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Lance Tapley

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$3.00 March 1996

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- **The Food Pharmacy**
- **Bill Rodgers at the MTC**
- **1995 Rankings:**
  10-Mile & 15K

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M A I N E

RUNNING & FITNESS

March • 1996

MAINE'S SPORTS & FITNESS MAGAZINE NO. 50

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

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23 Acadia Crossing 15K

Sharon McNeill/Sunday River Photo

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Calendar

Boldface type shows races with fliers in magazine.
Most races welcome young people. Events that have special provisions for young people are shown with (+Y).

Running

March

2 Maine USA Track & Field Indoor State Championship, open meet, Brunswick, Bowdoin College Farley Field House, 1 p.m., Dave Watson, 443-6171. (+Y)
12 Freeze Your Buns 5-Mile Winter Race, Nashua, N.H., 9 a.m., Bill Kellar, 603-880-6868.
17 Killarney's 10K, Waterville, 9 a.m., certified, Tom McGuire, 465-2829.
17 USATF Eastern Regional Indoor Track & Field Championships, Brandeis University, Waltham, Mass., 9:30 a.m., (617) 566-7600. (+Y)
17 19th New Bedford (Mass.) Half Marathon, 11 a.m., Ed Talbot, 508-998-5068.
24 Boston Primer, 15 miles, Readfield, 11 a.m., Dave Gugan, 622-0289.
30 **15th Katahdin Trust Snow Run**, 5 miles, Houlton, 11 a.m., certified, 532-6554, flier March.
31 **Presidential 5-Miler**, Kennebunkport, 10 a.m., certified, David McCullough, 967-9839, flier March.

April

6 25K Championship Run, Rockland, 11 a.m., certified, Leo Smith, 596-2010, flier February.
6 UMPI Spring Run-Off 5K, Presque Isle, 10 a.m., certified, Chris Smith, 768-9472.
13 **15th Unity College Spring 5K**, Unity, 10 a.m., Gary Zane, 948-3131, flier March.
15 100th Boston Marathon, noon, Hopkinton, Mass., to Boston; 508-435-6905.
15 42nd Westbrook Rotary Race, 2-plus-miler, Westbrook, 10 a.m., for high-schoolers only, David Rolfe, 856-2806. (Y+)
15 Boys & Girls Club Patriot's Day 5-Miler, Portland, certified, Steve Masluski, 874-1070, or Bill Gorham, 874-1074.
20 Togus 8K, Augusta, 1-mile fun run at 10 a.m., 8K at 10:15, certified, Chris Bovie, 622-1267 (h), 623-8411, ext. 5571 (o).
20 **Spring Fling 5K**, Ellsworth, 10 a.m., certified, flier March.
21 **Harbour Trail 5K**, Portsmouth, 9 a.m., 603-436-3988, flier March.
21 **Northern York County YMCA 5K Run/Walk**, certified, 1K kids run, Biddeford, 10 a.m., certified, Kathy Ring, 283-0100, flier March. (Y+)
21 The Bill McCaffrey Road Race, 5K, Lebanon, N.H., 10:30 a.m., Karen Barr, 603-448-3121.
27 **April Amble 4-Miler**, Westbrook College, Portland, 10 a.m., certified, Brian Gillespie, 797-7261, flier March.
28 **Animal Orphanage 5K Pet Run**, Old Town, 10:30 a.m., Roberta Fowler, 827-2658, flier March.
28 **3rd Run America 10K**, Rockland, 9 a.m., Mark Lincoln, 594-2173, flier March.

Alpine Skiing

Ski areas often have informal races, celebrations, and club events, plus special promotions on lift tickets, lodging, lessons, equipment rental,

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March 31st
Kennebunkport - 10 a.m.

March 13th Meeting
Julia Kirtland Speaking on
The Olympic Trials
Machine Tool Auditorium,
SMTC, S. Portland - 6:30 p.m.

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Maine Track Club

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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. USSA means United States Ski Association. FIS means Federation Internationale du Ski. Secondary school and college races are generally not listed.

March

1-3 USSA Eastern Freestyle Championships, Sunday River. "A" level.
2 Obstacle Course Day, Eaton Mountain.
2-3 Jimmie Heuga's Ski Express, Sugarloaf. Team skiing.
4 Mt. Dew Vertical Challenge Regional Race, Mt. Abram.
4-11 USSA Rolex Junior Olympics, Sugarloaf. (+Y)
8-10 USSA Freestyle Junior Nationals, Sunday River. "A" level. (Tentative.) (+Y)
9 Thrash 'n Bash Mogul Contest, Mt. Abram.
10-16 U.S. Masters National Alpine Skiing Championship. Sunday River. Age 25 and up. Slalom, giant slalom, super G, downhill.
17 Maine Alpine Race Association Giant Slalom Finals, Sunday River. USSA Junior I's, II's & III's. (+Y)
17 **2nd Great Mt. Abram Uphill-Downhill Telemark Race**, flier February, March.
18-25 USSA Chevy Truck U.S. Nationals, Sugarloaf. Slalom, giant slalom, super G, downhill.
21-24 Telemark World Cup Festival, Sunday River. Classic, giant slalom, dual slalom. FIS skiers.
23 Snowmeister Race, Shawnee Peak. One run on skis, one on snowboard. Combined time wins.
27 Eastern Synchro Championships, Sugarloaf.
27-31 Shearson Lehman Brothers Corporate Cup races, Sugarloaf. Teams from 300-plus coporations compete.
29-31 Budweiser World Mogul Invitational. Sunday River. Amateur, pro & elite mogul skier competition.
30 Rossignol Mogul Bash, Sugarloaf; 13 divisions, prizes.
30-31 Bronco Buster Downhill Challenge, Saddleback. Ski expert ski trail without stopping or falling and win 3-day lift ticket.
31 "Loaf Derby," Sugarloaf.

April

1-2 "Bust & Burn on White Heat" qualifiers, Sunday River.
13 Mike Waddle/Dan McKay Scholarship Race, Sugarloaf. First run telemark race, second alpine.

May

1 Ski Maynia Day (free skiing), Sunday River.
25 "Bump 'n Grind" Day, Sunday River.

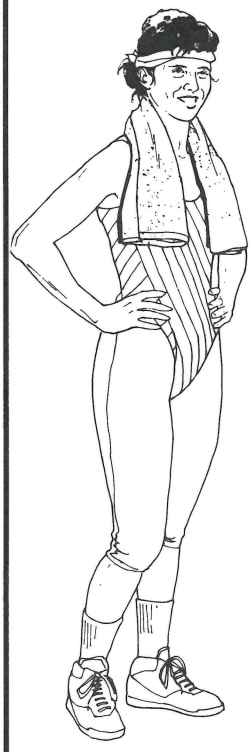
Cross-country ski races are run if snow conditions permit.

Cross-Country Skiing

March

2 **Sunday River Langlauf 15K**, Newry, freestyle, Sunday River Cross-Country Ski Center, 824-2410, flier February.
3 **Beech Ridge 5K Cross-Country Ski Race**, Scarborough, 9:30 a.m., freestyle, Beech Ridge Farm Cross-Country Center, 839-4098, flier December, February.
3-9 Junior Olympics, Rumford. (+Y)
10 Rangeley Lakes Loppet, 10K and 30K, Rangeley, 10 a.m., municipal trails, freestyle, Jeff Foltz, 864-2122 or 864-5087 (eves.).
15 Rumford FIS races, sprints, 5K, 10K. (+Y)
17 2nd Western Maine Snowshoe Challenge, 3K and 10K, Bethel, Sunday River Cross-Country Ski Center, 10 a.m., Dillon Gillies, 875-2009.
17 Mr. Machine Race Triathlon, snowshoe/canoe/ski, each leg just under 1 mile, individuals or teams, Oxford, 1 p.m., Carter's X-C Ski Center, 539-4848.
23-24 **Leprechaun Loppet 10K**, Carrabassett Valley, freestyle on the 23rd, classic on the 24th, Sugarloaf Ski Touring Center, 237-6830, flier December, February.
30 **Pole, Paddle & Paw Triathlon**, Bethel, 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, flier March.

MAINE RUNNING & FITNESS



Group Runs

Bangor: YMCA Running Club, Sun., 9 a.m., Paul Hammond, 945-9790

Brewer: Sub-5 Track Club, Mon. & Thurs., 6 p.m., Dave Jeffrey, 825-3403

Brunswick: John LeRoy, any day, slow runs & track workouts, 725-8680

Guilford: Myles Lemieux, Sun., 7:30 a.m., 10-15 miles, leisure pace, 876-4424

Kennebunk: Steve Jacobsen, Thurs., 6 p.m., varying pace, 5-7 miles, 985-4107

Lewiston: Hilltop Community Sports Center, Mon., 5:30 p.m., 74 Westminster St., 786-4820

Portsmouth: Joe Hayes, Tues., 4 p.m., 6 miles, 363-6035

Thomaston: Pen Bay Pacers, Sun. morning, Vern Demmons, 273-2594

Waterville: Gene Roy, Colby College, 6 p.m., 465-7296

Publicize your group run. Or start one.

Call Maine Running & Fitness at 626-3298.

News & Letters

University of Maine Wins Bid for National Championship

The United States Track and Field Masters National Championship will be held at the University of Maine at Orono in the summer of 1998. The Maine bid, presented by a group representing the University of Maine, Maine USATF, the Bangor area, and the State of Maine, won out over consortia from Knoxville, Tennessee, and Gainsville, Florida. With well over 1,500 competitors expected, the economic impact on the Bangor area should be considerable. The four-day event will infuse over $1.5 million into the local economy and will draw competitors aged 30 years and over, along with their families, from all across the United States.

1996 U.S. Olympic Marathon Trials

At press time, we had results of Maine finishers in the Olympic Women's Marathon Trials held in Columbia, S.C., on Feb. 10. Joan Benoit-Samuelson of Freeport and Julia Kirtland of South Harpswell finished 13th and 14th respectively with times of 2:36:54 and2:37:53.

Kirtland's finish near the top of the women's field would seem to herald her arrival as a prominent American marathoner, and her time represents an impressive drop from her qualifying mark of 2:40:17. Samuelson, the 1984 Olympic gold medalist, was the focus of much attention as she made a comeback bid. Edie Dubord of Waterville also finished strong, and Christine Snow-Reaser of Augusta, wearing new shoes, hobbled in second to last, according to newspaper reports.

In the Olympic Men's Trials held in Charlotte, N.C., on Feb 17, Rob Pierce of Alfred, the only Maine man qualifying, was not listed among the finishers in the newspaper reports. Look for more on the Olympic Marathon Trials in the April issue of Maine Running & Fitness.

Maine Running Hall of Fame

Nominations are now being accepted for the Maine Running Hall of Fame. A banquet and celebration of runners will be held in November, honoring approximately six people involved with track and field, sportswriting, coaching, road racing, cross country, and/or ultra-running. Athletes present and past are invited to submit their vitae along with supportive documentation; e.g., newspaper, newsletter, and magazine articles. A brief cover letter is required, outlining the candidate's major records held, notable victories or finishes, and finest performances at the state, regional, national, or international level.

Self-nominations, nominations by family members, coaches, sportswriters, track and road-racing officials, and clubs are invited and encouraged. All nominations will be entertained for at least five years by the honors and selection committee. Preference is generally given to older athletes for past accomplishments as opposed to up-and-coming athletes whose potential for achievement has not yet been realized.

For further information, or to make a nomination, contact: Philip S. Pierce, 79 Waites Landing Rd., Falmouth Foreside, ME 04105-1939, 781-3769 (evenings).

Striders' Banquet

The following runners were honored at the Central Maine Striders' annual banquet on January 20:

Female Strider of the Year:
Sarah Andrus

Male Strider of the Year:
Tom Thibeau

Most Improved Female Strider of the Year:
Carol Manley

Most Improved Male Strider of the Year:
David Benn

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Female High School Strider of the Year:
Julie Lagin-Nasse
Male High School Strider of the Year:
Matt Lane
Sponsors of the Year:
Dan Buck (Kennebec Valley Foot & Ankle)
Steve Tosi (Maine Sports Medicine)
Race Director of the Year:
Jim Moore
Comeback Runner of the Year:
Jerry Saint Amand
Spirit of Running Award:
Bill Sayres, Wendy Sayres, Louisa Dunlap
Volunteers of the Year:
Gene Roy and his family

Mt. Washington Road Race

The 36th Mt. Washington Road Race will take place on Sat., June 15 at 10 a.m. The race begins in Pinkham Notch, Gorham, N.H., and winds 7.6 miles up the Mt. Washington auto road to the top of the northeast's highest peak. Entrants are determined by a lottery held on March 15. (To enter the lottery, applicants must have sent a SASE before March 1 to Mt. Washington Road Race, P.O. Box 990, Newport, N.H., 03773. Be forewarned that race registration is completely closed after March 15.)

Run Faster, Pay Less

Now, courtesy of the Indianapolis Life Insurance Company, your running prowess can lower your insurance rates. The company's latest life insurance offering, Runner's Edge, offers low-cost rates that reflect an athlete's fitness as evidenced by performances in races 10K or longer. Patterned after research by the Cooper Institute for Aerobic Research, the policy is designed to reward a runner's commitment to health and fitness. In addition to low base rates, Runner's Edge offers premium discounts based on age and race times using a renewable "advanced fitness discount." For further information call 800-246-0331.

Northeast Kingdom Running Camp

Brian "Ziggy" Gillespie, women's cross-country coach at Westbrook College, will be a guest speaker at the Northeast Kingdom Running Camp to be held July 21-24 at Lydon State College, Lydonville, VT. For more information on the camp, call 802-748-2094 or 802-626-6200, ext. 6224/6347.

Maine Coaches' Clinic

The Maine Track & Cross Country Coaches Association Clinic will take place at the Radisson Eastland Hotel in Portland on March 15th and 16th. Among other events, the clinic will include lectures by Kevin O'Donnell, Kevin O'Neil, Skip Stolley, and Mark Strawderman. For further information contact George Towle, University of Southern Maine Athletic Dept., 37 College Ave., Gorham, ME 04038.

U.S. Alpine Championship Details

Those runners who don downhill skis when the snow flies will be excited to learn that the finest skiers in the nation will be competing in our own backyard on March 18-25, when Sugarloaf/USA in Carrabassett Valley hosts the Chevy Truck U.S. Alpine Championships. National champion skiers such as Tommy Moe will race down Sugarloaf's Narrow Gauge Trail, achieving speeds of up to 90 m.p.h. and dropping 2,820 vertical feet in a minute and a half to finish in front of the base lodge.

The schedule of the event is as follows:

3/18-20	Downhill Training
3/20	F.I.S. Downhill
3/21	Men's and Women's Downhill
3/22	Men's and Women's Super G
3/23	Women's Giant Slalom
3/24	Men's Giant Slalom
3/25	Men's and Women's Slalom

For further information, call 237-2000.

Boston Marathon Lottery Winners

The following Mainers have been randomly selected by the Boston Athletic Association to run in the 100th Boston Marathon:

Robert Lanigra	53	Auburn
Clifton Fletcher	34	Augusta
Peter Golbitz	41	Bar Harbor
John Doig	50	Boothbay Harbor
Donald Collins	59	Bridgton
Allen Hayes, Jr.	42	Bridgton
K. Scott Hinckley	38	Brunswick
David Tolstrup	40	Calais
Brent Graham	26	Cape Elizabeth
Harriet Turkanis	43	Cape Elizabeth*
James Williams	42	Cape Elizabeth
Eugene Waters	39	Cumberland
Bruce Alexander	49	Easton
Andrew Mabry	45	Fort Fairfield
Charles Vadakin	54	Freeport
Susan Friedrich	41	Gorham*
Joseph Wedge	23	Great Cranberry Isle
Dean Putnam	27	Hampden
Frank Drigotas	32	Kennebunk
Marilyn Gelish	41	Kennebunk*
Peter Whitney	34	Kennebunk
Mark Hurvitt	37	Kingfield
Kelly Hinckley	37	Lewiston
D. Scott Hamilton	45	N. Waterboro
Luke Davis	23	Old Orchard Beach
Arlin Kent	44	Portland*
Donald Kent	43	Portland
John Love	44	Portland
Jean Thomas	34	Presque Isle
Russell Hughes	36	Richmond
Larry Barker	46	S. Portland
Chris McDonald	32	Saco
Rodger Smith	50	Scarborough
David Breault	51	Springvale
Kristen Hanson	30	Wells*
William Bennett	44	Windham
Kelleryn Wood	32	Windham*
Jane Dolley	47	Yarmouth
Wendi Cryan	28	York

Boston Marathon Commemoration

Triumph Books has published *Boston Marathon: 100 Years of Blood Sweat, and Cheers*, a collection of photos and stories that pay tribute to the 100th anniversary of the event. The book costs $19.95 and is available by calling 1-800-335-5323.

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Bill Rodgers Wows Them at MTC Annual Banquet

by Lance Tapley

At the Maine Track Club annual banquet in Portland on Jan. 13, outgoing club president Ron Pelton introduced the speaker, running great Bill Rodgers, multiple winner of the Boston Marathon, as a graduate of "Wellesley College."

Titters arose from the hundred or so runners and spouses present. Wellesley, in Massachusetts, then and now was and is an all-women's college.

"If I'd had been at Wellesley in those days my parents would have wondered what I was doing," Rodgers, a 1970 Wesleyan grad, grinned to the amusement of the club.

That was the first of a series of quiet jokes that the boyish, self-deprecating Rodgers, 48, charmed the group with.

He told stories of his college roommate Amby Burfoot, the 1968 Boston winner whose track coach was a little upset that Amby had skipped practice to go from his campus in Connecticut to compete in Boston.

Rodgers told of quiting running after college and tooling up from Cape Cod on his motorcycle to be a spectator at the Boston Marathon. "Then my motorcycle got stolen."

He started running again at a tiny YMCA track in Boston—"then I'd go out and have my gin and tonic and Winstons. The neat thing about being a runner is you get second chances," he observed.

In 1975 he won his first Boston. "Winning the marathon changed my life forever," he noted. He got invitations to run all over the world.

Explaining his training strategy, he said he is always thinking of "the race coming up." He does a lot of "change of pace running," and in the race itself he tries to stay relaxed, he said, and pays attention to the competition and the time.

Rodgers maintained that "top runners don't have any psychological will-power advantage, they just train better and more."

Now a top masters runner, Rodgers said "it's an interesting experience, getting older." He said it was hard for him to shift gears. What is he aiming for in the 100th running of Boston this spring? "I'm going to have fun."

After Rodgers' talk, 1995 awards were given out and Ron Deprez took over as the new club president. This year the top awards were presented only to Maine Track Club members, not as in the past to the fastest or most winning runners in the state. The awards were:

Runners of the Year - Gretchen Read and Peter Bastow
Outstanding Contribution to Maine Running - Jim McCorkle
High School Runners of the Year - Austin Hardy and Renee Lathrop
Most Improved Runners - Open - Rob Craig and Terry Sutton
Masters - Loren Lathrop and Nancy Kneeland
Seniors - Hap Hazzard and Jean Thomas
Comeback Runners of the Year - Willie Sproul and Brigitte Edquid
Most Outstanding Ultra Marathoner - Craig Wilson
Most Outstanding Masters - George Towle and Carol Hogan
John Fyalka Award (Outstanding Service to MTC) - Al and Sandy Utterstrom
President's Award - Everett Moulton
MTC Scholarship - Robin Bates
John Fyalka Scholarship - Matt Lane
First-time Marathoners Award - Jody King, Paul Lavangie, and Sherry Carll

Rodgers on Confidence

After his talk Rodgers was asked what advice he would give to a young, unconfident racer.

