:07:56	1:13:59	3:08:31
40	Racing	Lactic Warriors	46:03	1:04:43	1:21:43	3:12:29
41	Rec	Just for Fun	53:57	45:56	1:32:39	3:12:32
42	Rec	Me-Myself & I	44:34	56:10	1:32:41	3:13:25
43	Racing	X/Y Green	44:28	1:03:02	1:29:35	3:17:05
44	Racing	JR's Revenge	49:42	1:06:33	1:24:28	3:20:43
45	Racing	Charles Cary	48:21	1:14:32	1:20:53	3:23:46
46	Racing	Robert Bachorik	44:00	1:19:52	1:20:48	3:24:40
47	Rec	Big Red & Me	47:26	48:06	1:51:56	3:27:28
48	Rec	The Mudcats	45:19	1:08:20	1:35:25	3:29:04



The "Jackson Road Crew" on the wet road

49	Racing	Moe Miller	48:49	1:12:38	1:29:08	3:30:35
50	Rec	Messiah Clayworks	52:01	1:01:23	1:38:33	3:31:57
51	Racing	Sature Self	48:35	1:25:01	1:23:01	3:36:37
52	Rec	Hopp's Folly	52:00	1:19:13	1:27:41	3:38:54
53	Racing	Best 1	56:56	1:28:43	1:27:29	3:53:08
54	Racing	Elliott	49:32	1:26:11	1:39:52	3:55:35
55	Rec	Steven Levesque	1:03:37	1:07:53	1:52:09	4:03:39



*1st ironman
Barry Fifield*

Lance Tingley photos

Road Race

Falmouth Forecaster 10K Sept. 2

1	Stephan Sarcozy	27	32:56	23	Jim Getchell	40	39:05	56	Robert Arsenault	45	43:34	89	Wendy Craig	37	48:33*
2	Tom Thibeau	37	33:54	24	Don Stowell	40	39:06	57	Kathryn Tolford	40	43:47*	90	John Watson	51	48:33
3	Allan Muir	40	35:11	25	William Sproul	37	39:09	58	Tim Kelly	32	44:03	91	Frank Drigotas	31	48:39
4	Conrad Sastre	19	35:46	26	Terry Clark	51	39:17	59	Ellie Tucker	40	44:17*	92	Matt Ivey	16	48:51
5	Rob Craig	39	35:52	27	Wendy Ouellette	22	29:20*	60	Dale Rines	43	44:18	93	Monica Callanan	19	48:52*
6	Ludo Bruyere	26	35:58	28	Harry Nelson	41	39:24	61	Matthew Sturgis	26	44:24	94	Dana Seguin	41	48:56
7	Marlin Connad	43	36:43	29	Laurel Valley	32	39:28*	62	D. Andrew Halligan	14	44:34	95	Mike Libby	35	49:20
8	Philip Pontbriant	18	36:47	30	Nghia Huynh	18	39:36	63	Robert Hodsdon	17	44:47	96	Mark Butterfield	40	49:27
9	Ken Butting	35	37:02	31	Joe Loney	39	39:37	64	Ann Strohm	31	44:52*	97	Ray Foote	42	49:37
10	T.J. Hesler	26	37:09	32	Ken Cotton	46	39:44	65	Eric Cote	48	45:08	98	Richard Cavanaugh	62	50:03
11	Robert Ashley	39	37:15	33	Lawrence Hamache	27	39:49	66	Dick Stott	50	45:09	99	Mary Coolidge	27	50:06*
12	John Eldredge	41	37:16	34	James McCorkle	40	40:10	67	Clayton Churchill	36	45:28	100	Larry Dwyer	48	50:08
13	Patrick Gwinn	30	37:19	35	Al Sproul	57	40:15	68	Dominic Reali	52	45:35	101	Don Kent	42	50:12
14	Randy Spencer	33	37:23	36	Loren Lathrop	46	40:27	69	Bob Ouellette	40	45:59	102	Joseph O'Donnell	44	50:16
15	Edie Dubord	37	37:31*	37	Bob Bussiere	36	40:29	70	Betty Rines	38	46:04*	103	Steve Moskey	44	50:23
16	Dan Hoffman	26	37:39	38	Scott Schnupp	39	40:33	71	Cindy Aiken	41	46:13*	104	Leslie Shaw	29	50:30*
17	John Tarling	44	38:08	39	John Powell	42	40:44	72	Carrie Brady	25	46:22*	105	Jeremy Storer	20	50:37
18	Jim Bunnell	37	38:12	40	Steve Moriarty	45	40:46	73	Paul Albert	18	46:25	106	Richie Garrett	46	50:57
19	Jaime Jackson	26	38:43	41	Alan Nye	40	41:36	74	Tracy Graves	28	46:34*	107	Bill Green	44	50:58
20	Kevin Carley	40	38:46	42	Gregg Wood	36	41:50	75	John Petre	35	46:41	108	Jerry Saint Amand	52	51:06
21	Greg Bishop	28	38:51	43	Bob McCormack	44	42:08	76	Joan Lavin	47	46:45*	109	Tom Brady	29	51:07
22	Blake Strack	33	38:58	44	Jess Wheeler	18	42:27	77	Richard McCauley	35	46:48	110	Arabella Eldredge	41	51:24*
				45	George Johnson, Jr.	41	42:27	78	Sue Daignault	33	47:19*	111	Philip Scavottu	36	51:40
				46	Carol Weeks	46	42:31*	79	David Fitz	44	47:21	112	Brandon Bonsey	9	52:03
				47	John Rolfe	41	42:35	80	Brian Brown	38	47:24	113	Rick Martin	42	52:08
				48	Gordon Smith	37	42:40	81	Damien Martel	20	47:47	114	Cecilia Caldwell	36	52:11*
				49	Stephen Schuit	44	42:44	82	Neal Workman	40	47:59	115	Janet Moberg	36	52:18*
				50	Gregory S. Pyle	29	42:54	83	Elizabaeth Thorne	26	48:12*	116	Jane Dolley	47	52:45*
				51	Stephen Bies	42	42:44	84	Rute Stuffletoe	55	48:14	117	Joan Lee	41	52:46*
				52	Joe Conley	41	43:19	85	Arthur Mercurio	42	48:17	118	Stephen Maloney	46	53:24
				53	Clyde Coolidge	56	43:24	86	Patrick Lewis	33	48:18	119	Polly Kenniston	58	53:31*
				54	David Waite	48	43:32	87	Tom Peterson	36	48:21	120	Trieste Kennedy	42	53:39*
				55	Judy Milesen	28	43:33*	88	Steve Perry	45	48:27	121	Carol Montgomery	60	53:53*

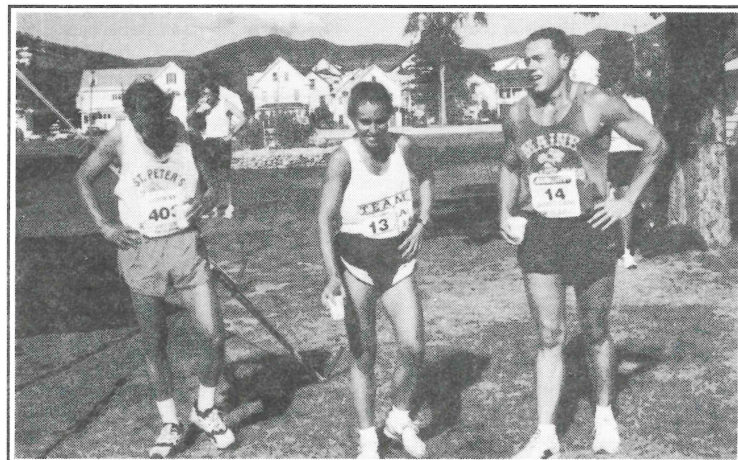
Road Race

6th James Gang 10K Classic Gorham, NH Sept. 2

1	Mike O'Brien	Durham, NH	29:34
2	Christian Vachon	Magoy, CAN	32:35
3	Alan Montminy	Berlin, NH	33:14
4	Dave Montminy	Berlin, NH	33:22
5	Dave Beaudoin	Berlin, NH	33:58
6	Stanley Dutton	Antrim, NH	34:14
7	Marty Moran	Virginia Beach, VA	24:26
8	William Newton	Falmouth, MA	34:36
9	Kevin Gile	Gorham	34:41
10	Bill Springer	Keene, NH	35:10

Maine Finishers:

13	Michael Reali	Cape Elizabeth	35:36
14	Terry Sutton	Portland	35:48*
16	Mary Meehan	Topsham	35:54*
22	Charles Iselborn	Portland	37:08
23	Wayne Newton	Jay	37:15
28	Brian Kelly	Wilton	37:56
29	Ken Preston	Mechanic Falls	38:01
31	Larry Barker	South Portland	38:11
36	Ross LaFreniere	Livermore Falls	38:37
37	David Benn	Waterville	38:39
46	Paul Lavangie	South Portland	39:12
48	Ron Cedrone	Falmouth	39:24
52	Ron Pelton	Yarmouth	40:03
54	Keith Holland	Rockport	40:11
55	Tony Hess	Oakland	40:16
58	John Howe	Waterford	40:43
62	James White	Rumford	41:23
64	Bill Wood	Harrison	41:25
66	Larry McAulay	E. Lebanon	41:39
68	Kitty Kelley	Portland	41:50*
70	Tom Harlow	Pownal	42:19
72	Joe Sirois	Rumford	42:32
73	Chet Rogers	Lovell	42:42
79	Dianne Kazilionis	Portland	43:14*
85	Susan Martin	Bridgton	43:55*
86	Donna Holtby	Fryeburg	43:55*



Left to right,
Kevin Gile,
Gorham, N.H.,
and Terry Sutton
and Mike Reali of
Portland

Paul Letarte photo

91	Phil Stuart	Machias	44:35
94	Kirstie Wilkins	Livermore Falls	44:57*
97	Reginald Cook	Livermore	45:28
103	Merle Johnson	Fryeburg	45:55
106	Russ Bradley	Cape Elizabeth	46:06
109	Byron Cook	Livermore	46:21
112	Cindy Smith	Gorham	46:38*
113	Don Russell	Portland	46:47
119	Carlton Mendell	Portland	47:27
121	Raymond Chabot	Livermore Falls	48:32
125	George Conly	Cape Elizabeth	48:47
130	Sherry Chabot	Livermore Falls	49:31*
132	Judi Richard	Jay	49:52*
134	Durwood Currier	Sanford	51:42
138	Patricia Owen	Gorham	54:02*
148	Marsha Wood	Harrison	58:42*

Age-Group Results:

Female Age Group: 19-29

1	Kirstie Wilkins	24	Livermore Falls	44:57
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Female Age Group: 30-39

1	Dianne Kazilionis	35	Portland	43:14
2	Susan Martin	38	Bridgton	43:55

Female Age Group: 40-49

2	Kitty Kelley	48	Portland	41:50
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Male Age Group: 70-Above

1	Russ Bradley	71	Cape Elizabeth	46:06
2	Carlton Mendell	73	Portland	47:27

Bike Race

Tom Sayward Memorial Fat Tire Festival Farmington Sept. 3

Expert - 21 Miles Cross-Country

Men's Expert Juniors

1	Tim Johnson	CCB Volkswagen	1:45:48
2	Marc Collard	Cape-Able Bike	2:05:56
3	Jaime Brooks	Bath Cycle	2:13:14
4	Steve Field	Bath Cycle	2:36:44
***	Phillip Breton	DSQ	

Men's Expert Seniors

1	Scott Seymour	Team Ripcord	1:45:47
2	Micum Davis	Bath Cycle	1:48:21
3	Michael Vose		1:49:05
4	Tim Corcoran	Portland Velo	1:49:12
5	Simeon Bayles		2:00:14
***	Brian McLaughlin	Bath Cycle	DNF

Men's Expert Vets				8	Brian Lamb	1:21:57	5	Robert Mailloux	43:19
1	James Schwellenbach	Bath Cycle	1:49:30	9	Sean Tennent	1:25:21	6	Joshua Garland	43:39
2	Courtney Parker	Bath Cycle	1:51:31	10	Chris Morgan	1:28:53	7	Donny Crocker	44:48
Expert 14 Miles Cross-Country				11	Nathan Bassett	1:31:24	8	Charles McCarthy	45:43
Women's Sport Seniors				***	Thom Morton	DNF	9	Chuck Bedirian	48:14
1	Catherine Bearce		1:24:42	Men's Sport Vets			10	John Bedirian	48:44
2	Cathy Yeaton	Bar Harbor Bike	1:35:51	1	Bob Winn	1:13:23	11	Gabe Finklestein	54:34
3	Carolyn Yeaton	Holden Cyclery	1:37:42	2	Dwayne Clement	1:18:11	***	Travis Brougham	DNF
**	Katrin Bruell	DNF		3	David Rudnicki	1:20:10	Men's Beginner Senior 1		
Men's Sport Juniors				4	Brian Richardson	DNF	1	Patrick Coyne	38:36
1	Nathaniel Wilson	Bath Cycle	1:14:24	Men's Sport Masters			2	Tom Goodman	40:05
2	Andrew Legere		1:14:37	1	Will Haynes	1:26:23	3	Matthew Ford	40:36
3	Aaron Barnes		1:16:04	2	Gregg Silloway	1:28:02	4	Perry Estabrook	41:17
4	Jesse Alt	Spooky Cycles	1:18:03	Beginners' 7 Miles Cross-Country			5	David Rea	41:47
5	Andrew Beekman	Acadia Bike	1:21:00	Women's Beginner Juniors			6	Roger Wharton	42:46
6	Matthew Reynolds		1:36:25	1	Hannah Burtchell	57:43	7	Pete Bucknam	42:55
***	Matt Keene	DNF		2	Elizabeth Morgan	1:05:06	8	Scott Winn	45:56
***	Nick Stagers	Holden Cyclery	DSQ	Women's Beginner Seniors			9	Leo Pratte	46:49
Men's Sport Seniors				1	Theresa Pratt	47:10	10	Kevin Walsh	49:01
1	Klaus Moller		1:08:12	2	Shelley Spear	54:27	11	Joseph Tetreault	52:32
2	Stephen Linscott		1:11:46	3	Kristine Schroeder	59:45	12	Peter Couture	57:30
3	Stephen Dion	Allspeed	1:13:56	Men's Beginner Juniors			***	Paul Monroe	DNF
4	John Brooks	Bar Harbor Bike	1:14:03	1	Jeremy Benn	37:06	***	Troy Haley	DNF
5	Chris Karam		1:16:12	2	Neal Larrabee	40:29	***	Tim Storer	DNF
6	Tim Burnell		1:18:24	3	Nick Porell	41:53	Men's Beginner Vets		
7	Damon Black		1:19:29	4	Nathan Morse	43:16	1	Kevin J. McCarthy	42:53

Bike Race

Maine State Amateur Time Trials Alton - Sept. 4

1	Bob Dubois	43:21	12	David Miller	49:47	23	Ralph Cherry	53:43
2	Larry Poulin	44:07	13	Jim Witherell	50:01	24	Dave Guban	54:19
3	Andy Haskell	46:18	14	Doug Dolan	50:24	25	Will Reinhardt	54:22
4	Todd Nadeau	47:09	15	Josh Benthien	51:07	26	Dick Wiliamson	54:32
5	Rocky Freeman	47:23	16	Glenn Spear	51:09	27	Jim Gilbert	54:42
6	Cliff Nadeau	47:30	17	Aaron Churchill	51:14	28	George Walsh	56:30
7	Bill Kinter	48:46	18	Beryle Martin	51:49*	29	Chris Paradis	57:46
8	Mike Prymowich	48:47	19	Marcel Bastide	52:16	30	David Hatch	58:31
9	Harrison Clark	49:10	20	Jason Deffanbauer	52:27	31	Deborah Williamson	62:27
10	Jesse Bastide	49:13	21	Paul Timberlake	52:38		Ed Mendez	DNF
11	Ron Dunn	49:35	22	Pat Pelletier	53:06			

Road Race

Penbay Medical Center 5K Camden Sept. 9

19	David Benn	19:33	49	Laura Fross	28:08*	16	Maggie Avenier	8:50*
20	Sarah Andrus	19:43*	50	Heather Manning	28:08*	17	Kelly Newell	9:34*
21	Charles Allen	19:53	51	Eleanor Masin-Peters	28:14*	18	Emily Newell	13:02*
22	Carol Weeks	19:54*	52	Vicki Demmon	29:13*	Quarter-Mile		
23	Steve Razidlo	20:52	53	Pat Newell	29:45*	1	Heather Fogg	1:30*
24	Mark Alex	20:58	54	Mark Clinch	30:02W	2	Frank O'Hara	1:36
25	Kenneth Whitney	21:00	55	Jenny Woodbury	32:22*W	3	Gwen Maddox	1:37*
26	Richard Lane	21:06	56	Mardie Brown	37:48*	4	Loralie Franklin	1:38*
27	Amy Potvin	21:12*	57	Darlene Grant	37:52*W	5	Matthew MacKenzie	1:44
28	Richard Weimer	21:22	58	Suzanne Pelletier	39:47*W	6	K.C. O'Hara	1:48
29	Ron Joseph	21:37	59	Rosemary Alex	45:10*W	7	Mara Mendes	1:50*
30	Warren Newton	21:45	60	Vicki Siegel	45:59*W	8	Cameron Mazurek	1:52
31	Paul McFarland, Jr.	21:47	61	Beth Chamberlin	48:31*	9	Michael Delahanty	1:58
32	Don Nevell	21:53	62	Carolyn MacMillan	48:31*W	10	Meredith Wiemer	1:59*
33	Frank O'Hara	21:56	One-Mile			11	Phoebe Mendes	2:08*
34	Iris Poland	22:13*	1	Ryan Newell	6:18	12	Kevin Fogg	2:20
35	Denny Morrill	22:15	2	Erin Rhoda	6:28*	13	Kassandra Lincoln	2:21*
36	Louisa Dunlap	22:44*	3	Kyle Metcalf	6:32*	14	Audrey Maddox	2:29*
37	Peter Masin-Peters	23:50	4	Heather Fogg	7:05*	15	Jillian Nealey	2:43:00
38	Molly Mulhern	24:29*	5	Toni Lynn Robbins	7:13*	16	Nicholas Thibodeau	2:43:70
39	Megan Cafferata	24:30*	6	Mike Hahn	7:15	17	Kerry Gross	2:45
40	Paul McFarland, Sr.	24:50	7	Jared Drown	7:26	18	Kelsey Woodbury	2:51*
41	Lou Pelletier	24:59	8	Caitlyn Grant	7:44*	19	Patrick Thompson	2:57
42	Donald Cailler	25:06	9	Patrick Chamberlin	7:45:33	20	Owen McFarland	3:11
43	Joanie Rhoda	25:10*	10	Mark Chamberlin	7:45:68	21	Annika Metcalf	3:24*
44	Debi Hilton	25:43*	11	Darren Robbins	7:51	22	Jalen Lincoln	4:06
45	Richard Weimer, Jr.	25:55	12	Ramona Rogers	8:02*	23	Riley Peterson	4:14
46	Jane Rasmussen	25:58*	13	Lindsey Grant	8:04*			
47	Paul Chamberlin	27:51	14	Amber Rogals	8:31*			
48	Addie Price	28:07*	15	Zachary Brown	8:42			

Road Race

Terry Fox 5K Bangor Sept. 10

4	Scott Hoerner	16:50	17	Allen Storkley	18:47	30	Joe Ewings	
5	Bob Everett	16:52	18	David Jeffrey	18:55	31	Jacques Larochelle	20:06
6	Jamie Good	17:00	19	Martin Lee	19:00	32	Bryce Boynton	20:09
7	Judson Esty-Kendall	17:36	20	Thomas Aucoin	19:12	33	Frank Bragg	20:10
8	Chris Jones	17:48	21	Dana Lavertu	19:20	34	Mary Poulin	20:11*
9	Chris Dorion	17:53	22	Dale Dickie	19:36	35	Ed Scott	20:14
10	Greg Dorr	18:00	23	Kevin Dow	19:41	36	Craig Boyd	20:18
11	Newell Lewey	18:01	24	Bob Snow	19:47	37	Paul Grossweiler	20:20
12	Glen Holyoke	18:01	25	Jon Connolly	19:49	38	Katrina Bishemer	20:26*
13	Sam Brown	18:24	26	Tim Reid	19:54	39	Peter Dauphinee	20:26
14	Chase Pray	18:35	27	Thomas Swan	19:54	40	Dena Flye	20:30*
15	Jeff Sands	18:39	28	Sheila Hodges	19:56*	41	Jennifer Herbold	20:36*
16	Robert Jordan	18:39	29	Bill Pinkham	19:56	42	Steve Tuckerman	20:39

43	Angela Edgecomb	20:56*	88	John Rubino	24:12	129	Charles Clapper	29:53	170	Sarah Scott	42:45*
44	Dale Post	20:56	89	Peter Daigle	24:17	130	Kermot Garrett	30:04	171	Darlene Scott	42:57*
45	Don Rochefort	21:03	90	Jack Rawcliffe	24:20	131	Ellen Libby	30:07*	172	Jaime St. Amand	43:57
46	Rick Guyer	21:05	91	Richard Hartford, Sr.	24:30	132	Donna Shackelford	30:10*	173	Bre Torrey	44:38
47	Chuck Arrigoni	21:10	92	Merrill Boynton	24:32	133	Matt Poliquin	30:15	174	Emily Lewey	44:39*
48	Kenny Cushman	21:13	93	Chris Irvine	24:36	134	Martin Zak	30:35	175	Brenda St. Amand	44:538
49	Ben Barr	21:20	94	Jana Stabile	24:41*	135	Sam Martin	30:51	176	Carlene Frazer	45:02*
50	Brent Bailey	21:21	95	Mary Evans	24:47*	136	Dawn Pelletier*		177	Donna Comstock	45:05*
51	Martin Vern	21:28	96	Joan Merriam	24:52*	137	Seneca Holland	31:11*	178	Louis Pare	45:31
52	Brenda Bailey	21:29*	97	Annette Hatch-Clein	25:11*	138	Keith Holland	31:11	179	Susan Webber	48:43*
53	Thad Dwyer	21:29	98	Laura Zegel	25:11*	139	Gina Bugeyer*		180	Annalliese Lafayette	48:45*
54	Margaret Jones	21:31*	99	Tamatha Wardwell	25:17*	140	Carolyn Labossore	31:21*	181	Jared Whitney	49:01
55	Dick Miles	21:36	100	Jim Simpson	25:17	141	Josh Whinery	31:40	182	Paul Delisle	49:01
56	Steve Bickford	21:41	101	Erik Black	25:17	142	Austin Kerndt		183	Tim Delisle	49:29
57	Bruce Bickford	21:43	102	Kim Farley	25:38	143	Charles Kerndt	31:49	184	Trevor Campbell	49:37
58	Chris Oster	21:53	103	Wayne Jacobs	25:45	144	Phil LeClair	31:49	185	Kimble Rawcliffe	51:32*
59	George Maxsimic	22:00	104	Evan Farley	25:54	145	Phillip Smith	32:25	186	Logan Lafayette	51:33
60	Doug Reusch	22:00	105	Judi Richard	25:58*	146	Bridgett Donnelly	32:25	187	Daniel Lafayette	51:33
61	Peggy Ross	22:06*	106	Jon Farley	26:00	147	Erin Harmon	32:26*	188	Carla Lafayette	51:36*
62	Aaron Smart	22:10	107	Mark Fitzpatrick	26:16	148	Art Fraser	32:41	189	Rylee Rawcliffe	51:52*
63	Wayne Moore	22:14	108	Rudy Rawcliffe	26:21	149	Jim Brown	32:41	190	Ramsey Lafayette	51:53
64	Susan O'Brien	22:17*	109	Andrea Pelletier	26:25*	150	Christy Brown	32:56*	191	JoAnna Rawcliffe	52:33*
65	Tony Cyrus	22:54	110	Don St. Amand	26:31	151	Carol Jankowski	32:56*	192	Morna Rawcliffe	52:57*
70	Thomas Koch	22:57	111	Sheryl Arhurs	26:44*	152	Aaron	32:56	193	Lillian Barry	52:58*
71	Lynn Dow	23:01*	112	Howard Slap	27:09	153	Leona Clapper	33:57*	194	Jeanne Barry	55:56*
72	Steven Tebbutt	23:07	113	Ed Rice		154	Alison Howard*		195	Danielle Fearon	55:56*
73	Bruce McKibben	23:07	114	Oriana Farley	27:39*	155	Sarah White	34:05*	196	Cathy Fearon	56:14*
74	Jeanne Butterfield	23:08*	115	Erin Campbell*		156	Whitney Tribou	34:07	197	Catherine LeClair	59:39*
75	Rene Collins	23:17*	116	Kristin Peters	27:51*	157	Rosalind Prince	34:21*	198	Andrew LeClair	59:48
76	Gary Burgess	23:19	117	Miranda Fearon	28:00*	158	Scott Liberty	35:49	199	Peggy Brown	59:48*
77	David Wilson	23:20	118	Kevin Barry	28:02	159	Reggie Scott	35:49	200	Lorraine White	1:01:18*
78	Kate Muir	23:28*	119	Garrett Wilkin	28:15	160	Wayne Campbell	37:49	201	Martha Doynon	1:01:18*
79	Danny Lafayette	23:29	120	George Dorlon	28:19	161	Tami Campbell	37:50*	202	Grace LeClair	1:01:18*
80	Laura Richards	23:41*	121	Judy Dickie	28:25*	162	Mary Laflemme	38:33*	203	Peggy LeClair	1:01:19*
81	Dave Samuelian	23:45	122	Tricia Badger	28:49*	163	Jean Curtis	38:33*	204	JoAnna Thyer	1:01:19*
82	Fred Blanke	23:45	123	Dannette LeClair	28:49*	164	Jackie Tribou	39:26*	205	Jackie Rawcliffe	NA*
83	Daniel Koch	23:47	124	John Raymond	28:57	165	Bill Lawlor	40:08	206	Charlie Rawcliffe	NA
84	John Tjepkema	23:50	125	Nancy Hall	29:10*	166	Jill Campbell	40:11*			
85	Kate Weeks	23:50*	126	Lance Lewey	29:40	167	MacKenzie Rawcliffe	40:14			
86	Louisa Dunlap	23:57*	127	Gabe Winn	29:47	168	Mary Lou Ames	41:42*			
87	Joanne Kimball	24:07*	128	Chris Tibbitts	29:52	169	Stacey-Lee Scott	42:42*			

Road-Trail Race

18th Bar Harbor Half Marathon Sept. 16

1 Sam Wilbur	Lincoln ME	22m 1:08:20	34 Dave Gates	Houlton ME	40m 1:23:33	76 Paul Lamoreau	Presque Isle ME	35m 1:30:25
2 Alan Robson	Edinburgh Scotland	35m 1:10:13	35 William Leitch	Phoenixville PA	29m 1:23:56	77 David Wakana	Caribou ME	35m 1:30:35
3 Pete Bottomley	Cape Elizabeth ME	33m 1:13:22	36 David Gilman	Sanbornton NH	37m 1:24:03	78 Karl Johnson	Bar Harbor ME	35m 1:30:35
4 Danny Paul	Presque Isle ME	41m 1:14:18	37 Greg Dorr	Bangor ME	30m 1:24:35	79 Michael Duffy	Caribou ME	37m 1:30:45
5 Joe Fischetti	Westford MA	35m 1:14:25	38 Peter G West DC	Wiscasset ME	31m 1:25:23	80 Bob McCormack	Cape Elizabeth ME	44m 1:30:48
6 Shaun Keenan	Cooper Mills ME	33m 1:14:36	39 Scott Samuelson	Freeport ME	37m 1:25:34	81 Marcie Saganov	Jamaica Plain MA	37f1:30:58
7 Peter Millard	Orono ME	41m 1:15:07	40 Lawson Noyes	Kennebunk Me	53m 1:26:11	82 Dale Dickie	Brownsville Jct ME	52m 1:30:59
8 Lance Guliani	West Bath ME	36m 1:16:19	41 Arvid Cullenberg	Farmington ME	35m 1:26:13	83 Carol Manley	Washington ME	41f1:31:05
9 Tom St Germain	Bar Harbor ME	28m 1:17:05	42 Jo-Ann Nealey	Northport ME	34f1:26:25	84 Tom McGuire	Oakland ME	49m 1:31:08
10 Paul Cook	Dover-Foxcroft ME	38m 1:17:49	43 Eric Huemma	Freeport ME	30m 1:26:29	85 David Benn	Waterville ME	50m 1:31:32
11 Ludo Bruyere	Augusta ME	26m 1:18:06	44 Michael P Rogers	Belfast ME	30m 1:26:42	86 Kelley N Cullenberg	Farmington ME	34f1:32:16
12 Joan Benoit-Samuelson	Freeport ME	38f1:18:11	45 James Gunson	Portland ME	28m 1:26:46	87 Craig R Lewis	Wilton ME	45m 1:32:20
13 Ray Panek	Belmont MA	29m 1:18:52	46 Daniel Hutchins	South Portland ME	35m 1:26:54	88 Bill Pinkham	Lamoine ME	52m 1:32:23
14 Judson Kendall	Glenburn ME	46m 1:19:28	47 Harold W Frost	Stoughton MA	48m 1:27:04	89 Manuel Sager	New York NY	40m 1:32:26
15 Chris Dorion	Orono ME	34m 1:19:33	48 Kevin Johnson	Bar Harbor Me	40m 1:27:15	90 Kevin Dow	Eddington ME	36m 1:32:28
16 Tim Naylor	Lewiston ME	20m 1:19:46	49 Joe Dana	Old Town, Ind. Is ME	19m 1:27:17	91 Sue Foster	Bar Harbor ME	37f1:32:32
17 Matthew Mace	Arnold MD	35m 1:19:53	50 Sam Brown	Ellsworth ME	22m 1:27:18	92 Peter R McDonald	Scarborough ME	35m 1:32:47
18 Tom Bennett	Lewiston Me	38m 1:20:03	51 Donna Hurley	Spruce Head ME	38f1:27:21	93 Anne O'Regan	Newton MA	39f1:32:51
19 Christian Oberle	Lewiston ME	20m 1:20:07	52 Mary Meehan	Topsham ME	29f1:27:38	94 Ed Doughty Jr	Gray Me	46m 1:32:58
20 Guy A Segars	Brunswick ME	35m 1:20:11	53 Kenneth Cotton	Britol ME	46m 1:27:52	95 G Daniel Densio	Portland ME	34m 1:33:08
21 Newell Lewey	Veazie ME	7m 1:20:16	54 Bob Stuart	Cumberland ME	41m 1:27:54	96 Harold Hawks	Rock Hall MD	39m 1:33:12
22 Randy Bartlett	Eliot ME	0m 1:20:28	55 Jerry Carchedi	Roslindeale MA	31m 1:28:10	97 Gerard Conley	Portland ME	41m 1:33:12
23 Garry Grigel	Portland ME	38m 1:20:37	56 Bill Whitmore	Falmouth ME	36m 1:28:23	98 Stephen Liscovitz	Brunswick ME	41m 1:33:13
24 Bruce Freme	Caribou ME	39m 1:20:46	57 Dave P Chamberlain	Falmouth ME	33m 1:28:29	99 John Mountford	Hulls Cove ME	36m 1:33:17
25 Peter R Dauphinee	Bangor ME	20m 1:20:51	58 John L Carpenter	North Yarmouth ME	37m 1:28:29	100 JD Klein Prior	Lake MN	47m 1:33:23
26 Barry Wight	Portland ME	36m 1:21:03	59 Lynn Weigel	Lincoln ME	46m 1:28:32	101 Eric Boylestad s	Portland ME	30m 1:33:24
27 Steven McGrath	Portland ME	40m 1:21:06	60 Joe McGurn	Rockland ME	47m 1:28:33	102 Kristen Von Koschembahr		
28 Jim Ferland	Orono ME	28m 1:21:06	61 Robert J Gillis Jr	Gloucester MA	40m 1:28:35		Malden MA	28f1:33:24
29 Lou Lainey	Island Falls ME	48m 1:21:20	62 John Gleason	Freeport ME	37m 1:28:43	103 Debra Hanley	S Paris ME	34f1:33:33
30 Jason Grabelle	Castine ME	19m 1:21:54	63 John Cary	Arlington MA	49m 1:28:45	104 Douglas F Smith	Durham NH	33m 1:33:37
31 Jonathan Aretakis	Pembroke ME	36m 1:22:45	64 Philip D Schena	Voluntown CT	40m 1:28:46	105 Sarah Andrus	Rockport ME	40f1:33:39
32 Antonino Blandino	Castine ME	22m 1:23:28	65 Alan Stockley	Elsworth ME	46m 1:28:55	106 Michael Boucher	Freeport ME	38m 1:33:54
33 Ben Lewis	Wilton ME	17m 1:23:29	66 Anne Clemens	Mt Grena PA	21f1:28:56	107 Ken Vinson	Vinalhaven ME	60m 1:33:59
			67 Roy E Alden	Caribou ME	41m 1:28:57	108 Peter Cuff	Limestone ME	39m 1:34:02
			68 Bion McPadden	Lubec ME	55m 1:29:17	109 Bill Everett	Essex Jct VT	44m 1:34:05
			69 David A Hill	Newmarket NH	36m 1:29:20	110 Barry Henderson	Somerville MA	32m 1:34:20
			70 Thomas Amory	Camden ME	45m 1:29:25	111 Alison Kisch	Falmouth ME	29f1:34:24
			71 Arthur Robinson	Augusta ME	45m 1:29:26	112 Mark McClellan	Rockland ME	38m 1:34:24
			72 Philip Morris	Concord MA	38m 1:29:37	113 Brian O'Sullivan	S Boston MA	23m 1:34:25
			73 Jan Sembe	Bangor ME	36m 1:29:37	114 Clif Smith North	Vassalboro ME	44m 1:34:28
			74 Peter Szawloski	Sugarhill NH	53m 1:29:41	115 John Rolfe	Portland ME	41m 1:34:41
			75 Robert Struthers	Danvers MA	43m 1:30:21	116 Gordon A Smith	Portland ME	37m 1:34:46

117 Jeff Lettenberger	Oakland ME	37m 1:34:48	203 Tom A Russell	Richmond VA	34m 1:43:48	289 Cathy Burnie	Cumberland ME	46f 1:52:07
118 Mike McGlinchey	Westford MA	43m 1:34:49	204 Mike E Powers	Shrewsbury MA	34m 1:44:24	290 George Gaudreau	Croix Quebec Can	42m 1:52:13
119 Katrina Bisheimer	Bangor ME	30f 1:34:54	205 Erin Ray	Bangor ME	29f 1:44:24	291 Laura Richards	Hampden ME	41f 1:52:17
120 Tony Hess	Oakland ME	47m 1:35:35	206 Hank Allen	Old Lyme CT	54m 1:44:30	292 Lindsey Molloy	Groton MA	46f 1:52:43
121 Hal Stewart	Presque Isle ME	33m 1:35:38	207 Tom Brennan	Calais ME	43m 1:44:33	293 Stephen W Everett	East Waterboro ME	42m 1:52:54
122 Doug Pennock P	Palmyra ME	36m 1:35:40	208 Dan Bergeron	Portland ME	37m 1:44:41	294 Jeffrey W Parsons	East Derry NH	37m 1:52:54
123 Steve Loesch	East Sandwich MA	39m 1:35:44	209 Charles M Cary	Sharpswell ME	52m 1:44:48	295 William Hoinsky	Mystic CT	51m 1:52:56
124 Dan Avenir	Belfast ME	47m 1:35:50	210 Sue Tortello	Costigan ME	40f 1:45:11	296 Sam Auerbach	Jonesport ME	61m 1:52:59
125 Dale Nealey	Northport ME	31m 1:35:50	211 Debra G Schena	Voluntown CT	40f 1:45:14	297 Douglas J Nangle	Orono ME	31m 1:53:08
126 David Baldwin	Harrington ME	52m 1:36:10	212 Karen Foust	Gardiner ME	32f 1:45:19	298 Mark Butterfield	Falmouth ME	40m 1:53:20
127 Scott Grierson	Bass Harbor ME	28m 1:36:16	213 Rene Collins	Brewer ME	53f 1:45:26	299 Denise Robertson	Scarborough ME	34f 1:53:35
128 John M Brown	Mt Desert ME	45m 1:36:19	214 Bob A Johnston	N. Vassalboro ME	44m 1:45:30	300 Kevin Adams	Bethesda MD	39m 1:53:41
129 Michele Ohman	Gray ME	29f 1:36:21	215 George Leone	Seal Harbor ME	41m 1:45:33	301 Steve Moskey	Cape Elizabeth ME	45m 1:53:41
130 Ray Ashenhurst	Nashua NH	52m 1:36:23	216 David H Atwood	Old Town ME	43m 1:45:36	302 Jennifer Hamel	Portland ME	27f 1:53:45
131 Kerry K Corcoran	Portland ME	30f 1:36:31	217 Jennifer Lord	Waterville NY	30f 1:45:55	303 Carlton Mendell	Portland ME	73m 1:53:47
132 Paul Corrigan	Hartland ME	44f 1:36:31	218 Clara Coleman	Bar Harbor ME	19f 1:45:56	304 Brent Graham	Cape Elizabeth ME	26m 1:53:48
133 Katherine Lewis	Framingham MA	25m 1:36:36	219 Drew Maples	Brooklyn ME	34m 1:45:57	305 Michelle Hudson	Brookline MA	24f 1:53:58
134 Kennedy L Yeaton	Phippsburg ME	48m 1:36:42	220 AnderThebaud	SW Harbor ME	29f 1:46:00	306 Tom O'Brien	Brighton MA	31m 1:53:58
135 Bill W Case	Lubec ME	36m 1:36:50	221 Emily Stuart	Cumberland ME	36f 1:46:07	307 Cheryl A Halleran	Plainfield NH	25f 1:54:02
136 Kevin Rodgers	Dov-Foxcroft ME	39m 1:36:53	222 Jeff Preble	Manchester ME	41m 1:46:25	308 Cindy Bolles	Portland ME	31f 1:54:12
137 Barney Cliff	Island ME	44m 1:36:57	223 Jim P Kearns	NE Harbor ME	28m 1:46:25	309 John L Rice	Hanover NH	32m 1:54:41
138 Dwight Brown Jr	Ellsworth ME	47m 1:37:03	224 Kathy Gang	Durham NH	29f 1:46:36	310 Annette Hatch-Clein	Bangor ME	32f 1:54:41
139 Sam Collins	Caribou ME	37m 1:37:04	225 William A Lee	Waterville ME	43m 1:46:39	311 Beth H Lawson	W Tremont ME	30f 1:54:53
140 Craig Boyd	Brewer ME	44m 1:37:08	226 Bill Hamilton	Arlington MA	47m 1:46:51	312 Marla Zell	Pembroke Pines FL	41f 1:54:54
141 Peter P Hanson	Portland ME	55m 1:37:25	227 Alan Zbell	Beacon Falls CT	48m 1:46:57	313 Bob Zell	Pembroke Pines FL	52m 1:55:01
142 Jeffrey Dunn	Castine ME	21m 1:37:28	228 Dick Church	SW Harbor ME	64m 1:47:02	314 Bob Cragg	Hanover NH	49m 1:55:10
143 Janice Choiniere	Cranston RI	35f 1:37:39	229 Robert T Bussey	Parker CO	60m 1:47:03	315 Bud Farley	Bar Harbor ME	57m 1:55:11
144 WF Vann Jr	Chapel Hill NC	47m 1:37:43	230 Robin Giegerich	Groton MA	34f 1:47:05	316 Karen Lutz	Orono ME	43f 1:55:11
145 Steve McDonald	Houlton ME	44m 1:38:16	231 Ellen R Spring	Thomaston ME	42f 1:47:05	317 Susan Kolakowski	Auburn ME	38f 1:55:39
146 Michael Foster	Chesapeake VA	33m 1:38:17	232 Donald Sanborn	Thomaston ME	50m 1:47:06	318 Donnajean Pohlman	Albion ME	44f 1:55:39
147 Lee Clein	Bangor ME	32m 1:38:17	233 Mike J Cowell	Yarmouth ME	58m 1:47:11	319 Angie Gargan	Rockland ME	30f 1:55:41
148 Michael J Murphy	Revere MA	42m 1:38:44	234 John Piampiano	Cumberland ME	29m 1:47:15	320 Joanne Berman	Hull MA	38f 1:55:44
149 Timothy Guay	Maiden MA	26m 1:38:45	235 Kim Lynch	Wiscasset ME	35f 1:47:15	321 Corky Keefe	Colorado Springs CO	52f 1:55:56
150 Richard Trafton	Auburn ME	46m 1:38:47	236 Brenda LoPetro	Winterport ME	48f 1:47:28	322 Phil Scavotto	Portland ME	36m 1:56:16
151 Michael Appel	Milford ME	24m 1:38:50	237 Ralph Butts	Gray ME	34m 1:47:29	323 Karen Hughes	Waverley N.C. Canada	43f 1:56:29
152 Luke Lucas	Chapel Hill NC	48m 1:39:05	238 Ken M Oliver	Medford Oregon	65m 1:47:31	324 Isabelle B Schweitzer	Bar Harbor ME	42f 1:56:35
153 Rick Guyer	Bangor ME	44m 1:39:09	239 Bernice Stockley	Chester ME	32f 1:47:34	325 Ron Todd	Southern Pines NC	59m 1:56:35
154 Faye Gagnon	Minot ME	50f 1:39:32	240 Clair Grant	Merrimack NH	46m 1:47:34	326 Tina Todd	Southern Pines NC	37f 1:56:45
155 Kate J Francis	Bar Harbor ME	19f 1:39:33	241 Ann Menzietti	Bar Harbor ME	33f 1:47:40	327 Steve Hanson	Rockport ME	48m 1:56:52
156 Keith Holland	W Rockport ME	40m 1:39:34	242 Claire E Robbins	Yarmouth ME	32f 1:47:41	328 Tom Severance	Gouldsboro ME	40m 1:57:16
157 Alex F Birzin	Tinton Falls NJ	30m 1:39:35	243 Hadley W Austin	Wiscasset ME	36m 1:47:47	329 Randy Purvis	Seal Harbor ME	30m 1:57:25
158 Casey Alan Clapp	Utica NY	42m 1:39:44	244 Tom Hanecek	Litchfield CT	16m 1:47:52	330 Jack Cashman	Old Town ME	45m 1:57:26
159 Stephen M Porter	Sherman Mills ME	43m 1:39:52	245 Kent Pierce	Stetson ME	56m 1:47:53	331 Edward P Surprenant Jr	Attleboro MA	41m 1:57:36
160 Lori Ann Bertram	Hull MA	32f 1:39:57	246 Gene Pellerano	Ellsworth ME	40m 1:47:54	332 Mary Smith	Rome GA	49f 1:57:43
161 Donald Harriman	Pittsfield ME	48m 1:40:08	247 Carol Schrek	Cape Eliz. ME	51f 1:47:56	333 Chuck Burnie	Cumberland ME	41m 1:58:03
162 Bo Harris	Dover-Foxcroft ME	37m 1:40:09	248 Mary Woodfin	Bar Harbor ME	37f 1:47:57	334 Bill Higbee	Topsham ME	50m 1:58:16
163 Linda Hanson	Portland ME	48f 1:40:13	249 Mary McEwen	Bangor ME	35f 1:48:06	335 Cecilia L Caldwell	Portland ME	36f 1:58:20
164 David Tolstrup	Calais ME	39m 1:40:23	250 Thomas A Harvey	Waterville ME	45m 1:48:15	336 Keith Kennelly	Windham NH	36m 1:58:32
165 Jim E Williams	Cape Elizabeth ME	41m 1:40:28	251 Robert Green	Gorham ME	47m 1:48:19	337 Geri Robbins	Gardiner ME	50f 1:58:34
166 Lloyd LaFountain	Biddeford ME	33m 1:40:28	252 Steven C Tourkin	Washington DC	42m 1:48:21	338 Diane W Casey	Gardiner ME	37f 1:59:16
167 David Whitney	Brooksville ME	35m 1:40:37	253 Meredith Randolph	Southwest Harbor ME	24f 1:48:22	339 Heather Tourkin	Washington DC	32f 1:59:17
168 Joseph Conrad	Dryden ME	45m 1:40:42	254 Jean-Roch Bolduc	St Prosper P Q Canada	54m 1:48:24	340 Woman Finisher		f 1:59:35
169 Sarah K Everton	Ipswich MA	35f 1:40:43	255 Michael Law	Upper Darby PA	29m 1:48:24	341 Rick Martin	Deer Isle ME	42m 1:59:36
170 John S Walker	Ellsworth ME	47m 1:40:43	256 Heather Higbee	Topsham ME	49f 1:48:25	342 Douglas Auld	Salem MA	32m 1:59:52
171 Cat Rogers	Hollis NH	57m 1:40:48	257 Michael Daly	Brunswick ME	50m 1:48:25	343 Donald Cass	Bar Harbor ME	44m 2:00:07
172 Pat McCormack	Winter Harbor ME	32m 1:41:00	258 Louisa Dunlap	Belfast ME	54f 1:48:39	344 Marie Jordan	Cumberland ME	25f 2:00:08
173 Mark Alex West	Rockport ME	35m 1:41:03	259 Andrea Panek	Belmont MA	28f 1:48:40	345 Matthew Houghton	New Harbor ME	29m 2:00:23
174 K Mark Schofer	Arlington MA	35m 1:41:13	260 Donald A Foshay Jr	South Portland ME	36m 1:48:48	346 Allan Clapp	Boxboro MA	42m 2:00:25
175 George Alexion	Lynn MA	36m 1:41:15	261 John Hanecek	Litchfield CT	48m 1:48:58	347 Robert J Briganti	Red Bank NJ	19m 2:01:04
176 Donald E Smith	West Warwick RI	40m 1:41:16	262 Patricia Doyle	Marshfield MA	52f 1:49:00	348 Peter Colman	Southwest Harbor ME	28m 2:01:13
177 Michael Quinn	Newton Center MA	36m 1:41:17	263 David E Rideout	S Paris ME	57m 1:49:01	349 Karla Vallance	Decatur GA	39f 2:01:33
178 Bob Minchow	Medford MA	26m 1:41:27	264 Regina Erskine	Portland ME	31f 1:49:12	350 Arthur Larson	Hampden ME	49m 2:01:46
179 Ted Koehler	Mt Desert ME	43m 1:41:35	265 Britt Hulbert	Bar Harbor ME	25f 1:49:18	351 Unknown finisher		2:01:48
180 Jeffrey Rutchick	Magnolia MA 4	2m 1:41:38	266 John Cullinane	Auburn ME	51m 1:49:33	352 Dana Hanley	Paris ME	33m 2:01:55
181 Dave Kruschwitz	Carmel ME	43m 1:41:42	267 Michael Giglin	Damariscotta ME	36m 1:49:35	353 Louise Brinton	Bethesda MD	44f 2:02:18
182 Karen Martin	Greenville SC	46f 1:41:51	268 Joshua Parker	Princeton ME	17m 1:49:37	354 Kathy Bean	Boothbay Harbor ME	37f 2:02:30
183 Lauren Leslie	Warwick RI	34f 1:41:55	269 Chris Field	Bar Harbor ME	33m 1:49:44	355 Kay Rogers	Bangor ME	32f 2:02:55
184 Gaetan Fontaine	Lewiston ME	40m 1:42:01	270 Teresa Bierig	Rochester NH	25f 1:49:59	356 Christopher Coose	Salisbury Cove ME	44m 2:03:00
185 Kellern Wood	Windham ME	31f 1:42:01	271 Donna Russo	Oakland ME	35f 1:50:00	357 Donna Brown	Rockland ME	38f 2:03:07
186 Gene Ross	Houlton ME	59m 1:42:11	272 Lori Mercier	Oakland ME	29f 1:50:00	358 Rich Curley	Nobleboro ME	47m 2:03:11
187 Mark Bruns	Gray ME	36m 1:42:13	273 Joel Parker	Princeton ME	17m 1:50:09	359 Frances Harris	Lexington VA	18f 2:03:33
188 Tony Jans	Whiting ME	43m 1:42:24	274 Don Gallagher	Castine ME	35m 1:50:10	360 Delores A Sullivan	Pepperell MA	58f 2:03:35
189 Mark Lincoln	Lincoln ME	45m 1:42:34	275 Jackie Burke	Seal Harbor ME	29f 1:50:14	361 Sean Sweeney	Bar Harbor ME	37m 2:03:38
190 Julia Drinker	Portland ME	34f 1:42:39	276 Robert D Spurrier	Exeter NH	47m 1:50:23	362 Adrienne Turner	W Buxton ME	36f 2:03:41
191 Mike Vashon	Gorham ME	34m 1:42:40	277 Clinton Cushman	Houlton ME	55m 1:50:28	363 Colleen M Harrington	Cape Elizabeth ME	40f 2:04:38
192 Eric Lagios	S Portland ME	36m 1:42:40	278 Joel Bassett	South Portland ME	33m 1:50:28	364 Chuck Lawrence	East Holden ME	31m 2:04:41
193 Susan O'Brien	Hampden ME	37f 1:42:46	279 Abby Holman	Portland ME	33f 1:50:29	365 Maureen Goulson	Cocord NH	41f 2:05:08
194 Geoff Manifold	Gouldsboro ME	43m 1:42:49	280 Jeanne Butterfield	Bangor ME	46f 1:50:51	366 David Wasson	Falcon Heights MN	37m 2:05:08
195 Ronald Paquette	Albion ME	54m 1:42:53	281 Lance Leo	Orono ME	21m 1:51:18	367 Paul M Sullivan	Pepperell MA	56m 2:05:20
196 Nick C Rathbone	Brunswick ME	26m 1:42:57	282 Elizabeth Bourret	Malden MA	48f 1:51:21	368 Donna Donald	Augusta ME	46f 2:06:06
197 Kevin Molloy	Groton MA	46m 1:43:06	283 Clinton A Goodenow	Freeport ME	56m 1:51:45	369 Lisa Beattie	Lancaster NH	24f 2:06:26
198 Cliff Olson N	NE Harbor ME	52m 1:43:10	284 John Ouellette	Westfield MA	37m 1:51:45	370 Kathy Deupree	Camden ME	48f 2:06:55
199 Mike Robert	DuFault Brkline MA	24m 1:43:16	285 Ann Woodworth	Heights MN	34f 1:51:48	371 James Woodworth	Bangor ME	27m 2:07:33
200 Kristin O'Brien	Orono, ME	27f 1:43:28	286 Brad Smith	Peabody MA	47m 1:51:49	372 Elizabeth Bertolozzi	Boston Ma	34f 2:07:33
201 Steve Tuckerman	Bangor ME	41m 1:43:34	287 Alison Van Zandberger	St George ME	22f 1:51:53	373 Mark J Mathis	Boston Ma	31m 2:07:37
202 Dennis Curtis	Augusta ME	39m 1:43:48	288 Laura Pellerano	Trenton ME	36f 1:52:04	374 Martin Gibson	Glen Cove ME	41m 2:08:17

375 Mike Haynes	Nashville TN	33m 2:08:58	388 Patricia Glidden	Cambridge MA	47f 2:14:53	401 Bob LaForge	Ellsworth ME	50m 2:25:01
376 Elizabeth Brown	Cliff Island ME	43f 2:09:00	389 Judy Dickie	Brownsville Jct ME	53f 2:14:53	402 Loren J Bailey	Falmouth ME	31m 2:27:04
377 Ethan Rochnis	Bar Harbor ME	20m 2:09:08	390 Jennifer Soldati	Concord NH	48f 2:17:49	403 Gale A MacAulay	Marshfield MA	37f 2:27:11
378 Joseph Bertolaccini	Gorham ME	29m 2:09:08	391 Virginia Shields	Bar Harbor ME	36f 2:18:20	404 Jean Goldfine	Belfast ME	50f 2:31:54
379 Christine Bertolaccini	Gorham ME	29f 2:10:42	392 Jean Manning	Derry NH	32f 2:19:13	405 Peggy Burden	Bangor ME	55f 2:32:10
380 Nancy Koecher	Minnetonka MN	49f 2:11:30	393 Claire Jordan	Cumberland ME	49f 2:19:50	406 Bob Myers Mt	Desert ME	39m 2:32:42
381 Pam LaJenne	Brunswick ME	46f 2:11:30	394 Beverly S Doughty	Gray ME	44f 2:20:19	407 Julius Marzul	Gorham ME	69m 2:33:04
382 Catherine Jarratt	Brunswick ME	47f 2:11:31	395 Chrissiam Brena	Portland ME	24m 2:20:35	408 Sandra Mahoney	New Holland PA	52f 2:35:16
383 Linda Hornbeck	Topsham ME	48f 2:11:51	396 Steve Stracqualursi	Falmouth ME	34m 2:21:00	409 Hubert Smith	Rome GA	58m 2:37:22
384 Linda Hunt	Hollis ME	48f 2:12:03	397 Christopher P Eschette	Castine ME	25m 2:21:08	410 Hugh Mahoney	New Holland PA	53m 2:37:22
385 Peter T Macy	Mt Desert ME	73m 2:13:54	398 Patricia L Kennedy	Bangor ME	47f 2:22:34	411 Paul A. Paulson	Brewer ME (RW)	69m 3:14:47
386 Peter Stern	Palo Alto CA	55m 2:14:25	399 Gregory G Smith	Portland ME	34m 2:24:10			
387 Ann Bacon	Mt Desert ME	47f 2:14:32	400 Janice Parente	Falmouth ME	29f 2:24:59			

Road Race

Women's Distance Festival 5K Portland - Sept. 17

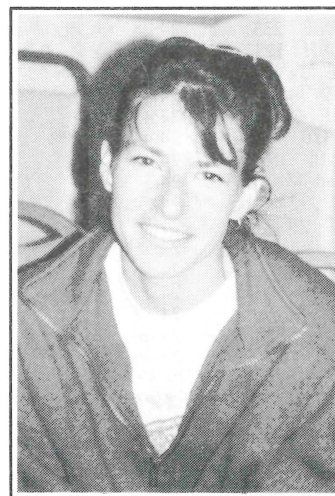
Black-haired Daniela Daggy, 24, who moved to Portland a little more than a year previous after graduating from the University of Kansas, won the race despite "very little" running since college, where she ran cross-country and track (her p.r. for 5,000 meters indoor is 17:20). In 1994 she was only 12th with a 19:28 in this race, so she is getting in better shape because her win this year was done in 19:07, but this winning time is also testimony that most of the state's top female runners didn't compete. Last year Julia Kirtland won it in 17:12.