"Confidence isn't something you are born with," he said.

It has to do with how well you prepare for a race, how well you have trained, and it is based on your previous racing experiences.

Remember, he said, that "racing is something that you choose to do." It shouldn't put undue pressure on you.

Also, if you have a feeling you're not confident, "use it. Use the nervousness." For example, start out slowly but use your nervous energy to really push in the last mile.

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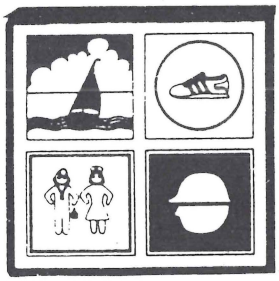

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Fitness & Training

The Racing Season is Approaching, ...Have You Set Goals for the Season?

by Steve Fluet

As spring draws near, we all start to think about the racing season at hand. The usual concerns come to mind: Which races should I run? How many races should I enter? Can I establish new PRs all season?

All runners should plan for the season ahead by choosing two or three "goal races" to aim for. The racing season should center around these goal races. By doing this, you will be able to focus all your training on these races. The mistake that many runners make is trying to set a PR at every race. This is impossible to achieve for many reasons—the season is too long, too much racing sacrifices your training, you put yourself at a greater risk of injury, and you can just get stale.

A good approach is to label your races A, B, or C.

Your A races are the key races of the season. Your goal will be to set PRs at these races. All your training is geared toward your A races and a quality taper should precede the race.

The B races are designed to be a test or dry run to prepare you for the A race. There are no major tapers or changes in your training. The only adjustment required is to back off your training quality and volume for about three days before your race. The B race should be run to the best of your ability with the fatigue from training considered.

The C races are basically "fun runs." You use these races to experiment with pace, strategy, or negative splitting. There are no changes made to your training during the week. You complete your full training load and include the C race. The C race would take the place of a quality workout. Don't worry about your time or place. Race just for the workout.

Remember, you can't set a PR in every race you run. You would need a taper to be at your best. If you were to taper for every race you ran you would lose fitness throughout the season. You can only peak for about three to four weeks during the season.

This method does require thorough planning, determination, and discipline to stay with the plan, but it will produce results. The bottom line is that we all want to run faster. This method is part of the process of becoming a faster runner. It can also be used in other endurance sports where racing occurs frequently.

If you have any questions about setting up a racing plan or you would like to look into coaching services, please call me at 829-4164. Good luck and see you at the races!

Steve Fluet is coach of the Maine Track Club.

Are you running the Maine Marathon or another fall marathon?

Steve Fluet (Maximum Performance) and Bill Desrosier (winner of the Garden City Marathon and PR of 2:25 at the Boston Marathon) are offering a six-month marathon training program scheduled to run from April 1 to October 6, 1996, for anyone who is planning to run a fall marathon. The basic program will include group runs, monthly training programs, education on marathon nutrition and the heart-rate monitor, tapering, and racing strategies. The cost is $150. Interested runners can contact Steve at 829-4164.

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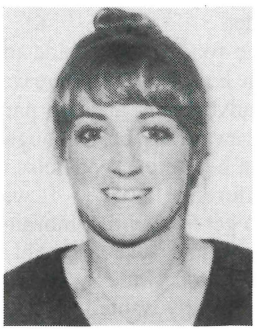

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Running Abroad

A Morning's Run in Swaziland

by Judson Esty-Kendall

I recently had an opportunity to visit Swaziland, a tiny but beautiful independent kingdom bordering South Africa, and I found that, although trying to run while traveling can sometimes be frustrating, it can also lead down paths of wonder.

On the road right outside my hotel, the Ezulwini Sun, there was a sign advertising a game park only 5K away. Perfect, I thought, for a run before everyone else at my conference awoke. It was tough to get started that morning because we had had a late night at a dinner hosted by the Swazi king who had clearly wanted us to enjoy ourselves. But while the other delegates slept off the food and wine, I took off for the game park in my Bangor Y Running Club singlet.

It was warm, the sun up but hazy through mist descending from green mountainsides. Small huts dotted the landscape, some concrete and some mud or stone, all with tin roofs held in place by stones and tiles. Children waved as I ran by, and since it's considered an insult in Swaziland not to say hello to those you pass on the road, I found myself greeting that part of the population up early for work or school. The people did not seem to be used to seeing runners, or at least white runners. Someone joked, "Where is your car?" but laughed when I simply pointed to my shoes.

Swazi runners have not yet made their mark on the African racing scene, but I had been told that there are some good ones, including several sub-one-hour half-marathoners. The best Swazi teams are apparently from the police, the army, and the prison guards. It was hard to see from the friendliness of the people I met on the road why a prison would be necessary, but apparently the young king rules absolutely.

The custom in Swaziland is that he takes a new wife every March. While this may not seem very different from American practice in some parts of California, the Swazi king is not obliged to divorce anyone. He has been on the throne for nine years and has as many wives. His father, who died when the current king was 17, had 69.

After about a mile, a game-park billboard pointed me onto a back road, paved but pot-holed, which cut away from the shoulder of a hill into the valley of a small river. The terrain at first was gently rolling, but then descended a long, steep hill a good three-quarters of a mile to the river itself. An old man and woman, standing by the bridge collecting firewood, nodded hello in the usual Swazi fashion. A few hundred yards further and an arrow pointed me onto a dirt track running parallel to the river, a distant mountain with a perfect rocky cone just visible in the haze. I followed and soon reached the game park fence.

There was no gate, just a cattle crossing, and no one in the little thatched entrance hut to tell me not to enter. So I went in, running more quietly and carefully, feeling all of a sudden like a hunter, or perhaps like the hunted. When I came to a sign around the first bend in the track which said, "Stay in Your Car At All Times," I stopped and stood for a few moments, indecisive, almost ready to run with the animals, but uncertain as to what animals were there and which ones would want to run with me. Finally, my complete lack of knowledge as to what lay beyond and the active imagination

with which I have been blessed convinced me that I had best turn around.

Heading back to the hotel, I passed the old man and woman again, he now with a huge load of wood in a wheelbarrow and she with almost as much on her head. I started slogging up the long hill from the river. On sudden impulse I glanced back and to my astonishment saw an African runner in a stylish red, nylon track suit gaining rapidly. My chest tightened, and I felt the wash of adrenaline like before a race. Maybe not a Kenyan, but still a Real African Runner. I decided that I had to stay with him when he caught me because, after all, my shirt identified me as a member of the Bangor Y Running Club.

He came up on my right shoulder. I fell in step, and we talked for a moment. His name was Henry. He said he was in the army and was not running for a team, only for "physical training," although his track suit sure looked professional to me. Talk died after that, at least on my part, because we were really chugging up the hill back toward the main road. Soon, even though the pace was fast, I began to feel comfortable like one does when running smart at the beginning of a race.

I even motioned Henry to go ahead on the two occasions a car came by, but came right back on his shoulder when the cars passed. I was really feeling pretty pleased and exhilarated when we crested the hill, both of us smiling at the effort achieved. The only thing still worrying me was Henry's track suit. How could he be running in long pants and sleeves when I was burning up in shorts and singlet?

As if to answer, Henry turned to me, smiled, and said, "Here is where every day I go fast. You want to go fast?"

I wanted to tell him that I already thought we were, but instead just nodded, almost staggering from a new shot of adrenaline. Just hang on, I told myself, hang on until you can't go another step. Henry took off down the gentle grade at sub-five-minute pace and I followed, focusing and running as hard as I could, ready to give my life for the club.

After a quarter-mile of this anxiety began to set in big-time. I managed to ask Henry through my huff and puff, "How far do you go fast?"

He paused as if he didn't quite understand, but then said, "about eight kilometers." The whisper of doubt in my mind became louder and more insistent, ready to shout, but on we went, pounding the road like the end of a race and me refusing to give an inch. Eight kilometers of this? I don't think so. But Henry must have misunderstood my question because after another quarter-mile or so, to my incredible relief, he pulled up and said that this was the point where he usually turned back.

I have seldom smiled so hard, delighted at having done it and just as delighted at not having to do it any further. We parted after a locked-fist handshake, Henry for the army camp and me for a shower and the full English breakfast promised by the Ezulwini Sun.

Cruising on the main road, almost home, I saw another African runner heading out on the other side. Still ecstatic, the morning sun peeking through onto the lush mountain backdrop and tin-roofed villages, I raised my right fist high. He responded in kind, grinning as hard as Henry had.

This article originally appeared in the newsletter of the Bangor "Y" Running Club. Judd Esty-Kendall, of Glenburn, is one of Maine's top masters runners.

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Running Oaxaca Style

by John LeRoy

It was the last day of 1995 and here I was running in the Sierra Madre mountains on a dirt road, climbing toward a radio tower at one of the peaks.

My running companion, Jose, was encouraging me (in Spanish) upwards as I gave new meaning to the term "sucking wind." My muscles screamed for more oxygen, but despite my rapid and exaggerated inhaling, my lungs failed to find enough in the rarefied air at 6,000 feet.

As Jose called "Bien, Juan! Vamos, Juan!" I recalled reading an article sent to me last fall by John Rolfe, famous running columnist for the Maine Sunday Telegram. The article was about German Silva, winner of the last two New York marathons. It detailed how Silva trained once a week on an extinct volcano near Mexico City. And here I was, running in the mountains just outside the city of Oaxaca, Mexico (pronounced Wa-ha-ka) with a small group of runners from one of the local running clubs. Altitude training seemed to work well for Silva, so could it help me? I fantasized returning to Maine and breaking 40 minutes at the Killarney's 10K.

Oaxaca, with a population of about 250,000 people, is located in a valley at an elevation of 5,000 feet, about 300 miles south of Mexico City. Becky and I had arrived on December 14th for a one-month stay and quickly wished that we could delay our return to Maine by two or three months. However, restrictions on our ultra-cheap ($313 round-trip) airline tickets made us stick to our original schedule. We loved almost everything in this city where only a handful of people speak English.

We especially enjoyed the bright sunshine and the year-round spring-like conditions, with temperatures reaching the high 70s to low 80s during the day and dropping into the 40s and 50s at night. The temperatures and dryness made for ideal running conditions, while the cost of living in Oaxaca caused our frugal natures to rejoice. Our three-room suite with a sun deck cost only $21 a day and four-course meals in the restaurants were only $1 to $2 each. Buses were everywhere, with no waiting, for only 1 peso (13 cents). Next year we plan to spend four months there.

I had been in town a week when I met the Antares running club. Only a couple of adult members speak any English, but I was able to learn of a 10K race to be held the next day. Since all of my runs since arriving in Oaxaca had included walking breaks to catch my breath, it was obvious that my red blood cells hadn't increased enough to make up for the lack of oxygen in the air. But my curiosity was stronger than my common sense, so I signed up. Besides, there was no entry fee. And I thought that Central Maine Striders' races were a bargain!

About 160 runners showed up the day before Christmas for the race. In addition to the 10K, there were also 2K and 4K youth races. The course consisted of a 2K loop in the city, so all the racers started together. The multi-loop concept was great for spectators and made it easier for traffic control and water stops.

Speaking of water, they don't use cups, they use plastic baggies. At the water stops runners are handed bags of water; you just bite a hole in the bag and squeeze—it works great! Over the next few months, I will be experimenting with this concept and you may find a bag of water in your hand at the PT8K in October.

The race had superior traffic control with about a dozen police cars

Baskets of goodies for the age-group winners.

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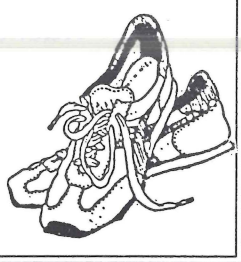

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and 50 officers blocking intersections and protecting runners. Awards went to the usual age groups, but were large baskets of edibles—stuff like boxes of corn flakes and bottles of champagne.

The Antares club only has about 40 members, but all are very active and all come to the team practices. About 40 percent are women and, similar to Maine clubs, there is a wide range of talent among the members. But, no matter what the skill level, all of the members are very serious about their running.

Not surprising, the Antares club also likes to party. There is a club meeting twice a month with a party afterwards. For the "Three Kings Day" holiday, a club festival was held in which a goat was roasted in a pit covered with leaves. Mezcal, a potent local drink, was featured.

The club has a very good coach who provides each member with individualized training schedules. He directs at least three group-training sessions a week, arriving at the track at 5 a.m. for members who have early work commitments. On other days the members meet in subgroups for runs in the mountains or long runs at El Tequio, a large park with dirt running trails, a 4.5K bike course, and a special area for in-line skaters.

Did altitude help my running? Climbing hills seemed much easier once I returned, but the real improvement showed up in my snow-shoveling ability. When we returned to Maine it took 30 minutes of hard shoveling to uncover our car in the parking lot, and I wasn't even breathing hard!

A typical training week for the Antares club:

Monday Rest
Tuesday Intervals - 15x200 meters, plus strides and bounding drills
Wednesday 1 hour easy on mountain trails
Thursday 45 minutes easy
Friday Alternate 2 minutes fast, 2 minutes slow, plus strides and bounding drills
Saturday 1 hour easy, plus 1 hour of group stretching and calis thenics
Sunday Long run on park trails or in mountains(Warm-up and cool-down jobs, and stretch ing, are part of every workout.)

John LeRoy is the former publisher of this magazine. If you would like more information about Oaxaca, please call him at 725-8680.

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Nutrition

The Food Pharmacy

by Anne-Marie Davee

Day in and day out studies appear promoting the latest "super" foods that fortify your health, boost your immune system, and even prevent aging. Foods are more than something to eat; they are now being sold for their medicinal properties.

Surprisingly, most of these foods are not newcomers to the nutrition and health scene. The dozens of micronutrients and phytochemicals recently discovered provide substantial scientific evidence that what mother said was right: Foods such as fruits, vegetables, and whole grains can offer considerable protection against disease.

Let's take a look at the food pharmacy.

Cruciferous Vegetables

These are broccoli, cabbage, cauliflower, and brussel sprouts. Numerous studies have shown that a regular intake of these vegetables will decrease the risk of stomach, breast, and intestinal cancer. The compounds linked with this preventive property are called indoles. They are susceptible to loss in cooking, so for the most benefit eat these vegetables raw, steamed, or microwaved just until tender.

Deep Yellow and Dark Leafy Greens

Winter squash, carrots, spinach, kale—mom was always pushing these, and they are usually not popular with kids. Nutritionists have long touted them because they are high in vitamin A, vitamin C, and fiber. Today we recognize that the beta-carotene and vitamins in them can decrease the risk of certain types of cancer (ovarian, lung, and stomach). Eating foods high in beta-carotene may also prevent cataracts.

Whole Grains

These are wheat, oats, rice,and corn. Breads and cereals have been an important part of every healthly food model and now form the base of the food-guide pyramid. Along with plenty of fiber these foods also provide antioxidants such as vitamin E. Antioxidants protect cells against oxidizing damage (think of this as "rusting"), thereby resisting cancerous invasion. They also boost the immune system.

Citrus Fruits

These are, for example, oranges, grapefruit, lemons, limes. Health experts have always recommended at least one serving of citrus every day to get your daily dose of vitamin C, a water-soluble vitamin not stored in the body. Now we know it's not only to prevent a deficiency disease (scurvy) or fight the common cold, but, more important, to stop oxidizing damage to our cells. The antioxidant properties of vitamin C have been linked with the prevention of cataracts as well as the bolstering of the body's immune system.

Seafood

Here, think salmon, tuna, mackeral. Historically, fish was considered "brain" food because of its high protein content. For calorie counters it's long been promoted as a lowfat, low-calorie entree that's ready in minutes. More recently, seafood has been touted for its protective effect against heart disease and cancer because of the presence of omega-3 fatty acids. In addition, oily, cold-water fish are now being recommended to reduce the effects of rheumatoid arthritis and, possibly, migraines.

Garlic and Onions

These two strong-smelling foods have been used for healing since ancient times. Heart researchers have recommended garlic to lower blood cholesterol and prevent blood clotting. Today, garlic has been shown to boost the immune system because of a newly identified compound called allicin. Allicin has been shown to fight fungal and bacterial infections. Both garlic and onions are believed to block the formation of nitrosamines (potent cancer-causing agents) that can form in the stomach.

So, be sure to keep plenty of these "super" foods in stock because now more than ever it is apparent that there is a strong link between diet and health.

Anne-Marie Davee is a dietician and athlete who lives in Pownal.

Sports Medicine
On The Run

The Injury Of The Month Club

To start the ball rolling or, rather, the muscles throbbing, here is the publisher's personal story (one of several he could tell). Send us your story of a sports injury and how you have dealt—successfully or unsuccessfully—with it. The best story will receive a prize. See below for details.

"O My Aching Hamstring!"

by Lance Tapley

It started when I was training for the early-October Maine Marathon in 1994, which would have been my first 26.2-miler. As it turned out, I didn't run the race because of my usual (often failing), frantic effort to get the magazine out before the first of the month, which at this time in my career with this publication frequently involved several all-nighters.

I had jumped into marathon training, from a modest 20- to 25-miles-a-week base, a little too late. After building up, over a period of only three months, to 40-mile weeks including long (13- to 22-mile) runs plus track workouts, I had also built up a dull ache at the top of my left hamstring.

Then, as a final pre-marathon long run, I actually went the Portland-to-Yarmouth-and-back course, the whole 26.2 miles, about two and a half weeks before the event. I know now that I shouldn't have done this, that it was too much stress too soon before the race, but I was driven to it by my insecurity: Could I actually run that far?

I could, but afterwards, even during my easy taper period, that hamstring (right under the buttock) felt like a giant pair of pliers was gripping it. My nonrun of the Maine Marathon came and went. The magazine got out. I took a week off from any strenuous physical activity. Then I went back to a 25-mile week of easy running including a 10-miler, with a day off after every run. Compared to what I had been doing, this was easy stuff indeed.

But my hamstring was no better. It was worse. Even walking around had become painful. I stopped running altogether and called a friend who is an athletic trainer. At the local sports medicine clinic he and an orthopedist examined me for a few minutes and pronounced that there wasn't any bone problem. The problem was just "soft tissue." They looked bored. Their recommendation was the sports-medicine equivalent of "get plenty of rest and take two aspirin." In other words, stop running and wait for it to heal.

These are not welcome words for any devoted runner. But it was the end of the season anyway, and so I threw myself into the Augusta YMCA: swimming laps, using the bicycle machine, the Concept II rower, and the Nautilus room. I also ice-packed my hamstring after every workout and took ibuprofen regularly.

As the October and November weeks passed I found I could walk without pain and stiffness. But when in mid-November, knowing that I was still in aerobic shape, I tried to start running again to get ready for Augusta's Thanksgiving Day Gasping Gobbler 10K, even an easy four or five miles would make my hamstring hurt like a hyena was attached.

So, after another consultation with the sports-medicine clinic, I gave up running for a whole season. It was the winter season; that made it easier. I love to cross-country ski, and I tried to get in as much of that as possible. But, still, it was hard not to run.

By early March I was cautiously taking short runs on the "Y" treadmill. By late March I was taking easy runs on the roads. As my mileage increased I began to notice some stiffness in that hamstring, but I found that with a pause for a lot of stretching about a mile to a mile and a half into a run, after I had gotten thoroughly warmed up, I could keep the pain to an inconsequential level.

And after any vigorous track workout or very long run, I ice my hamstring and take an ibuprofen or aspirin—for prophylactic reasons. In brief, I assume that my hamstring "condition" is something that has not fully "gone away," but something that I have to "manage." With this assumption, I find that I can run strenuously again.

The moral of the story: Don't try to built up your mileage too quickly, especially if you are no longer young (although, of course such overuse injuries happen to younger people, too). And when you have to lay off because of an injury, realize that you may have to lay off for a really, really long while.

Send your "Injury of the Month" story—no longer than this one—to Maine Running & Fitness, 7 Elm St., Augusta, ME 04330. The author of the best story of the year will be awarded a free visit ($50 value) to the health practitioner of the magazine's choice (although this is negotiable). The publisher is not eligible.

Caroline Meehan at the Sugarloaf Marathon

Surely, Maine Running & Fitness readers have some good injury stories.

Lance Tapley photo

1995 10-Mile and 15K Rankings

by Matt Dubel

The following were the fastest racers, divided by age groups, at the 10-Mile and 15K distances in the state of Maine in 1995. These rankings include only those performances recorded on certified courses, and, in those cases where runners turned in several outstanding performances, only the fastest performance of the individual is listed.

10-Mile - Men

19 and Under

1.	Bruke Tadesse	18	Arlington, MA	56:56	Bowdoin and Back
2.	Paul Johnson	17	West Buxton	57:51	Mid-Winter Classic
3.	Michael Hewitt	19	Bath	58:22	Bowdoin and Back
4.	Jonathan Kelly	18	Bath	60:25	Bowdoin and Back
5.	Nghia Huynh	17	Portland	61:43	Mid-Winter Classic

20-39

1.	Joseph Carroll	33	Brighton, MA	53:41	Bowdoin and Back
2.	George Rose	36	Kingston, MA	54:07	Bowdoin and Back
3.	Stu Hogan	33	OOB	54:26	Bowdoin and Back
4.	Stephen Sarkozy	27	Cape Elizabeth	54:31	Bowdoin and Back
5.	Robert Ashby	27	Brunswick	54:38	Bowdoin and Back
6.	Pete Bottomley	33	Naples	54:43	Bowdoin and Back
7.	Michael Grigware	30	East Waterboro	54:46	Bowdoin and Back
8.	Patrick Sullivan	34	Bangor	54:54	Bowdoin and Back
9.	Tom Thibeau	37	Gardiner	55:08	Bowdoin and Back
10.	Justin Curtis	33	Nashua, N.H.	55:09	Bowdoin and Back

40-49

1.	Peter Millard	41	Orono	56:23	Lobster Classic
2.	Jim Toulouse	47	Cape Elizabeth	58:39	Bowdoin and Back
3.	Judd Esty-Kendall	45	Glenburn	59:25	Lobster Classic
4.	Gordon Scannell	42	North Yarmouth	60:18	Bowdoin and Back
5.	Ronald Johnston	43	Durham, N.H.	60:20	Bowdoin and Back

50-59

1.	Joel Croteau	51	Biddeford	60:45	Bowdoin and Back
2.	Bob Coughlin	56	Falmouth	63:22	Bowdoin and Back
3.	Mike Daly	50	Brunswick	64:11	Bowdoin and Back
4.	Terry Clark	50	Windham	66:25	Mid-Winter Classic
5.	Chase Pray	50	Greene	66:37	Mid-Winter Classic

60-69

1.	Walter Webber	65	Walpole	73:20	Bowdoin and Back
2.	Dick Church	63	S.W. Harbor	78:35	Lobster Classic
3.	Dick Cavanaugh	62	Freeport	80:35	Bowdoin and Back
4.	Robert Goulet	61	Corea	80:37	Lobster Classic
5.	Sam Auerbach	61	Jonesport	86:28	Lobster Classic

70+

1.	Russ Bradley	71	Cape Elizabeth	83:35	Mid-Winter Classic

10-Mile - Women

19 and Under

1.	B. MacLaughlin	19	Cape Elizabeth	70:05	Bowdoin and Back
2.	Gloria Brown	19	S. Hadley, MA	77:49	Bowdoin and Back
3.	Melissa Fecteau	18	Greene	89:47	Mid-Winter Classic
4.	Sasha Corsetti	15	Westbrook	98:32	Bowdoin and Back

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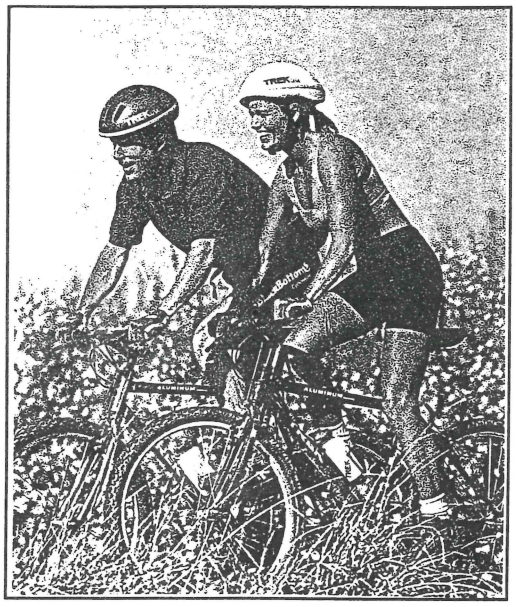

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5. Annie Bacon	18	Sullivan	101:58	Lobster Classic
20-39				
1. (tie)Marty Shue	26	Brunswick	61:14	Mid-Winter Classic
1. (tie)Diane Tedford	29	Dalton, MA	61:14	Bowdoin and Back
2. Terry Sutton	34	Portland	61:35	Bowdoin and Back
3. Christine Reáser	29	Augusta	63:07	Bowdoin and Back
4. Gretchen Hibben	30	Concord, MA	63:16	Bowdoin and Back
5. Lynn Schuler	32	Charlestwn,MA	63:42	Bowdoin and Back
6. Mary Meehan	29	Topsham	64:17	Bowdoin and Back
7. Laurel Valley	32	South Hiram	65:41	Bowdoin and Back
8. Donna Hurley	38	Spruce Head	66:08	Lobster Classic
9. Sue Foster	37	Bar Harbor	66:17	Lobster Classic
40-49				
1. Ellen Bowden	42	Cumberland	66:29	Bowdoin and Back
2. Sheila Hodges	40	Hampden	68:03	Lobster Classic
3. Carol Manley	41	Washington	68:26	Bowdoin and Back
4. Sarah Andrus	40	Rockport	68:42	Bowdoin and Back
5. Nancy Cooper	40	Falmouth	69:40	Bowdoin and Back
50-59				
1. Gretchen Read	52	Portland	66:41	Bowdoin and Back
2. Louisa Dunlap	54	Belfast	80:06	Bowdoin and Back
3. Rene Collins	53	Brewer	80:41	Lobster Classic
4. Jean Thomas	59	Portland	81:49	Bowdoin and Back
5. Marcy McGuire	56	Brunswick	85:28	Bowdoin and Back
60+				
1. Carol Montgomery	60	Philadephia, PA	89:50	Bowdoin and Back
2. Beverley McCoid	60	W. Boothbay	93:04	Bowdoin and Back
3. Joyce Goodie	61	Portland	101:34	Mid-Winter Classic

15K - Men

19 and Under				
1. Barry Matulaitis	17		54:38	Sugarloaf
2. Parker Pruett	16		56:13	Schoodic Point
3. Jason Moor	16		58:33	Schoodic Point
4. Jamie Potter	15		60:35	Sugaroaf
5. Judson Cake	17		63:42	Schoodic Point
20-39				
1. Robert Ashby	27		50:53	Schoodic Point
2. Patrick Sullivan	34		51:25	Schoodic Point
3. Brent Leighton	25		51:39	Sugarloaf
4. Tim Wakeland	30		51:58	Schoodic Point
5. David Drew	30		52:45	Apple Blossom
6. Tom Thibeau	37		52:54	Apple Blossom
7. Rick Chalmers	33		53:27	Sugarloaf
8. Ludovic Bruyere	26		54:27	Sugarloaf
9. Thomas C. Bennet	37		54:28	Sugarloaf
10. Christopher Morris	24		54:36	Sugarloaf
40-49				
1. David Roberts	40		53:24	Schoodic Point
2. Robie Black	41		55:56	Schoodic Point
3. Dennis Croteau	44		56:12	Sugarloaf
4. Judd Esty-Kendall	45		56:34	Sugarloaf
5. Lou Lainey	47		58:28	Schoodic Point
50-59				
1. Terry Clark	50		59:16	Sugarloaf
2. Gary Larson	50		60:18	Schoodic Point
3. Wayne Newton	50		61:27	Sugarloaf
4. David Green	50		62:15	Sugarloaf
5. Raul Siren	50		62:16	Sugarloaf
60-69				
1. Gerald Barney	62		61:47	Schoodic Point
2. John Chandler	69		69:34	Sugarloaf
3. Dick Church	64		71:31	Schoodic Point
4. Samuel Auerbach	61		78:58	Schoodic Point
5. Robert Whitten	62		83:22	Sugarloaf

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70+

1.	Russell Bradley	71	74:07	Sugarloaf
2.	Hugh Short	73	75:19	Schoodic Point

Women

19 and Under

1.	Stephany Gaige	15	76:46	Schoodic Point

20-39

1.	JoAnn Nealey	34	57:46	Schoodic Point
2.	Chris Snow-Reaser	29	57:54	Sugarloaf
3.	Janet Feldman	37	60:07	Schoodic Point
4.	Donna Hurley	38	60:07	Schoodic Point
5.	Sue Foster	36	61:26	Sugarloaf
6.	Kerry Corcoran	30	62:26	Sugarloaf
7.	Kathryn Brown	30	64:17	Sugarloaf
8.	Colleen Jackson	34	67:12	Sugarloaf
9.	Maureen Sproul	39	67:13	Sugarloaf
10.	Jennifer Shultz	21	68:07	Sugarloaf

40-49

1.	Ellen Bowden	42	62:59	Sugarloaf
2.	Sheila Hodges	40	63:06	Sugarloaf
3.	Sarah Andrus	40	63:50	Sugarloaf
4.	Carol Manley	40	63:56	Sugarloaf
5.	Nancy Kneeland	40	64:08	Sugarloaf

50-59

1.	Louisa Dunlap	54	74:55	Schoodic Point
2.	Faye Gagnon	50	75:12	Apple Blossom
3.	Mary Alice Bruce	56	79:34	Schoodic Point
4.	Jean Thomas	59	84:52	Sugarloaf
5.	Susan Blaisdell	54	84:56	Schoodic Point

60+

1.	Leona Clapper	65	101:39	Sugarloaf

Road Race

Bowdoinham Harvest 5K
Sept. 16

Tom Thibeau established the course record of 16:05 to lead a small but eager group of participants in the first running of the Bowdoinham Harvest 5K Road Race. Ron Plourde led the chase, finishing second in 17:45 over the scenic course, complete with a challenging hill and a short cross-country section. Paul Baillargeon finished third overall, and was the first master, while Elizabeth Farsaci was the first woman to cross the line. Every racer was pleased to take home multiple delectable donations from Fenimore Farms of Bowdoinham. The race was preceded by a 1K Pumpkin Fun Run which was well attended by children of all ages. (Dwight Blease)

1.	Tom Thibeau	37	16:05	10.	Mark Ivey	12	24:06
2.	Ron Plourde	26	17:45	11.	Jewel Temple	42	24:17*
3.	Paul Baillargeon	46	19:06	12.	Donna Woerter	36	27:02*
4.	Matt Ivey	16	21:20	13.	Bill Ivey	46	27:49
5.	Art Warren	54	21:26	14.	Sarah Ivey	14	27:57*
6.	Carl Smith	54	22:02	15.	Mary Farsaci	14	28:05*
7.	Wayne Sanford	46	22:25	16.	Ann Leaman	34	29:34*
8.	Eric Johnson	10	23:48	17.	Charles Banks	39	29:35
9.	Liz Farsaci	16	23:57*	18.	Tim Ivey	10	32:04

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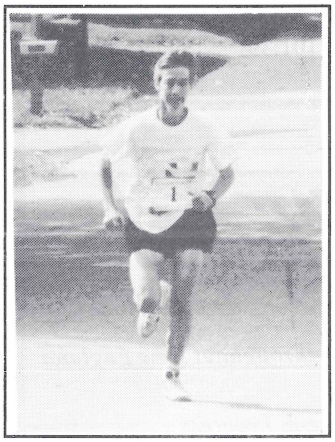
Road Race

Kingfield Bank 10K

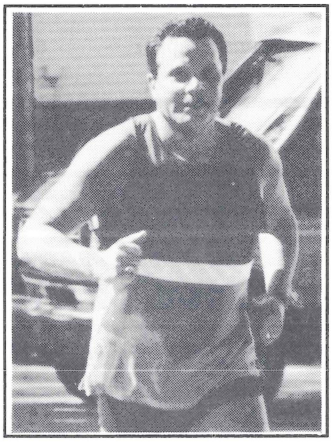
Sept. 23

1	Timothy Wakeland	32:49
2	Tom Thibeau	33:23
3	Ben Lewis	34:42
4	Ron Newbury	34:44
5	David Drew	35:19
6	Joan Benoit-Samuelson	35:46*
7	Jeff Libby	35:56
8	Dick Balentine	36:15
9	Dan Barker	36:33
10	T.J. Hesler	36:49
11	Glen Gilchrist	37:10
12	Scott Samuelson	37:30
13	Randy Eastler	37:50
14	Wayne Flewelling	38:07
15	Richard Smith	38:11
16	David Simard	38:14
17	Kevin Leighton	38:39
18	Arvid Cullenberg	38:52
19	Denis Poulin	38:59
20	John Paradis	39:10
21	Rodney Emery	39:22
22	Brian Kelly	39:24
23	Gaetan Roy	39:36
24	David Torrey	39:51
25	Michael Savoie	40:01
26	Joshua Dyer	40:04
27	Ross Lafreniere	40:09
28	Brian Carter	40:15
29	Nathan Fancher	40:25
30	Jan Semba	40:31
31	Charles Wilkins	40:35
32	David Baston	40:41
33	Albert Lagasse	41:05
34	Jim Cockerham	41:18
35	Ronald Halka	41:22
36	Kelley Cullenbert	41:50*
37	Bill Yates	41:59
38	Leo Pratte	42:06
39	Douglas Otte	42:08
40	Hank Laidlaw	42:11
41	Andrea Beale	42:15*
42	Karl Brantner	42:20
43	Kathryn Brown	42:31*
44	Matthew Sturgis	42:41
45	Jerome Richard	42:43
46	James Moore	43:02
47	Robert Arsenault	3:06
48	Jeffrey Preble	43:13
49	Dick Storch	43:15
50	Nichi Farnham	43:20*
51	Larry Dwyer	43:24
52	Lawrence Johnson,Jr.	43:24
53	Richard Trafton	43:25
54	Courtney Oland	43:35*
55	Ike Morgan	43:35
56	Michael Day	43:47
57	Anna Yates	43:59*
58	Bob Borsius	44:04
59	Jacob Manseau	44:09
60	Curt Bonviolle	44.13
61	Ed Ferreira	44:23
62	Joe Adams	44:25
63	Coleen Jackson	44:26*
64	Philip Coffin	44:28
65	Gregory Leather	44:43
66	John Chandler	44:44
67	Steve Brown	44:45
68	Stephen Metz	44:47
69	Tom Ferris	44:52
70	Donna Just	44:53*
71	Peter Smith	45:01
72	J. Hilary Billings	45:05*
73	Clifford Olson	45:10
74	Bode Miller	45:13
75	Hiro Matsumoto	45:14
76	Vernon Martin	45:14
77	Suzanne Olson	45:16*
78	Bruce Hochman	45:19
79	Mary Bonville	45:24*
80	Dick Lejole	45:37
81	Erin Ray	45:51*
82	Michael Boucher	45:56
83	Jeffrey Breton	46:09
84	Matt Keene	46:18
85	Tom Knowlton	46:21
86	Fawn Paradis	46:32*
87	John Ritzo	46:34
88	Thomas Butler	46:34
89	George Entwistle	46:37
90	Daniel Dwyer	46:47
91	Scott Decker	46:48
92	Peter M. Smith	47:01
93	Gordon Smtih	47:02
94	David Avery	47:05
95	Lilianna Galasso	47:30*
96	John Ross	47:35
97	Louisa Dunlap	47:44*
98	Skip Howard	47:46
99	Larry Campbell	47:47
100	Marlene Rickert	47:57*
101	Charles Brown	48:02
102	Jason Kavtz-Slanavy	48:12
103	Stephen Beale	48:20
104	Regina Erskine	48:39*
105	Brian Knowles	48:59
106	Marc Fuchswanz	49:17
107	Richard David	49:27
108	Tim Ingraham	49:28
109	Nick Stagers	49:36
110	Michael Schirf	49:36
111	Yoshiko Watanabe	49:48*
112	Chris Morgan	49:48
113	Patty Murray	49:49*
114	Lucas Hartford	50:01
115	Bryn Carey	50:10*
116	Nancy Carey	50:11*
117	Tyler Hollen	50:15
118	Latimer Watson	50:16
119	Laura Corbett	50:21
120	Mario Veilleux	50:24
121	Jesse Colognesi	50:44
122	Poppy Thacher-Arford	50:57
123	Carlton Mendell	51:02
124	Jamie Garland	51:03
125	Heather Norris	51:11*
126	Dustin Laferriere	51:12
127	Ben Crowel	51:23
128	Liz Fothergill	51:29*
129	John Cole	51:37
130	Ormond Irish	51:45
131	Thomas Mauzaka	51:48
132	Leesa Daw	51:51*
133	Robert Whitten	51:52
134	Thomas Currier	52:00
135	Barrett Silver	52:17*
136	Elizabeth Parker	52:18*
137	Damon Bayles	52:36
138	Taryn Palmer	52:37*
139	Beth Allen	52:41*
140	Katie Perry	52:43*
141	Frank Donerty	52:47
142	Christopher Warren	52:58
143	Bill Hutt	53:01
144	Kris Grimnes	53:10
145	Chad Barton	53:10
146	Caleb Maccready	53:16
147	Petra Skrabar	53:16*
148	Wendy Sayres	53:24*
149	Sam Trafton	53:42
150	Andy Dixon	53:52
151	Melissa Hoisington	54:10*
152	Matt Hoisington	54:23*
154	Joe Warren	54:24
155	Kyle Kilimonis	54:24
156	Douglas Allen	54:36
157	Delinda Smith	54:51*
158	Samantha Depoy	54:59*
159	Jeannie Elsberg	55:12*
160	Mary Emerson	55:12*
161	Nina Porcelli	55:12*
162	Barbara Brosius	55:33*
163	Steven Bonville	55:33
164	Nancy Dwyer	55:56*
165	Durwood Currier	56:18
166	Harley Riva	56:27
167	So Ieki	56:27
168	Ashley Triffletti	56:28*
169	Andrew Ketterer	56:37
170	Laura Hutt	56:40*
171	Ted Bonville	56:44
172	Aaron Airoldi	57:09
173	Ian Foster	57:10
174	Michelle Gravel	57:24*
175	Charlie Niedner	57:32
176	Kyle Plunkett	58:38
177	Bay Harris	58:55
178	Nathaniel Kibbe	58:56
179	Jean Ferreira	59:17*
180	Jolie Ritzo	59:49*
181	Julie Baston	59:53*
182	Martha Yates	60:32*
183	Barbara Hopson-Smith	60:33*
184	Donald Smith	62:11
185	Daliea Bussiere	62:34*
186	Cindy Patterson	62:36*
187	Thomas F. Noonan	63:08
188	Kevin Montemerlo	63:24
189	Elizabeth Reynolds	64:06*
190	Lauren Deane	64:12*
191	Christine Rooney	64:15*
192	Mary Lou Zett	64:44*
193	Nancy Entwistle	65:12*
194	Timothy Fournier	65:17
195	Kenny Barton	65:21
196	Eleanor White	66:22*

The kid's race took over Main Street.