At the friendly banquet at the Eastland Hotel afterwards, Kim Moody, Ph.D., professor of nursing at the University of Southern Maine, mother of twins, and member of the Maine Running Hall of Fame—she was a champion marathoner in the early 1980's—spoke to the several hundred women and their guests about the benefits of running, but also noted soberingly that "running can be unhealthy." She cited as negatives "running through injuries" and the problem of anorexic runners. She stressed the positives, however, mentioning that "my best friends are running friends" and applauding "the unity you feel with nature" while running. But, she said, "some people just check [running] off on their duty list." (LT)

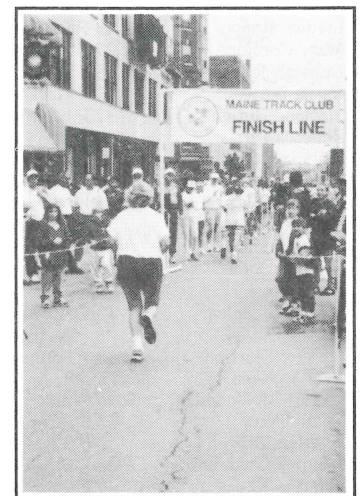
	Bib No.		
1 Daniela Daggy	24 F Portland ME	64	19:07
2 Gretchen Read	52 F Portland ME	120	19:30
3 Jessie Andrews	20 F Alfred ME	243	19:34
4 Carol Hogan	44 F Portland ME	163	19:37
5 Ruth Hall	37 F Gorham ME	362	19:43
6 Sheila Hodges	40 F Hampden ME	156	19:52
7 Julie Fitzgerald	30 F Portland ME	325	19:55
8 Nancy Kneeland	40 F Kennebunk ME	22	20:02
9 Kelley Cullenberg	34 F Farmington ME	215	20:10
10 Jeanne Hackett	36 F Peaks Island ME	291	20:14
11 Carol Weeks	46 F Kennebunk ME	305	20:15
12 Nancy Lund	43 F Falmouth ME	164	20:22
13 Kathy Jenkins	35 F Gorham ME	289	20:26
14 Kim Coombs	38 F Gorham ME	197	20:36
15 Kathryn Tolford	40 F Falmouth ME	248	20:37
16 Ann Stroh	31 F Gorham ME	250	20:39
17 Carrie Croft	35 F South Portland ME	347	20:40
18 Julianna Lagin-Nass	16 F Starks ME	119	20:40
19 Nancy Weis	35 F Springvale ME	352	20:41
20 Kimberly Moody	40 F Cape Elizabeth ME	322	20:41
21 Connie Hallett	36 F Portland ME	238	20:43
22 Nancy Clark	37 F Sanford ME	244	20:48
23 Ann Morrow	31 F South Portland ME	277	20:49
24 Katie Reid	19 F Kennebunkport ME	344	20:50
25 Becky Wallace	22 F Gray ME	267	21:00
26 Pamela Hewett	28 F Peaks Island ME	284	21:12
27 Ellie Tucker	40 F Belgrade Lakes ME	306	21:13
28 Joan Reynolds	39 F Arrowsic ME	139	21:14
29 Melissa Murphy	22 F Branford CT	303	21:14
30 Laura Wilcox	16 F Falmouth ME	336	21:31
31 Cathy Nugent	27 F South Portland ME	237	21:37
32 Joan Lavin	47 F Portland ME	205	21:38
33 Gretchen Earle	15 F Falmouth ME	337	21:44
34 Donna Just	38 F East Holden ME	94	21:47
35 Betty Rines	38 F Gorham ME	18	21:48
36 Barbie Beal	36 F Winterport ME	155	21:59
37 Cindy Aiken	41 F Yarmouth ME	31	22:00
38 Maria Desjardins	37 F Cumberland ME	296	22:00
39 Jane Armstrong	25 F Scarborough ME	313	22:02
40 Nancy Lagin	45 F Starks ME	118	22:03
41 Kirstie Wilkins	24 F Livermore Falls ME	48	22:06
42 Melisa Thompson	25 F Portland ME	312	22:12
43 Sarah Parrott	36 F South Portland ME	165	22:13
44 Kitty Kelley	48 F Portland ME	6	22:13
45 Colleen Redmond	30 F Portland ME	88	22:17



Congress Street was for pedestrians



Winner Daniela Daggy



Late finishers



Deborah Cassidy, No. 19, and Dianne Kazilionis, No. 55, in a group heading up Spring Street

46 Diane LaVangie	36 F South Portland ME	234	22:19	130 Katherine Tibbetts	45 F Gorham ME	71	26:05
47 Maryanne Dunfey	34 F South Portland ME	348	22:21	131 Sherry Chabot	48 F Livermore Falls ME	47	26:07
48 Marjorie Graff	27 F South Portland ME	354	22:24	132 Catharine Fox	42 F Portland ME	65	26:07
49 Elizabeth Hobson	15 F Falmouth ME	331	22:26	133 Patricia Terrill	60 F Durham NH	241	26:08
50 Dianne Kazilionis	35 F Portland ME	55	22:29	134 Mary Robinson	40 F Augusta ME	194	26:08
51 Terry Blais	32 F New Gloucester ME	356	22:32	135 Jennifer Labrecque	13 F Westbrook ME	316	26:09
52 Angie White	30 F N. Waterboro ME	311	22:34	136 Julia Quinn	31 F Rochester NH	110	26:11
53 Loralie Roth Smith	24 F Old Orchard Bch ME	252	22:37	137 Anne Craigs	41 F Auburn ME	198	26:11
54 Theresa Giasi	25 F Scarborough ME	157	22:37	138 Afton Kelly	12 F Westbrook ME	364	26:12
55 Nancy Nickerson	40 F Portland ME	34	22:37	139 Janet Grondin	38 F Brunswick ME	351	26:14
56 Deborah Cassidy	38 F Scarborough ME	19	22:39	140 Wendy Sayres	61 F Readfield ME	141	26:19
57 Judith King	38 F Gray ME	74	22:42	141 Diane Cormier	39 F Westbrook ME	138	26:19
58 Janet Hutchinson	35 F Waterville ME	359	22:52	142 Cheri Shaw	39 F Peaks Island ME	350	26:22
59 Jean LaRochelle	33 F Cape Elizabeth ME	369	23:03	143 Kim Linnell	35 F Cape Elizabeth ME	17	26:24
60 Sonya Edwards	15 F Falmouth ME	335	23:07	144 Sally Amory	70 F South Freeport ME	349	26:24
61 Mona McDonough	32 F Falmouth ME	258	23:08	145 Jean Riccardi	46 F Damariscotta ME	140	26:25
62 Sarah Northrop	14 F Falmouth ME	330	23:09	146 Lois Tiedeken	40 F Peaks Island ME	274	26:27
63 Ona King	45 F Saco ME	275	23:09	147 Judy Hairsine	44 F Gorham ME	200	26:28
64 Robin Estey	32 F Portland ME	52	23:14	148 Kimberly Cyr	30 F Portland ME	272	26:33
65 Cindy LeBlanc	30 F Cape Elizabeth ME	147	23:19	149 Amy Allen	26 F South Portland ME	177	26:36
66 Cindy Smith	48 F Gorham ME	24	23:24	150 Marsha Greenberg	46 F Peaks Island ME	260	26:37
67 Sarah Klain	15 F Falmouth ME	333	23:32	151 Rebecca Davis	14 F Falmouth ME	332	26:39
68 Beth Brogan	14 F Falmouth ME	334	23:35	152 Sara Standish	15 F Brunswick ME	281	26:39
69 Maryanne Strand	40 F Yarmouth ME	242	23:37	153 Jane MacDonald	49 F Glen NH	271	26:43
70 Martha Lawlor	33 F Yarmouth ME	81	23:41	154 Connie Albe	38 F South Portland ME	70	27:05
71 Martha Deprez	50 F Portland ME	193	23:44	155 Karen Ewing	25 F Portland ME	370	27:06
72 Nancy Murphy	48 F Biddeford ME	302	23:48	156 Sydney Hunter	30 F Brunswick ME	374	27:08
73 Janet Moberg	36 F Falmouth ME	56	23:53	157 Karen Baker	41 F Scarborough ME	201	27:09
74 Mona Harmon	29 F Portland ME	270	23:59	158 Paula Adams	31 F Portland ME	367	27:10
75 Alice Lehmann	50 F Concord MA	67	23:59	159 Kathy Norton	41 F Bath ME	73	27:14
76 Sophia Payson-Rand	27 F Falmouth ME	42	24:00	160 Michelle Gravel	28 F Lewiston ME	92	27:19
77 Patty Murray	40 F New Sharon ME	174	24:04	161 Kathy Greenleaf	52 F Norway ME	159	27:20
78 Gloria Miro	30 F South Portland ME	249	24:13	162 Annette Elowitch	52 F Portland ME	162	27:21
79 Sherry Carl	48 F Gray ME	130	24:15	163 Roxanne Govia	33 F Topsham ME	60	27:33
80 Nadia Corsetti	17 F Westbrook ME	182	24:15	164 Stella Hills	29 F Windham ME	87	27:41
81 Barbara Tilton	24 F Jay ME	261	24:18	165 Lynda Rubinstein	38 F Falmouth ME	129	27:42
82 Marie Cutting	33 F East Sebago ME	26	24:18	166 Jennifer Lainey	30 F Portland ME	79	27:43
83 Luralee Knapp	43 F Farmington ME	233	24:25	167 Pamela Kinner	36 F Old Orchard Bch ME	236	27:44
84 Mary Coolidge	27 F Rollinsford NH	127	24:35	168 Wanda Hoffmann	39 F Dover NH	202	27:45
85 Deborah Jones	28 F Portland ME	343	24:39	169 Susan Newton	40 F Falmouth ME	204	27:49
86 Basha Burwell	27 F Portland ME	342	24:40	170 Karen Libby	38 F West Buxton ME	265	27:51
87 Suzanne Hurwitz	37 F Falmouth ME	361	24:42	171 Cherylyn Brubaker	42 F Brunswick ME	262	27:53
88 Rebecca Farr	26 F Derry NH	310	24:44	172 Cathy Tracey	27 F South Portland ME	161	27:54
89 Patricia Cullinane	28 F Springvale ME	355	24:46	173 Gail Fitzmaurice	33 F West Kennebunk ME	257	27:55
90 Marybeth Keniston	12 F South Portland ME	345	24:52	174 Lori Witham	37 F Dover NH	203	27:55
91 Linda McSherry	43 F Norway ME	32	24:53	175 Gail Miller	35 F Sabattus ME	308	27:56
92 Lisa Belisle	24 F Portland ME	283	24:54	176 June Spiller	47 F Westbrook ME	80	27:59
93 Nancy Prentiss	39 F Farmington ME	173	24:55	177 Marlene Russell	53 F Falmouth ME	15	28:05
94 Kelly LaBonte	28 F Lewiston ME	106	24:56	178 Pamela Baldwin	34 F Gorham ME	235	28:15
95 Karen Frost	14 F Paris ME	185	24:57	179 Debra Whitten	41 F Newbury MA	96	28:21
96 Megan Greenleaf	13 F Norway ME	160	24:58	180 Sally Dunn	24 F South Portland ME	376	28:22
97 Juanita Gable	26 F Portland ME	341	25:00	181 Laurie Paione	31 F Poland Spring ME	131	28:22
98 Jennifer Marriott	38 F Portland ME	14	25:00	182 Nancy Hewett	48 F Cumberland ME	293	28:28
99 Amy McKeen	25 F Scarborough ME	219	25:01	183 Janielle Gray	14 F Gardiner ME	320	28:30
100 Kathy McDonough	15 F Limerick ME	176	25:03	184 Barbara Cucine	36 F South Portland ME	286	28:32
101 Katie Perry	38 F Farmington ME	179	25:07	185 Rachelle Janning	24 F Windham ME	50	28:34
102 Patricia Branch	38 F Raymond ME	53	25:08	186 Julie Haskell	22 F South Portland ME	135	28:39
103 Andrea Goldman	24 F Brookline MA	255	25:09	187 Laura Merrill	31 F Yarmouth ME	167	28:40
104 Martha Kelley	34 F Cape Elizabeth ME	4	25:12	188 Nell Walker	28 F Portland ME	372	28:41
105 Debora Grenier	29 F Lewiston ME	95	25:15	189 Candace Fitzgerald	40 F South Portland ME	285	28:42
106 Lindsay Straw	14 F W. Ossipee NH	240	25:16	190 Susan Marcet	38 F Gorham ME	222	28:44
107 Judi Richard	35 F Jay ME	8	25:18	191 Lauren Emerson	37 F Portland ME	178	28:46
108 Sara-Jean Rizkalla	29 F Scarborough ME	288	25:18	192 Maggie Soule	54 F Yarmouth ME	247	28:46
109 Polly Kenniston	58 F Scarborough ME	49	25:20	193 Sherry Missig	44 F Yarmouth ME	102	28:51
110 Cindy DiPalma	37 F Portland ME	329	25:20	194 Melissa Ziemann	40 F Westbrook ME	321	28:56
111 Patty Medina	37 F Cape Elizabeth ME	328	25:20	195 Bernadine Small	49 F Cape Elizabeth ME	112	29:01
112 Maureen Callnan	33 F Portland ME	338	25:21	196 Rose Marcoux	33 F Minot ME	254	29:04
113 Sara Jones	28 F Falmouth ME	307	25:25	197 Denise Meeker	25 F Portland ME	218	29:05
114 Cindi Berg	33 F Portland ME	301	25:25	198 Rebecca Bouchard	30 F Wilbraham MA	109	29:11
115 Ann Speth	34 F Bethel ME	353	25:28	199 Rebecca Dunnells	38 F Portland ME	169	29:13
116 Patricia Bruns	40 F Portland ME	266	25:29	200 Janie Iverson	50 F Freeport ME	128	29:14
117 Gina Goding	21 F Brunswick ME	323	25:34	201 Linda Metzger	52 F Cape Elizabeth ME	35	29:21
118 Tracy Mulholland	20 F Brunswick ME	324	25:34	202 Catherine Kyle	46 F North Conway NH	186	29:21
119 Kathleen Duddy	44 F Falmouth ME	149	25:35	203 Bonnie Shulman	44 F Lewiston ME	113	29:26
120 Sue Olafsen	35 F East Baldwin ME	77	25:42	204 Linda O'Malley	44 F South Portland ME	304	29:30
121 Lynn Shorty	32 F Gorham ME	264	25:45	205 Amy Carlisle	27 F Portland ME	292	29:34
122 Sasha Corsetti	15 F Westbrook ME	181	25:49	206 Julie Logan	33 F Raymond ME	61	29:41
123 Eliza Floyd	14 F Raymond ME	91	25:49	207 Susan Singer	42 F North Yarmouth ME	196	29:45
124 Shoshana Hoose	41 F Portland ME	251	25:50	208 Hilary Rapkin	29 F Portland ME	373	29:49
125 Carlene Anderson	45 F South Portland ME	143	25:54	209 Amy Allen	28 F Portland ME	371	29:49
126 Deirdre Hennessey	13 F Portland ME	346	25:58	210 Lindie Blake	42 F West Bethel ME	190	29:51
127 Sheila Graydon	32 F Portsmouth NH	134	25:59	211 Jane Moylan	34 F Lewiston ME	290	29:51
128 Beth Wilson	39 F Brunswick ME	259	26:04	212 Theresa Sawyer	32 F Kennebunk ME	46	29:54
129 Jennifer Pierce	27 F Portland ME	245	26:04	213 Marge Parsons	44 F Cumberland Ctr. ME	3	29:55

214 Nicole Bruyere	24 F Augusta ME	41	29:55	270 Judy Lynch	55 F Portland ME	30	37:48
215 Susan Wing	46 F Rumford ME	38	30:11	271 Erinn Ramsey	13 F Lisbon Falls ME	357	37:58
216 Brigitte Edquid	47 F Falmouth ME	269	30:12	272 Lisa Merrill	31 F Orr's Island ME	121	38:10
217 Wendy Berthiaume	30 F Brunswick ME	170	30:29	273 Linda Benn	47 F Waterville ME	365	38:55
218 Sherry Grant	38 F Norway ME	20	30:31	274 Dawn George	33 F South Portland ME	54	38:56
219 Maureen Canning	56 F Manasquan NJ	133	30:32	275 Susan Tinguely	42 F Farmington ME	189	39:04
220 Susan Reynolds	44 F Gorham ME	124	30:42	276 Michelle Mondor	48 F Fort Fairfield ME	104	39:28
221 Jill Harradon	14 F Yarmouth ME	152	30:43	277 Michelle Jolicoeur	24 F Gorham ME	188	39:39
222 Ashleigh Hochman	13 F Yarmouth ME	326	30:45	278 Eileen Gross	49 F Lewiston ME	63	39:53
223 Ashley Ryder	66 F Portland ME	16	30:49	279 Betsy Page	45 F Lewiston ME	62	39:53
224 Chris White	36 F Portland ME	279	30:52	280 Dianna McKenney	49 F Conway NH	105	40:45
225 Lina Waterhouse	14 F Westbrook ME	314	30:57	281 Jennifer Harradon	18 F Yarmouth ME	154	40:52
226 Anita Cooke	38 F Westbrook ME	195	31:01	282 Karan Miller	51 F West Buxton ME	216	40:53
227 Sarah Kiely	16 F Raymond ME	90	31:04	283 Ann Harradon	45 F Yarmouth ME	151	41:00
228 Wanda Fortin	41 F Mercer ME	223	31:07	284 Julie Barros	31 F West Kennebunk ME	150	41:01
229 Tammy Ramsey	35 F Gardiner ME	319	31:09	285 Maura Tukey	20 F Pownal ME	115	41:08
230 Sylvia Norton	41 F Falmouth ME	221	31:15	286 Candace Hyde	47 F Pownal ME	114	41:08
231 Sue Guillerault	40 F South Portland ME	175	31:18	287 Jennifer Center	24 F Mentone CA	11	41:09
232 Sally Fitzgerald	38 F Gorham ME	187	31:21	288 Lori Schaeffer	24 F Yorba Linda CA	10	41:10
233 Laurie Quint	34 F Gray ME	132	31:24	289 Rachel Hertz	23 F Madison ME	168	42:35
234 Mary Manoogian	64 F Westbrook ME	282	31:28	290 Tyla Schaefer	34 F Cumberland ME	171	42:37
235 Yonca Berk-Giray	29 F Damariscotta ME	99	31:39	291 Tammy Thompson	23 F Portland ME	172	42:38
236 Heidi Blake	17 F West Bethel ME	191	31:40	292 Jane Peterson	35 F Portland ME	72	42:46
237 Susan Korn	43 F Raymond ME	89	31:41	293 Berna Bouchard	59 F Hallowell ME	108	43:13
238 Nancy Wilson	60 F Nahant MA	117	31:48	294 Delia Bouchard	31 F Hallowell ME	107	43:14
239 Jillian Peters	20 F Falmouth ME	9	32:09	295 Ruth Abbiati	56 F Westbrook ME	295	43:30
240 Miranda Smith	33 F Bath ME	100	32:18	296 Holly Price	49 F Farmington ME	232	43:31
241 Jan Bastow	59 F Cumberland Ctr. ME	220	32:19	297 Brenda Holt	40 F West Farmington ME	278	43:32
242 Jenny MacDonald	12 F Westbrook ME	317	32:20	298 Cathy Craven	31 F Strafford NH	126	44:09
243 Nian Severy	46 F Durham ME	43	32:25	299 Ruth Watson	38 F Scarborough ME	213	45:27
244 Virginia Cross	52 F Gorham ME	5	32:26	300 Amy Watson	11 F Scarborough ME	214	45:28
245 Abby Davis	14 F Westbrook ME	315	32:27	301 Karen Cormier	34 F Portland ME	211	47:07
246 Beth Marchesseault	18 F Durham ME	340	32:29	302 Toni Passerman	36 F Scarborough ME	111	47:40
247 Jaci Harradon	16 F Yarmouth ME	153	32:31	303 Colleen Salvo	39 F Portland ME	29	47:40
248 Erin Littlefield	31 F Bath ME	44	32:32	304 Kate Mitchell	50 F Cape Elizabeth ME	228	47:45
249 June Meunier	56 F Merrimack NH	148	32:33	305 Deb Daeris	44 F Portland ME	256	48:01
250 Susan Giglia	38 F Damariscotta ME	363	32:41	306 June Lewis	41 F Poland Spring ME	28	48:59
251 Andrea Knight	37 F Hampton NH	318	32:45	307 Natalie Manning	35 F Middletown RI	206	48:59
252 Debra Walton	42 F Portland ME	339	32:56	308 Mary Bosse	69 F Gray ME	27	50:21
253 Jamie Standish	11 F Brunswick ME	366	33:33	309 Betty Connellan	30 F Portland ME	224	50:25
254 Morgan Benn	14 F Wiscasset ME	358	33:38	310 Joan Connellan	65 F Brunswick ME	217	50:26
255 Janet Stewart	53 F Cumberland Fsd ME	166	33:44	311 Elizabeth Carroll	56 F Cape Elizabeth ME	21	50:57
256 Jill Standish	45 F Brunswick ME	280	34:04	312 Faye Graham	51 F Cape Elizabeth ME	57	50:58
257 Carolyn Brewer	46 F Portland ME	13	34:18	313 Dorothy Meehan	63 F North Yarmouth ME	183	51:30
258 Carol Straw	46 F W. Ossipee NH	239	34:22	314 Rose Meehan	36 F Durham ME	368	51:30
259 Patricia Leeman	28 F Windham ME	59	34:27	315 Stephanie Ellis	13 F East Waterboro ME	299	51:44
260 Joanne Clarey	54 F Gray ME	137	34:36	316 Brianna Ellis	10 F East Waterboro ME	298	51:45
261 Shelia Hunt	42 F North Conway NH	142	34:44	317 Rhonda Dube	26 F Westbrook ME	212	51:53
262 Pat Brunelle	44 F Conway NH	360	34:47	318 Susan Dunn	29 F Portland ME	375	52:17
263 Barbara Sullivan	34 F Falmouth ME	253	34:57	319 Barbara Dunn	58 F South Portland ME	377	52:21
264 Cynthia Morris	48 F Kennebunkport ME	276	34:59	320 Anne Ketch	60 F Windham ME	116	54:55
265 Kate Harris	50 F Falmouth ME	268	35:20	321 Cheryl Martel	29 F Westbrook ME	210	55:10
266 Barbara Henley	32 F Waterford ME	103	35:29	322 Cindy Grovo	37 F Gorham ME	207	55:12
267 Mary Ellen Giasi	52 F Holden MA	158	36:35	323 Willa Bridges	51 F South Portland ME	309	55:28
268 Liz Reed	13 F Yarmouth ME	327	37:28	324 Barbara Laramée	44 F Mexico ME	230	55:51
269 Maureen Belskis	31 F Rumford ME	39	37:47	325 Donna Daley	54 F Portland ME	231	55:52

Road Race

YMCA Fall 3-Miler Waterville Sept. 20

1 Tom Thibeau	37	15:24	5 Randy Spencer	33	17:16	20 Jeff Breton	32	20:34	35 George Little	23	23:18
2 Derek Veilleux	17	16:54	6 Bill Dubord	48	17:29	21 Joshua Tozier	12	20:48	36 Richard Tozier	47	23:19
3 George Towle	45	16:58	7 Fred Karter	46	17:50	22 Judy Gallagher	37	20:53*	37 Carlton Mendell	73	24:23
4 Kenneth Flanders	43	17:13	8 Paul Baillargeon	46	18:02	23 Brian Burbank	16	21:14	38 Doug Frame	27	25:44
			9 Charles Jacobs	35	18:14	24 Bob Gillespie	57	21:16	39 Chris Hughes	14	26:33
			10 Mike Simoneau	47	18:19	25 Joe Cleaves	39	21:37	40 Cheryl O'Heir	45	26:38*
			11 Tom McGuire	49	18:23	26 Denny Morrill	56	21:48	41 Margaret Griffin	45	26:38*
			12 Mark McInnis	20	18:30	27 Eric Johnson	10	21:59	42 Gina Krummel	40	27:05*
			13 Richard Scribner	44	18:42	28 Douglas Johnson	34	21:59	43 Elvis Krummel-dog		27:06
			14 Bruce Bernier	39	19:04	29 Natasha Lightford	14	22:04*	44 Kasmiera Hughes	8	28:17*
			15 Debbie Tozier	39	19:09*	30 Ed Worcester	33	22:11	45 Russ Hughes	36	28:18
			16 Bill Lawler	38	19:24	31 Barbara Tilton	24	22:19*	46 Mark Clinch	39	28:55W
			17 James Moore	52	20:04	32 Keith Curtis	66	22:19			
			18 Steve Razidlo	33	20:15	33 Todd Hanson	28	22:42			
			19 Rick Bowen	39	20:30	34 Louisa Dunlap	54	22:47*			

In-Line Skating

Black Bear 5K & 10K In-Line Skate Race Orono - Sept. 23

It turned into a family affair this year for the 3rd Black Bear In-Line Skate Race as Dan and Kathleen Dearing took top honors in the 10K race. Dan was again well ahead of his competitors and turned in a very impressive 18:42 time. Kathleen easily outdistanced her field with a 25:07. The 5K race saw Josh Young and Janet Boyle win their respective divisions. Joining the field of 24 skaters at the start were 26 members of this year's University of Maine hockey team. (Thad Dwyer)

10K

1 Dan Dearing	33	Lisbon Falls	18:42
2 Andy Haskell	24	Bowdoinham	20:53
3 David Pickering	29	Orono	22:16
4 Mike Tuell	36	Orono	22:17
5 Ron Bryant	43	Orono	24:38
6 Charlie Willette	18	Winn	24:42
7 Kathleen Dearing	33	Lisbon Falls	25:07*
8 Chris Bragdon	23	Orono	25:16

9 Richard LaFerte	14 Bangor	27:36	14 Patricia Kennedy	47 Bangor	47:55*	4 Michael McPike	8 Linconln	17:38
10 Mike Haskell	51 Bowdoinham	28:37	5K			5 Jacob Tisher	9 Orono	23:58
11 Travis Ridky	13 Waterville	29:48	1 Josh Young	14 Old Town	13:36	6 Norene Leach	51 Bangor	26:35*
12 Arthur Benson	35 Hampden	36:44	2 Tyson Schroder	12 Bangor	14:43	7 Matt Gray	12 Penobscot	33:30
13 Alice Ridky	43 Waterville	38:36*	3 Janet Boyle	30 Bangor	14:45*	8 Caleb Costello	9 Old Town	40:11

Road Race

Common Ground 5-Miler Windsor Sept. 24

Times were better this year as the rains didn't fall as they usually have for this race. In fact, it was a fresh, sparkling morning—even a little on the cool side. But everyone got quite warm on that final big hill—there is a big, long downhill to match it at the start. Winner Todd Coffin was seen running with his baby stroller as the back-of-the-packers came in. One of the nicest features of this race is the free admission to the Common Ground Fair. (LT)

1 Todd Coffin	26:04
2 Shaun Keenan	27:13
3 John Chase	27:40
4 Brace Nicholson	27:57
5 Ludo Bruyere	28:27
6 Tom Wells	29:05
7 Dwight Blease	29:40

8 Frank Fogg	30:35
9 Chase Pray	30:52
10 David Simard	30:58
11 Eric Odone	31:06
12 Jason Allering	31:07
13 Billy Goodman	31:09
14 Adam Tapley	31:18
15 Lock Kiermaier	31:50
16 Lambros Phillips	31:51
17 Anthony Prest	31:51
18 Ray Johnson	31:55
19 Doc Thibau	32:02
20 Arthur Robinson	32:07
21 Austin Conrad	32:11
22 Mark McLellan	32:25
23 Ross Lafreniere	32:30
24 John Anderson	32:33
25 Joe Hayes	32:44
26 Matt Young	32:45
27 Joe Meehan	32:47
28 Tom Swan	33:00
29 Juliet Shagoury	33:01*
30 Scott Grierson	33:42
31 Vance Stephenson	33:45
32 Keith Holland	34:14
33 Carol Manley	34:15*
34 Norman Arbour	34:16
35 Peter Bastow	34:20
36 Mike Lambke	34:22
37 Dena Flye	34:52*
38 Robert Leighton	35:03
39 Tom Little	35:04

40 Harvey Lafreniere	35:22
41 Jon Wiley	35:34 4
42 Paul Yates	35:36
43 Vern Demmons	35:48
44 Mac Davis	36:01
45 Joan Lavin	36:03*
46 Andy Welzel	36:11
47 Charles Kahil	36:12
48 Daniel Johnstone	36:21
49 Tony Marpell	36:25
50 Isaac Record	36:31
51 Cindy Aiken	36:35*
52 John Duncan	36:42
53 David McManus	36:46
54 Mark Thompson	36:55
55 Ann Duncan	37:14*
56 Jim Paul	37:19
57 Don Newell	37:41
58 Jeannine Larochelle	37:45*
59 Ellen Spring	37:47*
60 Donald Sanborn	37:47
61 Jim Mayer	38:54
62 Ricky Nichols	38:56
63 Keith Curtis	38:57
64 Stan Paton	39:46
65 Doug Aiken	39:57
66 Dennis Riley	40:08
67 Donna Jean Pohlman	40:30*
68 Donna T. Brown	40:52
69 Rich Curley	40:54
70 Penny Duncan	41:31*
71 Melissa Bilski	42:04*

72 Chris Mayer	42:07
73 Amanda Russell	43:17*
74 Andrew Abello	43:17
75 Lorena Coffin	43:21*
76 Bridgette Bartlett	43:27*
77 Barbara Mayer	43:39*
78 Mary Ann Robinson	43:43*
79 Don Cailler	43:54
80 Sarah Richards	43:56*
81 Ann Rinehardt-Clark	44:02*
82 Michael Clark	44:02
83 Lisa Ravis	44:09*
84 Mary Zurbach	44:20*
85 Doug Johnstone	44:29
86 Melanie Morin	44:57*
87 Laura Leighton	44:58
88 Nancy Kelley	45:03*
89 Penny Sherrnan	45:34*
90 Bonnie Pooley	45:36*
91 Rachel Furman	46:40*
92 Gene Roy	47:11
93 Becky Roy	47:11*
94 Rachel Riley	47:11*
95 Kevin Kelly	47:24
96 Betsy Beny	48:47
97 Sharon Tisher	48:49*
98 Benji Knisley	54:42
99 Paul Paulson	69:38
100 Mardi Brown	71:00*

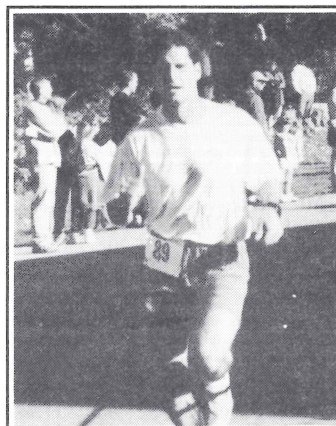
Road Race

Eliot Festival Third Annual 5K Road Race Sept. 30

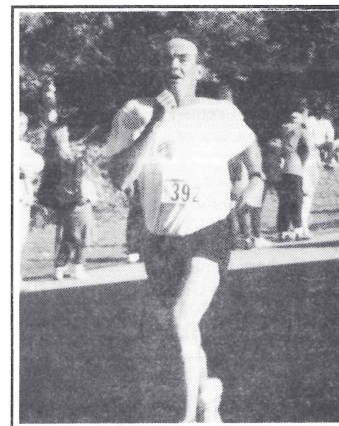
This was one of the most competitive races in Maine in 1995. "The men's race was a real stirring battle which came down to the last half mile," wrote race organizer Randy Bartlett. Rob Pierce, reasserting his dominance in Maine, beat a couple of runners who had beaten him at races in the summer: Bob Winn, who had unexpectedly bested Pierce at the Peaks Island 5-Miler, and Dan Verrington from Massachusetts, who had beaten Pierce at the Bridgton Four on the Fourth. But all these runners were very close. When Todd Coffin, Kevin Way, and Scott Brown come in seventh, eighth, and ninth, you know there is a heck of a field. The first four finishers were all under the previous record set in 1994 by Verrington.