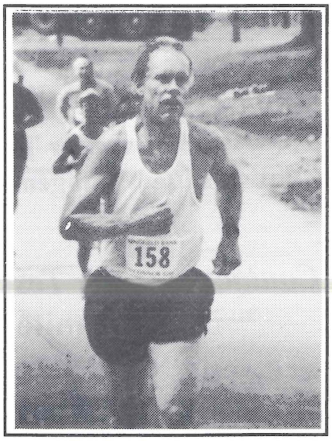


Maine's running legend, Joan Benoit-Samuelson, makes the Kingfield 10K an annual event.



Maine Attorney General Andrew Ketterer. Politicians can't stop running

One of the last to finish the Kid's K. She got plenty of encouragement



Cliff Olson of Hallowell.

Lance Tapley photos

Road Race

Kennebunk Pursuit 5K

Oct. 7

Wind, rain, and treacherously slippery conditions kept this race slower than usual, making Allan Muir's 16:24 all the more impressive.

1.	Allan Muir	40	Portland	16:24
2.	Todd Jeff	30	Saco	16:41
3.	T.J. Hesler	26	Augusta	17:14
4.	Ron Plourde	26	Lewiston	17:15
5.	Jonathan Grinder	37	Tucson, AZ	17:36
6.	Mike Dinehart	39	Kennebunk	18:31
7.	Buzby Cook	32	Kennebunk	18:46
8.	Paul LeBlanc	31	Saco	18:50
9.	Richard Scribner	44	Gorham	19:!3
10.	Jessie Andrews	20	Alfred	19:17*
11.	Nancy Weis	35	Springvale	19:23*
12.	Larry McAulay	42	Lebanon	19:45
13.	John Cain	34	Saco	20:10
14.	Karen MacKenzie	29	Kennebunk	20:12*
15.	Bob Reid	48	Kennebunkport	20:23
16.	Nancy Clark	37	Sanford	20:26*
17.	Dennis St. Hilaire	50	Rollinsford, N.H.	20:38
18.	Katie Reid	19	Kennebunkport	20:42*
19.	Don Zillman	51	Portland	20:56
20.	Charles Kahill	52	South Portland	21:01
21.	Kristen Berube	18	Kennebunk	21:17*
22.	Mark Mickeriz	43	Kennebunk	21:58
23.	Rich Barlhuff	40	Kennebunk	22:44
24.	Ona King	45	Saco	22:49*
25.	John Beer	29	Kennebunk	22:56
26.	Peter Briggeman	34	Saco	23:50
27.	Jeffrey Grande		Skowhegan	24:20
28.	Steve Mickeriz	38	Shapleigh	24:25
29.	Nancy Murphy	48	Biddeford	24:34*
30.	Paul Michaud	37	Kennebunk	24:43
31.	Holly Weiss	13	W. Kennebunk	25:36
32.	Brenda Piecuch	37	Wells	25:39*
33.	Robert Crowley	49	Kennebunk	25:41
34.	Erin Donahue	11	Kennebunk	25:59*
35.	Judi Richard	35	Jay	26:51*
36.	Sandy Mickeriz	40	Kennebunk	27:36*
37.	Theresa Sawyer	32	Kennebunk	28:27*
38.	Cheryl Frankland	30	Brunswick	28:31*
39.	Mark Clinch	39	Gorham	30:30
40.	Jane Fecteau	35	Kennebunk	31:39*

Youth 1-Mile Winner - (Course Record):
Jane LeBlanc 10 Kennebunk 6:50

Road Race

Pancake 5K

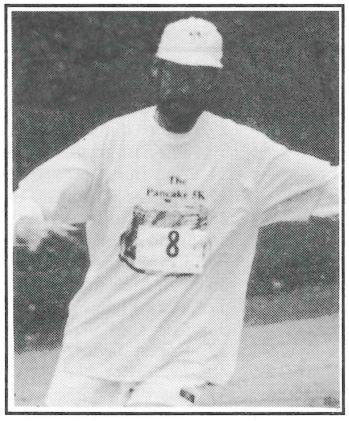
Belfast

Oct. 8

1.	Todd Coffin	34	15:23
2.	Michael Gaige	43	16:14
3.	Ron Newbury	45	16:31
4.	Shaun Keenan	33	16:34
5.	David Drew	31	17:01
6.	Jamie Good	21	17:09
7.	Judd Esty-Kendall	46	17:14
8.	Hugh McLean	36	17:16
9.	Thomas Wells	41	17:16
10.	Scott Broerman	35	17:23
11.	Pete Dauphinee	20	17:30
12.	Chris Millican	31	17:37
13.	Jeremy Lisee	25	17:39
14.	Glen Holyoke	31	17:43
15.	Eric Wade	17	17:48
16.	Jo-Ann Nealey	34	17:56*
17.	Robert Jordon	35	18:02
18.	James Cogswell	20	18:11
19.	Chase Pray	51	18:17
20.	Tim Reid	41	18:18
21.	Aric Odone	17	18:22
22.	Michael Gordon	33	18:24
23.	Dave Jeffrey	40	18:27
24.	Todd Dixon	15	18:30
25.	Jerry Bonner	13	18:33
26.	John Bean	38	18:34
27.	Ray Webster	20	18:38
28.	Allen Riley	42	18:39
29.	Jeff Palmer	23	18:39
30.	Sue Foster	37	18:42*
31.	David Torrey	48	18:45
32.	Ross LaFieniere	30	18:51
33.	Alan Stockley	46	18:52
34.	Mark McInnis	20	19:00
35.	Arthur Robinson	45	19:05
36.	Tom Swan	45	19:06
37.	Danny Raymond	21	19:12
38.	Tom Kirby	39	19:15
39.	Jason Pierce	15	19:19
40.	Jon Lee	16	19:20
41.	Douglas Latham	16	19:20
42.	Sumner Weeks	47	19:23
43.	Bill Pinkham	53	19:26
44.	Joel Flewelling	20	19:27
45.	Ravi Gongajui	19	19:28
46.	Larry Taylor	50	19:32
47.	Dan Works	35	19:37
48.	Dale Dickie	52	19:38
49.	Sheila Hodges	40	19:39*
50.	Erin York	14	19:40*
51.	Dan Avener	45	19:42
52.	Kirk Lemieux	29	19:51
53.	Keith Holland	40	19:57
54.	David Slagger	33	20:10
55.	Michael Marsanskis	28	20:11
56.	Roy Rodgers	41	20:11
57.	Jerry Phair	25	20:12
58.	Larry Frank	39	20:14
59.	Rick Lamoureux	47	20:17
60.	Walter Whitcomb	43	20:22
61.	Jim Estes	46	20:25
62.	Terry Deveraux	34	20:29
63.	David Baldwin	52	20:31
64.	Dwayne Keller	46	20:33
65.	Carol Weeks	46	20:40*
66.	Amy Potvin	13	20:45*
67.	Amy Coutee	19	20:58
68.	Joan Reynolds	39	20:58*
69.	Ken Vinson	60	21:00
70.	Harvey LaFieniere	35	21:01
71.	Robbie Skillings	14	21:06
72.	Carl Bowen	39	21:08
73.	Daniel Greeley	28	21:12
74.	Shawn Lamoureux	20	21:12
75.	David Benn	50	21:33
76.	Albert Landry	32	21:35
77.	Bernice Stockley	32	21:40*
78.	Wayne Moore	33	21:47
79.	Janice Choiniere	35	21:49*
80.	Mark Richardson	26	21:50
81.	Justin Dixon	13	21:56
82.	Dave Atwood	43	21:58
83.	Barbie Beal	36	22:03*
84.	John Cronin	31	22:04
85.	Don Gallagher	35	22:10
86.	John Petre	36	22:24
87.	Mark Kibler	40	22:30
88.	Jackie Choiniere	26	22:30*
89.	Erin Herbig	14	22:32*
90.	Adam Bonner	11	22:35
91.	Louisa Dunlap	55	22:53*
92.	Michael Bard	35	22:55
93.	Roger Greeley	31	22:56
94.	Levi Miller	8	22:59
95.	Jeanne Butterfield	46	23:01*
96.	Ed Varney	35	23:02
97.	Cathy Horne	37	23:20*
98.	Ken Cross	41	23:26
99.	Hartwell Sowling	41	23:26
100.	Stanley Drinkwater	54	23:34
101.	Molly Mulhern	35	23:40*
102.	Ronald Hunt	28	23:45
103.	Shelly Swanson-Fein	46	23:46*
104.	Steve Fein	48	23:50
105.	Geoff French	45	23:59
106.	Stacey Joudrie	11	24:04*
107.	Julie Holmes	24	24:06*
108.	Heather E. French	16	24:06*
109.	Megan Cafferata	33	24:17*
110.	Brian Horne	39	24:27
111.	Jessica Schwartz	12	24:28*
112.	Charles Lagerbom	31	24:36
113.	Bill Stred	42	24:38
114.	Tamatha Wardwell	37	24:46*
115.	Vaughn Holyoke	61	24:48
116.	John Goldfine	49	25:12
117.	Tom Wilhelm	34	25:16
118.	Michael Sloan	42	25:16
119.	Joyce Bonner	33	25:27*
120.	Tara Schaffer	24	25:49*

Mark Richardson

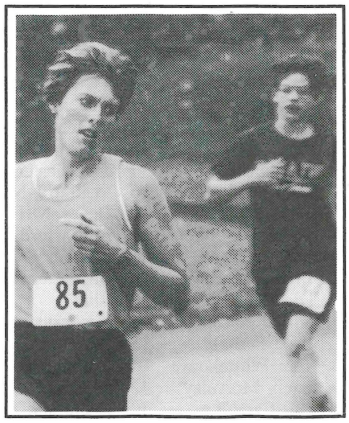
Cathy Horne



Ken Cross

Jeanne Butterfield

Roger Greeley

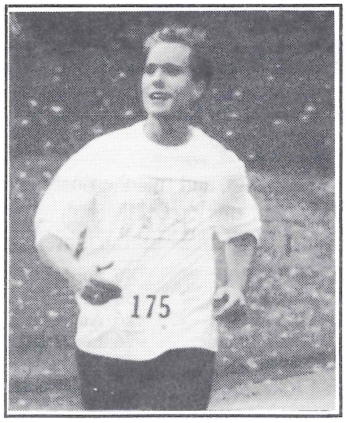


Barbie Beal (85) & Justin Dixon (144)

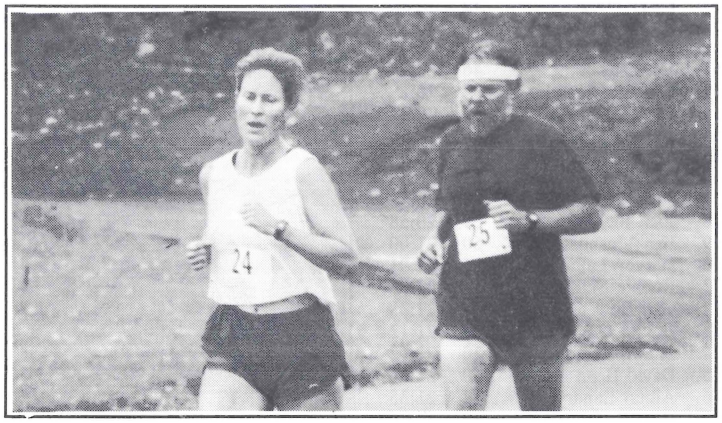
121.	Philip Potvin	38	25:49
122.	MaryAnn Robinson	40	26:06*
123.	Mollie Noyee	44	26:13*
124.	Harvey King	54	26:18
125.	Don Cailler	42	26:20
126.	Heather Jade Fogg	8	26:20*
127.	Frank Fogg	34	26:20
128.	Joshua Petre	11	26:23
129.	Michelle Gravel	28	26:38
130.	Ruth Turk	25	26:42*
131.	Jennifer Chandler	14	26:42*
132.	Jean Goldfine	50	26:42*
133.	Gretchen Miller	12	27:27*
134.	Willow Johnson	11	27:56
135.	Teri Stred	40	28:09*
136.	Harold Jones	67	28:10
137.	Darrell O'Leary	57	28:14
138.	Charles Clapper	66	28:15
139.	David Hatch	72	28:49
140.	Peter Johnson	10	29:31
141.	Lucas Stred	10	29:55
142.	Jonathan Stred	15	29:59
143.	Robin Hughes	34	30:13*
144.	Angie Petre	33	30:18*
145.	Benji Kinsley	37	30:37*
146.	Kylea Odone	12	30:41*
147.	Laurie Chandle	12	31:08*
148.	Meris Bickford	43	31:56*
149.	Ginger Chandler	42	32:24*
150.	J.D. LeClair	12	32:31
151.	Dannette LeClair	39	33:01*
152.	Lerna Clapper	65	33:02*
153.	Lucretia Miller	11	33:27*
154.	Maggie Avener	10	34:49*
155.	Jim Miller	47	35:38
156.	David Doere	42	35:40
157.	Linda Benn	47	35:41*
158.	Paul Paulson	69	35:49
159.	Cathy Barnaby	37	41:40*
160.	Cindy Herbig	40	41:40*
161.	Sandra Gordon	41	41:40*

Tara Schaffer

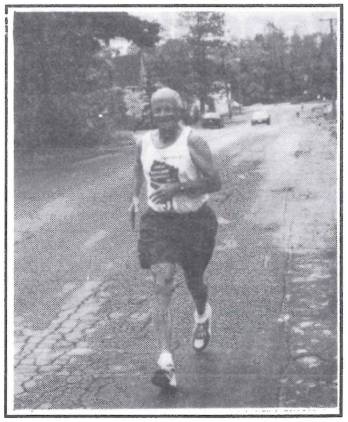
Michelle Gravel



John Cronin



Shelly Swanson-Fein & Steve Fein



Charles Clapper

Lance Tapley photos

Road Race

4th D.A.R.E. to Run or Walk 5K & 10K

Somersworth, N.H. Nov. 12

5K

1.	Michael Demars	24	Claremont, N.H.	16:15
2.	Joe Noel	39	S. Berwick	16:34
3.	Mark Dudley	35	Dover, N.H.	16:44
4.	Steve Stowe	20	Durham, N.H.	17:17
5.	Brian Rhodes	30	Hudson, N.H.	17:39
6.	Greg Pickard	17	Rochester, N.H.	17:58
7.	Johnathan Lewit	15	Charlestown, N.H.	18:05
8.	Dennis Marcotte	42	Rollinsford, N.H.	18:19
9.	Jerry Mullin	40	Cape Porpoise	18:35
10.	Robert Shaw	32	Dover, N.H.	19:10
11.	John Hammond	40	Wolfeboro Falls, N.H.	19:14
12.	Ann Rhodes	30	Hudson, N.H.	19:27*
13.	Matthew Colby	34	Manchester, N.H.	19:39
14.	Beth Kraft	16	Madbury, N.H.	19:41*
15.	Chris Clement	30	Dover, N.H	19:50
16.	Steve Coolidge	23	Rollinsford, N.H.	19:54
17.	Bill Pinkham	53	Lamoine	19:54
18.	Brad Pickard	40	Rochester, N.H.	19:57
19.	Dick McKenney	54	Eliot	19:58
20.	Kirk Johnson	41	Rochester, N.H.	20:34
21.	Brett Fernald	15	Amherst, N.H.	20:39
22.	Tom Whitehouse	14	Rollinsford, N.H.	20:41
23.	Larry McAulay	42	E. Lebanon	20:59
24.	Bill Carroll	30	Rochester, N.H.	21:35
25.	Christy Northrop	17	Durham, N.H.	21:38*
26.	Gary Fieldsend	45	Rollinsford, N.H.	21:53
27.	Ray van der Riet	35	Dover, N.H.	22:00
28.	Bill Gibney	48	Wolfeboro, N.H.	22:28
29.	Peter Gilman	51	Barrington, N.H.	22:53
30.	Jim Bisognani	38	Portsmouth, N.H.	23:00
31.	Ann Burke	33	Dover, N.H.	23:04*
32.	Melanie Austin	15		23:53*
33.	Derek Rolfe	25	Portsmouth, N.H.	23:55
34.	Todd Kulik	34	Hampton, N.H.	24:13
35.	Kevin Charles	41	Dover, N.H.	24:21
36.	Phil McNabb	42	Epping, N.H.	24:22
37.	Mark Flynn	32	Exeter, N.H.	24:34
38.	M.T. Call	37	Somersworth, N.H.	24:35
39.	Robert Taylor	34	Somersworth, N.H.	24:36
40.	Joy Taylor	27	Portsmouth, N.H.	24:40*
41.	Sue Riley	39	Epping, N.H.	24:41*
42.	Michael McNabb	37	Epping, N.H.	24:50
43.	Amanda Crocker	15	Durham, N.H.	24:55*
44.	James Therrien	49	Newbury, N.H.	25:33
45.	Gail Rondeau	47	W. Nottingham, N.H.	25:45*
46.	William Hall	47	Manchester, N.H.	26:48
47.	David Winter	33	Berwick	27:03
48.	Paula Pickard	41	Rochester, N.H.	27:06*
49.	Robert Wyman	58	Rochester, N.H.	27:10
50.	Robert Surowiec	43	Concord, N.H.	27:16
51.	Eric Nelson	31	Sanford	28:02
52.	Kevin Gorham	39	Rochester, N.H.	28:25
53.	Doreen Papatones	39	York	28:38*
54.	Diane Hall	44	Manchester, N.H.	28:47*
55.	Mary Tuttle	42	Dover, N.H.	28:59*
56.	Robert Tierney, Jr.	41	Wolfeboro, N.H.	29:36
57.	Donna Brownell	37	Lee, N.H.	29:39*
58.	Elizabeth Tuttle	35	Dover, N.H.	29:43*
59.	Vicki Cunningham	34	Lebanon	29:44*
60.	Leroy Kennedy	45	Lebanon	29:45
61.	Chris Hall	14	Manchester, N.H.	30:32
62.	Ruth Lund	36	Candia, N.H.	30:51*
63.	Paul Ross	59	Rochester, N.H.	31:06
64.	Sandra Chadwick	12	Northwood, N.H.	31:14*
65.	Peter Chadwick	45	Northwood, N.H.	31:14
66.	Jennifer Ogden	26	Somersworth, N.H.	31:26*
67.	Christine Dubois	25	Rochester, N.H.	32:06*
68.	Michael Dubois	45	Rochester, N.H.	32:07
69.	Lise Tierney	36	Wolfeboro, N.H.	32:40*
70.	June Fitzpatrick	42	Biddeford	32:56*
71.	Karene Wallis (Walker)	35	Dover, N.H.	33:16*
72.	Theresa McKenney	51	Eliot	33:26*
73.	Debbie Bailey	32	Barrington, N.H.	34:47*
74.	Carole Dennis	39	Lee, N.H.	39:29*
75.	Carol George (Walker)	43	Dover, N.H.	39:42*
76.	Carol Fraser (Walker)	43	Dover, N.H.	40:57*
77.	Jeanne Lepine (Walker)	41	Somersworth, N.H.	41:51*
78.	Patricia Beaupre (Walker)	42	Somersworth, N.H.	41:54*
79.	Erin Fitzpatrick (Walker)	14	Durham, N.H.	43:50*
80.	Danielle Dennis (Walker)	15	Lee, N.H.	44:18*
81.	Beverly Brooks (Walker)	42	Fremont, N.H.	44:36*
82.	Freda Randall (Walker)	54	Rochester, N.H.	46:12*
83.	Joanne Dubois (Walker)	45	Rochester, N.H.	51:15*
84.	Michelle Dubois (Walker)	23	Rochester, N.H.	51:16*
85.	Ann Koufos (Walker)	55	Somersworth, N.H.	51:51*