The women's winner, New Hampshire's Christine Pfitzinger, number 11 overall, one of New England's top runners, had a 5:19 mile pace to finish in 16:30, which met the USATF difficult "open" national-ranking standard. She "used this race as a tune-up for the Tuft's 10K the following week," Bartlett said. Twenty-one other runners met USATF national-ranking age-group standards.

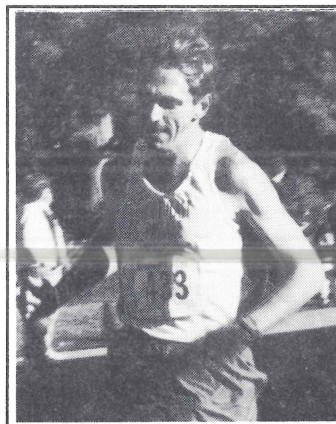
1 ROB PIERCE	M 34 ALFRED ME	302 14:44
2 MIKE O'BRIEN	M 35 DURHAM NH	383 14:48
3 DAN VERRINGTON	M 33 BRADFORD	380 14:52
4 BOB WINN	M 36 OGUNQUIT ME	438 14:52
5 DEAN KIMBALL	M 37 CANDIA NH	455 15:03
6 TOM ANDERSON	M 30 KEENE NH	447 15:04
7 TODD COFFIN	M 34 BATH ME	445 15:10
8 KEVIN WAY	M 26 LIMERICK ME	210 15:11
9 SCOTT BROWN	M 37 LEWISTON ME	403 15:12
10 JOE NOEL	M 38 S. BERWICK ME	392 16:12
11 DONALD ALVEY	M 41 GROTON MA	297 16:29
12 CHRISTINE PFITZINGER	F 36 EXETER NH	427 16:30
13 RON NEWBURY	M 45 AUBURN ME	436 16:33
14 TODD HANSON	M 37 PORTSMOUTH NH	433 16:35
15 JIM MARCHESE	M 35 ELIOT ME	00 16:39
16 CHARLES JEPSON	M 35 S BERWICK ME	79 16:44
17 THOMAS WATKINS	M 37 MILTON NH	425 16:47
18 MARK GIBSON	M 28 BARRINGTON NH	86 16:50
19 DENNIS WARD	M 26 ROCHESTER NH	355 16:50
20 MIKE SIMENSKY	M 33 PORTLAND ME	78 16:54
21 BRIAN RHODES	M 30 HUDSON NH	430 16:55



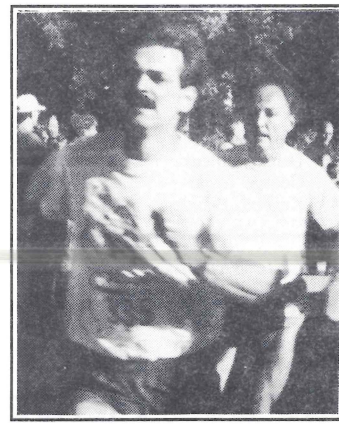
John Dubois, Eliot



Joe Noel, South Berwick



Todd Hanson, Portsmouth, N.H.



David Fernald, No. 335, South Berwick and Paul Goransson, Eliot

22 SALLY PERKINS	F 32 KENNEBUNK ME	330	16:58	106 BRAD DOXEY	M 15 HOLLIS CTR ME	287	20:23
23 DAVID FERNALD	M 37 S BERWICK ME	335	17:03	107 BOB MAIN	M 53 DANVILLE NH	283	20:24
24 PAUL GORANSSON	M 40 ELIOT ME	412	17:03	108 TIM QUINN	M 38 FARMINGTON NH	219	20:26
25 BOB WANAMAKER	M 36 ELIOT ME	418	17:07	109 BRIAN BARRINGTON	M 37 SOMERSWORTH NH	464	20:28
26 STEVE STOWE	M 20 DURHAM NH	423	17:09	110 GINNY STECKOWYCH	F 34 GREENLAND NH	373	20:33
27 MICHAEL ST LAURENT	M 40 NEWMARKET NH	314	17:10	111 DALE DRAKE	M 43 DOVER NH	182	20:36
28 MATT TILBURY	M 30 HAMPTON NH	483	17:12	112 BRIAN CHAMBERLAIN	M 39 DOVER NH	196	20:38
29 MIKEK PAULHUS	M 20 KENNEBUNKPT ME	439	17:19	113 RICH RAFFERTY	M 43 GREENLAND NH	58	20:45
30 ANNA BROOK	F 30 SOMERVILLE MA	237	17:25	114 DON BROCK	M 24 PORTSMOUTH NH	426	20:48
31 CHRIS SNOW-REASER	F 29 AUGUSTA ME	468	17:46	115 BERYLE MARTIN	F 33 AUBURN ME	346	20:48
32 JOEL CROTEAU	M 51 BIDDEFORD ME	35	17:53	116 JAMES WRIGHT	M 35 BERWICK ME	178	20:49
33 SANDY LOVEJOY	F 39 WINCHESTER MA	264	17:54	117 JON THOMAS	M 11 CONCORD NH	461	20:52
34 JEFF TIDD	M 30 SACO ME	34	17:57	118 JOHN CAIN	M 34 SACO ME	198	20:52
35 ROSE MORRISON	F 32 LIMERICK ME	256	17:57	119 DENNIS ST HILAIRE	M 50 ROLLINSFORD NH	229	20:55
36 BEN CANTARA	M 15 BIDDEFORD ME	331	17:57	120 SANDY TREMBLAN	F 42 ROCHESTER NH	375	20:56
37 CAL PERHAM	M 40 LYNN MA	354	18:05	121 JILL PAGE	F 29 BEVERLY MA	231	20:58
38 KEN MACKIE	M 41 NBURYPORT MA	309	18:06	122 MIKE PAGE	M 30 BEVERLY MA	444	20:58
39 LAWSON NOYES	M 53 KENNEBUNK ME	249	18:07	123 MICHAEL MONIZ	M 31 PORTSMOUTH NH	175	21:02
40 BARBARA NELSON	F 32 CONCORD NH	143	18:08	124 FRANK KNIGHT	M 50 N. GLOUCESTER ME	293	21:03
41 NICK PAQUETTE	M 25 STOUGHTON MA	409	18:11	125 RICH MCKEON	M 42 LEE NH	18	21:07
42 BRIAN WENGER	M 36 PORTSMOUTH NH	202	18:13	126 CHARLEY RAIZES	M 12 GREENLAND NH	364	21:07
43 PETER HESLAM	M 28 CONCORD NH	192	18:17	127 BRIAN VAHANI	M 12 CONCORD NH	458	21:09
44 LINDA ST LAURENT	F 36 NEWMARKET NH	313	18:20	128 DOUG CASHMAN	M 38 ROLLINSFORD NH	206	21:11
45 ROGER CLEMENTS	M 41 YORK ME	120	18:24	129 BETSY RENSA	F 40 HAMPTON NH	400	21:12
46 DAN DION	M DOVER NH	416	18:25	130 THOMAS CONLEY	M 44 SANFORD ME	239	21:13
47 PAUL LEBLANC	M 31 SACO ME	478	18:26	131 SUSAN EFINGER	F 33 HAVERHILL MA	347	21:16
48 KELLY RODRIGUE	F 31 LEWISTON ME	402	18:28	132 CHRIS LUNARDELLI	F 34 PORTSMOUTH NH	72	21:17
49 JOHN DUBOIS	M 34 ELIOT ME	89	18:31	133 CALVIN BERTING	M 36 AMESBURY MA	349	21:21
50 JOHN BYRNE	M 27 KITTELY ME	254	18:33	134 STEVE GRANDE	M 41 SANDOWN NH	201	21:25
51 MARK STERN	M 50 OGUNQUIT ME	394	18:35	135 JOHN GOLUMB	M 42 PORTSMOUTH NH	9	21:28
52 ELAINE CHRISTY	F 32 NEWTON MA	169	18:35	136 JOHN PETRE	M 35 TOPSHAM ME	166	21:29
53 RICHARD COLLINS	M 39 STRATHAM NH	441	18:38	137 BUZZ SHIELY	M 47 BARRINGTON NH	168	21:29
54 LEW CHAMBERLAIN	M 25 PORTSMOUTH NH	421	18:39	138 FRITZ DOSTIE	M 41 KITTELY ME	111	21:32
55 RICHARD DICKSON	M 51 SMITHFIELD RI	29	18:39	139 THOMAS FINLEY	M 16 KITTELY ME	420	21:33
56 ANNMARIE RHODES	F 30 HUDSON NH	429	18:39	140 BRUCE MCDONALD	M 37 ELIOT ME	356	21:34
57 PETER LEONARD	M 40 E. KINGSTON NH	426	18:45	141 JIM IRISH	M 41 BRUNSWICK ME	173	21:34
58 TREVOR HERRIN	M 12 CONCORD NH	319	18:45	142 JOEY KUVAJA	M 14 AUBURN ME	345	21:35
59 ALAN TAPLIN	M 49 YORK ME	338	18:47	143 CRAIG POLLOCK	M 37 ELIOT ME	2	21:35
60 JARED LEGARE	M 16 AUBURN ME	214	18:48	144 WILLIAM SMITH	M 43 GEORGETOWN MA	61	21:38
61 DAVID AVERY	M 48 ELIOT ME	191	18:49	145 RUSS TREVINO	M 35 SPRINGVALE ME	440	21:39
62 ROSS LA FRENIERE	M 30 LIVERMORE FLS ME	329	18:51	146 STEVE DOXEY	M 39 HOLLIS CTR ME	286	21:40
63 JESSIE ANDREWS	F 20 ALFRED ME	358	18:51	147 DAVID ANDERSON	M 11 PEMBROKE NH	365	21:40
64 BOB DUNFEY	M 44 YORK ME	466	18:54	149 ARTHUR SLOAN	M 40 ELIOT ME	216	21:45
65 JUSTIN ORR	M 13 PORTSMOUTH NH	64	18:56	150 TOM CHASE	M 61 MADBURY NH	316	21:49
66 KEVIN BURKE	M 30 NEW CASTLE NH	251	18:58	151 TIM L'HEUREUX	M 32 KENNEBUNK ME	108	21:50
67 KEN HOLMES	M 29 FITCHBURG MA	30	19:01	152 CHRISTINE GRAND	F 26 PORTSMOUTH NH	180	21:51
68 LAURA WEBBER	F 30 S. BERWICK ME	393	19:04	153 PETER GILMAN	M 51 BARRINGTON NH	172	21:51
69 PAUL MARQUIS	M 48 N HAMPTON NH	95	19:05	154 PAM MORIN	F 26 DOVER NH	377	21:53
70 PAUL BERTON	M 40 PORTSMOUTH NH	463	19:07	155 SCOTT GRADY	M 12 CONCORD NH	456	21:54
71 JEANNE HACKET	F 36 PEAKS ISLAND ME	372	19:14	156 RON HANKEL	M 42 OOB ME	321	21:54
72 LAURIE GAUDREAU	F 26 BARRINGTON NH	13	19:15	157 MIKE PALCZYNASKI	M 33 DOVER NH	263	21:55
73 CAROL HOGAN	F 44 PORTLAND ME	217	19:20	158 LAURA FERRY	F 26 W. KENNEBUNK ME	465	21:55
74 DAVE BATCHELDER	M 43 STRATHAM NH	272	19:21	159 KRISTY WECHTER	F 13 S BERWICK ME	184	21:56
75 MARCUS GIBBONS	M 32 E LEBANON ME	152	19:30	160 HEIDE AICHELE	F 46 KITTELY ME	132	21:58
76 RAY SHEVENELL	M 54 CPELIZABETH ME	207	19:31	161 JEAN SCHWAB	F 36 DOVER NH	47	22:00
77 PETE NEUFFFER	M 30 RYE NH	474	19:35	162 BEN LOTT	M 11 ELIOT ME	298	22:04
78 ANDY SALTMARSH	M 39 WOLFEBORO NH	171	19:40	163 JASON RAFFERTY	M 12 GREENLAND NH	59	22:06
79 LARRY BATES	M 35 S. BERWICK ME	66	19:42	164 TOM CLIFFORD	M 47 RYE, NH	11	22:13
80 CRAIG GOULD	M 14 ELIOT ME	124	19:46	165 LEE RYZEWIC	M 27 SEABROOK, NH	113	22:15
81 STEPHEN LIBBY	M 28 SOMERSWTH NH	376	19:47	166 DJAMEL HAFIANI	M 40 RYE NH	179	22:17
82 GARY GOSS	M 49 YORK ME	161	19:47	167 LARRY GODBOUT	M 44 LYNN MA	230	22:18
83 TOM BUNTING	M 49 ELIOT ME	88	19:48	168 KEVIN O'SULLIVAN	M 35 HAMPTON NH	325	22:19
84 JOHN KIRKLAND	M 51 RYE NH	205	19:50	169 STEPHEN DARCY	M 36 ELIOT ME	317	22:19
85 CHRIS KUIL	M 12 CONCORD NH	454	19:50	170 SCOTT DAIGLE	M 44 KEARSARGE NH	360	22:25
86 MARYELLEN POWERS	F 28 DOVER NH	386	19:52	171 JOHN MATUZEK	M 41 SHREWSBURY MA	107	22:26
87 MICHAEL BEAMAN	M 13 YORK ME	299	19:52	172 JUSTIN LIETAR	M 23 PORTSMOUTH NH	336	22:27
88 GREGG MILES	M 38 NEWMARKET NH	434	19:53	173 MACKENZIE COURTS	M 12 CONCORD NH	459	22:27
89 DANIEL DAM	M 40 MERRIMAC MA	311	19:53	174 DAVID GARIEPY	M 13 BIDDEFORD ME	145	22:35
90 NANCY WEIS	F 35 SPRINGVALE ME	432	19:54	175 GEORGE BRADY	M 36 PORTSMOUTH NH	431	22:39
91 NEIL PEIRSON	M 32 EXETER NH	351	19:56	176 PETER GORANSSON	M 10 ELIOT ME	413	22:40
92 BILL SANCES	M 34 DOVER NH	127	20:01	177 BRIAN FRASER	M 32 KENNEBUNK ME	126	22:43
93 DAVID SMALLMAN	M 43 BOXFORD MA	52	20:01	178 ALLEN MCGEE	M 48 PORTSMOUTH NH	384	22:44
94 SOOZE ROBERGE	F 45 ELIOT ME	337	20:02	179 ROBERT S WOODBURN	M 62 EXETER NH	5	22:46
95 RUSSELL JOHNSON	M 37 NO ANDOVER MA	236	20:03	180 DONNA WRIGHT	F 36 AMESBURY MA	481	22:46
96 KATHY NORTHROP	F 45 DURHAM NH	371	20:03	181 LEE CROCKETTE	M 40 E. KINGSTON NH	452	22:48
97 BRIAN BOZAK	M 31 ROCHESTER NH	462	20:06	182 PHILLIP GENDRON	M 39 SACO ME	176	22:49
98 BOB SULLIVAN	M 30 ELIOT ME	24	20:07	183 MARILYN GELISH	F 41 KENNEBUNKPT ME	477	22:49
99 BRIAN LOCKHART	M 10 CONCORD NH	449	20:08	184 JOHN BEAR	M 29 KENNEYBUNK ME	315	22:50
100 KATIE REID	F 19 KENNEBUNKPT ME	437	20:17	185 RICH OLOFSON	M 49 STRATHAM NH	378	22:50
101 THOMAS H IGLER	M 40 ELIOT ME	244	20:17	186 LEO DOBBEN	M 45 NEWMARKET NH	350	22:50
102 BOBBY DUNFEY	M 10 YORK ME	343	20:18	187 JOHN STAPELFELD	M 54 HUDSON MA	19	22:51
103 MARIE FORREST	F 42 LEE NH	473	20:18	188 MICHELE YERGEAU	F 25 DOVER NH	255	22:52
104 MICHAEL GUILFOY	M 41 ROCHESTER NH	334	20:19	189 MARK THOMPSON	M 37 HAMPTON FLS NH	352	22:56
105 ANDREW MILNE	M 12 CONCORD NH	453	20:19	190 SHANE OATES	23 DOVER NH	195	22:58

191 BERNIE DICREDICO	M 44 ELIOT ME	92	22:58	275 JANE STAPLETON	F 30 DURHAM NH	155	26:01
192 BEN GOODWIN	M 10 DURHAM NH	188	23:01	276 PAUL BEAULIEU	M 51 NEWMARKET NH	125	26:05
193 MIKE SHEFFIELD	M 43 ELIOT ME	294	23:02	277 STEVE HIPSLLEY	M 28 W. HARTFORD CT	326	26:06
194 JOAN REYNOLDS	F 39 ARROWSIC ME	242	23:05	278 LYNNE PUNSKY	F 34 DOVER NH	23	26:06
195 LIBBY SMITH	F 40 NEWINGTON NH	250	23:06	279 JAMES FLYNN	M 48 PORTSMOUTH NH	385	26:07
196 CARLOS CARDENAS	M 36 NASHUA NH	443	23:08	280 ADAM CLANCY	M 11 ELIOT ME	390	26:09
197 JENNY GORANSSON	F 12 ELIOT ME	414	23:08	281 YVETTE NASH	F 49 N. GLOUCESTER ME	292	26:09
198 MIKE WHITE	M 40 ELIOT ME	234	23:11	282 DONNA BEEDY	F 41 ROCHESTER NH	115	26:12
199 BRIAN WAZLAW	M 47 PORTSMOUTH NH	397	23:14	283 KIM BEEDY	M 45 ROCHESTER NH	114	26:12
200 KATY JACKSON	F 11 SACO ME	261	23:18	284 JIM COUSSOULE	M 36 ELIOT ME	77	26:19
201 BRENDAN FINNEGAN	M 12 PEMBROKE NH	448	23:20	285 SUZANNE ROY	F 40 SACO ME	56	26:21
202 KAREN MORTIMER	F 33 PORTLAND ME	79	23:25	286 ROBERT WYMAN	M 58 ROCHESTER NH	17	26:22
203 CHERYL KILLAM	F 38 RAYMOND NH	221	23:28	287 DANIEL ZICKEFOOSE	M 34 S BERWICK ME	41	26:26
204 JOHN PAPPAS	M 31 ELIOT ME	116	23:31	288 PAULA WECHTER	F 41 S BERWICK ME	185	26:27
205 HEATHER DRAKE	F 16 DOVER NH	446	23:32	289 SALLY HENDERSHOT	F 36 KENNEBUNK ME	258	26:33
206 DAREN DAIGLE	M 8 KEARSARGE NH	359	23:37	290 TRACY LEVESQUE	F 36 ELIOT ME	133	26:34
207 BONNIE TOPHAM	F 28 HAVERHILL MA	218	23:40	291 MATTHEW ALVEY	M 9 GROTON M	296	26:42
208 MARY BEAMAN	F 9 YORK ME	300	23:43	292 JON NASH	M 40 KITTELY PT ME	291	26:46
209 WILLIAM BEAMAN	M 47 YORK ME	301	23:43	293 LJ STOXEN	F 35 DURHAM NH	224	26:48
210 CARMEN LEIGHTON	F 34 NAPLES ME	43	23:44	294 MELODY HOFFMAN	F 36 S BERWICK ME	407	26:48
211 MARY O'DONNELL	F 33 RAYMOND NH	96	23:48	295 DANA HAMMER	F 34 PORTSMOUTH NH	410	26:48
212 TOM GADBOIS	M 40 KENNEBUNK ME	212	23:49	296 PAUL SALACAIN	M 42 CAPE NEDDICK ME	54	26:50
213 DENNIS GREENWOOD	M 43 GREENLAND NH	281	23:52	297 JOSHUA PETRE	M 11 TOPSHAM ME	164	26:51
214 MICHAEL HUGHES	M 33 ROCHESTER NH	193	23:53	298 MARY TUTTLE	F 42 DOVER NH	122	26:52
215 BLAKE CASS	M 11 ELIOT ME	332	23:57	299 DANIEL GEARY	M 51 SALEM MA	93	26:52
216 NANCY MURPHY	F 48 BIDDEFORD ME	269	23:58	300 DOREEN PAPATONES	F 39 YORK ME	112	26:53
217 HAROLD LONG	M 48 STRATHAM NH	275	24:00	301 ROBERT ANDERSON	M 35 ROCHESTER NH	49	26:53
218 BRENDAN FLAVIN	M 12 ELIOT ME	33	24:01	302 JUDY CERONE	F 37 KITTELY ME	276	26:57
219 JARED KUVAJA	M 11 AUBURN ME	344	24:02	303 PAULA LEPORE	F 47 ELIOT ME	341	26:59
220 MARTHA KELLEY	F 33 CP ELIZABETH ME	154	24:06	304 DALE ORR	M 43 PORTSMOUTH NH	63	27:00
221 STEVEN HENSON	M 45 PORTSMOUTH NH	42	24:08	305 NANCY MODERN	F 43 PORTSMOUTH NH	65	27:00
222 HEATHER FOGG	F 8 UNION ME	381	24:13	306 ANN CLANCY	F 34 ELIOT ME	391	27:07
223 FRANK FOGG	M 34 UNION ME	382	24:14	307 SHAUGHN DARC'Y	M 9 ELIOT ME	361	27:07
224 ANDREW HASLAM	M 37 S. PORTLAND ME	148	24:19	308 LOUIS TISA	M 42 NEWMARKET NH	225	27:08
225 SUSAN JONES	F 37 CONCORD NH	91	24:20	309 ELAINE PECHOW	F 48 ALLSTON MA	199	27:08
226 CAMMIE HUNT	F 30 S. BERWICK ME	37	24:22	310 NED CHASE	M 34 EXETER NH	147	27:09
227 CHRISTINE MALONEY	F 22 DURHAM NH	370	24:24	311 MIKE CORBIN	M 26 DOVER NH	408	27:15
228 GLENN A DRAKE	F 45 DOVER NH	183	24:27	312 JILLIAN MORRIS	F 13 S. BERWICK ME	209	27:16
229 BB BAYERLE	F 43 PORTSMOUTH NH	342	24:28	313 BRIAN SANBORN	M 35 ELIOT ME	83	27:18
230 RICHARD DAM	M 67 MERRIMAC MA	310	24:32	314 CHRISTA WILLIAMS	F 22 DURHAM NH	428	27:19
231 HEIDI MADDOCK	F 38 NEW CASTLE NH	186	24:33	315 RON FOSTER	M 60 ROCHESTER NH	68	27:20
232 NANCY PRENDERGAST	F 36 NEWMARKET NH	6	24:33	316 JOHN MILLER	M 48 ELIOT ME	396	27:21
233 HEATHER ROSS	F 23 MANCHESTER NH	119	24:34	317 TERRY HARRINGTON	F 44 SALISBURY MA	259	27:24
234 LAURIE ELLIS	F 30 ELIOT ME	153	24:34	318 SUSAN MORRIS	F 36 SOUTH BERWICK ME	208	27:24
235 ED GOGNIG	M 44 KITTELY ME	404	24:38	319 GAYLE RIOUX	F 51 N ATTLEBORO MA	401	27:25
236 CARLETON MENDELL	M 73 PORTLAND ME	53	24:39	320 BONNIE VARNEY	F 34 DOVER NH	55	27:26
237 SALLY STRAZDINS	F 61 N. HAMPTON NH	277	24:40	321 ROBERT A TIERNEY	M 41 WOLFEBORO NH	21	27:27
238 JOHN CASEY	M 53 DOVER NH	131	24:44	322 CHRISTA CURTIS	F 64 DURHAM NH	327	27:28
239 MATTHEW FRISBEE	M 13 ELIOT ME	398	24:47	323 BILL LOTT	M 47 ELIOT ME	303	27:30
240 RICHARD SMART	M 33 ELIOT ME	232	24:47	324 TERRY CASWELL	M 41 ELIOT ME	233	27:54
241 ERIN DONAHUE	F 11 KENNEBUNK ME	243	24:50	325 MARY ELLIOTT	F 42 STRATHAM NH	470	27:54
242 TRACEY DAMAN	F 12 ELIOT ME	411	24:50	326 DEBORAH WHALEN	F 40 LEE NH	149	27:55
243 SUE GOODWIN	F 35 DURHAM NH	189	24:51	327 PIERRE CHABOT	M 40 HANCOCK NH	284	28:08
244 TYLER GOODWIN	M 9 DURHAM NH	187	24:51	328 RICHARD LECLERC	M 66 MANCHESTER NH	290	28:20
245 MARK POLLOCK	M 9 ELIOT ME	366	24:55	329 KATE BATCHELDER	F 12 STRATHAM NH	271	28:25
246 GAIL RONDEAU	F 47 W NOTTINGHAM NH	247	24:56	330 SUSAN ENGLE	F 40 STRATHAM NH	15	28:25
247 ELLEN PULSIFER	F 29 BARRINGTON NH	151	24:56	331 ANNE GILE	F 46 ELIOT ME	374	28:33
248 BURNELL BAILE	M 46 ELIOT ME	417	25:06	332 KATHI BURKE	F 43 N BERWICK ME	129	28:36
249 GERRY CLIFFORD	F 42 RYE NH	10	25:08	333 CATHY HEATH	F 39 BERWICK ME	257	28:37
250 CHRISTA JACKSON	F 10 SACO ME	262	25:10	334 MARY RHINEHARDT	F 26 PORTLAND ME	228	28:41
251 ED JACKSON	M 35 SACO ME	260	25:10	335 RICHARD D BUNNELL	M 61 HAMPTON NH	197	28:42
252 BERNIE WALSH	F 34 DOVER NH	138	25:11	336 JOAN BESKENIS	F 49 KITTELY ME	457	28:43
253 MARTHA BERNIER	F 31 DOVER NH	460	25:12	337 PAUL ROSS	M 59 ROCHESTER NH	105	28:44
254 MARK TROIANO	M 42 ELIOT ME	472	25:18	338 ABBY CHASE	F 10 ELIOT ME	267	28:44
255 GRETCHEN HAGEN	F 24 DURHAM NH	369	25:21	339 NANCY FICKETT	F 41 ELIOT ME	479	28:45
256 DAVID BEATTIE	M 52 ELIOT ME	98	25:21	340 TIMOTHY LITTLE	M 35 DOVER NH	48	28:47
257 GREG GAUDREAU	M 32 BARRINGTON NH	14	25:22	341 APRIL DRYSDALE	F 13 S BERWICK ME	368	28:47
258 DAN GORDON	M 50 ELIOT ME	475	25:23	342 NOELLE MILNES	F 12 SOUTH BERWICK ME	406	28:49
259 BILL HAMILTON	M 59 PORTSMOUTH NH	241	25:26	343 BROOKS CHASE	M 41 ELIOT ME	265	28:49
260 JEFF MASSSIDDA	M 9 S BERWICK ME	348	25:30	344 DOTTIE SCHMIDT	F 41 WTRATHAM OH	32	28:54
261 HOLLY WEISS	F 13 WKENNEBUNK ME	240	25:31	345 TIFFANY PETRE	F 13 TOPSHAM ME	167	29:02
262 DALE BOWDEN	F 41 ELIOT ME	203	25:35	346 DIANNA THOMAS	F 47 DOVER NH	130	29:08
263 PATRICK KELLEY	M 12 PORTLAND ME	44	25:38	347 SARAH ANDERSON	F 11 ROCHESTER NH	50	29:14
264 DAN KELLEY	M 40 PORTLAND ME	46	25:39	348 WILLIAM CAMPBELL	M 10 S PORTLAND ME	222	29:19
265 ROBERT WALSH	M 35 DOVER NH	137	25:42	349 JULIE HASKELL	F 22 SO PORTLAND ME	223	29:24
266 DANIEL CLAPP	M 31 KITTELY ME	174	25:42	350 KATE MILLER	F 43 ELIOT ME	395	29:31
267 SUSAN HEISEY	F 29 PORTSMOUTH NH	469	25:42	351 LINDA SMITH	F 45 PORTSMOUTH NH	162	29:32
268 PAM GABLE	F 30 KITTELY ME	128	25:44	352 NICOLE D'EON	F 13 ELIOT ME	139	29:34
269 MARTIN LOSIER	M 72 YORK ME	194	25:46	353 MEGAN NEWSON	F 13 ELIOT ME	103	29:34
270 LOUIS PETERS	M 70 METHUEN MA	87	25:49	354 RICK MAUER	M 31 PORTSMOUTH NH	252	29:35
271 PAULA DAVIES	F 34 ELIOT ME	170	25:51	355 DARA TURGEON	F 12 ELIOT ME	279	29:37
272 CHRIS JONES	M 40 CONCORD NH	90	25:58	356 LISA MAUER	F 33 PORTSMOUTH NH	253	29:41
273 GUY BUESING	M 57 RYE NH	235	25:59	357 JOHN GIBLO	M 47 EAST HARWICH MA	484	29:42
274 HELEN GORANSSON	F 40 ELIOT ME	415	26:00	358 CAROL PEARSON	F 51 PORTSMOUTH NH	25	29:47

359 REGINALD KELLY	M	7 BARRINGTON NH	323	29:52	387 CARYLN CHASE	F	9 ELIOT ME	266	34:02
360 FRANK SETTER	M	51 MANCHESTER NH	340	29:53	388 EVANGALYN GADBOIS	F	30 KENNEBUNK ME	211	34:14
361 CHERI ROBERGE	F	40 KITTEY ME	357	29:58	389 JANE FECTEAU	F	35 KENNEYBUNK ME	328	34:17
362 JULIUS MARZUL	M	69 GORHAM ME	101	30:02	390 BRENDA POLLOCK	F	35 ELIOT ME	367	34:24
363 DAVE MALONE	M	34 DOVER NH	318	30:14	391 ED TURGEON	M	47 ELIOT ME	278	34:40
364 SKIP DEVITO	M	50 ELIOT ME	399	30:21	392 THERESA MCKENNEY	F	51 ELIOT ME	389	34:44
365 MARY KELLEY	F	38 PORTLAND ME	45	30:21	393 REBECCA DAILEY	F	9 ELIOT ME	471	34:58
366 HEATHER HENNINGSEN	F	11 ELIOT ME	333	30:33	394 BRITTANY ADAMS	F	10 ELIOT ME	435	34:58
367 LISE TIERNEY	F	36 WOLFEBORO NH	20	30:37	395 COLLIN QUINN	M	8 FARMINGTON NH	482	34:59
368 KATHY BROWN	F	46 SALISBURY MA	136	30:45	396 AMY QUINN	F	34 FARMINGTON NH	220	34:59
369 HEATHER GREENWOOD	F	35 GREENLAND NH	280	30:46	397 KATE CHABOT	F	10 HANCOCK NH	285	35:06
370 SHIRLEY DAM	F	61 MERRIMAC MA	312	30:54	398 SARAH HOWELL	F	10 ELIOT ME	307	35:07
371 DOTTIE LONG	F	42 STRATHAM NH	274	30:56	399 DEB CHABOT	F	40 HANCOCK NH	288	35:08
372 SUZAN DARCY	F	36 ELIOT ME	362	30:57	400 BEVERLY DRIVER	F	39 ELIOT ME	142	35:09
373 ANGIE PETRE	F	33 TOPSHAM ME	165	31:00	401 SAMANTHA PERHAM	F	10 S. BERWICK ME	480	35:20
374 SILVA NORTON	F	41 FALMOUTH ME	215	31:08	402 NANCY CHASE	F	40 ELIOT ME	268	35:21
375 HOLLY JOHNSON	F	10 ELIOT ME	419	31:08	403 KATHY COUSSOULE	F	34 ELIOT ME	6	35:38
376 CHARLES DENNEHY	M	65 N DURHAM NH	1	31:11	404 MARY HELEN WILSON	F	75 MADBURY NH	117	37:23
377 JAMES DAVIS	M	44 YORK HARBOR ME	467	31:37	405 BENJAMIN DRIVER	M	6 ELIOT ME	140	37:39
378 BETH HOWELL	F	36 ELIOT ME	306	31:53	406 ABIGALE HOWELL	F	7 ELIOT ME	308	37:42
379 LAURIE HAIR	F	34 ELIOT ME	144	31:54	407 TOM HOWELL	M	35 ELIOT ME	305	37:43
380 CAROLYN MCGEE	F	48 ELIOT ME	100	32:19	408 REBECCA DRIVER	F	8 ELIOT ME	141	37:46
381 RICHARD LIPORE	M	65 ELIOT ME	339	32:28	409 BETH CARPENTER	F	10 ELIOT ME	450	38:44
382 CYNTHIA BOWEN	F	35 BARRINGTON NH	324	32:28	410 DICK CARPENTER	M	48 ELIOT ME	451	38:45
383 BRIANNE ROTHBART	F	10 BARRINGTON NH	84	32:38	411 SUSAN BEATTIE	F	50 ELIOT ME	99	39:01
384 DANIEL ROTHBART	M	30 BARRINGTON NH	85	32:38	412 PEGGY FOSTER	F	44 ROCHESTER NH	442	40:09
385 KAREN YORK	F	28 PORTSMOUTH NH	282	32:51	413 JUDY POTTER	F	48 ELIOT ME	109	41:22
386 DANIELLE MOURA	F	13 S. BERWICK ME	424	33:23	414 ANGELA POTTER	F	23 ELIOT ME	110	41:23

Road Race

Casco Bay Half Marathon Portland, Oct. 1

1 SCOTT BROWN	37 M	LEWISTON ME	1:12:57	47 PETER ELIOPOULOS	33 M	TYNGSBORO MA	1:29:44
2 CHRISTOPHER SPINNEY	35 M	LYNN MA	1:15:05	48 MICHAEL BOUCHER	38 M	FREEMPORT ME	1:29:49
3 JEFFREY BANGER	34 M	BATH ME	1:16:21	49 CRAIG HATTON	34 M	CP ELIZABETH ME	1:29:58
4 LARS DIETRICH	29 M	CAMBRIDGE MA	1:17:21	50 ADRIEN LACHANCE	57 M	CHARHESBOURG	1:30:02
5 ROBERT GILLON	44 M	LYNNFIELD MA	1:17:50	51 LYN BALSAMO	23 F	BRIGHTON MA	1:30:04
6 JOAN SAMUELSON	38 F	FREEMPORT ME	1:18:38	52 RICHARD HARPER	49 M	FARMINGDALE ME	1:30:15
7 ROB DIAZ	28 M	PORTLAND ME	1:19:39	53 JOE MCGURN	47 M	ROCKLAND ME	1:30:18
8 DEREK FISHER	41 M	ST. JOHN NB	1:19:55	54 RICK LYONS	42 M	HAMPDEN ME	1:30:27
9 DAVID DREW	31 M	LITCHFIELD ME	1:20:26	55 JONATHAN RUNDELL	35 M	SCARBOROUGH ME	1:30:32
10 DENNIS RIVET	26 M	LEBANON NH	1:21:30	56 HANS BUCHER	45 M	ROCKPORT ME	1:31:00
11 ROB CRAIG	39 M	CUMBERLAND ME	1:21:43	57 PAUL BAILLARGEON	46 M	AUGUSTA ME	1:31:06
12 KEITH KENNEDY	43 M	LANCASTER MA	1:21:49	58 MARK AUSTIN	41 M	PORTLAND ME	1:31:07
13 GARRY GRIGFL	38 M	PORTLAND ME	1:22:04	59 JOHN BANKERT	33 M	NATICK MA	1:31:14
14 JAY FLAKER	31 M	PORTLAND ME	1:22:17	60 SHEILA HODGES	40 F	HAMPDEN ME	1:31:24
15 JONATHAN ARETAKIS	36 M	PEMBROKE ME	1:22:47	61 LES BERRY	47 M	GORHAM ME	1:31:26
16 KEVIN GILE	37 M	GORHAM ME	1:22:49	62 HUGH SPURWAY	51 M	NORWELL MA	1:31:38
17 TJ HESLER	26 M	AUGUSTA ME	1:22:51	63 DANIEL HUTCHINS	35 M	SO PORTLAND ME	1:31:45
18 MARLIN CONRAD	43 M	N. YARMOUTH ME	1:23:32	64 KEVIN CARLEY	40 M	CUMBERLAND ME	1:32:00
19 RUSSELL WOGAN	40 M	PORTLAND ME	1:23:33	65 DAVID POLITO	46 M	GEORGETOWN ME	1:32:18
20 ROBERT MCNAUGHT	47 M	BOSTON MA	1:23:41	66 ERIC BOYESTAD	30 M	S PORTLAND ME	1:32:21
21 RICHARD HARTFORD	26 M		1:24:09	67 CAROL MANLEY	41 F	WASHINGTON ME	1:32:31
22 JOHN ELDREDGE	41 M	CUMBERLAND ME	1:24:20	68 SUMNER WEEKS	46 M	PORTLAND ME	1:32:34
23 ROSS CAMERON	28 M	LIMERICK ME	1:24:52	69 MARY ANN DOSS	35 F	S PORTLAND ME	1:32:34
24 GLEN ROY	34 M	NAPLES ME	1:25:24	70 GRETCHEN READ	52 F	PORTLAND ME	1:32:38
25 TOM MENENDEZ	42 M	LEWISTON ME	1:25:47	71 BRIAN KELLY	37 M	WILTON, ME	1:32:48
26 JOHN TARLING	44 M	CUMBERLAND ME	1:26:06	72 EDWIN LIEBFRIED	45 M	EXETER NH	1:32:58
27 RICHARD SCHILDER	37 M	NEWTON CENTRE MA	1:26:21	73 GREGG WOOD	36 M	LITCHFIELD ME	1:33:03
28 CHARLIE POOLE	41 M	YARMOUTH ME	1:26:30	74 CRAIG LEWIS	45 M	WILTON ME	1:33:07
29 JIM BUNNELL	37 M	PORTLAND ME	1:26:54	75 RON CEDRONE	46 M	FALMOUTH ME	1:33:10
30 SETH HARROW	24 M	PORTLAND ME	1:27:01	76 JON CONNOR	54 M	ROSLINDALE ME	1:33:11
31 HARRY NELSON	41 M	N. YARMOUTH ME	1:27:01	77 CLIF SMITH	44 M	NO VASSALBORO ME	1:33:12
32 BRIAN NOYES	37 M	FREEMPORT ME	1:27:01	78 KEN PRESTON	41 M	MECHANIC FALLS ME	1:33:21
33 JAIME JACKSON	27 M	PORTLAND ME	1:27:36	79 STEPHEN MURPHY	51 M	BIDDEFORD ME	1:33:28
34 PAUL CASEY	41 M	SACO ME	1:27:45	80 MARK WERKHEISER	32 M	NAZARETH PA	1:33:38
35 TERRY CLARK	51 M	WINDHAM ME	1:27:52	81 JOHN HEBERT	38 M	SCARBORO ME	1:33:48
36 MICHAEL SHELTON	37 M	SACO ME	1:28:09	82 BOB MCCORMACK	44 M	CAPE ELIZABETH ME	1:33:53
37 SCOTT STROUT	33 M	CUMBERLAND ME	1:28:20	83 SCOTT HINCKLEY	37 M		1:33:58
38 DAVID MIKOUAITIES	30 M	MANCHESTER NH	1:28:28	84 KEN BUZZELL	37 M	BRUNSWICK ME	1:34:07
39 MARK WOODS	38 M	BOSTON MA	1:28:41	85 BRUCE TAVARES	30 M	SOMERSET MA	1:34:09
40 NGHIA HAYAH	18 M	PORTLAND ME	1:28:53	86 DONNA HURLEY	38 F	SPRUCE HEAD ME	1:34:11
41 JIM GETCHELL	40 M	CUMBERLAND ME	1:28:57	87 PETER MCDONALD	35 M	SCARBOROUGH ME	1:34:12
42 TIM REID	41 M	CARMEL ME	1:28:58	88 BARNEY BROWN	44 M	CLIFF ISLAND ME	1:34:16
43 DEVENS HAMLEN	21 M	LEWISTON ME	1:29:01	89 CAROL WEEKS	46 F	KENNEBUNK ME	1:34:20
44 JONATHAN WAKELY	35 M	WINCHESTER MA	1:29:05	90 DAVE JEFKA	39 M	SAUGUS MA	1:34:21
45 TIM CLEMENT	34 M	S PORTLAND ME	1:29:38	91 ANDREW AYERS	27 M	CAMDEN ME	1:34:31
46 DAN KELLY	40 M	PORTLAND ME	1:29:43	92 POP SICKEL	43 M	BOWDOIN ME	1:34:33
				93 MARK RODRIGUE	31 M		1:34:33
				94 BOB BROWN	32 M	NATICK MA	1:34:40
				95 BOB CERF	42 M	FALMOUTH ME	1:34:47
				96 TED JONES	47 M	NEWBURYPORT MA	1:34:49
				97 MICHAEL BEAUDOIN	53 M	PORTLAND ME	1:34:58
				98 AL BUTLER	41 M	PORTLAND ME	1:35:01
				99 LARRY KINNER	46 M	OOB ME	1:35:02
				100 KATHRYN TOLFORD	41 F	FALMOUTH ME	1:35:04
				101 PAUL GRANGE	43 M	NEW YORK NY	1:35:06

102 JOHN MORRISON	39 M	CHELMSFORD MA	1:35:23	188 MICHAEL CAVANAUGH	44 M	PORTLAND ME	1:41:16
103 MIKE LECOMPTE	34 M	LEWISTON ME	1:35:29	189 MARK SAWYER	30 M	CAPE ELIZABETH ME	1:41:19
104 BRUCE TWOMBLY	43 M	PITTSFIELD ME	1:35:30	190 STEVEN GORMAN	40 M	BERWICK ME	1:41:23
105 WILLIAM BOUDREAU	27 M		1:35:32	191 GENE ROBINSON	48 M	WEARE NH	1:41:25
106 BOB BUSSIERE	36 M	LEWISTON ME	1:35:32	192 JIM HARMON	35 M	PORTLAND ME	1:41:26
107 JOHN ROLFE	41 M	PORTLAND ME	1:35:36	193 MIKE BROOKS	49 M	DANVILLE ME	1:41:27
108 BRIAN SILVER	27 M	MILLBURY MA	1:35:43	194 TOM KIRNER	46 M	CAPE ELIZABETH ME	1:41:33
109 DAVID BENN	50 M	WATERVILLE ME	1:35:44	195 GARY JOHNSON	49 M	BOWDOINHAM ME	1:41:33
110 BRETT AUSTIN	23 M	GRAY ME	1:35:49	196 TAMI SNOW	29 F	PORTLAND ME	1:41:33
111 JOE LOUREIRO	28 M	MALDEN MA	1:35:52	197 ANDREW MORRIS	39 M	TOPSHAM ME	1:41:38
112 WILLIAM PARIZEAU	29 M	BOSTON MA	1:36:02	198 GREG PHILLIPS	31 M	NEW BOSTON NH	1:41:39
113 JEFF TINDALL	43 M	DURHAM ME	1:36:09	199 ERIC BOWIE	35 M	DURHAM ME	1:41:41
114 YUN CHONG	35 M	PORTLAND ME	1:36:17	200 GEORGE COOPER	39 M	PORTLAND ME	1:41:49
115 RALPH ROCKWOOD	48 M	GROVELAND MA	1:36:17	201 ROBERT JOHNSTON	44 M	N VASSALBORO ME	1:41:50
116 BRENT BAILEY	33 M	HOULTON ME	1:36:30	202 JIM GOTT	27 M	BOWDOIN ME	1:41:53
117 MERRILY CLAYT	30 F	CARIBOU ME	1:36:38	203 ROBERT EMPLÉ	32 M	FALMOUTH ME	1:41:56
118 BRUCE VOGEL	43 M	NEWBURYPORT MA	1:36:40	204 CHIP MASON	26 M	PORTLAND ME	1:41:59
119 BILL CASE	37 M	LUBEC ME	1:36:42	205 KIM SCHROETER	39 F	SACO ME	1:42:02
120 PATRICK FITZMAURICE	38 M	RICHMOND ME	1:36:44	206 TED KOEHLER	43 M	MOUNT DESERT ME	1:42:09
121 JAMES KILBURN	26 M	GORHAM ME	1:36:45	207 CECILE FONTAINE	44 F	PORTLAND ME	1:42:14
122 LARRY TAYLOR	50 M	THOMASTON ME	1:36:50	208 AMY COOK	30 F	NEWMARKET NH	1:42:15
123 MATTHEW STURGIS	26 M	N GLOUCESTER ME	1:36:54	209 RICHARD PAINE	33 M	LEXINGTON MA	1:42:22
124 RALPH BAXTER,JR	33 M	S PORTLAND ME	1:36:57	210 ERIC MCCARTNEY	55 M	SAINT JOHN NBC	1:42:24
125 PETER SMALL,JR	26 M	PORTLAND ME	1:37:09	211 BOB HAMILTON	46 M	ROCHESTER NH	1:42:31
126 DOUGLAS PRIDE	32 M	FALMOUTH ME	1:37:09	212 ELIZABETH COLEMAN	31 F	S PORTLAND ME	1:42:40
127 JANE PALMER	40 F	EXETER NH	1:37:14	213 ELLEN SPRING	42 F	THOMASTON ME	1:42:43
128 BARRY FUSSELL	42 M	NEWMARKET NH	1:37:14	214 DONALD SANBORN	50 M	THOMASTON ME	1:42:43
129 CHRIS MURRAY	30 M	WESTBROOK ME	1:37:23	215 STEPHEN DIPALMA	40 M	PORTLAND ME	1:42:46
130 TED TINSON	37 M	FALMOUTH ME	1:37:26	216 BETSY BARRETT	44 F	SCARBOROUGH ME	1:42:50
131 JAMES MOORE, JR	52 M	WATERVILLE ME	1:37:28	217 CARL COMSTOCK	57 M	SCARBOROUGH ME	1:42:51
132 NICOLE CAMPBELL	30 F	YORK ME	1:37:30	218 JULIA DRINKER	34 F	PORTLAND ME	1:42:52
133 ANNE O'REGAN	39 F	NEWTON MA	1:37:38	219 JENNIFER NIXON	24 F	ST. JOHN, NB CAN	1:42:52
134 ED CROCKETT	34 M	PORTLAND ME	1:37:39	220 CINDY BUHNER	36 F	BEVERLY MA	1:42:54
135 LEIGH MINOR	25 F	NYARMOUTH ME	1:37:42	221 FORD REICHE	41 M	NO YARMOUTH ME	1:43:03
136 ???????			1:37:42	222 DON ZILLMAN	51 M	PORTLAND ME	1:43:07
137 KEVIN MCGOWAN	28 M	BRUNSWICK ME	1:37:49	223 JEFFREY PIETROWICZ	29 M	LEWISTON ME	1:43:08
138 SKIP KESSLER	48 M	CP ELIZABETH ME	1:37:49	224 MARK LAWLER	39 M	CAPE ELIZABETH ME	1:43:09
139 ANGELA EDGECOMB	27 F	MONTICELLO ME	1:37:52	225 TRACEY THOMPSON	26 F	SOUTH PORTLAND ME	1:43:14
140 JEANNE GUERIN	34 F	WESTON MA	1:37:53	226 ROCCO CORSETTI	48 M	WESTBROOK ME	1:43:14
141 JOSEPH EWINGS	25 M	MONTICELLO ME	1:38:02	227 MARK STELMACK	42 M	GORHAM ME	1:43:21
142 ANNE WILKINSON	28 F	FALMOUTH FSD ME	1:38:15	228 NANCY BAUER	30 F	CAMBRIDGE MA	1:43:24
143 MICHAEL BOSSE	24 M	PORTLAND ME	1:38:29	229 CHRISTI PETERS	24 F	WESTBROOK ME	1:43:25
144 DANIEL SMITH	28 M	BRUNSWICK ME	1:38:29	230 WILLIAM SMITH	61 M	NEW YORK NY	1:43:27
145 DAVID MCPHERSON	30 M	POCASSET MA	1:38:29	231 CARRIE CROFT	35 F	S PORTLAND ME	1:43:27
146 MARK LINCOLN	45 M	UNION ME	1:38:37	232 JULIE LUDDEN	24 F	PORTLAND ME	1:43:31
147 BRADEN BOHRMANN	32 M	YARMOUTH ME	1:38:39	233 CHRIS GOULD	40 M	WALDOBORO ME	1:43:33
148 RONALD PAQUETTE	54 M	ALBION ME	1:38:51	234 BEN BARR	40 M	MILLINOCKET ME	1:43:35
149 MICHAEL VASHON	34 M	GORHAM ME	1:38:58	235 LINDA HANSON	48 F	PORTLAND ME	1:43:39
150 BRUCE BERNIER	39 M	WATERVILLE ME	1:38:59	236 BOB KREBS	34 M	BOWDOINHAM ME	1:43:44
151 BILL HOLDEN	39 M	NO YARMOUTH ME	1:39:01	237 ERIC COTE	48 M	SACO ME	1:43:45
152 JAMES ELLIS	45 M	DOVER FOXCROFT ME	1:39:04	238 REBECCA RASKIN	27 F	PORTLAND ME	1:43:51
153 CELINE MAINVILLE	30 F	WEST BATH ME	1:39:08	239 WILL TERRILL	24 M	FALMOUTH ME	1:43:51
154 LARRY ST.PETER	51 M	SCARBOROUGH ME	1:39:09	240 JONATHAN GOLDBERG	43 M	KENNEBUNK ME	1:43:52
155 JEANNE HACKETT	36 F	PEAKS ISLAND ME	1:39:10	241 KEVIN SULLIVAN	43 M	BRUNSWICK ME	1:43:52
156 SCOTT HUTCHINSON	33 M	NEEDHAM MA	1:39:10	242 MICHAEL MCCARTHY	44 M	YARMOUTH ME	1:43:54
157 PAMELA HEWETT	28 F	PEAKS ISLAND ME	1:39:21	243 LARRY MCAULAY	42 M	E LEBANON ME	1:43:59
158 BOB GILLESPIE	57 M	BENTON ME	1:39:31	244 DAVID BENEMAN	37 M	SCARBOROUGH ME	1:44:02
159 ELLIE TUCKER	40 F	BELGRADE LKS. ME	1:39:32	245 PAUL LACHANCE	48 M	WESTBROOK ME	1:44:07
160 ALLAN CARLISLE	44 M	SPRINGVALE ME	1:39:34	246 CHAD PIDGEON	28 M	SOUTH HERO VT	1:44:11
161 MIUE GALIETTA	34 M	THOMASTON ME	1:39:36	247 STEVE FLOYD	41 M	LIMERICK ME	1:44:12
162 JAMES BUEHNER	53 M	LUBEC ME	1:39:49	248 CHRIS SALAMONE	35 M	S PORTLAND ME	1:44:16
163 DANIEL ROONEY	51 M	ALFRED ME	1:39:53	249 EDWARD GOTT	39 M	S PORTLAND ME	1:44:22
164 JAMES GILMOR	45 M	SCHENECTADY NY	1:39:54	250 JOE MILLIGAN	60 M	BROCKTON MA	1:44:24
165 BRIAN NOLAN	30 M	PORTLAND VT	1:39:54	251 JOAN LEE	41 F	N GLOUCESTER ME	1:44:26
166 LLOYD LAFOUNTAIN,II	33 M	BIDDEFORD ME	1:40:02	252 LAIN CORYELL	32 M	DERRY NH	1:44:28
167 MARK BRUNS	35 M	GRAY ME	1:40:07	253 LYNN GALLAGHER	46 F	YARMOUTH ME	1:44:30
168 CLAYTON CHURCHILL	36 M	FALMOUTH ME	1:40:08	254 ROBERT HARTMANN	41 M	ROSLINDALE MA	1:44:37
169 PATRICK EAGAN	27 M	PORTLAND ME	1:40:09	255 GUS GOODWIN	34 M	PORTLAND ME	1:44:44
170 JIM WILLIAMS	42 M	CAPE ELIABETH ME	1:40:12	256 CINDY GILLAN	37 F	WEST ROXBURY MA	1:44:45
171 ROBERT GAUDET	49 M	WEST ROXBURY MA	1:40:14	257 JIM DEMINT	47 M	GORHAM ME	1:44:48
172 MICHAEL HALMO	43 M	BRUNSWICK ME	1:40:14	258 PATRICIA BURDO	29 F	PORTLAND ME	1:44:53
173 BRIAN HEWETT	33 M	N CHELMSFORD MA	1:40:19	259 BILL LEE	43 M	WATERVILLE ME	1:44:54
174 JOHN HOWE	60 M	NO WATERFORD ME	1:40:20	260 WILLIAM CONLEY	32 M	WESTWOOD MA	1:44:58
175 TIM HIGGINS	35 M	PORTLAND ME	1:40:43	261 MICHAEL HINSON	30 M	MORRETH ENG	1:45:02
177 DOUG FINCK	44 M	GORHAM ME	1:40:50	262 BETTY RINES	38 F	GORHAM ME	1:45:09
178 BECKY WALLACE	23 F	GRAY ME	1:40:53	263 ALAN MCEACHARN	36 M	LONDONDERRY NH	1:45:13
179 MARK BOUCHER	36 M	S PORTLAND ME	1:40:54	264 CHRISTOPHER SCONTRA	38 M	CAPE ELIZABETH ME	1:45:14
180 MICHAEL DERESPINO	28 M	PORTLAND ME	1:40:57	265 KENNETH COLE,III	48 M	PORTLAND ME	1:45:17
181 ROBERT HECKER	37 M	SCARBOROUGH ME	1:41:00	266 HOLLY LEHNHARD	40 F	OLD TOWN ME	1:45:19
182 GAIL HEINRICH	30 F	WALTHAM MA	1:41:03	267 LORIE ANDERSON-LIND	27 F	OLD TOWN ME	1:45:19
183 JOHN DONNELLY	36 M	W ROXBURY MA	1:41:04	268 BARBIE BEAL	36 F	WINTERPORT ME	1:45:25
184 PAUL LAVANGIE	37 M	S PORTLAND ME	1:41:06	269 JOE SIROIS	54 M	RUMFORD ME	1:45:32
185 LARRY BARKER	46 M		1:41:07	270 RALPH BUTTS	34 M	GRAY ME	1:45:35
186 JOHN HOWARD III	32 M	SUMMERVILLE MA	1:41:12	271 GRETCHEN ANDREWS	24 F	ROCKLAND ME	1:45:38
187 BOB FITZGERALD	41 M	NEWTON MA	1:41:14	272 DONALD FOSHAY	36 M	S PORTLAND ME	1:45:45