10K

1.	Bruce Butterworth	42	Hampton, N.H.	34:43
2.	Todd Hanson	37	Portsmouth, N.H.	35:29
3.	Jim Marchese	35	Eliot	37:15
4.	Tom Miller	45	Durham, N.H.	38:07
5.	Mike Prukalski	34	Brattleboro, VT	38:15
6.	Joe McEachern	25	Kittery	39:37

7.	Todd Piper	15	Tilton, N.H.	40:29	21.	Tim Cline	36	Windham	45:12	35.	Kevin Canepa	26	Rochester, N.H.	51:25
8.	Matthew Bugan	32	Burlington, VT	40:39	22.	Vicki Miller	42	Durham, N.H.	45:23*	36.	Dannce St. Lawrence	29	Rochester, N.H.	51:52*
9.	James DeJohn	50	Rochester, N.H.	40:42	23.	Scott Hall	34	Billerica, MA	45:30	37.	Mary Coolidge	27	Rollinsford, N.H.	52:37*
10.	Charles Haphy	32	Portsmouth, N.H.	40:47	24.	Jim Wright	35	Berwick	45:32	38.	Sally Strazdins	61	N. Hampton, N.H.	52:55*
11.	Steve Libby	28	Somersworth, N.H.	42:24	25.	Tom Chase	61	Madbury, N.H.	45:38	39.	Herb Taylor	70	Rochester, N.H.	52:55
12.	Larua Webber	30	S. Berwick	42:26*	26.	Kevin Brownell	44	Lee, N.H.	45:42	40.	Doug Cashman	38	Rollinsford, N.H.	54:10
13.	Lisa McNulty	34	Somersworth, N.H.	42:34*	27.	Gary Noel	42	Madbury, N.H.	45:53	41.	Thomas Bennett	60	Dover, N.H.	54:30
14.	Robert Carrier	51	Durham, N.H.	42:51	28.	Robert Hamilton	46	Rochester, N.H.	46:21	42.	Steven Henson	45	Portsmouth, N.H.	54:38
15.	Duncan McEachern	54	Kittery	43:17	29.	Djamel Hafiani	40	Rye, N.H.	46:41	43.	Michelle Everleth	31	Portsmouth, N.H.	58:08*
16.	John Lund	34	Candia, N.H.	43:21	30.	John McCabe	31	Candia, N.H.	46:42	44.	Frank Pearson	48	Lee, N.H.	58:50
17.	Eric Reisch	25	Rochester, N.H.	43:33	31.	Charles Navin	44	Portsmouth, N.H.	46:46	45.	John Warren	55	Dover, N.H.	58:50
18.	John Maylvras	41	Lyman	43:53	32.	Thomas Finley	16	Kittery	48:07	46.	Edward Herbert	51	Milton Mills, N.H.	58:54
19.	Joseph Boyle	56	E. Rochester, N.H.	44:52	33.	Chris Gould	40	Waldoboro	49:06	47.	Robert Kraunz	59	Dover, N.H.	1:02:04
20.	Clyde Coolidge	56	Rollinsford, N.H.	45:03	34.	Mark LaRoche	33	Lee, N.H.	51:13	48.	Cash Leavitt	71	Rochester, N.H.	1:04:13

Road Race

Fat Ass 50-Miler
Brunswick
Dec. 31

4-mile loop, paved, certified

Craig Wilson, Maine's Ultra Runner of the Year for 1995, won the first annual Fat Ass 50-Miler with a solid sub-seven-hour performance in mild winter conditions (28-32 degrees F.), no winds, and clear roads. Chip Merrow also turned in a solid performance. Phil Pierce caught Rich Bindler and Lin White at Mile 45 and held on for third place. Egor Egan took time out for a New Year's evening meal with Pat Buckley, Maine Track Club volunteer, and returned in the wee hours to finish in 19:18:01 (which is a record of sorts).

The Bob Dion Unadvertised 50K Option was a close race wtih Ron Paquette, president, Central Maine Striders, edging Michael Olivera of Bedford, Mass., by less than five minutes.

Speedster Robert Ashley, who earlier won the Maine Track Club 50-Miler in 6:21:05, completed 26 miles in 3:05:50 and veteran Jean Thomas completed 24 miles in 3:56:00.

Five hours into the race, Maine Track Club 50-Miler Race Director Al Utterstrom arrived and made hot soup for the runners which provided a nice finishing touch to the race. (Phil Pierce)

1	Craig Wilson	46	6:57:15
2	Chip Merrow	34	7:35:11
3	Phil Pierce	54	8:44:05
4	Rich Bindler	32	8:47:00
5	Lin White,Jr.	33	8:47:01
6	Egor Egan	38	19:18:01

16 Starters

Bob Dion Unadvertised 50K Option

1	Ron Paquette	54	5:21:45
2	MikeOlivera	37	5:26:10

Road Race

17th January Thaw 4.5-Miler
Belgrade
Jan. 21

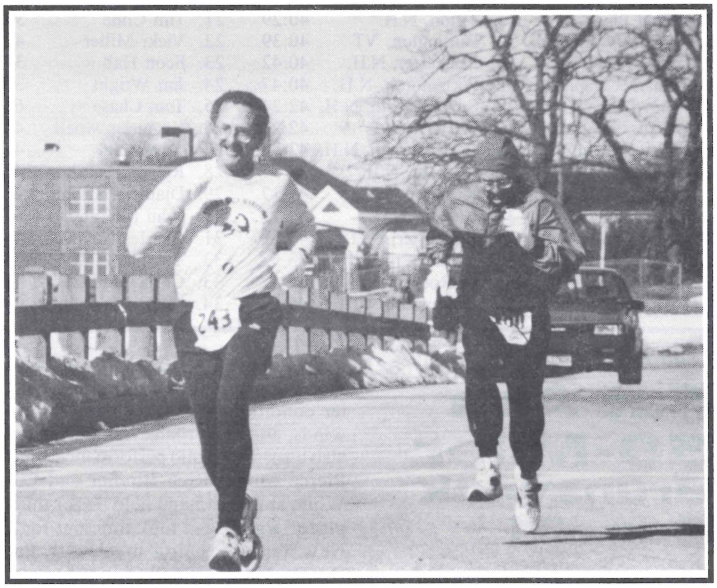
1.	Todd Coffin	34	22:44
2.	Tom Thibeau	37	24:11
3.	Judd Esty-Kendall	46	24:23
4.	Ludo Bruyere	26	25:00
5.	Paul Fagan	42	25:22
6.	Dan Benson	33	25:29
7.	Peter Dauphine	20	25:39
8.	Dave Drew	31	25:47
9.	Guy Berthiaume	50	25:50
10.	Newell Lewey	37	26:14
11.	T.J. Hesler	27	26:15
12.	Steve Peterson	46	26:31
13.	Bob Jordan	36	26:45
14.	Randy Spencer	34	26:51
15.	Greg Dorr	30	27:03
16.	Kevin Dow	37	27:10
17.	Chase Pray	51	27:26
18.	Tom Swan	45	27:47
19.	Ken Cotton	46	28:06
20.	R.J. Harper	49	28:25
21.	Will Mannett	15	28:26
22.	Darin Knight	15	28:31
23.	Katrina Bisheimer	30	28:55*
24.	Gregg Wood	36	29:07
25.	Mark Johnston	42	29:21
26.	Bill Pinkham	53	29:25
27.	Phil Pierce	54	29:33
28.	Alan Burke	31	29:38
29.	Tom Littlefield	50	30:21
30.	Fred Merriam	48	31:06
31.	Bob Brosius	43	31:07
32.	Andy Mannett	13	31:10
33.	David Benn	50	31:29
34.	Jim Moore	52	31:32
35.	Paul Yates	45	31:41
36.	John LeRoy	58	31:57
37.	Jane Rau	46	32:17*
38.	Dick Miles	41	32:31
39.	Ron Paquette	54	32:32
40.	Bob Gillespie	57	32:58
41.	Kelly Johnston	34	33:00*
42.	Deb Merrill	39	33:22*
43.	Russ Bradley	72	34:27
44.	Joan Merriam	47	35:09*
45.	Louisa Dunlap	55	35:23*
46.	Keith Curtis	66	35:24
47.	Ronald Chase	55	35:27
48.	Denny Morrill	56	36:34
49.	Ormond Irish	62	37:21
50.	Carlton Mendell	74	38:48
51.	Richard Scribner	44	39:11
52.	Tamatha Wardwell	37	39:57*
53.	Keith Holland	40	39:58
54.	Wendy Sayres	62	41:16*
55.	Jerry Saint Amand	52	41:55
56.	Deborah Pepe	53	42:20*
57.	Dianna Burke	31	43:11*
58.	Rachel Riley	21	45:56*
59.	Becky Roy	19	45:56*
60.	Mary Clinch	39	46:39*
61.	Shirley Fenlason (Walker)	60	56:35*
62.	Linda Benn	48	57:39*

Road Race

15th Mid-Winter 10-Mile Classic
Cape Elizabeth - Feb. 4

1.	Rob Pierce	35	Alfred	51:10
2.	David Dunham	31	Bradford, MA	51:56
3.	Byrne Decker	29	Londonderry, N.H.	53:21
4.	Scott Brown	37	Lewiston	53:46
5.	Bob Winn	37	Ogunquit	56:21
6.	David Weatherbie	27	Cumberland	56:30
7.	Stu Hogan	33	Old Orchard Beach	57:26
8.	Steve Podgajny	45	Brunswick	57:30
9.	Judd Esty-Kendall	46	Glenburn	57:39
10.	Bill Desrosier	33	Scarborough	58:00
11.	Lance Guiliani	36	W. Bath	59:02
12.	George Bockus	29	Windham	59:13
13.	Guy Segars	35	Brunswick	59:33
14.	Ludo Bruyere	26	Augusta	59:46
15.	David Drew	31	Litchfield	59:58
16.	Joshua Brown	28	Wiscasset	59:59
17.	Paul Days-Merrill	41	Fairhaven	1:01:39
18.	Ron Plourde	26	Lewiston	1:02:48
19.	Andrew Duffy	30	Brighton	1:03:06
20.	Scott Broerman	35	Brunswick	1:03:24
21.	Ross Cameron	29	Wiscasset	1:03:35
22.	Mark Ewert	37	S. Portland	1:03:36
23.	John Mollica	43	S. Portland	1:03:39
24.	Robert Fast	33	Cumberland Foreside	1:03:49
25.	Randy Hastings	41	Farmington	1:04:38
26.	Jon Vorhees	24	Gray	1:04:43
27.	Paul Greene	24	Portland	1:04:55
28.	Craig Wilson	46	Kittery Point	1:04:59
29.	Jaime Jackson	27	Portland	1:05:04
30.	Shawn Jyawook	21	Unity	1:05:09
31.	Carol-Ann Days-Merrill	31	Fairhaven, MA	1:05:14*
32.	Jay Flaker	31	Portland	1:05:53
33.	Terry Clark	51	Windham	1:06:15
34.	Manny Arruda	45	Somerville	1:06:24
35.	Stewart Jordan	39	N. Yarmouth	1:06:29
36.	John Cooper	25	Scarborough	1:07:12
37.	Laurel Valley	33	Hiram	1:07:23*
38.	Randy Spencer	34	Freeport	1:07:24
39.	Erich Reitenbach	45	North Waterboro	1:07:25
40.	Michael Pratico	29	Portland	1:07:32
41.	Alburn Butler	42	Portland	1:07:37
42.	Lawson Noyes	54	Kennebunk	1:07:40
43.	Brian Fremeau	35	Manchester, N.H.	1:07:42
44.	Rich McCauley	36	Georgetown	1:08:01
45.	Ken Cotton	46	Bristol	1:08:05
46.	Stephen Murphy	52	Biddeford	1:08:06
47.	Katie Payson	30	W. Bath	1:08:28*
48.	Michael Carter	45	Machias	1:08:32
49.	John Bean	38	Portland	1:08:33
50.	Dan Kelly	40	Portland	1:08:41
51.	Gregg Wood	37	Litchfield	1:08:42
52.	Ed Doughty Jr.	47	Gray	1:08:45
53.	David Abusamra	48	Brentwood, N.H.	1:08:50
54.	David Polito	47	Georgetown	1:08:56
55.	Barry Wight	37	Portland	1:09:01
56.	David Chamberlain	34	Falmouth	1:09:07
57.	John Cullen	43	Topsham	1:09:16
58.	Tom McGuire	49	Oakland	1:09:17
59.	Patrick Gwinn	31	New Gloucester	1:09:22
60.	Brian Greene	49	Portsmouth, N.H.	1:09:25
61.	Allan Carlisle	44	Springvale	1:09:31
62.	P.V. Casey	41	Saco	1:09:33
63.	Larry Barker	46	South Portland	1:09:34

64	Brian Noyes	37	Freeport	1:09:35
65.	John Carpenter	37	North Yarmouth	1:09:36
66.	James McCorkle	40	Falmouth	1:09:37
67.	Michael Myrick	50	Saco	1:09:38
68.	Kelly Rodrigue	31	Lewiston	1:09:40
69.	Ellen Bowden	43	Cumberland	1:09:50*
70.	John Powell	42	Cumberland	1:09:56
71.	Joel Titcomb	37	Gorham	1:10:14
72.	John Courtney	47	Manchester	1:10:18
73.	Tim Sickel	43	Brunswick	1:10:31
74.	Scott Hamilton	44	North Waterboro	1:10:41
75.	Loren Lathrop	47	South Portland	1:10:48*
76.	Guy Martin	49	Saco	1:10:49
77.	Katrina Bisheimer	30	Bangor	1:10:50*
78.	Barry Sargent	50	West Buxton	1:11:28
79.	Jody King	35	North Waterboro	1:11:42
80.	Yun Chong	35	Austin, TX	1:11:58
81 .	Daniel Hutchins	35	South Portland	1:12:02
82.	Will Thompson	43	Brunswick	1:12:11
83.	Nancy Kneeland	41	Kennebunk	1:12:27*
84.	Celine Mainville	30	West Bath	1:12:38*
85 .	Michael Cavanaugh	44	Portland	1:12:45
86.	David Dicicco	15	Byfield, MA	1:12:46
87.	William Sproul	38	New Gloucester	1:13:07
88.	Matthew Sturgis	27	New Gloucester	1:13:09
89.	Mark Richardson	26	Unity	1:13:10
90.	Anne Hendrix	39	Scarborough	1:13:15*
91.	Leigh Minor	25	North Yarmouth	1:13:23*
92.	Joseph Guimond	37	Portland	1:13:34
93.	Daniel Rooney	51	Alfred	1:13:41
94.	Clyde Coolidge	57	Rollinsford, N.H.	1:13:44
95.	Bob Cerf	42	Falmouth	1:13:45
96.	Mark Stelmack	43	Gorham	1:14:13
97.	Gerard Conley	42	Portland	1:14:16
98.	David Courtney	42	Portland	1:14:31
99.	Steve Ross	40	North Yarmouth	1:14:33
100.	Phil Pierce	54	Falmouth Foreside	1:14:38
101.	Larry Kinner	46	Old Orchard Beach	1:14:51
102.	Robert Bachorik	51	Farmington	1:15:02
103.	Tanya Horne	27	New Gloucester	1:15:03*
104.	Amanda Houston	30	Orrs Island	1:15:09*
105.	Becky Purdy	30	Byfield, MA	1:15:18*
106.	Bob McCormack	44	Cape Elizabeth	1:15:26
107.	Mike Paulhus	20	Wells	1:15:51
108.	Phil Cousineau Jr.	43	Portland	1:16:40
109.	Richard Chandler	45	Scarborough	1:16:45
110.	Mark Milligan	36	Medford, MA	1:17:02
111.	Chip Kelley	34	Cape Elizabeth	1:17:07
112.	Charles Spies	38	Tophsam	1:17:09
113.	Amy Cook	31	Newmarket, N.H.	1:17:09*
114.	David Benn	50	Waterville	1:17:13
115.	James Moore Jr.	52	Waterville	1:17:21
116.	Bob Brosius	43	Winthrop	1:17:27
117.	Katie Reid	20	Kennebunkport	1:17:29*
118.	Christy Peters	24	Portland	1:17:31*
119.	Kelly Wood	32	Windham	1:17:42*
120.	Richard Fedion	62	North Conway, N.H.	1:17:45
121.	Dick Lajoie	55	Durham	1:17:46
122.	Janet Parkinson	44	Portsmouth, N.H.	1:18:14*
123.	Stephen Schuit	44	Peaks Island	1:18:22
124.	Pamela Hewett	29	Yarmouth	1:18:26*
125.	Stephen Micciche	35	Cape Elizabeth	1:18:26
126.	Chris Scontras	39	Cape Elizabeth	1:18:27
127.	James Williams	42	Cape Elizabeth	1:18:34
128.	Liz Scribner	25	Portland	1:18:36*
129.	Susan Ehnstrom	39	Dover, N.H.	1:18:37*
130.	Ron Paquette	54	Albion	1:18:43
131.	Robert Coburn	59	Medford, MA	1:18:49
132.	Anne Davidson	31	Boston, MA	1:18:53*
133.	Dustin Rand	21	Boston, MA	1:19:06
134.	Marjorie Tennyson	42	Brunswick	1:19:23*
135.	Thomas Conley	44	Sanford	1:19:25
136.	William Cookson	35	South Portland	1:19:30
137.	Dan Callahan	52	Woburn, MA	1:19:35
138.	Cecile Fontaine	45	Portland	1:19:58*
139.	Chris Salamone	36	South Portland	1:20:00
140.	Lawrence Winchell	45	Rochester, N.H.	1:20:17
141.	Russ Bradley	72	Cape Elizabeth	1:20:22
142.	Thomas Harlow	49	Pownal	1:20:23
143.	Walter Webber	65	So Portland	1:20:25
144.	Sharon Wilbraham	31	Orr's Island	1:20:39*
145.	Chris Gould	40	Waldoboro	1:21:11
146.	Joan Reynolds	39	Arrowsic	1:21:23*
147.	Michael J Cowell	58	Yarmouth	1:21:42
148.	Maureen Sproul	39	New Gloucester	1:21:46*
149.	Robert Spurrier	47	Exeter, N.H.	1:22:04
150.	Donald Zillman	51	Portland	1:22:31
151.	Brian Barnes	30	Portland	1:22:42
152.	George Cooper	40	Portland	1:22:52
153.	Amanda Russell	37	Edgecomb	1:22:57*
154.	Kevin Conley	27	Portland	1:23:16
155.	John Parker	64	Hampton Falls, N.H.	1:23:20
156.	Wayne Ayers	41	Crawford	1:23:24
157.	Mark Bruns	37	Gray	1:23:28