273 CHRISTINA BATES	35 F	PORTSMOUTH NH	1:45:50	358 REGINA ERSKINE	31 F	PORTLAND ME	1:50:50
274 TRACY GRAVES	28 F	PORTLAND ME	1:45:56	359 EMILY STUART	36 F	CUMBERLAND ME	1:50:53
275 DAVID ELDRIDGE	30 M	SANFORD ME	1:45:58	360 ROBERT PRIDE	37 M	DOVER FOXCROFT ME	1:51:03
276 DONNA ELDRIDGE	31 F	SANFORD ME	1:45:58	361 RAYMOND GONZALEZ	35 M	WEST ROXBURY MA	1:51:04
277 SEAN FLANIGAN	34 M	FALMOUTH ME	1:46:05	362 SONJA MCCLAUGHLIN	32 F	PORTLAND ME	1:51:05
278 JOHN REALI	44 M	NO. YARMOUTH ME	1:46:10	363 BRIAN MARTELL	40 M	PORTLAND ME	1:51:08
279 KEVIN DALY	35 M	BOSTON MA	1:46:18	364 SUSAN HIGHT	36 F	PORTLAND ME	1:51:20
280 BILL WELCH	35 M	FALMOUTH ME	1:46:21	365 VAL NAUYEN	24 M	WATERTOWN MA	1:51:22
281 JARED NELSON	21 M	PORTLAND ME	1:46:32	366 RALPH BARTHOLOMEW	47 M	RAYMOND ME	1:51:23
282 JASON RYDER	21 M	STOW MA	1:46:32	367 MELINDA SMALL	30 F	FALMOUTH ME	1:51:25
283 SANDY PERRINS	20 F	PLACERVILLE LO	1:46:32	368 RICK O'BRIEN	48 M	SOUTH PORTLAND ME	1:51:29
284 KEVIN ROSKI	29 M	WOODBURY CT	1:46:33	369 SHAUN BOWDOIN	26 M	PORTLAND ME	1:51:36
285 MIKE LIBBY	35 M	PORTLAND ME	1:46:36	370 DAVID HAMPSON	43 M	EXETER NH	1:51:39
286 DAN HOGAN	44 M	PORTLAND ME	1:46:37	371 STEPHEN HEINZ	47 M	S HARPSWELL ME	1:51:43
287 KITTY KELLEY	48 F	PORTLAND ME	1:46:42	372 JIM SCHOONOVER	42 M	CAPE ELIZABETH ME	1:51:46
288 NEAL WORKMAN	40 M	CUMBERLAND ME	1:46:46	373 JANIE SMITH	36 F	BANGOR ME	1:51:56
289 FRED GACHOWSKI	56 M	UTICA NY	1:46:47	374 RICHARD JEWELL	52 M	S PORTLAND ME	1:52:00
290 STEPHEN MICCICHE	35 M	CAPE ELIABET ME	1:46:51	375 BRYAN SCHULTZ	33 M	JERICHO VT	1:52:13
291 JEANNE DESJARDINS	37 F	FARMINGTON ME	1:46:52	376 DON ANTHONY	28 M	CAMBRIDGE MA	1:52:26
292 DEB AUDINO	31 F	PORTSMOUTH NH	1:46:59	377 BROOKE JANSEN	35 F	SKOWHEGAN ME	1:52:35
293 LOUISA DUNLAP	55 F	BELFAST ME	1:47:01	378 CHRISTOPHER COOSE	44 M	PORTLAND ME	1:52:36
294 JOHN MADIGAN	38 M	CRAFTSBURY COM, VT	1:47:10	379 WENDY WILLIAMS	42 F	PORTLAND ME	1:52:41
295 TIMOTHY FLAHERTY	47 M	YARMOUTH ME	1:47:13	380 ADRIENNE TURNER	36 F	W. BUXTON ME	1:52:43
296 DIANNE KAZILIONIS	35 F	PORTLAND ME	1:47:20	381 RANDY BANTON	36 M	HOPKINTON MA	1:52:44
297 JEFF SLOAN	38 M	CUMBERLAND ME	1:47:23	382 JOHN MADISON	37 M	PORTLAND ME	1:52:44
298 SARAH PARROTT	36 F	S PORTLAND ME	1:47:23	383 CATHY-ANN WIRTH	35 F	YARMOUTH ME	1:52:47
299 NANCY KENNEDY	27 F	SCARBOROUGH ME	1:47:31	384 AMY KILEY	25 F	ANDOVER MA	1:52:51
300 PAT CLARK	35 F	FREEPORT ME	1:47:33	385 TERRY PAILES	31 F	NEWBURYPORT MA	1:52:57
301 KIM LYNCH	35 F	WISCASSET ME	1:47:34	386 MILT DUDLEY	43 M	BATH ME	1:53:00
302 DAVID RODICK	40 M	PORTLAND ME	1:47:40	387 JOHN OUELLETTE	37 M	WESTFIELD MA	1:53:00
303 QUETA BOESE	35 F	DURHAM NH	1:47:41	388 JOHN FIEDLER	54 M	BANGOR ME	1:53:15
304 LEXIE O'REYNOLDS	39 F	WOOLWICH ME	1:47:41	389 THOMAS PARADIS	34 M	WORCESTER MA	1:53:21
305 DAN D'ENTREMONT	44 M	KENNEBUNK ME	1:47:42	390 DONNAJEAN POHLMAN	44 F	ALBION ME	1:53:36
306 KRISTEN HANSON	30 F	WELLS ME	1:47:43	391 JOHN CULLINANE	51 M	AUBURN ME	1:53:39
307 DARIA MCNAMARA	46 F	GORHAM ME	1:47:43	392 PETER POMPEO	50 M	PORTLAND ME	1:53:40
308 RICHARD HART	49 M	PORTLAND ME	1:47:48	393 ALICE SENKO	35 F	WINCHESTER MA	1:53:50
309 MIKE ARTIST	38 M	DERRY NH	1:47:49	394 GEORGE CONLY	47 M	CAPE ELIZABETH ME	1:53:51
310 CARRIE WOOD	33 F	S PORTLAND ME	1:47:50	395 EMILY BERGSON	20 F	PORTLAND ME	1:53:52
311 BRIAN BROWN	38 M	GRAY ME	1:47:55	396 NINA WASON	39 F	LEWISTON ME	1:54:00
312 ALAN MOORE	21 M	CASTINE ME	1:47:57	397 SARAH PLUMMER	29 F	WISCASSET ME	1:54:07
313 WENDY CRAIG	36 F	CUMERLAND ME	1:48:01	398 JOHN COUGH	32 M	WISCASSET ME	1:54:07
314 MIKE MCCLAUGHLIN	35 M	MANCHESTER NH	1:48:02	399 DAVID HOLMBLAD	32 M	BRUNSWICK ME	1:54:08
315 ELLEN BANKERT	43 F	BARNEVELD NY	1:48:03	400 DONALD HERSEY	36 M	LONDONDERRY NH	1:54:14
316 MICHAEL COWELL	58 M	YARMOUTH ME	1:48:07	401 AJ HUNGERFORD	29 M	SCARBOROUGH ME	1:54:19
317 LEE MILLER	28 M	MIDDLETOWN NH	1:48:07	402 FRANK THIBOUTOT	45 M	CUMBERLAND FORESIDE ME	1:54:19
318 ALICIA PULSIFER	25 F		1:48:09	403 GARY DOWNS	64 M	YARMOUTH ME	1:54:29
319 DARCY THOMAS	21 F	BRUNSWICK ME	1:48:16	404 DANIEL O'CONNELL	38 M	WAKEFIELD MA	1:54:49
320 IAN STEWART	21 M	BRUNSWICK ME	1:48:16	405 ANNIE WYNN	39 F	BEVERLY MA	1:54:52
321 WILLIAM COOKSON	35 M	S PORTLAND ME	1:48:19	406 PETE PETERS	30 M	PORTLAND ME	1:54:54
322 DAVID JOHNSON	37 M	BRUNSWICK ME	1:48:21	407 ARABELLA ELDREDGE	41 F	CUMBERLAND ME	1:54:59
323 SARAH MACCOLL	39 F	CAPE ELIZABETH ME	1:48:24	408 BRADLEE HUNTER	33 M	FREEPORT, ME	1:55:08
324 JOSEPH COOK	45 M	WESTBROOK ME	1:48:29	409 RON DAVIS	44 M	YARMOUTH ME	1:55:14
325 KEITH MANVILLE	51 M	READING MA	1:48:52	410 CAROL NALE	44 F	YARMOUTH ME	1:55:22
326 DIANE SMITH	42 F	WEST ROXBURY MA	1:48:59	411 CARL SMITH	54 M	BOWDOINHAM ME	1:55:25
327 SARAH MARBLE	28 F	SACO ME	1:49:02	412 RUSS BRADLEY	71 M	CAPE ELIZABETH ME	1:55:33
328 SUSAN HAVERSAT	30 F	PORTLAND ME	1:49:02	413 MARY BETH COOLIDGE	27 F	ROLLINSFORD NH	1:55:35
329 DEBORAH CASSIDY	38 F	SCARBOROUGH ME	1:49:15	414 JOHN COMIS	27 M	BIDDEFORD ME	1:55:46
330 MARK MICCICHE	31 M	WINCHESTER MA	1:49:17	415 VICTOR SKORAPA	31 M	FREEPORT ME	1:55:46
331 JIM FIGLER	46 M	MAYNARD MA	1:49:28	416 BETSY PARKER	37 F	CUMBERLAND ME	1:55:47
332 MICHAEL BEAN	38 M	YORK BEACH ME	1:49:37	417 JENNIFER KINNEY	26 F	PORTLAND ME	1:55:54
333 DANA WOODCOCK	35 M	READVILLE MA	1:49:39	418 DOUG ANDERSON	43 M	NO CHELMSFORD MA	1:55:55
334 KEN TONER	45 M	FREEPORT ME	1:49:44	419 DONALD KINNEY	45 M	WESTFORD MA	1:55:55
335 DEBBIE LARY	21 F	FALMOUTH ME	1:49:56	420 MIKE MCGLINCHEY	43 M	WESTFORD MA 1	1:55:56
336 CLOUGH TOPPAN	48 M	HALLOWELL ME	1:49:57	421 RONALD CHASE	54 M	DURHAM ME	1:56:00
337 BENJAMIN MARCUS	34 M	POWNAL ME	1:49:59	422 PHILIP KIUCADE	42 M	LEE NH	1:56:01
338 DICK STOTT	50 M	SCARBOROUGH ME	1:50:00	423 ROBERT IANNUCCI	55 M	CHESHIRE CT	1:56:04
339 LEE AKERLEY	59 M	S PORTLAND ME	1:50:11	424 JON KINSON	31 M	FRANKLIN MA	1:56:04
340 DAVID FITZ	44 M	CUMBERLAND ME	1:50:12	425 FRANK CAMPBELL	44 M	NORWOOD MA	1:56:14
341 WALTER HARRIS	51 M	ORONO ME	1:50:14	426 PAUL COHEN	34 M	CP ELIZABETH ME	1:56:15
342 MIKE KAY	45 M	SKOWHEGAN ME	1:50:18	427 PATRICIA CAMELIO	29 F	PORTLAND ME	1:56:15
343 ANGIE GARGAN	30 F	ROCKLAND ME	1:50:20	428 CINDY BOLLES	31 F	PORTLAND ME	1:56:26
344 PETE THAXTER	50 M	PORTLAND ME	1:50:23	429 HENRY LAWSON	49 M	PORTLAND ME	1:56:26
345 NICK RATHBONE	26 M	BRUNSWICK ME	1:50:23	430 STAN LEVCO	49 M	EVANSVILLE IN	1:56:36
346 STEVE PERRY	45 M	PORTLAND ME	1:50:24	431 DAVID DOBBS	47 M	SCARBOROUGH ME	1:56:46
347 JOHN JONES	45 M	HANCOCK ME	1:50:28	432 KATHY MORAUE	52 F	MILLBURY MA	1:56:50
348 MARTIN DWYER	38 M	SCARBOROUGH ME	1:50:29	433 SUSAN MCZLVAIN	40 F	BROOKLINE NH	1:56:55
349 SUZANNE DEMMONS	27 F	S PORTLAND ME	1:50:30	434 MAURICE HARMON	45 M	SCARBOROUGH ME	1:56:55
350 CARRIE LEPORDO	33 F	SUDBURY MA	1:50:30	435 LARRY SPIRES	46 M	NORTH READING MA	1:57:01
351 PAULA HARDING	40 F	BOSTON MA	1:50:31	436 DAVID BERGSON, JR	54 M	PORTLAND ME	1:57:02
352 TONI MOEN	50 F	PORTLAND ME	1:50:36	437 ART PORTER, JR	52 M	YARMOUTH ME	1:57:03
353 BILL GREEN	42 M	PORTLAND ME	1:50:36	438 MARY JO HUBBARD	36 F	HAMILTON NY	1:57:07
354 DOUGLAS COVELL	56 M	LISBON FALLS ME	1:50:40	439 REGINA EPP	32 F	UTICA NY	1:57:08
355 ORLANDO DELOGU	58 M	PORTLAND ME	1:50:41	440 RICK KAPLAN	41 M	CHESHIRE CT	1:57:09
356 LORALI ROTH SMITH	25 F	OOB ME	1:50:42	441 KEN PAILLE	38 M	FREEPORT ME	1:57:10
357 JULES PATRN	37 M	LEWISTON ME	1:50:42	442 JIM MILLER	40 M	INDIANAPOLIS IN	1:57:11

443 STEVE MOSKEY	45 M	CAPE ELIZ. ME	1:57:16	528 JULIA LITTLEFIELD	44 F	YARMOUTH ME	2:06:09
444 RIK GINTY	41 M	BRUNSWICK ME	1:57:17	529 AMY MOSCA	23 F	LEXINGTON MA	2:06:11
445 CINDY DIPALMA	37 F	PORTLAND ME	1:57:19	530 PATTY SEAVER	39 F	MEXICO ME	2:06:29
446 TERRY SPIKER	32 M	BRUNSWICK ME	1:57:35	531 MATT FITZGERALD	37 M	GORHAM ME	2:06:31
447 EILEEN HARRIS	43 F	PORTLAND ME	1:57:47	532 DIANE CORDEIRO	35 F	BERKLEY MA	2:06:49
448 BESS HARROD	27 F	MANCHESTR NH	1:58:01	533 LAURA BEAN	34 F	YORK BEACH ME	2:06:49
449 ELAINE GUILLEMETTE	45 F	SANFORD ME	1:58:02	534 FRANK MICCICHE	24 M	IPSWICH MA	2:07:00
450 TOM COLLINS	52 M	SANFORD ME	1:58:02	535 MICHELE RIVARD	29 F	CAMBRIDGE MA	2:07:17
451 JOHN CAMELIO	32 M	PORTLAND ME	1:58:03	536 BUD ELLIOTT	44 M	CP ELIZABETH ME	2:07:19
452 ANNA PETRELLA	35 F	GOFFSTOWN NH	1:58:17	537 JIM NAPPI	48 M	PORTLAND ME	2:07:43
453 CHAD GARLAND	24 M	WESTBROOK ME	1:58:27	538 CATHERINE LAPOINTE	37 F	GORHAM ME	2:07:46
454 JOHNNA GRAVAS	21 F	LEWISTON ME	1:58:28	539 MICHEAL REED	35 M	MANCHESTER NH	2:08:04
455 SALLY GOULD	50 F	WILLIAMSTOWN MA	1:58:28	540 DAVID MOSLEY	49 M	PORTLAND ME	2:08:12
456 MICHAEL DETSCHER	39 M	FREETPORT ME	1:58:32	541 ROGER SMITH	49 M	SCARBOROUGH ME	2:08:13
457 JOE TENO	43 M	YARMOUTH ME	1:58:39	542 SASHA CORSETTI	15 F	WESTBROOK ME	2:08:16
458 DONNA BROWN	38 F	ROCKLAND ME	1:58:43	543 ANNE STURGES	38 F	WESTBROOK ME	2:08:20
459 JUDITH TERP	39 F	COLCHESTER VT	1:58:45	544 BOB STURGES	48 M	WESTBROOK ME	2:08:21
460 GREG TRUNDY	43 M	RUMFORD ME	1:58:47	545 STEPHEN FOX	29 M	S PORTLAND ME	2:08:22
461 BILL RICE	41 M	HAMPDEN ME	1:58:48	546 ELIZABETH BROWN	43 F	CLIFF ISLAND ME	2:08:32
462 MARY DECKERS	39 F	NEWBURGH ME	1:58:48	547 CHERI SHAW	39 F	PEAKS ISLAND ME	2:08:50
463 RICH CURLEY	47 M	NOBELBORO ME	1:58:49	548 LEISA BREGGIA	36 F	PORTLAND ME	2:08:56
464 GERRY PATRY	49 M	BANGOR ME	1:58:49	549 SUE GRAFFAM	42 F	YARMOUTH ME	2:09:03
465 RICHARD FOOTE	50 M	CUMBERLAND CT ME	1:59:06	550 MARSHA GREENBERG	46 F	PEAKS ISLAND ME	2:09:09
466 KEVIN THOMAS	36 M	QUINCY MA	1:59:09	551 ARNOLD AUSTIN	55 M	LAS VEGAS NV	2:09:20
467 DAVID BARNARD	53 M	NORWICH VT	1:59:18	552 JACK GLEASON	52 M	CAPE ELIZ. ME	2:09:26
468 TOM ALEXANDER	37 M	PORTLAND ME	1:59:20	553 JANET BRUEN	38 F	FALMOUTH ME	2:09:56
469 JENNIFER MARRIOTT	38 F	PORTLAND ME	1:59:25	554 NANCY SMITH	46 F	HOULTON ME	2:10:04
470 TIM FITZPATRICK	45 M	CAPE ELIZ. ME	1:59:26	555 HOLLY BERNSTEIN	44 F	WARREN ME	2:10:33
471 SONDR A SPEIRS	41 F	PORTLAND ME	1:59:33	556 DIANE COVELL	42 F	LISBON FALLS ME	2:10:46
472 MARYBETH MATHEWS	41 F	CUMBERLAND ME	1:59:33	557 DORIS DUBAY	48 F		2:11:03
473 BRENDA COSTELLO	42 F	SO HARPSWELL ME	1:59:59	558 BOBBY DONNELLY	10 M	WESTBROOK ME	2:11:09
474 RUBY MACDONALD	40 F	SO HARPSWELL ME	2:00:01	559 COREEN CORSETTI	30 F	WESTBROOK ME	2:11:10
475 DON RUSSELL	58 M	SOUTH PORTLAND ME	2:00:16	560 CONSTANCE BARRETT-A	38 F	S PORTLAND ME	2:11:35
476 POLLY KENNISTON	58 F	SCARBOROUGH ME	2:00:26	561 LINDA RUMAN	40 F	MONMOUTH ME	2:11:58
477 RONALD DEARTH	40 M	FALMOUTH ME	2:00:28	562 RANDEEN ZANCA	26 F	NORTHBRIDGE MA	2:12:03
478 DONNA DONALD	46 F	AUGUSTA ME	2:00:32	563 JO MARIE MCAULAY	43 F	E. LEBANON ME	2:12:16
479 LEE NICOLOFF	42 F	PORTLAND ME	2:00:35	564 DAVID COTE	55 M	MANCHESTER NH	2:12:32
480 LUKE REINHARD	34 M	PORTLAND ME	2:00:57	565 JANE DOLLEY	47 F	YARMOUTH ME	2:12:45
481 SARA-JEAN RIZKALLA	29 F	SCARBOROUGH ME	2:01:01	566 TERI CARILLI	33 F	ARLINGTON MA	2:12:51
482 KATHY BEAN	37 F	BOOTHBAY HARBOR ME	2:01:16	567 PAM SMITH	31 F	BRUNSWICK ME	2:12:52
483 JANE RASMUSSEN	59 F	TENANTS HARBOR ME	2:01:21	568 PAUL LAVENDER	53 M	PORTLAND ME	2:12:53
484 ANDREW HASLAM	37 M	SOUTH PORTLAND ME	2:01:29	569 JEANNIE MULLIN	45 F	FRANKLIN MA	2:12:56
485 GARRY GRIBBLE	56 M	KANSAS CITY MO	2:01:42	570 SUSAN MAYO	31 F	ROCHESTER NH	2:12:58
486 BARBARA SMITH	40 F	PORTLAND ME	2:01:52	571 THOMAS CONNER	38 M	EAST HAMPTON MA	2:13:09
487 JANET MOBERG	36 F	FALMOUTH ME	2:01:58	572 CANDACE GRIFFIN	32 F	FALMOUTH ME	2:13:15
488 COLLEEN BRADY	32 F	BIDDEFORD ME	2:02:06	573 JUDY LESTER	48 F	SUMMERVILLE SC	2:13:32
489 JOHN GORDON	52 M	SACO ME	2:02:10	574 CHARLES LESTER	42 M	SUMMERVILLE SC	2:13:33
490 DANIEL SOBEL	47 M	CAPE ELIZABETH ME	2:02:22	575 RACHELLE JANNING	25 F	WINDHAM ME	2:13:45
491 RICHARD SPERRY	52 M	HANGRFORD PA	2:02:32	576 SUSAN NEWTON	40 F	FALMOUTH ME	2:13:55
492 L-C MOLAN	39 M	NEW LONDON NH	2:02:33	577 LYNDA RUBINSTEIN	38 F	FALMOUTH ME	2:13:59
493 MARJORIE BATTEN	43 F	WATERVILLE ME	2:02:39	578 BETSY BERRY	49 F	WALDOBORO ME	2:14:18
494 NANCY GOLDSTEIN	36 F	FALMOUTH ME	2:02:39	579 JEAN GOLDFINE	50 F	BELFAST ME	2:14:32
495 RICHARD TRESELER	33 M	DEDHAM MA	2:02:42	580 RODNEY SPARKOWICH	35 M	PORTLAND ME	2:14:51
496 DAVID HOLDEN	23 M	SKOWHEGAN ME	2:02:42	581 MARY FORD	37 F	BANGOR ME	2:15:00
497 MICHAEL JOHNSON	36 M	PORTLAND ME	2:02:47	582 SERENE FORTE	34 F	ARLINGTON MA	2:15:08
498 ROBERT GREEN	47 M	GORHAM ME	2:03:00	583 AMY GOLDSTEIN	62 F	HUNTINGTON BH. CA	2:15:49
499 WENDY PIEH	47 F	MEDOMAK ME	2:03:16	584 SALLY GORE	32 F	FREETPORT ME	2:15:52
500 LISA LINDQUIST	25 F	QUINCY MA	2:03:21	585 JEFF NEWICK	53 M	YARMOUTH ME	2:16:22
501 MICHELLE SULLIVAN	26 F	SPRINGVALE ME	2:03:22	586 KEVIN MULLIN	49 M	FRANKLIN MA	2:16:22
502 KEVIN SMITH	26 M	GORHAM ME	2:03:22	587 GARY TOWLE	48 M	FAIR FALLS CA	2:16:44
503 CHIP CROWTHER	24 M	BOSTON MA	2:03:34	588 KEN DOLLEY	59 M	YARMOUTH ME	2:16:57
504 KATHERINE HILLENBRA	25 F	BOSTON MA	2:03:34	589 PETER O'DONNELL	34 M	PORTLAND ME	2:16:59
505 JAYNE HANLEY	38 F	SCARBOROUGH ME	2:03:52	590 ANNETTE ELOWITCH	52 F	PORTLAND ME	2:17:22
506 PATRICIA BRUNS	40 F	PORTLAND ME	2:04:05	591 ADRIAN CUZICK	25 F	WEST BATH ME	2:17:26
507 KATIE GOULD	19 F	LEWISTON ME	2:04:07	592 RONNIE ROGERS	54 M	OOB ME	2:17:27
508 JENNIFER BERGERON	19 F	LEWISTON ME	2:04:07	593 DANIEL CASALE	34 M	PORTLAND ME	2:17:35
509 LISA DOMINGO	28 F	BOSTON MA	2:04:09	594 ALISE TREES	26 F	PORTLAND ME	2:17:51
510 MATTHEW HOUGHTON	29 M	NEW HARBOR ME	2:04:14	595 PHILLIPS SARGENT	49 M	YARMOUTH ME	2:18:04
511 DEBBIE TRAIN	32 F	PORTLAND ME	2:04:22	596 DANNY MOFFRE	51 M	SANFORD ME	2:18:09
512 TOM O'CONNOR	44 M	WESTBROOK ME	2:04:23	597 SANDY KAPLIN	49 F	CHESHIRE MA	2:18:12
513 KERRY KATIGAN	24 F	PORTLAND ME	2:04:27	598 ELIZABETH MOFFER	47 F	SANFORD ME	2:18:20
514 JUANITA GABLE	6 F	PORTLAND ME	2:04:29	599 NADIA CORSETTI	17 F	WESTBROOK ME	2:18:29
515 ROBERT POPE	41 M	MORGANTOWN WV	2:04:34	600 ASHER GEE	43 M	BRONX NY	2:18:35
516 MARYANN MICETIC	33 F	HALLOWELL ME	2:04:34	601 BETH BIRCH	54 F	UPPER BLADEABBY PA	2:19:04
517 PATTI HALADAY	34 F	CUMBERLAND ME	2:04:36	602 RICHARD CAHILL	64 M	AUBURN ME	2:19:06
518 JANE ROGERS	41 F	WAYLAND MA	2:04:37	603 KATHY MADARA	44 F	EASTHAMPTON MA	2:19:36
519 NANCY POPE	38 F	MORGANTOWN WV	2:04:38	604 LISA GODIN	28 F	EAST HAMPTON MA	2:19:36
520 DAVID ANDERSON	53 M	FALMOUTH ME	2:04:39	605 WENDY FARR	29 F	FALMOUTH ME	2:19:37
521 STEPHEN CATIR	38 M	PORTLAND ME	2:04:49	606 LORRAINE LAMONTAGNE	46 F	QUEBEC CAN	2:19:40
522 BILL WEBB	44 M	WELLS ME	2:05:07	607 VICKI HEIM	39 F	NAZARETH PA	2:20:08
523 EDWARD COREY	48 M	S PORTLAND ME	2:05:08				
524 LOIS TIEDEKEN	40 F	PEAKS ISLAND ME	2:05:38				
525 ED MCDONOUGH	54 M	YARMOUTH ME	2:05:55				
526 DENNIS FRANGOS	33 M	NEWMARKET NH	2:05:58				
527 STACEY FRANGOS	30 F	NEWMARKET NH	2:05:58				