158.	Dick Keller	53	Newmarket, N.H.	1:23:29
159.	Fred Merriam	48	Bucksport	1:24:06
160.	Joan Merriam	47	Bucksport	1:24:10*
161.	Maurice Harmon	45	Scarborough	1:24:11
162.	Russ Connors	63	Cape Elizabeth	1:24:12
163.	Kim Lynch	36	Wiscasset	1:24:14*
164.	Gerard Salvo	41	Portland	1:24:18
165.	Bob Lanigra	53	Scarborough	1:24:32
166.	Ralph Butts	34	Gray	1:25:11
167.	Milt Dudley	44	Bath	1:25:22
168.	Bill Dowd	48	Portland	1:25:33
169.	Cindie Poliquin	38	Exeter, N.H.	1:25:38*
170.	Rich Collins	39	Stratham, N.H.	1:25:40
171.	George Conly	47	Cape Elizabeth	1:26:01
172.	Nancy Murphy	48	Biddeford	1:26:13*
173.	Philip Scavotto	36	Portland	1:26:29
174.	Rick O'Brien	49	Portland	1:26:41
175.	Jessica Sutton	21	Lewiston	1:26:50*
176.	Sandra Hodnett	47	Kennebunk	1:26:52*
177.	Ilse Abusamra	20	Lewiston	1:27:00*
178.	Susan Kolakowski	38	Auburn	1:27:12*
179.	John Cullinane	52	Auburn	1:27:13
180.	Louisa Dunlap	55	Belfast	1:27:14*
181.	Steve Collins	58	Bridgton	1:27:20
182.	Carlton Mendell	74	Portland	1:27:36
183.	Frank Morong	62	South Portland	1:27:37
184.	Marika Rohn	22	Lewiston	1:27:50*
185.	Don Kent	43	Portland	1:28:27
186.	John Fielder	54	Bangor	1:28:40
187.	Rocco Corsetti	48	Westbrook	1:28:43
188.	Ruby McDonald	40	South Harpswell	1:28:46*
189.	Brenda Costello	42	South Harpswell	1:28:47*
190.	Brenda Flanagan	26	W Newton, MA	1:29:23*
191.	Mark Farley	28	Stoughton, MA	1:29:31
192.	Steve Robbins	35	Holliston, MA	1:29:39
193.	Steve Perry	45	Portland	1:29:43
194.	Tom McMillan	49	Windham	1:29:45
195.	Donnajean Pohlman	45	Albion	1:29:50*
196.	Alissa Kerry	32	Brunswick	1:30:12*
197.	Charlie Gordon	48	Brunswick	1:31:12
198.	Polly Kenniston	59	Scarborough	1:32:01*
199.	Whitney Mitchell	41	Grantham, N.H.	1:32:48
200.	Lori Ann Lizewski	24	Bath	1:33:20*
201.	St. John Hall	35	Portland	1:33:59
202.	Gregory Norton	36	South Portland	1:35:15
203.	Judy Coates	44	Cambridge, MA	1:35:25*
204.	Richard Hart	49	Portland	1:35:31
205.	Linda O'Malley	44		1:37:32*
206.	Tom O'Connor	44	Westbrook	1:38:01
207.	Constance Barrett	38	South Portland	1:38:29*
208.	Catherine LaPointe	37	Gorham	1:40:28*
209.	Lois Tiedeken	41	Peaks Island	1:40:30*
210.	Marsha Greenberg	46	Peaks Island	1:40:42*
211.	Susan Percy	41	New Gloucester	1:41:18*
212.	Robert Sickel	13	Brunswick	1:42:13
213.	Bill Davenny	51	Portland	1:43:04
214.	Daniel Casale	34	Portland	1:45:21
215.	Kelly Ehrgott	24	Medford	1:46:19*
216.	Sally Gore	32	Freeport	1:47:09*
217.	John Gale	39	Portland	1:48:35
218.	Pamela Kinner	36		1:51:51*
219.	Mark A. Clinch	39	Gorham	1:57:09
220.	James Higgins	41	Portland	2:03:40

X-C Ski Race

Sugarloaf Sprint Relays

Dec. 16

3x2.5K Mixed Classic Relays

1	Jarpen Ski/Sweden	18:58.5
	Lennart Bangman	6:33.7
	Stefan Berglund	6:11.4
	Ulf Anderson	6:13.4
2	Stratton Mt. School Men #1	19:51.2
	Chris Klein	6:30.0
	Will Rastron	6:22.7
	Chris Robertson	6:58.5
3	Holderness Men #1	21:13.4
	Ben Trafton	7:12.5
	Mark Walrod	6:50.8
	Will Trafton	7:10.1
4	Western Maine Men	22:12.2
	Rick Chalmers	7:46.2
	Karl Johnson	7:17.2
	Dan Works	7:08.8
5	Jarpen Ski/Sweden	23:05.5*
	Laila Nilsson	7:43.3
	Veronica Tiren	7:25.2
	Eva Forsberg	7:57.0
6	ECMF	23:08.4
	Jeff Meserve	8:24.7
	Mark Danyla	7:35.4
	Dave Nordstrom	7:08.3
7	Stratton Mt. School Men #2	23:08.9
	Ethan Foster	7:48.5
	Spencer Morris	8:19.3
	Tim Woodbury	7:01.1
8	CVA Nordic	23:40.9
	Adam Masterman	7:45.7
	Sam Trafton	8:12.9
	Mike Savoie	7:42.3
9	Sugarloafers	24:08.8
	Peter Gagnon	8:26.9
	Dick Trafton	7:56.9
	Buzz Davis	7:45.0
10	Freaks and Clowns	24:09.5
	Nate Alsobrook	7:50.8
	Kris Guyot	9:05.4
	Mike Yeo	7:13.3
11	Western Maine Women	24:18.0*
	Dorcas Wonsavage	8:06.9
	Tina Meserve	8:32.2
	Sue Foster	7:38.9
12	Leavitt Men #1	24:24.0
	Marty Beale	7:12.2
	Neal Rioux	8:40.1
	Jason Leavitt	8:31.7
13	Holderness Men #2	25:06.9
	Nick Wolcott	8:32.8
	Bret Ingold	8:54.8
	Matt Tanz	7:39.3
14	Stratton Mt. School Wm. #1	25:23.3*
	Kristina Joder	7:58.2
	Beth Naylor	8:37.8
	Hannah Gregory	8:47.3
15	Leavitt Men #3	25:36.6
	Joshua Hiscock	8:38.8
	Erik McCarthy	7:58.0
	Justin Maurer	8:59.8
16	Holderness Women	26:26.7*
	Lara Dumond	8:30.5
	Kate Hendel	8:34.9
	Becca Hansen	9:21.3
17	Holderness Men #3	26:52.7
	Andrew Johnstone	7:48.0
	Peter Nelson	8:12.5
	Joe Kelleher	10:52.2
18	Team Beal	27:31.3*
	Heather Beal	10:28.5
	Richard Beal	10:27.0
	Seth Beal	7:00.6
19	Team Fitz/Driscol	27:42.4*
	Bob Fitzpatrick	9:45.4
	Marissa Fitzpatrick	9:19.3
	Daniele Driscoll	8:37.7
20	Leavitt Men #2	28:41.7
	Justin Saar	9:32.5
	Eddie Van Tassle	9:32.6
	Chris Dostie	9:36.6
21	Stratton Mt. School Wm. #2	29:59.1*
	Hope Thornton	10:13.8
	Gia Magaro	9:27.9
	D.J. Hansen	10:17.4
22	Stay Outta Our Way	30:29.7*
	John Upton	9:43.8
	Anne Upton	11:13.8
	Jeff Foltz	9:32.1
23	Leavitt Women #1	30:43.*
	Sara Plummer	10:58.2
	Amy Bealeau	9:58.8
	Kathy Dostie	9:46.8
24	Team Upton	31:51.7*
	Cecily Upton	10:28.5
	Ted Upton	11:25.3
	Andy Hall	9:57.9
25	Leavitt Women #2	33:23.7*
	Melanie Chabot	10:29.8
	Brooke Pinkham	10:48.7
	Jen Bissonette	12:05.2

X-C Ski Race

Sugarloaf Wild Moose Run 7K & 5K

Dec. 17

7K

Men 17-20

1	Stefan Berglund	Sweden	22:24.0
2	Lennar Bangman	Sweden	22:45.2
3	Will Rawstron	Stratton,VT	23:06.2
4	Stephen Donahue	Norwich,VT	23:33.7
5	Ulf Andersson	Sweden	23:48.0
6	Justin Dumond	Plymouth,NH	24:09.8
7	Matt Whitcomb	Worthington,MA	24:17.1
8	Eric Maas	Hanover, NH	24:17.6
9	Justin Freeman	Lewiston	24:21.7
10	Ben Kamilewicz	Yarmouth	24:42.2
11	Seth Beal	Phillips	24:43.2
12	Chris Robertson	Stratton,VT	25:11.9
13	Martin Beale	Turner	25:31.8
14	Will Trafton	Plymouth,NH	25:38/3
15	Nik Kennedy	Lenox,MA	25:57.7
16	Joran Elias	Auburn	26:06.5
17	Michael Carey	Leeds	26:07.9
18	Mark Florenz	Paris	26:07.9
19	Mark Walrod	Acton,MA	26:12.6
20	Matthew Voisin	Lanesboro,MA	26:12.8
21	Sam Lee	Campton,NH	26:16.0
22	Shams Helminski	Putney,VT	26:17.4
23	Jesse Brettinger	Hanover,NH	26:20.2
24	Dan Graham	Lewiston	26:26.5
25	Tim Woodbury	Sullivan,NH	26:30.5
26	Eric Tremble	South Hero,VT	26:32.5
27	Chris Connard	Lewiston	26:41.8
28	Andy Christiansen	Essex,VT	26:43.1
29	Nick Trantz	Cabot,VT	26:45.6
30	Matthew Molyneux	Middlebury,VT'	26:51.3
31	Russell Japikse	Norwich,VT	26:52.8
32	Ben Trafton	Plymouth,NH	26:54.0
33	Michael Johnson	Hanover,NH	26:55.0
34	Adam Masterman	Phillips	26:55.8
35	Scot Sawyer	Bethel	27:11.9
37	Adrian Anderson	Kingfield	27:13.4
38	David Thomas	Lenox,MA	27:20.9
39	Deven Morrill	Wilton	27:23.3
40	Stephen Maas	Newport,VT	27:25.3
41	Spencer Newell	E. Burke,VT	27:27.4
42	Joel Riley		27:41.1
43	David Dyrenforth	Chocorua,NH	28:09.2
44	Nicholas Miller	Lincoln,MA	28:16.9
45	Michael Savoie	Kingfield	28:17.5
46	Mark Brosseau	Hanover,NH	28:23.3
47	Morgan Samler	Brandon,VT	28:30.5
48	Pete Broomhall	Conway,NH	28:36.7
49	Steven Curtis	Cumerland	28:49.1
50	Joshua Walton	Colby	28:56.0
51	Jamie Salo	Sterling,MA	29:20.9
52	Nicholas Osborne	Concord,NH	29:30.6
53	Forrest Janukajtis	Greensboro Bend,VT	29:34.5
54	Clifford Morgan	Littleton,NH	29:36.1
55	Jeremy Broughton	Rumford	29:37.2
56	Brandon Robin	Mexico	29:37.6
57	Brian Muh	Littleton,NH	29:42.9
58	Colby Smith	Cumberland	30:12.8
59	Nick Wolcott	Plymouth,NH	30:23.5
60	Brian Hoffer	Wayland,MA	31:12.6
61	Chad Nelson	Bath	32:07.4
62	Jesse Alt	Phillips	32:19.7
63	Kristopher Guyot	Cumberland	32:47.9
64	Nate Jewell	Bath	33:43.4
65	Pete Bugoni	Bath	36:14.0
66	Brandon Stratton	Bath	36:27.4
67	Dave Babin	Littleton<NH	40:44.8

Senior and Master Men

1	Chris Klein	Utica,NH	22:19.7
2	Colter Leys	Hanover,NH	22:50.7
3	Cory Smith	Hanover,NH	22:59.4
4	Richard Bolt	Lunenburg,MA	23:12.3
5	David Chamberlain	Wilton	23:17.4
6	Brant Stead	Hanover,NH	23:30.0
7	Brian Carlson	Waterville	24:16.3
8	Tim Naylor	Jericho,VT	25:23.2
9	Dan Works	Auburn	25:37.0
10	Dan Voisin	Lewiston	25:38.9
11	Rick Chalmers	Portland	25:49.3
12	Robert Walsh	US Disabled ST	25:54.9
13	Jefferson Goethals	Waterville	26:13.0
14	Karl Johnson	Carrabassett	26:19.9
15	Michael Yeo	Cumberland	26:29.7
16	Chritian Oberle	W. Dover,VT	26:31.7
17	Raul Siren	Athens	26:53.3
18	Jefrey Meserve	Livermore	27:03.5
19	Chris Dorion	Orono	27:07.2
20	Nate Aslobrook	Derby,VT	27:21.3
21	John Eldredge	Cumberland	27:47.8
22	Mike Simoneau	Jay	
23	Chuck Broomhall	Conway,NH	28:42.8
24	Rob Craig	Cumberland	29:26.3
25	Jeff Foltz	Rangeley	35:13.5

Senior and Master Women

1	Sue Foster	Bar Harbor	27:56.2
2	Lara Burgell	Hanover,NH	28:49.8
3	Annie McKee	Hanover,NH	30:56.3
4	Tina Meserve	Livermore	31:09.8
5	Anne Donaghy	Meriden,NH	31:39.0
6	Sarah Cushman	Cambridge,MA	32:05.9
7	Janine M. Dumond	Plymouth,NH	40:59.1

5K

Men 15-16

1	Eamonn Donovan	Norwich,VT	16:24.0
2	Ethan Foster	Weston,VT	17:05.7
3	Dan Chafee	W. Lebanon,NH	17:18.3
4	Matthew Tanz	New York,NY	17:53.8
5	Simon Issacs	Norwich,VT	18:29.3
6	Spencer Morris	Stratton,VT	19:04.1
7	Sam Trafton	Carrabassett Val.	19:06.6
8	Seth Neal	Vienna	19:47.5
10	Aaron Easton	Waterford	21:02.1
11	J.D. Evans	Gilford,NH	21:16.5
12	Brian Arsenault	Rumford	22:30.6

Women 15-16

1	Kate Whitcomb	Worthington,MA	18:17.1
2	Sara Donahue	Norwich,VT	19:11.1
3	Erin Wheeler	E. Burke,VT	19:50.2
4	Daisy Pierce	Belmont,NH	20:10.0
5	Erin Morrisey	Hopkington,NH	20:23.2
6	Lindsey Molyneux	Worthington,MD	20:30.3
7	Jen Dalley	E. Burke,VT	20:41.5
8	Taylor Danaghy	Meriden,NH	21:22.8
9	Megan Greenleaf	Norway	22:04.1
10	Cecily Upton	Cape Elizabeth	22:14.9
11	Megan Morrisey	Littleton,NH	22:34.2
12	Rebecca Griffin	Littleton,NH	22:55.5
13	Heather Beal	Phillips	24:26.7
14	Kathleen Lavallee	Littleton,NH	24:27.3

Women 17-20

1	Kristina Joder	Landgrove,VT	17:09.4
2	Eva Forsbert	Sweden	17:17.0
3	Laila Nilsson	Sweden	17:19.8
4	Kristin Myklebust	Campton,NH	17:39.1
5	Katie Gould	Lewiston	17:40.8
6	Veronica Tiren	Sweden	18:07.8
7	Chris Shaner	Hanover,NH	18:30.2
8	Jennifer Bergeron	Lewiston	18:45.2
9	Liz McGoldrick	Littleton,NH	19:09.4
10	Lara Dumond	Plymouth,NH	19:12.5
11	Jordan Manges	W. Burke,VT	19:13.4
12	Molly Denk	Hanover,NH	19:19.1
13	Kathryn Hendel	Plymouth,NH	19:32.2
14	Hannah Gregory	Stratton,VT	19:39.4
15	Beth Naylor	Stratton,VTG	19:45.9
16	Sarah Kate May	Littleton,NH	19:56.9
17	Arika Poulin	Readfield	19:56.9
18	Kristin Committo	Cambridge,MA	20:11.3
19	Maggie Shaner	Norway	20:12.2
20	Rebecca Weaver	Lenox,MA	20:17.7
21	Mora Kendrick	Conway,NH	20:25.4
22	Kristin Greene	Littleton,NH	20:31.1

23	Hannah Sessions	Middlebury,VT	20:42.1
24	Marissa Fitzpatrick	Northboro,MA	20:44.2
25	Gia Magaro	Stratton,VT	20:44.9
26	Sarah Florenz	Paris	20:49.6
27	Liz Hollenback	Shelburne,VT	20:53.6
28	Heather Decker	Farmington	21:10.5
29	Kathy Dostie	Turner	21:11.5
30	Jennifer Lane	Waterville	21:12.0
31	Alexandra Stark	Fitzwilliam,NH	21:17.6
32	Laura Labor	Newport,VT	21:22.3
33	Betsy Upham	Farmington	21:34.1
34	Danielle Driscoll	Carlisle	21:46.8
35	Rachel Coffield	Bennington,VT	22:03.2
36	Rebecca Hanson	Plymouth,NH	22:04.9
37	Megan Kelly	Norwick,VT	22:10.7
38	Briah Carey	Rumford	22:13.8
39	Ann Conover	Sudbury,MA	22:38.8
40	Hope Thornton	Stratton,VT	22:44.2
41	Susan Monahan	Littleton,NH	22:46.8
42	Zanna Campbell	Littleton,NH	23:02.4
43	Sadye Johnson	N. Yarmouth	23:10.7
44	Tiffany Reed	Carrabassett Val.	23:22.9
45	Amy Lane	Marlboro,MA	23:39.9
46	Allison Trafton	Topsham	24:02.2
47	Holly Dodge	Worthington,MA	24:08.5
48	D.J. Hansen	Stratton	24:08.7
49	Kristen Graham	Bath	25:28.9
50	Lauren Lockey	Bath	27:03.0
51	Shannon Curry	Bath	27:05.0
52	Carly Bronson	Bath	27:05.9
53	Stacey Babb	Bath	31:07.2

Snowshoe Race

Redfeather 7.5K Snowshoe Race

Sugarloaf - Jan. 7

Those devoted to running-race results will notice the familiar names here. Could this be the start of something?

1	John Mathieu	Bath	30:03
2	David Drew	Litchfield	31:40
3	Roland Lapointe	St. Georges,PQ	31:50
4	Craig Wilson	Kittery Pt.	32:14
5	Lee Martin	Winterport	32:25
6	Gaetan Roy	St. Prosper, PQ	32:50
7	Richard Collins	Stratham,NH	34:14
8	Chase Pray	Greene	34:23
9	Tom Swan	Manchester	36:04
10	Randall Martin	Fort Kent	36:55
11	Mario Veilleux	Beauleville,PQ	38:26
12	Hiram Adelman	Orono	40:32
13	Susan O'Brien	Hampden	41:03*
14	Deb Merrill	Brunswick	42:41*
15	Brenda Lopotro	Winterport	43:29*
16	Gary Fountain	Southwest Harbor	50:20
17	Maria Cronin	Charlestown,MA	51:02*
18	Katie Dinsmore	Charlestown,MA	53:35*

X-C Ski Race

12th Carter's Last Stand

Bethel - Jan. 1

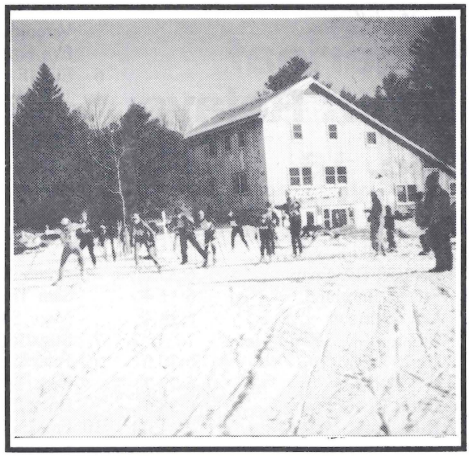
On January 1, Carter's X-C Ski Center hosted its annual Carter's Last Stand, featuring classic and skating races over a 5.5K course.

Classic

1	John Eldredge	16:40
2	Rob Craig	17:36
3	Dan Birch	19:42
4	Bruce Bierce	20:33
5	Joe Hardy	20:37
6	Owen Haskell	21:01
7	Chase Pray	21:33
8	John Tarling	24:59
9	Kathy Bierce	39:13*

Skating

1	Rick Chalniers	14:34
2	Doug Zinchuk	15:29
3	Bruce Gridley	17:21
4	Richard Davidson	21:15



5	Larry Thompson	22:04
6	Brian Zinchuk	26:39
7	Rick Tobin	27:15
8	Barb Parker	36:35*
9	Tom Swan	36:42
10	Julie Griffin	42:00

X-C Ski Race

Loki's Loppet 10K

Farmington - Jan. 14

Classic

1.	Ron Newbury	Auburn	35:29
2.	Karl Johnson	Carrabassett Valley	36:13
3.	Rick Chalmers	Portland	36:23
4.	Raul Siren	Athens	36:26
5.	John Eldredge	Cumberland	36:31
6.	Dan Works	Auburn	36:47
7.	John Tarling	Cumberland	37:48
8.	John Chase	Monson	38:09
9.	Sue Foster	Carrabassett Valley	38:18*
10.	Paul Corrigan	St. Albans	38:50
11.	Chris Dorion	Orono	39:39
12.	Robert Hamel	S. Lancaster, MA	39:44
13.	Brian McCrea	Freeport	40:01
14.	Steven Curtis	Cumberland	40:31
15.	Curtis Cole	S. Paris	41:33
16.	Peter Gagnon	Minot	41:35
17.	Kris Guyot	Cumberland	41:47
18.	Colby Smith	Cumberland	41:56
19.	Dan Buck	Readfield	43:00
20.	Chase Pray	Greene	43:53
21.	Alice Goodwin	Brunswick	44:30*
22.	Bruce Bierce	Hiram	45:01
23.	Joe Hardy	Wells	45:42
24.	Mike Wilson	Yarmouth	46:04
25.	Michael Eddy	Lancaster, N.H.	46:14
26.	Owen Haskell	New Gloucester	46:15
27.	Jeff Foltz	Rangeley	49:12
28.	Saranne Taylor	Norway	49:20*
29.	Mark Lickus	Yarmouth	52:13
30.	Cynthia Davis	Falmouth	59:15*
31.	Kathryn Bierce	Hiram	61:08*

Freestyle

1.	Dan Works	Auburn	34:32
2.	Ron Newbury	Auburn	36:04
3.	Adam Masterman	Phillips	37:28
4.	Paul Corrigan	St. Albans	37:38
5.	Sue Foster	Carrabassett Valley	38:07*
6.	Chris Dorion	Orono	38:25
7.	John Eldredge	Cumberland	38:54
8.	Rick Chalmers	Portland	39:01
9.	Richard Saltonstall	Jefferson	39:03
10.	Robert Hamel	S. Lancaster, MA	39:15
11.	David Herr	Canaan, VT	39:26
12.	Karl Johnson	Carrabassett Valley	39:44
13.	Ludo Bruyere	Augusta	41:08
14.	Brian McCrea	Freeport	41:32
15.	John Tarling	Cumberland	41:47
16.	Ethan Masterman	Phillips	42:00
17.	Raul Siren	Athens	42:28
18.	Curtis Cole	S. Paris	44:27
19.	James Drew	Boxborough, MA	44:45
20.	Seth Downs	Jefferson	44:54
21.	Dirk Stewart	Manchester	45:31
22.	Jim Dowling	Buckfield	47:33
23.	Bruce Gridley	Portland	48:19
24.	Michael Eddy	Lancaster, N.H.	51:28
25.	Tom Swan	Manchester	52:13
26.	Robert Masterman	Phillips	52:33
27.	Saranne Norway		52:40*
28.	Jeff Foltz	Rangley	56:05
29.	Gregg Silloway	S. Portland	56:22

X-C Ski Race

Flying Moose Classic

Bethel - Feb. 4

20K

1.	Rick Chalmers	1:00:51
2.	Dan Works	1:00:55
3.	Ron Newbury	1:02:05
4.	Tom Thurston	1:02:18
5.	Karl Johnson	1:02:24
6.	Mason Dwinell	1:02:28
7.	Raul Siren	1:02:54
8.	Doug Armstrong	1:03:38
9.	John Tarling	1:03:43
10.	Kirk Siegel	1:03:48
11.	John Eldredge	1:03:51
12.	David Freedman	1:04:16
13.	Ken Kimball	1:07:03
14.	Chris Dorion	1:07:38
15.	Mike Simoneau	1:09:02
16.	Robert Hamel	1:09:18
17.	Ray Koleser	1:09:38
18.	Curtis Cole	1:11:09
19.	Dyk Eusden	1:11:12
20.	Chris Barstow	1:17:13
21.	Mike Marino	1:17:20
22.	Alice Goodwin	1:18:12*
23.	Richard Marino	1:19:17
24.	Joe Hardy	1:20:13
25.	Jeff Newsom	1:20:33
26.	Chase Pray	1:22:49
27.	Robert Soboleskiq	1:26:11
28.	Steve Swenson	1:29:12
29.	Saranne Taylor	1:29:38*
30.	David Walker	1:32:20
31.	Mike Guilfoy	1:32:39
32.	Dick Graves	1:43:07
33.	Robert Green	2:06:08
34.	Regan Young	2:51:40

10K

1.	John Esposito	41:01
2.	A.Hausman-Rogers	41:02
3.	David Roberts	42:03
4.	Rob Craig	42:57
5.	Bruce Bierce	47:08
6.	James Reuter	49:35
7.	Sean Fitzpatrick	50:05
8.	Peter Rackliffe	50:17
9.	Elizabeth Thorne	52:25*
10.	Tim Kipp	52:28
11.	Michael Beaudoin	53:40
12.	Jeffrey Banger	56:01
13.	Fred Beck	57:40
14.	Bucky Owen	58:14
15.	Earl Stetson	59:54
16.	Candace Armstrong	1:01:49*
17.	Michael Michalski	1:02:34
18.	Kathy Bierc	1:02:51*
19.	Sandra Thaxter	1:04:40*
20.	Matt Dickerson	1:06:59
21.	Dwayne Clement	1:11:58
22.	Tom Zappala	1:13:29
23.	Ronnie Ann Pelletier	1:21:21*

24.	Brenda Bailey	1:25:20*
5K		
1.	Rob Walsh	17:51
2.	Dustin Rice	22:38
3.	Larry Thompsom	23:48
4.	Matt Marston	23:55
5.	Paul Murphy	24:06
6.	Frank Marston	24:57
7.	William Ambrose	25:48
8.	Marc Dube	27:09
9.	Andrea Beale	29:18*
10.	Alec Smith	29:37
11.	Thomas De Lucco	30:01
12.	Bruce Hunter	33:47
13.	Monica Browne	36:20*
14.	Joe Nowak	37:10
15.	Pam Griffin	37:39*
16.	Marianne Skeen	38:48*
17.	Monica Blank	42:26*
18.	Deborah Dickerson	43:47*
19.	Patricia Post	44:01*
20.	Les Swartley	44:03
21.	Scott Tanner	52:36
22.	Zak Merwe	53:00
23.	Karen Ginter	1:05:09*
24.	Gerald Hajarian	1:15:32
25.	Sherry Atwood	1:15:47*

X-C Ski Race

Acadia Crossing 15K

Feb. 18

This race was postponed once for lack of snow during our on-again, off-again winter. And snow is perennially a problem on seabound Mt. Desert Island. But everything worked out for the best in this best of all possible (when there is snow) locales for a cross-country ski race. It was no - exaggeration at all - a magnificent day! Sunny, the temperature in the mid- to high twenties, a fresh coating of powder. Green wax with a little blue underfoot applied several weeks before on my old wooden Bonnas seemed to work perfectly. (I am not what you would call a contemporary, high-tech competitor. My boots were what I use for ski mountaineering.)

The scenery from the perfectly landscaped carriage roads is positively distracting. There were two classic tracks set on either side of the roads, with the skaters using the path between them. It was a very laid-back, friendly crowd at the "dormitory" of the Jordan Pond House, but there were some spectacular racers among them. Sue Foster of Bar Harbor, who recently won an age-group national championship, almost edged out Raul Siren of Solon in a photo finish for third and fourth place skaters. Raul, who was to head off in a few days to the Vassalopet in Sweden, the grandaddy of all ski marathons, is, at 51, the holder of two age-group national championships! We grow some good skiers here in Maine, although Raul originally hails from a Finnish island where they speak Swedish.

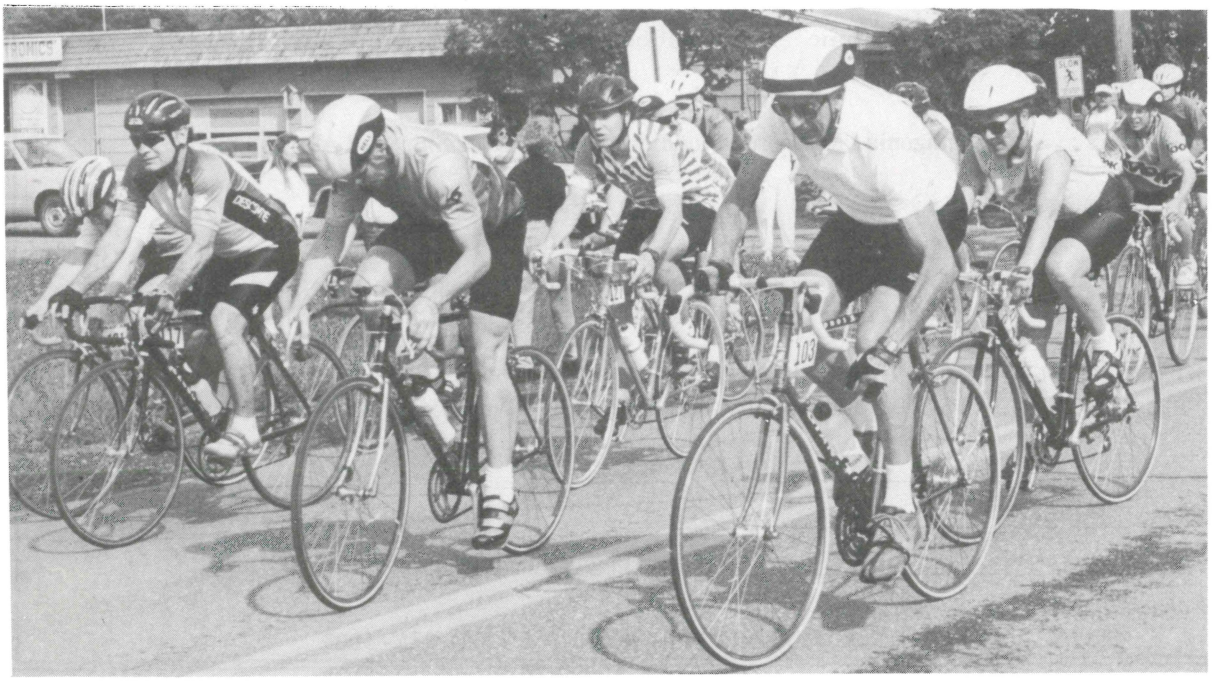
The freestyle (skating) winner, Karl Johnson, Sue's husband, complained that he had a devil of a time shaking his wife from being right on his tail. "She's getting better and better," he noted. This winter she has been working at the Sugarloaf Ski Touring Center, so she must be getting in a lot of practice. (LT)

Classic

1.	Bruce Bierce	30-39	47.52.48
2.	Angus Badgor	20-29	49.09.91
3.	Kurt Lietz	40-49	52.49.13
4.	Norm Hawes	50+	52.52.93
5.	Fred Beck	50+	56.32.88
6.	Dick Church	50+	57.28.53
7.	Kathy Bierce	20-29	57.49.11*
8.	Dennis Smith	50+	58.25.11
9.	Rudy Rawcliff	40-49	58.45.78
10.	Jim Bright	40-49	1.00.01.54
11.	Lance Tapley	50+	1.00.02.40
12.	Jim Fernald	30-39	1.01.29.39
13.	Ted Bechard	30-39	1.01.36.53
14.	C.J. Bennett	40-49	1.02.34.37
15.	Stephen Langley	40-49	1.05.35.78
16.	David Demere	30-39	1.13.45.54
17.	Gary Friedman	40-49	1.15.32.06
18.	Andrea Bechard	30-39	1.16.10.22*
19.	Jim Elk	40-49	1.17.07.18
20.	David Manski	40-49	1.19.58.83
21.	Mark Vernald	40-49	1.21.19.28
22.	Peter d'Entremont	40-49	1.22.20.35
23.	John Keegan	40-49	1.22.46.87
24.	Margot Haertel	50+	1.24.55.68*
25.	Ed Paymaker	50+	1.35.11.43
26.	Richard Manzo	40-49	1.43.18.53
27.	Ellen Manzo	30-39	1.43.38.01*
28.	Anthony Mourkas	40-49	1.51.49.64

Skating

1.	Karl Johnson	30-39	32.40.93
2.	Richard Saltonstall	30-39	32.57.32
3.	Raul Siren	50+	33.58.02
4.	Sue Foster	30-39	33.58.31*
5.	Chris Dorion	30-39	37.36.71
6.	Craig Balco	20-29	38.16.26
7.	Michael Hartley	30-39	44.30.00
8.	Lars-Erik Siren		45.38.14
9.	Paul Templeton	30-39	47.07.96
10.	George Leone	40-49	48.07.55
11.	Bob Massucco	50+	49.55.28
12.	Richard Thompson	50+	52.99.77
13.	Amanda Thompson		52.47.58*
14.	Kevin Bedford	40-49	54.38.84
15.	Dick Hale	50+	56.16.35
16.	Betsy Saltonstall	30-39	59.5.18*
17.	Paul Haertel	50+	1.04.59.35
18.	Walter Barnhardt	30-39	1.05.11.32



Speeding Toward You: Our Annual Bicycling Issue in April

THE GREAT MT. ABRAM
UPHILL-DOWNHILL TELEMARK RACE
SUNDAY, MARCH 17, 1996

Registration:	8:30 - 9:45 AM	(Baselodge - West Wing)
Uphill Start Time :	10:00 AM	(Base Area - Near Mini T-Bar)
Downhill Start Time :	11:30 AM	(Race Arena)
Award Presentation :	3:00 PM	(Loose Boots Lounge/ Baselodge)

The Great Race, as its name suggests, has two parts :

Part One : The uphill section consists of a climb up one of the trails at the Duane's Retreat trail area of Mt. Abram.

Part Two : The Downhill section consists of a giant slalom format, on Boris Badenov trail, with an optional jump and one uphill climbing turn. All turns must be in telemark form. Transgressors will be penalized.

Course has been designed to allow for skiers of ability levels to partake and have fun!! The same skis must be worn in both parts of the race. Prizes will be awarded for men's and women's classes, best uphill time, best downhill time, best combined time. There will be prizes for other competitive and non-competitive categories, too.

Event Sponsors : **Patagonia / Mahoosuc Mountain Sports / Teva/ Shipyard Ale and more**

Entry Form

Alpine /Telemark skiing is an inherently dangerous activity. In consideration of this entry I hereby waive and release any and all rights and claims for damages I may have against Ski Mt. Abram Inc., and any sponsors or volunteer.

UPHILL - DOWNHILL FEE : $5.00 (day of the event)
$4.00 (with this entry form if received by Wednesday, March 13th, 1996)

Name : _____ Age : _____ M/F : _____

Mailing Address : _____

Signature : _____ (Parent or guardian if under 18)

Please make checks Payable to : Ski Mt. Abram

Ski Mt. Abram / P.O. Box 120 / Locke Mills, ME 04255 (207) 875 - 5003

15TH ANNUAL KATAHDIN TRUST SNOW RUN

A CERTIFIED 5 MILE ROAD RACE OR 3 MILE WALK ,ON MARCH 30th , SPONSORED BY KATAHDIN TRUST AND WQHR 96.1 . RACE WINNERS IN THE OVERALL MALE & FEMALE DIVISIONS WILL EARN A $100.00 CASH PRIZE COURTESY OF KATAHDIN TRUST !! 1ST RACE OF THE 1996 COUNTY CHALLENGE !!!