Marathon

Maine Marathon Portland Oct. 1

1 Patrick Sullivan	34 M	Bangor ME	2:34:31
2 Rick Chalmers	33 M	Portland ME	2:35:22
3 Terrance McNatt	30 M	Needham MA	2:36:58
4 John Gorman	37 M	North Andover MA	2:37:29
5 Joseph Bertolaccini	29 M	Gorham ME	2:41:27
6 William Emerson	31 M	Bangor ME	2:43:02
7 David Weatherbie	27 M	Cumberland ME	2:43:26
8 David Roberts	40 M	Cape Elizabeth ME	2:43:54
9 Shaun Keenan	33 M	Coopers Mills ME	2:44:39
10 Jamie Boese	36 M	Durham ME	2:46:01
11 Jim Toulouse	47 M	Cape Elizabeth ME	2:47:09
12 Mike Payson	32 M	Falmouth ME	2:48:18
13 Dana Maxim	33 M	Old Town ME	2:48:31
14 Glen Waters	28 M	Carrboro NC	2:48:42
15 Dave Tyler	36 M	Tewksbury MA	2:48:59
16 Brian McCrea	35 M	Freeport ME	2:49:19
17 Bob Fancher	34 M	Gloversville NY	2:49:44
18 Christian Oberle	20 M	Lewiston ME	2:49:45
19 Patrick Pollard	37 M	Sharon MA	2:50:47
20 Barry Wight	36 M	Portland ME	2:51:32
21 William Romito	41 M	Amherst MA	2:51:44
22 Richard L'Heureux	43 M	Sanford ME	2:52:13
23 Brent Leighton	26 M	Kennebunk ME	2:52:58
24 Cheryl Dube	38 F	South Hadley MA	2:53:16
25 Marty Moran	30 M	Virginia Beach VA	2:53:19
26 Judd Esty-Kendall	46 M	Glenburn ME	2:53:37
27 Guy Segars	35 M	Brunswick ME	2:54:05
28 Gregory Hale	32 M	Waterville ME	2:54:59
29 John Butera	31 M	Neshanic Station NJ	2:55:26
30 Craig Wilson	46 M	Kittery Pt. ME	2:56:14
31 Bruce Hurley	27 M	Portsmouth NH	2:56:42
32 Dennis Berard	28 M	MA	2:57:17
33 William Evans	37 M	So. Boston MA	2:57:26
34 Lance Guliani	36 M	West Bath ME	2:57:35
35 Richard Marcotte	44 M	Tewksbury MA	2:57:36
36 Mark Steege	40 M	Standish ME	2:58:01
37 Steven McGrath	40 M	Portland ME	2:58:08
38 George Bockus,Jr.	29 M	Windham ME	2:58:08
39 Robert Ashley	39 M	North Yarmouth ME	2:58:21
40 Mark Snow	28 M	Naples ME	2:58:27
41 Michael Mageles	28 M	Bridgton ME	2:58:29
42 Ken Botting	35 M	Yarmouth ME	2:58:36
43 Stewart Jordan	38 M	North Yarmouth ME	2:58:51
44 Tim Naylor	20 M	Lewiston ME	2:59:03
45 Michael Goolkasian	31 M	Lynn MA	2:59:03
46 John Mollica,Jr.	43 M	South Portland ME	2:59:04
47 Jim Newett	37 M	Ellsworth ME	2:59:11
48 Glendon Rand	33 M	Orrington ME	2:59:18
49 Brian Greene	48 M	Portsmouth NH	3:00:26
50 Pierre Martel	23 M	South Portland ME	3:00:30
51 Mark Ewert	37 M	South Portland ME	3:00:43
52 Erich Reitenbach	45 M	N. Waterboro ME	3:01:20
53 Andrew Russ	24 M	Cambridge MA	3:02:36
54 Andrew Parsons	26 M	Burlington VT	3:02:47
55 Scott Armstrong	31 M	Meriden NH	3:03:09
56 Terry Heise	43 M	Rochester NY	3:04:01
57 David Simard	38 M	Augusta ME	3:04:28
58 Patrick Hornsby	32 M	St. John NB	3:05:23
59 David Chamberlain	33 M	Falmouth ME	3:05:25
60 Anthony Prest	34 M	Liberty ME	3:05:55
61 Paul Lessard	38 M	Biddeford ME	3:06:24
62 Eric Uhl	35 M	Yarmouth ME	3:06:38
63 Loren Lathrop	46 M	South Portland ME	3:06:45
64 Ken Maggiore	38 M	South Berwick ME	3:06:55
65 John Gagnon	28 M	Lewiston ME	3:07:29
66 Peter J. Hall	33 M	Gorham ME	3:07:51
67 Ken Cotton	46 M	Bristol ME	3:07:53
68 Chris Neal	35 M	San Francisco CA	3:07:58
69 Alan Caron	39 M	Charld NB	3:08:46
70 Owens McCullough	33 M	Limerick ME	3:08:51
71 Alec Likhite	29 M	Medford MA	3:08:52
72 Bob Coughlin,Jr.	56 M	Falmouth ME	3:09:02
73 Jeffrey Goon	31 M	Nahant MA	3:09:21
74 Bob Stuart	41 M	Cumberland ME	3:09:52
75 Thomas Littlefield	49 M	No. Berwick ME	3:09:54
76 John Powell	42 M	Cumberland ME	3:10:17

77 Gilles Lamontagne	53 M	Quebec QUE	3:10:20
78 Peter West	31 M	Wiscasset ME	3:10:27
79 Leo Lashock	32 M	Boston MA	3:10:34
80 Conrad Clark	44 M	Billerica MA	3:10:38
81 Bion McFadden	55 M	Lubec ME	3:10:38
82 Thomas Poole	40 M	Penobscot ME	3:10:42
83 Michael Carter	45 M	Machias ME	3:11:38
84 James Malley	34 M	Rochester NY	3:11:39
85 Todd St.Louis	28 M	Morrisonville NY	3:12:05
86 Paul Wolf	39 M	Limerick ME	3:12:14
87 Darryl Ferguson	48 M	Broadalbin NY	3:12:39
88 Jeffrey Radgowski	27 M	Portland ME	3:12:45
89 Laurence Casey	34 M	San Francisco CA	3:12:56
90 Mary Crist	34 F	Southampton NJ	3:13:01
91 Kevin Jenkins	38 M	Gorham ME	3:13:20
92 Ruth E. Hall	37 F	Gorham ME	3:13:26
93 Nora Hannafin	33 F	Lowell MA	3:13:30
94 Walter Trott	37 M	Richmond ME	3:13:45
95 Al Sproul	57 M	Chamberlain ME	3:13:48
96 Mark McDermott	39 M	Madawaska ME	3:13:50
97 Rob Chatfield	38 M	So. Thomaston ME	3:13:56
98 David Wakana	36 M	Caribou ME	3:13:57
99 Michael Duffy	37 M	Caribou ME	3:13:58
100 Ellen Bowden	43 F	Cumberland ME	3:14:02
101 Ronald Paquette	44 M	Biddeford ME	3:14:46
102 William Reilly	48 M	Brownfield ME	3:14:55
103 Alan Nye	40 M	Portland ME	3:15:05
104 Joe Meehan	48 M	Litchfield ME	3:15:09
105 Randy Moore	41 M	Gorham ME	3:15:24
106 Larry Tonzi	48 M	Houlton ME	3:15:30
107 Joe Hayes	47 M	York ME	3:15:40
108 Michael Casciere	41 M	Burlington NC	3:15:45
109 Roger Goulet	53 M	St.Jean Chrysostom QUE	3:16:02
110 Susan McNatt	29 F	Needham MA	3:16:15
111 Daniel Boutin	30 M	South Hadley MA	3:16:26
112 Mike Doyle	35 M	Saint John NB	3:17:17
113 Steve Boone	46 M	Houston TX	3:17:35
114 Jonathan Updike	26 M	Portland ME	3:17:37
115 Barry Bass	31 M	Wellesley MA	3:18:34
116 Michael Myrick	50 M	Saco ME	3:18:51
117 Donald Hebert	31 M	Lewiston ME	3:19:29
118 Kerry Keenan Corcor	30 F	Portland ME	3:19:30
119 Denis Maheux	40 M	Charlesbourg QUE	3:19:34
120 Michael O'Reilly	35 M	Concord NH	3:19:54
121 Will Thompson	43 M	Brunswick ME	3:20:01
122 Timothy Matthews	43 M	Rochester NY	3:20:14
123 Scot Sawyer	39 M	Burlington NC	3:20:18
124 Patrick Gwinn	30 M	Falmouth ME	3:20:27
125 Blake Strack	34 M	Portland ME	3:20:31
126 Charles Trantanella	28 M	Waltham MA	3:20:45
127 Richard Meehan	25 M	Farmington NY	3:20:46
128 Vincent Kasabian	30 M	Dover NH	3:20:50
129 Scott Baerman	40 M	Fayetteville NY	3:20:59
130 Debra Hanley	34 F	South Paris ME	3:20:59
131 Terry Robbins	26 M	Honeoye Falls NY	3:21:14
132 Tom Clemence	38 M	Falmouth ME	3:21:45
133 Stephen Liscovitz	41 M	Brunswick ME	3:21:50
134 Jeff Huntress	32 M	Rochester NY	3:21:52
135 Kevin Ross	31 M	Portland ME	3:21:58
136 Richard Hanson	36 M	Cazenovia NY	3:21:59
137 Rob Langner	31 M	Fort Fairfield ME	3:22:01
138 James Peck-Gray	35 M	Natick MA	3:22:24
139 Jerry Allanach	46 M	Naperville IL	3:22:24
140 John Weidner	32 M	York ME	3:22:26
141 Matt Mazuzan	32 M	Rome NY	3:22:34
142 Mary McCauley	36 F	Georgetown ME	3:23:07
143 Ben Fudge	60 M	Tewksbury MA	3:23:20
144 Charles Morin	32 M	Auburn ME	3:24:07
145 Michael Tarzia	29 M	East Boston MA	3:24:30
146 John Brown	45 M	Mt. Desert ME	3:24:44
147 Don Fries	48 M	Kezar Falls ME	3:24:49
148 Tom Shorty	33 M	Gorham ME	3:25:06
149 Eric Grant	46 M	East Riverside NB	3:25:16
150 Edward Bateman,Jr.	37 M	West Palm Beach FL	3:25:33
151 David Cunningham	47 M	Chelmsford MA	3:25:47
152 David Coffey	37 M	Manchester NH	3:25:50
153 Steve Hauke	42 M	North Yarmouth ME	3:26:11
154 Tad Atwell	28 M	Falmouth ME	3:26:12
155 Michele Ohman	29 F	Gray ME	3:26:26
156 Brenda Bailey	33 F	Houlton ME	3:26:27
157 Joseph Wagnis	22 M	South Portland ME	3:26:54
158 Edward Miller	45 M	Hallowell ME	3:26:57
159 Gerard Gionet	38 M	Saint John NB	3:27:11
160 Nancy Cooper	41 F	Falmouth ME	3:27:15

161 Tom Fiedler	50 M	Clearwater FL	3:27:23	244 Kirk Bradford	42 M	Marysville KS	3:54:49
162 Hap Hazzard	63 M	So. Freeport ME	3:28:01	245 Dennis Hagele	51 M	Stratham NH	3:54:52
163 Richard Robinov	35 M	Cumberland ME	3:28:11	246 David Courtney	41 M	Portland ME	3:56:13
164 Wayne Jacobs	36 M	Brewer ME	3:28:21	247 Ken Szazma	23 M	Loa UT	3:56:31
165 David Toothaker	32 M	Brunswick ME	3:28:24	248 Chad Nedrud	23 M	Missoula MT	3:56:31
166 Kevin Benway	40 M	Easton MA	3:28:40	249 Joseph Guimond	36 M	Portland ME	3:56:42
167 Gordon Smith	37 M	Portland ME	3:28:48	250 Chris Goodman	46 M	Wiscasset ME	3:56:52
168 Brad Springer	24 M	Portland ME	3:28:52	251 Ben Burd	62 M	Middlebury VT	3:57:00
169 Kelly Hinckley	36 M	Lewiston ME	3:29:09	252 Don Miers	44 M	Springfield LA	3:57:11
170 Paul Conner	33 M	Saco ME	3:29:19	253 James Rothbaum	25 M	Brunswick ME	3:57:23
171 Karen Johnson	31 F	Saint John NB	3:29:21	254 Walter Prescott	41 M	Derry NH	3:57:28
172 Gary Giffard	36 M	North Yarmouth ME	3:29:26	255 Anastasia Gilman	23 F	Mt. Vernon ME	3:57:52
173 Gene Waters	59 M	Cumberland ME	3:29:42	256 Diane Marchand	27 F	Exeter NH	3:58:02
174 Michael Pratico	29 M	Portland ME	3:29:42	257 Tim Hurley	45 M	Ballston Spa NY	3:58:04
175 George Ryan,Jr.	44 M	Glen NH	3:29:50	258 Pete Lyons	40 M	Portland ME	3:58:16
176 John Brady	36 M	Biddeford ME	3:29:55	259 Rick Ramseyer	33 M	Portland ME	3:58:26
177 George Stump	58 M	Cincinnati OH	3:30:03	260 Dan Waters	33 M	Greenwich CT	3:58:42
178 Richard McCauley	35 M	Georgetown ME	3:30:18	261 Rick Buffam	39 M	Russell MA	3:58:44
179 David Jones	43 M	Ashland ME	3:30:32	262 Richard Bartlett	38 M	Cape Neddick ME	3:59:17
180 Rick Hartzell	43 M	Brunswick ME	3:30:38	263 Dominic Berube	21 M	Pte-Calumet QUE	3:59:33
181 Mark Alex	35 M	West Rockport ME	3:30:43	264 Ernesto Salamone	33 M	Portland ME	3:59:36
182 Valerie Trantanella	27 F	Waltham MA	3:33:08	265 Bud Stiffler	57 M	Anderson IN	3:59:45
183 Joe Spencer	40 M	Scottsville NY	3:34:17	266 Kelly Billington	28 F	Sebago Lake ME	3:59:56
184 Douglas Terp	33 M	Waterville ME	3:34:22	267 Ronald Strader	56 M	Holton KS	4:00:41
185 Kelleryn Wood	31 F	Windham ME	3:34:25	268 Bud Holland	48 M	Portland ME	4:01:06
186 Neil Welner	23 M	Brunswick ME	3:34:28	269 Stephen Coolidge	23 M	Rollinsford NH	4:01:46
187 Judy Mileson	28 F	Portland ME	3:34:37	270 Jesse Chappell	35 M	Revere MA	4:02:14
188 Jeffrey True	40 M	N Yarmouth ME	3:35:23	271 Bill Cobb	52 M	North Pole AK	4:02:17
189 Lance Leo	21 M	Orono ME	3:35:29	272 John St.Peter	35 M	Old Town ME	4:02:22
190 Kathy Jenkins	35 F	Gorham ME	3:35:47	273 Greg Andres	28 M	Bangor ME	4:02:34
191 Clyde Coolidge	56 M	Rollinsford NH	3:35:48	274 Laura Moore	32 F	Portsmouth NH	4:02:47
192 Chicago Bear	49 M	Windham ME	3:35:50	275 Brian Hall	28 M	Waterville ME	4:02:55
193 Adam Sulkowski	55 M	Sudbury MA	3:35:53	276 Dennis Connelly,Sr.	47 M	Auburn ME	4:03:24
194 Nichole Anderson	25 F	Newton MA	3:36:00	277 Thomas Gerstle	31 M	San Francisco CA	4:03:56
195 Whitney Sullivan	28 F	Windham ME	3:36:06	278 Debbie Dwyer	36 F	Orono ME	4:04:04
196 Alison VanZandberge	22 F	St. George ME	3:36:35	279 Sean Kellogg	18 M	New York NY	4:04:35
197 Keith Yannelli	38 M	Bridgton ME	3:37:02	280 Harry Katzan	60 M	Kingston NH	4:04:42
198 Alfinodah Fahray	23 M	Portland ME	3:37:35	281 Pete Leighton	22 M	Portland ME	4:04:54
199 Faye Gagnon	50 F	Minot ME	3:37:53	282 Mark Myers	36 M	Chesapeake VA	4:05:03
200 John Schwanda	40 M	Freeport ME	3:37:54	283 Susan Martin	38 F	Bridgton ME	4:05:03
201 Christopher Dinan	40 M	Portland ME	3:37:59	284 Mark Burroughs	42 M	New York NY	4:05:50
202 Danny Smith	49 M	Marietta GA	3:38:07	285 Jacqueline Burke	29 F	St. Charles IL	4:06:09
203 Clemence Bernier	42 F	Losette Ville QUE	3:38:43	286 Tim Smith	34 M	Gloucester MA	4:06:27
204 John Dyer	50 M	Yarmouth ME	3:38:44	287 Karen Fortier	28 F	Saco ME	4:07:01
205 Art Schnell	48 M	Portland ME	3:38:51	288 Betti Fortin	22 F	No. Berwick ME	4:07:46
206 Chip Kelley	34 M	Cape Elizabeth ME	3:39:07	289 Stephen Schuit	44 M	Peaks Island ME	4:08:01
207 Mark Ornstein	36 M	New York NY	3:39:16	290 Dave Jenkins	25 M	South Portland ME	4:08:20
208 Richard Hogan	50 M	Cambridge MA	3:39:33	291 Chuck Whitney	45 M	Ellsworth ME	4:09:30
209 Paul Driscoll	39 M	Portland ME	3:40:19	292 John Sweeney	36 M	Wells ME	4:09:30
210 Kirby Knight	38 M	Auburn ME	3:40:21	293 Kenneth Thompson	58 M	Akron OH	4:09:33
211 Elaine Viau	30 F	Leominster MA	3:41:18	294 Gary Judson	52 M	Kansas City MO	4:10:43
212 Holly Haywood	41 F	South Portland ME	3:41:48	295 Sherri Darling	37 F	Portland ME	4:10:45
213 Christian Brena	24 M	Portland ME	3:41:52	296 Peggy Kilgore	42 F	Hebron CT	4:10:49
214 Allen Hayes	41 M	Bridgton ME	3:42:13	297 Tom Husman	47 M	Toledo OH	4:10:49
215 Thomas Carll	51 M	Gray ME	3:42:32	298 Carlton Mendell	73 M	Portland ME	4:11:20
216 Lew Frazier	41 M	Dresden ME	3:42:37	299 Stephen Doane	49 M	Kennebunk ME	4:11:32
217 Joe Bennett	38 M	Bangor ME	3:43:15	300 Mary Glidden	47 F	Scarborough ME	4:11:43
218 Nora DiPanfilo	33 F	Dracut MA	3:43:22	301 Jeanne McMorro	40 F	Freeport ME	4:11:59
219 Jim Peverini	46 M	Juno FL	3:45:15	302 Beth Ramseyer	31 F	Portland ME	4:12:01
220 Vicki Gayton	33 F	Portland ME	3:45:45	303 Meridan Davidson	25 F	South Portland ME	4:13:13
221 Allan Hoeft	45 M	Nashotah WI	3:46:48	304 Susan Kolakowski	38 F	Auburn ME	4:13:18
222 Vicki Bush	40 F	Plaistow NH	3:47:07	305 George Alexion	36 M	Lynn MA	4:14:38
223 Carl Beauregard	39 M	Essex Jct. VT	3:47:30	306 Michael McClellan	35 M	Raymond ME	4:15:05
224 Budd Large	41 M	Auburn ME	3:48:00	307 Karl Geib	36 M	Raymond ME	4:15:05
225 Pete Golding	40 M	Augusta ME	3:48:17	308 Brian Wormwood	43 M	Cape Porpoise ME	4:15:25
226 Phil Cousineau,Jr.	43 M	Portland ME	3:48:35	309 James Tees	39 M	Raymond ME	4:16:01
227 Rex Holtan	43 M	Portland ME	3:48:55	310 Kevin Donovan	48 M	Melrose MA	4:16:04
228 Mark Johnson	38 M	Scarborough ME	3:49:00	311 Patrick Connelly	42 M	Dallas GA	4:16:20
229 Jean M. Thomas	59 F	Portland ME	3:49:22	312 Michael Olivera	37 M	Hanscom AFB MA	4:16:26
230 Gerard P. Conley,Jr	41 M	Portland ME	3:49:45	313 Martha Palmer	33 F	Freeport ME	4:16:32
231 David S. Peterson	41 M	Westbrook ME	3:49:53	314 Terrence Connelly	43 M	Eliot ME	4:16:34
232 John Steriti	46 M	Salem MA	3:50:09	315 David Body	58 M	Portland ME	4:16:35
233 Mary Lloyd	31 F	Dover NH	3:50:23	316 Gail Browning	58 F	Sanford ME	4:16:39
234 Mark Connelly	44 M	Portsmouth NH	3:51:32	317 Richard Auger	39 M	Fall River MA	4:16:41
235 Carol Schreck	51 F	Cape Elizabeth ME	3:52:03	318 Bill Vanderburg	52 M	Scarborough ME	4:16:55
236 Richard Gooch	60 M	Kansas City MO	3:52:18	319 Joanne Kimball	46 F	Bangor ME	4:19:30
237 Jay Robinson	26 M	Sullivan ME	3:52:29	320 Don Leeman	46 M	Middleton NH	4:19:43
238 Bruce Alexander	48 M	Easton ME	3:53:14	321 Bill Daveny	50 M	Portland ME	4:20:28
239 Mark Doremus	39 M	So. Berwick ME	3:53:29	322 Jennifer Shore	27 F	Marblehead MA	4:20:31
240 John DeHart	54 M	Bailey Island ME	3:53:35	323 Helene Hines	47 F	Lido Beach NY	4:20:32
241 Peter Merrill	36 M	South Portland ME	3:53:54	324 Stephen Assante	43 M	Sebago Lake ME	4:20:33
242 Joel Bassett	33 M	South Portland ME	3:54:10	325 Sharon Mordorski	43 F	Buffalo Grove IL	4:20:44
243 Stephen Dalvet	33 M	Portland ME	3:54:28	326 Ralph Dobson	40 M	Portland ME	4:20:53
				327 Sherry Carll	48 F	Gray ME	4:21:27

328 Kurt Newman	46 M	Gorham ME	4:22:55
329 Debra Kantor	40 F	Dover NJ	4:22:59
330 Scott Cronenweth	36 M	Arlington MA	4:23:18
331 Wendell Harless	48 M	Birmingham AL	4:23:20
332 Daniel Profenno	35 M	Portland ME	4:23:43
333 Joe Pike	31 M	Portland ME	4:25:11
334 Debra Nowak	38 F	Topsham ME	4:25:15
335 Mark Nowak	47 M	Topsham ME	4:25:15
336 Kendel Melin	34 F	Clarkston GA	4:26:06
337 Martin Smith	30 M	Westbrook ME	4:26:10
338 Gary Miers	41 M	Raymond ME	4:26:16
339 Kathleen Duddy	44 F	Falmouth ME	4:26:31
340 Steve Robbins	35 M	Holliston MA	4:27:04
341 Mary F. Evans	43 F	Clifton ME	4:27:46
342 Sherrie Buffam	37 F	Russell MA	4:29:42
343 Pamela Wright	29 F	Deux Montaknes QUE	4:34:41
344 Claire Cooney	33 F	Portland ME	4:35:48

345 Hu Goldstein	67 M	Huntington Beach CA	4:37:19
346 Ian Penhale	50 M	Montreal QUE	4:40:50
347 David Hillman	43 M	Cape Elizabeth ME	4:42:47
348 Ron Smith	54 M	Dover NH	4:45:03
349 Dan Bergeron	37 M	Portland ME	4:46:21
350 Jack Rigney	41 M	Lindenhurst NY	4:48:51
351 John Tolbert	60 M	Ludlow VT	4:51:22
352 St. John Hall	35 M	Portland ME	5:05:42
353 Patrick O'Toole	33 M	Yarmouth ME	5:14:57
354 Jill Schrerer	35 F	New York NY	5:17:55
355 Benjamin Hunt	20 M	Portsmouth NH	5:19:23
356 Ted Cooney	34 M	Portland ME	5:23:12
357 Donald Lang	61 M	Glendale CA	5:48:21
358 Ronald Gorczycki	42 M	Clifton Park NY	6:06:54
359 Susan Daley	36 F	Chicago IL	6:17:05
360 Sharon Kerson	53 F	Culver City CA	6:22:14
361 Marc Mandel	34 M	Portland ME	6:44:12

Road Race

Aroostook County Challenge Road Races

The County Challenge is in its 13th season. It consists of seven races in Houlton, Presque Isle, Fort Fairfield, and Caribou.

Men

Overall		
1	P.J. Gorneault	63 points
2	Danny Paul	44
3	David Tree	33
4	Jonathan Sprague	22
5	Hal Stewart	20
14 and Under		
1	Bobby Wright	44
2	Jeff Alden	40
15 - 18		
1	Jonathan Sprague	45
2	Lance Pinette	13
19 - 29		
1	Joe Ewings	59
2	Jamie Good	28
3	Brian Pelletier	26
30 - 39		
1	Hal Stewart	55
2	Brent Bailey	41
3	Paul Lamoreau	35

40 - 49		
1	Roy Alden	44
2	Frank McElwain	16
3	Stephen McDonald	10

50 - 59		
1	Gary Feeney	62
2	Gene Ross	48
3	Dale Dickie	23

60 and over		
1	Art Thompson	53
2	Ralph Ostlund	9

Women

Overall		
1	Merrily Prest-Clayton	60
2	Angela Edgecomb	54
3	Brenda Bailey	31
4	Connie Mendonca	21
5	Eileen Jordan	12

15 - 18		
1	Tiffany Willey	16

19 - 29		
1	Angela Edgecomb	63

30 - 39		
1	Brenda Bailey	53
2	Julie Freeman	27
3	Sue Porter	25

40 - 49		
1	Nancy Smith	62

50 - 59		
1	Eileen Jordan	53
2	Ruth Hare	48
3	Judy Dickie	

Walkers

1	Jennifer Bailey	48
2	Susan Wright	33
3	Robert Sprague	20

Fast, Strong, Cheap CLASSIFIEDS

25 cents a word. Send check with copy to Maine Running & Fitness, 7 Elm St., Augusta, Maine 04330.

FOR SALE

Litespeed Tachyon Titanium frame. Triathlon and time trial use. 700-cm wheel size. 73 degree seat angle. Excellent condition. \$800. . . . Cannondale 700 Triathlon frame, polished. 26-inch wheel size. Used only 2 months (too big for me). 75 degree seat angle. Comes with "A-Headset" and stem, American Classic seat post and titanium seat. Brand-new condition. \$750. Also other parts available. Call for more information. Steve Fluet, 829-4164.

WANTED TO BUY

Wooden, light, mountaineering skis with steel edges. Lance Tapley, 626-3298.

WANTED

PEOPLE TO TEST PRODUCTS

Maine's Major Downhill Ski Areas

Black Mountain	Rumford	364-8977
Camden Snow Bowl	Camden	236-3438
Eaton Mountain	Skowhegan	474-2666
Lost Valley	Auburn	784-1561
Mt. Abram	Locke Mills	875-5003
New Hermon Mountain	Hermon	848-5192
Saddleback	Rangeley	864-5671
Shawnee Peak	Bridgton	647-8444
Squaw Mountain	Greenville	695-2272
Sugarloaf	Carrabassett Valley	237-2000
Sunday River	Newry	824-3000

Source: Ski Maine

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M A I N E RUNNING & FITNESS



SUGARLOAF SKI TOURING CENTER
1995-96 RACE CALENDAR



- December 16: Sugarloaf Sprint Relays
3x2.5 Km mixed classical relay, 1:00 pm. start
Low key event with merchandise prizes.
\$25.00 per team/\$10.00 individual.
Mixed teams of all ages welcome.
- December 17: Sugarloaf Wild Moose Run
5Km Classical: Jr.2 Boys/Girls; Jr.1, OJ Girls
7.5Km Classical: Jr.1/OJ Boys; Sr./Master Men/Women
Registration closes at 9:00 am., 10:00 am. start
Jr. Olympic Qualifier, Eastern Cup, ZAK Cup.
\$15.00 before 12/14.(Refund if canceled) \$30.00 DOR
- *****January 7 & 8: Redfeather Snowshoe Demo Days/10Km *****
Free Redfeather Snowshoe Demos all weekend.
7.5Km Trail Race on Sunday.
9:00 am registration, 10:00 am start
Snowshoes provided to first 25 entrants.
\$10.00 entry includes Sunday trail pass.
- January 28: Sugarloaf Ski Marathon and 10Km Fun Ski
30Km Competition Classes/10Km Recreation Classes
Classical Technique, 10:00 am. start
ZAK Cup
Overall and Age class awards for both classes.
Prize drawings by bib numbers.
\$20.00 before 1/25.(Refund if canceled) \$25.00 DOR
- March 23 & 24: Leprechaun Loppet
10K Freestyle on 2/23 for all classes, Mass start.
10K Classical on 2/24 for all classes, Pursuit start.
Age class awards for each race.
Special prizes for 2 day winners.
\$20.00 one race/\$30.00 two races by 3/21(Refundable)
\$10.00 late fee. ZAK CUP. All racers welcome.

PLEASE MAKE CHECKS PAYABLE TO SUGARLOAF SKI TOURING CENTER

COPY AND USE THIS REGISTRATION FORM FOR ANY OF THE RACES SHOWN.

NAME _____
ADDRESS _____ TELEPHONE _____
CITY _____ STATE _____ ZIP _____
AGE _____ DATE OF BIRTH _____ SEX _____ CLUB OR TEAM _____
NAME OF EVENT _____ DATE OF EVENT _____
In consideration of acceptance of this entry, I for myself, my
heirs and assigns hereby waive and release any rights and claims
I may have against the race committee and sponsors of this event.
SIGNATURE(Parent if racer under 18) _____

RR1, Box 5000 • Carrabassett Valley, Maine 04947-9799 • 207-237-6830 or 207-237-2000

MAINE RUNNERS UNITE TO CELEBRATE BOSTON'S MARATHON CENTENNIAL

This is a once in a lifetime opportunity to celebrate history in the making.
Join fellow Maine runners by wearing limited edition commemorative shirts.

1. InSport coolmax singlet with
"MAINE" screen printed
across the front with the
State of Maine Logo(sample left).



plus

2. A 100 % cotton long sleeve
multi-colored T-shirt with
"MAINE RUNNERS CELEBRATE"
(sample right).



Both shirts being made available for only \$28.59.

InSport Singlet	\$14.00
Long Sleeve T-shirt	\$ 8.25
Tax 6%	\$ 1.34
Postage	\$ 5.00
Total	\$28.59

Closing date for ordering shall be **January 31, 1996**. Delivery on T-shirts upon order.
Delivery on singlets 3/31/96

**Both shirts will be mailed directly to your home or you can pick them up
at 5K Sports in Falmouth.**

ALL PROCEEDS TO BENEFIT FRIENDS OF TRAVIS ROY

Please complete the following:

Name _____	Size on Singlet S M L XL
Mailing address _____	Size on T-shirt S M L XL
City, State, Zip _____	
Telephone _____	

Method of Payment:	Credit Card Number _____
Check enclosed	Expires Mo. ____ YR. ____
Charge my Visa or Master card	Signature _____

Any questions contact Jeff Tidd at 283-9371, Joel Croteau at 282-2375 or Jim McCorkle at 781-3134

**Return form to: 5K Sports
190 US Route #1
Falmouth, Maine 04105**

THE PIPELINE

12-K CROSS COUNTRY

SKI TOUR & RACE

McGRAW SCHOOL, HAMPDEN



Saturday, Jan. 20, 1996, at 11 a.m.

Packet pick-up & registration begins at 9:30 a.m.

The Pipeline will begin at the McGraw School (Main Rd.) in Hampden. The 12-K loop course offers scenic vistas to the tour skier and a challenge to racers of every level. The Hampden Snowmobile Club will groom and maintain the trail where possible. The Pipeline is an excellent opportunity to tune up for the upcoming Great Caribou Bog Tour & Race.

ENTRY FEES: \$10 pre-registration \$12 day of race \$25 family (up to 5 members; add \$2/additional family member)

MAIL REGISTRATION FORM TO: Pipeline c/o O'Brien, 277 Monroe Rd., Hampden, Maine 04444, or call (207) 862-4669.

The first 50 entrants will receive a free 1996 Pipeline T-shirt. AWARDS: 1st, 2nd, 3rd overall; male and female divisions; 1st and 2nd by age and sex class.

A CHILDREN'S RACE WILL BEGIN PRIOR TO THE START OF THE PIPELINE. BRING FRIENDS AND FAMILY!

Proceeds to benefit Shaw House

=====

(PLEASE RETURN THIS BOTTOM PORTION ALONG WITH YOUR ENTRY FEE)

CONDITIONS: PLEASE READ CAREFULLY!

I, the undersigned, know that cross country skiing is an action sport carrying significant risk of personal injury. Race competition is even more dangerous. I know that there are natural and man-made obstacles or hazards, surface and environmental conditions and risks which in combination with my actions may cause me very severe or fatal injury. I agree that I, as a participant, must take an active role in understanding and accepting these risks, conditions, and hazards. I also agree that I and not the organizers, staff, sponsors, USSA, or any subordinate groups are responsible for my safety while I participate in this event.

SIGNED: _____ DATE: _____

(PARENT OR GUARDIAN IF UNDER 18)

NAME (print): _____ BIRTHDATE: ____/____/____ AGE: ____

MAILING ADDRESS: _____ ZIP: _____

TELEPHONE: _____

CLASSES: (circle appropriate age, sex (ACCORDING TO LETTER)

MALE AGE FEMALE

DIVISION (circle one):

A 15 & under G

Classic

B 16 - 19 H

Freestyle

C 20 - 29 I

D 30 - 39 J

E 40 - 49 K

F 50 - 59 L

X 60 & over Y

BIB NUMBER _____

Great Caribou Bog



Wicked Winter Ski Tour and Race

Saturday, January 27, 1996

The 13th running of **The Great Caribou Bog Wicked Winter Ski Tour and Race** will be held on Saturday, January 27, 1996. Cross-country skiers will start in Bangor, beginning at 11:00 a.m., and ski 18.8 kilometres to Old Town, over old woods roads, railroad bed and scenic trails. Entry forms will be available at area ski shops and by mail. Late registration and bib-pickup will begin at 9:00 a.m. on the day of the tour at Bangor Mall, main entrance. If there's no snow on January 27, our back up date is Feb. 10, 1996. The event will benefit the Shaw House and is sponsored by the Penobscot Valley Ski Club, with the support of many contributing businesses, fraternal groups and individuals.

• **Classical style for both race and tour.**

• **Winter Carnival Activities at the Bangor Mall.**
Fun for the whole family.

• **Awards and Trophies**

Ribbons will be awarded for 1st, 2nd, and 3rd place in all USSA age group categories. Yellow "Finisher" ribbons will be awarded to all skiers finishing under 3-1/2 hours elapsed time. Trophies will be awarded for:

- Best men's time and best women's time
- Best junior men's time and best junior women's time (Sam Ouellette trophies)
- Master's handicap for men and women (Winn Pike trophies.)

• **Sports Massage.**

Members of the Maine Chapter of the American Massage Therapy Association will be on-hand for post-event massage.

• **Grand prize drawing to be held at 2:45 p.m.**

You must be present to win! The organizers hope that the prize drawing and refreshments at the finish will encourage participants to stay and mingle after the event.

• **Refreshments**

Drinks and snacks provided by Anah Temple Mini-bikers to benefit the Shrine Children's Burn Centers.

Free Children's Tour!

A special event for children under 12 years of age will be held on a supervised loop course at the finish line, beginning at 1:00 p.m. Once around for younger kids, more loops for the older ones. Awards for all starters. No entry fee. Moms or Dads must be available for support.

• **Entry fees: Before Jan 20th After Jan 20th**

Adults, individuals	\$10.00	\$15.00
Children, 12-13	6.00	10.00
Teams, per person	8.00	15.00
Family teams, per person	6.00	15.00
Maximum per family	25.00	35.00

• **Free T-Shirt to first 100 early entries**

Please register early! We offer a total refund. New this year: **Free T-Shirts** for the first 100 entries received before Jan 20th.

For additional information write:

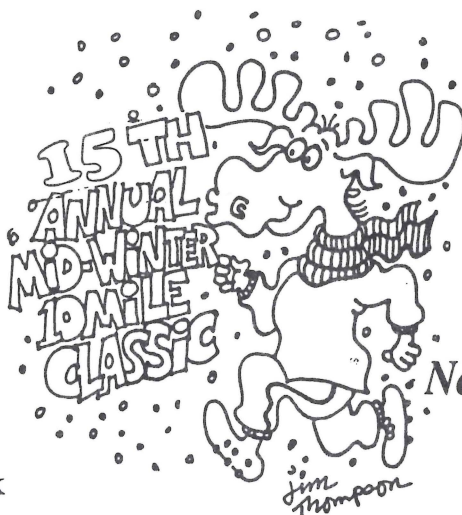
Caribou Bog Tour, P.O. Box 873, Bangor, ME 04402
or call: 825-3230 or 942-3825.



MAINE TRACK CLUB'S 15th ANNUAL MID-WINTER 10 MILE CLASSIC

AWARDS:

1-5 Open Men
1-5 Open Women
Men and Women
Under 19
35 to 39
40 to 44
45 to 49
50 to 54
55 to 59
60 to 69
70 & over
Middle of the Pack



SUNDAY
FEBRUARY 4, 1996
12 NOON

CAPE ELIZABETH
HIGH SCHOOL

(showers available)

New (as of 1995) Course Record!

Paul Johnson 57:51
Marty Shue 61:14

- Benefits the Bruce Ellis Fund to send a child to running camp.
- Entry fee \$8.00.
- First 100 to register receive a long sleeve t-shirt!
- Race Day Registration: Cape Elizabeth Gym 10:45 a.m.- 11:45 a.m.
- Pre-Registration to: Don Penta, 54 Sebago Ave., Windham, Maine 04062
- For more info, Race Directors: Don Penta, (207) 892-4526; Jeanne Hackett, (207) 766-5026; Ray Shevenell, (207) 799-6219
- **Certification #ME95001WN**—maps available race day. Timed splits 1 and 5 mile—water & Shaklee Performance available 5 mile mark. Results to be published in **"MAINE RUNNING AND FITNESS"**

Do not write in this space

NO REFUNDS, EXCHANGES OR TRANSFERS

Last Name	First Name	Age on day of race	Birth Date Mo. Day Yr.	Sex Male Female
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Mailing Address Street Include Apt. No. and/or C/O (Check here if this is a change of Address [])			Area Code Phone	
<input type="text"/>			<input type="text"/>	
City	State (or Country if not USA)		Zip Code	
<input type="text"/>	<input type="text"/>		<input type="text"/>	

T-Shirt Size ☐ M ☐ L ☐ XL

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

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 of formal drug testing in accordance with TAC 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 _____

Gould Academy, L.L. Bean, & The Bethel Inn Present the 4th Annual

Flying Moose Classic



5 km, 10 km, & 20 km Cross Country Ski Races

Sunday, February 4, 1996, 11:00 a.m.

Mass Start - Classical Technique



Back by popular demand in 1996 -- use of the Gould Academy nordic trails!

Registration and Start are located at the Gould Academy Field House.

The Courses are well marked. The 5 km race is designed for beginning racers, young racers, and ski tourers. The 10 km and 20 km events offer challenging climbs, downhill, and corners for **experienced racers**. All races will begin at 11:00 a.m. in a mass start at Gould Academy. Skiers in the 5 km race will cross Mill Hill to the Bethel Inn Ski Touring Center while 10 km and 20 km racers will cross Lover's Lane onto Gould Academy's nordic racing trails. Completing loops on the Gould trails, 10 km and 20 km racers will then return across Lover's Lane and Mill Hill to the Bethel Inn Ski Touring Center. (classical technique only)

Finish is at the Bethel Inn Ski Touring Center, two blocks from the Gould campus.

Restrooms, Showers, & course descriptions are available at Gould Academy.

Prizes will be awarded to the overall male and female winners of each race and to the top three male and female finishers of each age division.

T-Shirts for the first 100 entries

Divisions: Age on January 1st, 1996 M&F, 14-15, 16-17, 18-19, 20-29, 30-39, 40-49, 50-59, 60 & up

Teams: Join our special Moose Cup Challenge with your colleagues at work or skiing friends. Up to ten members of your team will be scored based on finishing places in all three races. Team members need not compete in the same event. A special award will be presented to the winning team. (no extra cost)

Entry Fee: \$14 if postmarked by January 27, \$20 after January 27 and on race day.

Directions: Gould Academy is located at the junction of Route 2 and Route 26 in Bethel, Maine.

Lodging information can be obtained from the Bethel Inn at (207) 824-2175 or 800-654-0125; or the Bethel Area Chamber of Commerce at (207) 824-3585 or 800-442-5826.

Sponsored by: Gould Academy, L.L. Bean, The Bethel Inn, The J.S. McCarthy Company, Coca-Cola, BTU Stoker, Bethel Air Service, The River View Motel, Bethel Express Corp., Bob Morin Furniture Center

For more information, contact Scott Jerome, Race Director, at (207) 824-7778.

Make checks payable to: Gould Academy Biathlon Club

Mail entry: Gould Academy Biathlon Club
Gould Academy • P.O. Box 860 • Bethel, ME 04217

T-Shirt Size: M L XL

Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Team Name (if applicable): _____

Phone: _____ Age on Jan. 1st, 1996: _____ Date of Birth: _____ Sex: _____

Distance (circle one):

5km 10km 20km

(no changes on race day)

Hazards of Cross-Country Skiing. I, undersigned, know that cross-country skiing is an action sport carrying significant risk of personal injury. Racing and training are dangerous. I know that there are natural and manmade obstacles or hazards, surface and environmental conditions, and risks which in combination with my actions can cause me very serious or occasionally fatal injury.

I hereby release Gould Academy, the Bethel Inn, the Town of Bethel, L.L. Bean, their members and agents, and any landowner or person officially connected with the race from all liability for injury or damages whatsoever arising from my participation in or my presence at the race.

Signature: _____ Date: _____

Parent's signature (if under 18): _____ Date: _____



FIFTH ANNUAL ACADIA CROSSING RACE

- SPONSORED BY:** Cadillac ▲ Mountain ▲ Sports
Performance Gear for Active Endeavors
- WHEN:** Sunday, February 11, 1996 at 12:00 Noon
Snow Date: Sunday, February 18, 1996 at 12:00 Noon
- WHERE:** Beautiful Acadia National Park, located on Mount Desert Island, Maine.
Registration at the Jordan Pond House, where parking, warming and waxing facilities are also available.
- COURSE:** 15K point-to-point course traversing some of the most scenic points in Acadia National Park and the Rockefeller estate.
- DIRECTIONS:** In Seal Harbor look for well-marked turn to Jordan Pond House and follow signs. Competitors and spectators will be bused from the Jordan Pond House to the start. Spectators will then be bused back to Jordan Pond House for the finish.
- PRESENTED BY:** THE MOUNT DESERT ISLAND YMCA.
Special thanks to the Acadia Corporation, Acadia National Park, Mr. and Mrs. David Rockefeller, and Bob Massucco.
- SERVICES:** Groomed for classic and freestyle, 5K markers, refreshments during and after race, and National Ski Patrol representation.
- RACERS' MEETING:** 11:15 at the Jordan Pond House
- PRIZES:** Prizes in different age categories for male and female participants. In addition, shirts to all participants.

ENTRY FORM

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

Signature _____

If under 18, parent or guardian must also sign.

Print Name _____

Address _____

Age _____ Sex _____ T-Shirt Size _____

Where did you hear about the race? _____

Pre-registration: \$12.00

MDI YMCA

P.O. Box 51, 23 Mt. Desert Street

Bar Harbor, Maine 04609

(207) 288-3511

Race Day Registration: \$15.00

At Jordan Pond House

If race conditions are questionable,
please call YMCA
by February 9 to verify.

The Beech Ridge 5K Cross-Country Ski Race

Sunday March 3rd, 1996



Beech Ridge Farm Cross-Country Center Scarborough, Maine

- * 9:30 a.m. mass start Freestyle (Skating) event through rolling farm lands and woods
- * Awards - Overall Male & Female and age-group awards following the event
- * Entry fee - \$12.00 advance, \$15.00 day of race until 9:15 a.m.
- * Submit entry to: Beech Ridge Farm Cross-Country Center
193 Beech Ridge Road
Scarborough, Maine
04070

JOE JONES
SKI and SPORTS

For race/conditions/directions/weather info call: (207) 839-4098

First Name: _____ Last Name: _____

Address: _____ City: _____ State: _____

Zip: _____ Phone: _____ Age on race day: _____ M/F: _____

-----OFFICE USE ONLY-----

Bib # _____ Time: _____ Place: _____

I understand that ski racing is a hazardous sport, and that natural hazards including, but not limited to, bare spots, ice, changing snow, bumps, stumps, stones, trees and other obstructions exist in any ski area. I recognize such dangers, whether marked or unmarked, and realize that falls and collisions are common and numerous and that injuries can result. I accept the hazards of competition and the danger of injury thereto, including negligence and carelessness on the part of fellow racers. It is with this understanding and agreement that I choose to participate.

Signature (Parent if under 18): _____



18th Annual HEART MARATHON & WALK

Sunday, May 6th, 1996

- LOCATION:** Lady Beaverbrook Gymnasium
University of New Brunswick, Fredericton, NB
- EVENTS:** 26.2 miles, 13.1 miles, 6.5 miles and 3-mile walk
- START TIMES:** Marathon 12 noon. All other events 1:00 p.m.
- ENTRY FEE:** \$25.00 (Cdn.) Includes T-shirt and post-race meal
- CATEGORIES:** Multi categories both male and female in all events
- AWARDS:** Presented at the post-race meal
- FACILITIES:** Changing and showering facilities are available
at the Lady Beaverbrook gymnasium
- REGISTRATION:** Saturday, May 5th 2:00 p.m. to 4:00 p.m.
Sunday, May 6th 9:00 a.m. to race time
or pre-register by mailing or faxing this entry form to:

Heart and Stroke Foundation of New Brunswick
110 Crown Street, Suite 340
Saint John, NB
CANADA E2L 2X7
Phone: 506-634-1620 Fax: (506) 648-0098

Name: _____

Address: _____

Age: ____ Sex: M ____ F ____ Distance: 26.2 ____ 13.1 ____ 6.5 ____ 3-mile walk ____

Payment enclosed ____ or
Please charge to my VISA # _____ Exp. Date _____ Signature: _____

Waiver

KNOW ALL MEN BY THESE PRESENTS THAT:

I acknowledge the acceptance as a participant in the Annual Heart Marathon and Walk constitutes consideration and in consideration of my acceptance, I on behalf of myself, my heirs, successors and executors do hereby waive, release, and forever discharge the Heart and Stroke Foundation of New Brunswick, organizers, officials, and sponsors of the Annual Heart Marathon and Walk from any and all actions, claims, suits and rights that I may now or hereafter have as a result of my/my child's participation in this event. I further attest that I have full knowledge of the risks involved in my/my child's participation and that I have confirmed from my/my child's physician that I am/my child's medically fit to participate in this event.

Signature of applicant or parent/guardian if under 18 years of age

Date

CAMP SCHEDULE

JUNE 23

Noon - 3:00 p.m. Overnite Campers sign in at Gym
 3:00 p.m. Check-in for Commuter Campers
 3:30 p.m. Camp Welcome! Introductions
 Camp Run
 4:00 p.m. Break - Shower/Change
 4:30 - 5:30 p.m. Dinner
 5:30 Reception in Student Lounge -
 Lioness Clothing Exhibit
 6:30 p.m. Trip to the Maine Mall Cinema or
 Old Port Area

JUNE 24

6:15 a.m. Camp Run - Optional
 7:15 - 8:15 a.m. Breakfast
 8:30 a.m. Class - "Nutrition for Success" -
 Christine Snow - Reaser
 10:00 a.m. Class - Portland YMCA Pool -
 Vest Training - Bob Winn
 (45 min. class - 15 min. free swim)
 11:30 - 12:30 p.m. Lunch
 1:00 p.m. Class - "Techniques of Weight Training
 for Running" - Bob Winn
 2:00 p.m. Class - "Self-Defense for Women
 Runners" - Lauretta Gregoire -
 Black Belt in Hapkido
 3:45 p.m. Camp Run - Mackworth Island
 5:30 - 6:30 p.m. Dinner
 7:00 p.m. Trip to L.L. Bean - Freeport

JUNE 25

6:15 a.m. Camp Run - Optional
 7:15 - 8:15 a.m. Breakfast
 9:00 a.m. Class A - "Think Like a Champion" -
 Dr. Maddy Gerrish, Sports Psychology
 Class B - "Race Day Strategy & Training
 Schedules" - Brian Gillespie
 10:00 a.m. Class - "Taking Care of your Feet" -
 Dr. John Perry
 11:30 - 12:30 p.m. Lunch
 1:00 p.m. Class - "The Wellness of Women's
 Running" - Dr. Robert Sholl
 2:00 p.m. Camp Run - Uphill/Downhill Running
 Techniques - Videotaped
 4:00 p.m. Break - Shower - Change
 4:30 - 5:30 p.m. Dinner
 7:00 p.m. Video Film of Uphill/Downhill Session -
 Analysis

JUNE 26

6:15 a.m. Camp Run - Required - Pre-Race
 Warmup
 7:30 a.m. Camp Picture
 8:00 a.m. 3000 Meter Camp Handicap Race -
 Videotaped
 9:00 a.m. Breakfast
 10:00 a.m. Camp Awards - Video of Camp Race
 11:00 a.m. Camp Check-out

All Classes 45 min. All Camp Transportation by Bus
 (A) Advanced Campers (B) New Campers

GETTING TO WESTBROOK COLLEGE

BY CAR: Exit the Maine Turnpike at Exit 8. Turn left onto Riverside Street and then left again at lights onto Brighton Avenue. Continue on Brighton to intersection with Stevens Avenue. Turn left onto Stevens at the light. Follow Stevens less than one mile. Westbrook College is on the left-hand side of Stevens Avenue.

DISTANCES BY CAR:

Bangor	2 1/4 hrs.
Boston	2 hrs.
Hartford	3 1/2 hrs.
Manchester	2 hrs.
New York City	6 hrs.
Worcester	2 1/4 hrs.

BY PLANE AND BUS: Delta, United, Continental, and US Air all service Portland's International Jetport, located about four miles from the campus. Two major interstate bus systems, Concord Trailways and Greyhound, also service Portland.

"I was able to get just what I wanted from your running camp; the information, strategy, and confidence to finally compete in my first race."

- Stephanie Peavey
 Orono, ME

"I liked so many things about this camp. Your training plan has worked great for me, I've set a 10K pr and not lost a day of training because of injury or illness."

- Kim Williams
 Oxford, MA



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4TH ANNUAL



Westbrook College

PORTLAND, MAINE

JUNE 23 - 24 - 25 - 26TH

Excel Sports

WESTBROOK COLLEGE WOMEN'S RUNNING CAMP

This camp is designed to be a unique learning experience for ladies of any age or level or running ability. A comprehensive four day schedule will include: nutrition, training schedules, race strategy, weight training, interval training, proper warm-up - warm-down, uphill-downhill running. This process will be accomplished through exposure of camp runners to our highly successful staff.

"LADY WILDCATS" CAMP STAFF



BOB WINN

Wells High School XC Coach
1991 Maine Runner of the Year
1992 New England Running Magazine of the Year
1992 Maine Marathon Champion
1994 Maine Runner of the Year
5K - 14:20
5 MILE - 23:58
10K - 29:22
10 MILE - 49:47



CAROL WEEKS

1991 New England Running Magazine Maine Female Master of the Year
1992 New England Running Magazine Maine Female Master of the Year
1992 Maine Track Club runner of the Year
5K - 19:07
5 MILE - 31:37
10K - 39:54
10 MILE - 1:06:06

COUNSELORS

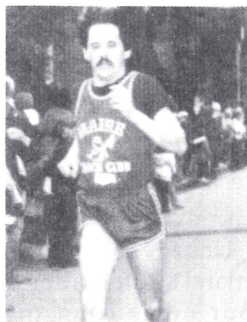
Gladys Ganiel - 3 Time Maine XC Champion
6th Place National Footlocker CX 1994
Freshman Providence College
Kristen Berube - 1994 Southwestern Maine XC Champion
1995 N.A.I.A. Mayflower Conference XC Champion
Freshman - Westbrook College
Jessica Andrews - 18:47 5K
Run to Win Ladies Team - Maine

June 23 thru June 26

Stevens Ave • Portland, Maine 04103
797-7261

CAMP DIRECTOR

BRIAN "ZIGGY" GILLESPIE



1994 N.A.I.A. Mayflower Conference Coach of the Year
Women's XC Coach Westbrook College: Coach of the highly successful "Run to Win Ladies' Team"; St. Joseph's College Men's XC Coach 1981 - 1987, 146-11. Four New England Championship teams, Coach of the Year three times. Founder, Past President of the Maine Track Club. 4 MILE - 20:17
5 MILE - 25:41

FACILITIES: Beautiful Westbrook College Campus. Regular college dorm rooms and meals. Gym, weight room, tennis court, woods running trails.

WHAT TO BRING: T-shirts, swim suit, running shoes, toilet articles, socks, jackets, sweater, towels, sleeping bag, fan, lamp, and clock.

LOCATION: Portland, Maine. Two hours from Boston - off at Exit 8 Maine Turnpike - 5 min. to Westbrook College on Stevens Avenue.

CHECK-IN: June 23rd, Noon - 3:00 p.m. Overnite campers sign in and get room assignment. Commuters please sign in by 3:30.

CHECK-OUT: June 26th, 11:00 a.m. A 3000 meter handicap cross-country race will be held at 8:00 a.m.

COST: Overnite Camper: \$250.00

Covers tuition, room and meals.
Also camp t-shirt, notebook and camp awards.

Commuter Camper: \$200.00

Covers tuition and meals.
Also camp t-shirt, notebook and camp awards.

ENROLLMENT IS LIMITED TO 40 LADIES! APPLY NOW!

TRAINING RUNS: All camp runs will be in three groups, based on fitness and level of running ability. Controlled running, comfortable pace, distance based on group level.

GUEST SPEAKERS: Deb Merrill, C.N.M.T.; John B. Perry, D.P.M.; Dr. Maddy Gerrish, Sports Psychology; Christine Snow-Reaser, 1996 Olympic Marathon Trials Qualifier; Dr. Robert Sholl; Lauretta Gregoire, Black Belt in Hapkido self-defense.

REGISTRATION FORM

Name _____

Age _____ Phone _____

Address _____

City _____ State _____ Zip _____

T-Shirt Size _____

High School _____

College _____

Overnite Camper ☐ Commuter ☐

I hereby authorize the staff of Westbrook College Running Camp to act for me in their best judgement in any emergency requiring medical attention, and I hereby waive and release Westbrook College Running Camp from any and all liability for any injuries or illness while at the Westbrook College Running Camp. I have no knowledge of any physical impairment that would affect the above-named runner's participation in the Westbrook College Running Camp. Proof of insurance required at check-in.

Signature _____

Parent or Guardian _____

Please accompany this application with a \$25.00 deposit to ensure enrollment. Make checks payable to: Westbrook College Running Camp. Balance due on June 23rd.

Mail to: Westbrook College Running Camp
Brian Gillespie, Athletic Dept.
Stevens Avenue
Portland, Maine 04103

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AREA CODE 207



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