WHERE & WHEN :	HOULTON H . S . / LOCKERS, SHOWERS & RESTROOMS SATURDAY MARCH 30, 1995 @ 11:00 A. M.
DISTANCE :	5.0 MILES, TAC CERTIFICATION #ME92002WN
REGISTRATION :	$10.00 FOR A LONG SLEEVE SHIRT OR $8.00 FOR A SHORT SLEEVE SHIRT POST RACE MEAL INCLUDED. PRE OR REGISTER ON RACE DAY
AWARDS :	TOP 5 MALE & TOP 3 FEMALE, THREE EACH PER AGE IST PLACE TEAM AWARD MALE & FEMALE
RELAY :	FIVE MEMBER TEAMS: MALE, FEMALE , MIXED ; EACH MEMBER RUNS A MILE ; BUS WILL DROP OFF & PICK UP RELAY RUNNERS AT THE MILE MARKERS PRE- REGISTRATION ONLY ! IST PLACE AWARDS
RESULTS :	COPIES OF RESULTS AND AGE GRADED RESULTS AVAILABLE RACE BENEFITS THE PINE TREE CAMP.

COURSE RECORD :
EARN A
$100 CASH PRIZE

$100.00 CASH PRIZE TO TOP MALE & FEMALE
+$100.00 FOR A COURSE RECORD

MALE : GILLES GAUTREAU 26:01
FEMALE : EUNICE PHILLIPS 31:56

NAME: _____ DATE OF BIRTH _____

ADDRESS : _____ CITY : _____ ST : _____ ZIP: _____

AGE : ___ SEX : ___ TEAM : _____ SHIRT SIZE : M ___ L ___ XL ___
CHECK SHIRT TYPE : LONG SLEEVE _____ (OR) SHORT SLEEVE _____
CHECK _____ (WALKERS DIVISION)

I FOR MYSELF , MY HEIRS, EXECUTORS, ADMINISTRATORS WAIVE & RELEASE ANY & ALL RIGHTS & CLAIMS FOR PERSONAL DAMAGE I MAY HAVE AGAINST RACE OFFICIALS & SPONSORS. I ATTEST AND CERTIFY THAT I AM PHYSICALLY FIT TO PARTICIPATE IN THIS RACE AND HAVE FULL KNOWLEDGE OF THE RISKS INVOLVED .

SIGNATURE : _____
(PARENTS SIGNATURE IS REQUIRED IF PARTICIPANT IS UNDER 18 YRS OF AGE)

FOR INFORMATION CALL 532- 6554 OR MAIL ENTRY AND FEE TO : S.A.D. # 29 ADULT EDUCATION.
P. O. BOX 190, HOULTON, ME 04730

FOR OFFICIAL USE :

PAID_____ SHIRT _____ BIB# _____

AGE ____ AGE CODE _____ AGE GR. FACTOR _____

APRIL FOOL'S POLE , PADDLE AND PAW RACE APPLICATION

RACE DATE: Saturday, March 30, 1996
START TIME: 1:30 PM
SPONSORED BY:

SUNDAY RIVER CROSS COUNTRY SKI CENTER

Sunday River Inn
Bethel, Maine

The Pole, Paddle and Paw Race is a triathlon event using cross country skis, canoes and snowshoes. Racers compete in two-person teams. Each team must provide their own equipment. There are no restrictions on equipment except that all racers must wear an approved PFD (Personal Flotation Device) during the canoe leg. The race has developed into a fun for all day with costumes, silliness and lots of laughs. Participation is open to all, the hard core skier or the general tourer, but don't leave your sense of humor behind, be prepared for anything, anybody, and above all have FUN!!
COMPETITORS:

NAME: _____ NAME: _____

ADDRESS: _____ ADDRESS: _____

_____ _____

PHONE: _____ PHONE: _____

T-SHIRT SIZE: _____ T-SHIRT SIZE: _____

I hereby release Sunday River Inn, a limited liability company, also doing trade under Sunday River Cross Country Ski Center, their owners, all owners over whose lands the race passes, and any person officially connected with this competition from all liabilities for any injury or damage whatsoever arising from participation in or presence at this event.

(Both team members must sign) _____

_____

Entry fee of $30 per team must accompany this form. Registration is from 9am to 11am. There will be a pre-race meeting at 12:00 noon at the cross country ski center. Entry fee includes T-shirts, prizes and post-race refreshments.

For more information contact: Sunday River Cross Country Ski Center at (207) 824 - 2410
RFD #2 Box 1688, Bethel, Maine 04217

ANNOUNCING the 5th ANNUAL

PRESIDENTIAL ROAD RACE

5 MILE and Kids 1K Fun Run
Kennebunkport, Maine
SUNDAY MARCH 31, 1996

Presidential Race 10:00 A.M.
Kids Race (12 rs. and under) 9:15 A.M.
For more information contact Race Director
David McCullough at 207-967-3227
Fax: 207-967-3293
P.O. Box 3005 KENNEBUNKPORT, ME 04046

- - - - - - - - - -- - - - - - - - - - - -

ENTRY FORM

First Name Last Name

Sex Age Date of Birth Phone #

Street Address

State Zip

PRE-REGISTRATION (no refunds) $8.00 * FREE Long Sleeve T-Shirts to the first 200 applicants, postmarked by March 21, '96

POST-REGISTRATION (after March 21) $10.00
On Site Registration Begins at 7:30 A.M.
KIDS 1K FUN RUN $ 3.00 *Prizes for all entrants

1996 Road Race T-Shirts, 100% cotton, heavy long sleeve $ 8.00
Quantity / Size ____ Med ____ Lg ____ XL
Checks Payable to: Presidential Road Race

UNITY COLLEGE IN MAINE

HC 78, Box 1
Unity, Maine 04988

CENTRAL MAINE STRIDERS, INC.

Proudly Announce The 15th Annual

"UNITY COLLEGE SPRING 5-K"

Saturday, April 13, 1996
10:00 A.M.

Unity College - Unity, Maine

The country setting of the Unity Campus is relaxed and comfortable, and the long downhill start guarantees you a super time as you do this out and back run through "downtown" Unity. This is one of the fastest, flattest 3.1 mile races in the state! Edie Dubord holds the course record for women (16:25). Pete Lessard's 14:29 still sets the standard for men.

ENTRY FEE: $3.00--not a misprint! Only $3.00! No Preregistration. Register race morning starting at 8:30 A.M.

RACE DIRECTOR: Gary Zane (948-3131)

FEATURES: Showers and Changing Rooms Available--Low-key, no frills event. One of Maine's fastest 5-K's. Join us after the race for breakfast in town!

COURSE: Fast! Starts and ends at Unity College. Turnaround Course.

AWARDS: Age group awards as set by Race Director. Door Prizes!

RESULTS: Published in Morning Sentinel, Interval, and Mainely Running.

Waiver & Entry Form -- Unity Spring 5-K

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

NAME: _____ Race # _____ AGE: _____ SEX: _____

ADDRESS: _____

TEAM or CLUB: _____

_____ SIGNATURE

_____ PARENT or GUARDIAN if under 18

SPRING FLING 5K ROAD RACE

PUT SOME SPRING IN YOUR LEGS AND PUT YOUR LEGS IN THIS SPRING RACE! THIS CHALLENGING TAC CERTIFIED COURSE FEATURES OUR VERY OWN HEARTBREAK HILL.

DATE: SATURDAY, APRIL 20, 1996
RACE TIME: 10:00AM
LOCATION: DOWN EAST FAMILY YMCA ELLSWORTH, ME
COST: $8 PRE-REGISTRATION
$10 RACE DAY REGISTRATION
FIRST 30 RUNNERS TO REGISTER RECEIVE FREE T-SHIRT.
TAC CERTIFICATION ME94018WN

****

REGISTRATION FORM

IN CONSIDERATION OF ACCEPTANCE OF THIS ENTRY, I HEREBY WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE YMCA AND ANY SPONSORS OR OFFICIAL VOLUNTEERS FOR ANY AND ALL INJURIES SUFFERED BY ME IN THIS ROAD RACE.

NAME:_____SHIRT SIZE_____ (L or XL)
MAILING ADDRESS_____
AGE_____M/F_____ PHONE_____
SIGNATURE_____(Parent or Guardian if under 18)
PLEASE MAKE CHECKS PAYABLE TO THE
DOWN EAST FAMILY YMCA
P.O. BOX 25, ELLSWORTH, ME 04605

The WHEB/Harbour Trail 5K Road Race

Rock & Roll 100.3 WHEB

PORTSMOUTH HARBOUR TRAIL

April 21st, 1996 • Portsmouth Middle School, Parrot Ave. • Portsmouth, NH

Sponsored by:

SMUTTYNOSE BREWING Co.

PORTSMOUTH TOYOTA

PORTSMOUTH GAS LIGHT CO.

Course: 3.1 miles of Historic Portsmouth, NH to include scenic waterfront.
Start: 9:00 am sharp at the Portsmouth Middle School
Finish: Portsmouth Middle School
Entry Fee: $10.00 pre-registration (by March 27)/$12.00 race day
Registration: 7:00 - 8:30 am at the Portsmouth Middle School
Plus: Water Stations, Splits, Police, Ambulance, & Traffic Control
Professional Timing: Granite State Race Services
Water Bottle: To all registrants
T-shirts: First 200 registrants
Prizes: Awarded to 1st and 2nd finishers in each category
Refreshments: served after the race
USATF Sanctioned
Certified Course
This race benefits a the Portsmouth Harbour Trail, an historic walking trail in Portsmouth
Race Director: Kathy MacDonald

Divisions:
M/F (12 and under)
Open M/F (13-19)
SubMasters M/F (30-39)
Masters M/F (40-49)
Sr. Masters M/F (50-59)
Grand Masters M/F (60-69)
Grand Masters M/F (70+)
Wheelchair

Directions:
From 95N or 95S, take Exit 7 and follow signs towards Strawberry Banke. Take Court St., to Junkins Ave. You'll see signs for the race from there.

Parking:
Ample parking is available.

Mail: Entry form, signed waiver, and check payable to:
Portsmouth Harbour Trail c/o Greater Portsmouth Chamber of Commerce,
500 Market Street, PO Box 239, Portsmouth, NH 03802-0239

WHEB/Harbour Trail 5K Road Race Entry Form

Last Name: _____ **First Name:** _____

Sex (M/F): _____ **Age on Race Day:** _____ **Date of Birth:** _____ - _____ - _____

Address: _____

City: _____ **State:** _____ **Zipcode:** _____ - _____

Work #: _____ - _____ - _____ **Home #:** _____ - _____ - _____

Are you a wheelchair participant? Y

WAIVER: 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 also know that, although police protection will be provided there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event, including but not limited to falls, contact with other participants, the effect of the weather, including high heat and/or humidity, and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharg WHEB, City of Portsmouth, Portsmouth Police, Race Officials, Volunteers, any and all sponsors, including their agents, employees, assigns, or anyone acting on their behalf, from any and all claims of death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, know and unknown.

The undersigned further grants full permission to WHEB, and the race management to use any photographs, videotapes, motion pictures, recordings, or any othe record of this event for any purpose.

*Application for minors accepted only with a parent's signature.

_____ **Signature of Athlete**

_____ **Signature of Parent or Guardian**

WESTBROOK COLLEGE IN ASSOCIATION WITH THE MAINE TRACK CLUB,
5K SPORTS, DALE RAND PRINTING, AND COASTAL ATHLETICS, PRESENTS THE

20th Annual

"APRIL AMBLE" 4 MILE RACE

SATURDAY, APRIL 27, 1996 AT 10 A.M.

1 MILE "FUN RUN" AT 9:15 A.M. (14 & under)

5K SPORTS

Maine Track Club

START: Westbrook College, Stevens Avenue, Portland, Me

ENTRY FEE: $8.00 Pre-Entry / $10.00 Post Entry - $6.00 All "Fun Run" Entrants

MAIL ENTRIES TO: "April Amble" / Brian T. Gillespie
Westbrook College Athletic Dept.
Stevens Avenue, Portland, ME 04103

RACE INFO: 207-797-7261 ask for Athletic Dept.
Race-day registration starting at 7:30 A.M. at **Finley Recreation Center.**
Numbers for all runners will be distributed at this time. Come ready to run!
Registration closes at 9:45 A.M. Shower facilities/Awards at 11:30 A.M.

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

HONORARY RACE STARTER: "Slugger" Portland Sea Dogs

AWARDS: 1 mile "Fun Run" 14 & under (10) 10 & under (10)
Portland Sea Dogs tickets and trophies

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

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

COURSE RECORDS

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

COASTAL ATHLETICS
SILKSCREENING & ATHLETIC SUPPLIES

FREE T-SHIRT TO FIRST 100 PRE-REGISTERED

NO BABY STROLLERS OR RADIO HEADSETS ALLOWED

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

LAST NAME _____ FIRST NAME _____ AGE ____ SEX ___

BIRTH DATE _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

CIRCLE ONE: WESTBROOK COLLEGE - STUDENT / STAFF / ALUMNI T-SHIRT SIZE: M L XL XXL
TEAM CHALLENGE - POLICE DEPT / FIRE DEPT

NO REFUNDS, EXCHANGES OR TRANSFERS

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

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

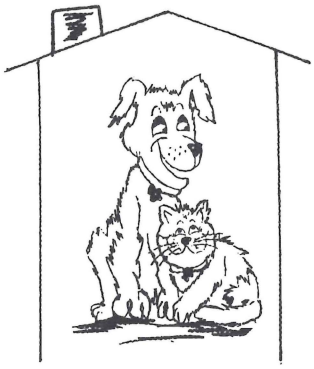
Checks payable to: Westbrook College

Second Annual

5K Pet Run

To Benefit: **The Animal Orphanage**

(A Shelter for Stray Animals)
Airport Road
Old Town, ME 04468



- **Sunday, April 28, 1996 10:30 AM**
- **Start & Finish at the Old Town - Orono YMCA**
- **I-95, Exit 51, 2 miles east on right**
- **Registration starts 9:00 AM**

- T-Shirts to first 50 paid full fee entrants, sponsored by **Governor's Restaurant.**
- Pets welcome, but optional; (must be on a leash) and will start at back of runners, unless racing.
- Prizes for top 3 in each age group, as well as overall. Special awards and categories for pets.

Course Records

Men:	*Jeff Young / 15:25*	***Women:***	*Merrily Prest-Clayton / 20:14*
Master:	*Rusty Taylor / 17:50*	***Master:***	*Partice Lastufka / 21:46*
Male Canine:	*"Riley" Lewey / 17:16*	***Female Canine:***	*"Sasha" Tuckerman / 20:05*
Race Walker:	*Judy Dickie / 31:52*	***Feline:***	*"Razmus" Lott / 51:46*

PLEASE CLIP AND MAIL TO RACE DIRECTOR: Roberta Fowler, 7 Seventh Street, Old Town, ME 04468 (207-827-2658). ***$8 fee for runners.*** **If walking for family fun to help raise money for The Animal Orphanage, the fee is $5 per family; not eligible for T-shirts.**

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

Name:_____ Age:_____ Sex:_____

Address:_____

Team or Club:_____ Pet? Y / N T-Shirt Size: S M L XL

Signature_____ Parent or Guardian if under 18

Ad. Sponsored by: "Mitchell" & "Sasha"

MARCH OF DIMES

THIRD ANNUAL

RUN AMERICA 10K

SUNDAY APRIL 28 at ROCKLAND SHOP n' SAVE 9 AM

Join the Rockland March of Dimes " Walk America " Committee for the third annual "Run America 10k". Last years winners were Mary Meehan and Chris Lincoln.

The course features some rolling hills and 2 water stops. This is a low key event, excellent for an early season tune up or a first race. There are drawing prizes, fruit and even pizza at the finish. There are T-shirts for all runners preregistered by April 20 and trophies for the first male and female runners.

This is an excellent community service event for runners. All money raised goes to the March of Dimes. All prizes are donated by our local businesses. Come help stop birth defects and have fun too.

RACE DIRECTOR: Mark Lincoln 594-2173W or 785-4706H.

ENTRY FEE: $12.00

COURSE: Uncertified, some rolling hills, no mountains excellent for someone looking for a "first 10k". Water stops at 2 and 4 miles.

RESULTS: Published in Maine Running & Fitness and the Courier Gazette (and any other paper I can con into printing them).

REGISTRATION: Preregistration till April 20 registration race day from 7:30 to 8:30 am. Make checks payable to March of Dimes. Send preregistration to Shop n, Save Maverick Plaza, Rockland, Maine 04841 Att: Mark Lincoln

WAIVER AND ENTRY FORM "RUN AMERICA 10K"

I know that running a roadrace is potentially a 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 run. I assume all risks associated with running this event, including but not limited to: falls, contact with other participants, the effect of the weather, including high heat/humidity, traffic and conditions of the road. All such risks are appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Walk America committee and volunteers, City Officialsand all sponsors, their representatives and successors for all claims or liabilities of any kind arising out of negligence or carelessness on the part of the persons named in the waiver.

NAME:_____ SEX:_____

ADDRESS:_____

SIGNATURE:_____

PARENT OF GUARDIAN IF UNDER18:_____

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*

5 K Road Race/Walk

RACE DATE: Sunday May 19, 1996
RACE TIME: 9:00 A.M.
REGISTRATION: 7:30 *till* 8:30
LOCATION: ***5K Sports,***
190 U.S. Route #1, Falmouth
COURSE: Flat and Fast/Out/Back
RACE INFO: (207) 781-3134
T.A.C. Certified -ME95004WN

Race Managed by Split Time Race Management, Portland

COST: $8.00 Pre-Registration *(Free T-shirt) Deadline May 1, 1996*
$10.00 - DAY OF RACE

Please make checks payable to Breast Health Resource Center
Proceeds to Benefit Breast Cancer Patient Support Services

MAIL ENTRIES TO: ***5 K Sports, 190 US Route #1, Falmouth, Maine 04105***

Award Catagories - Top 3 finishers overall male/female
Age Groups 1st and 2nd place male/female
18 and under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60-64, 70 and over

Last Name: _____ **First Name:** _____ **Age:** _____ **Sex:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

T-shirt size S M L XL ***(Circle One)***

No refunds, exchanges or transfers

Entry must be signed knowing that running a road race is a potentially hazardous activity. I should not enter 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 . Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for my self and anyone entitled to act on my behalf, waive and release the Breast Health Resource Center, 5K Sports, Split Time Race Management and all sponsors, their representatives and successors from any claims of liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____

Parents if under 18 _____

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Name _____
(first) *(last)*

Address _____

Town _____ State _____ Zip _____

If credit-card purchase, card no. _____ Exp. date _____

Telephone _____ Sports interested in _____

Add $5 for 1-year, $10 for 2-year subscription for Canadian and international addresses and pay in U.S. funds.
Questions? Call publisher Lance Tapley at (207) 626-3298.

USA TRACK & FIELD

If you would like a membership in USA Track & Field (formerly TAC), the national governing body for track & field, race walking, and long-distance running, add $10 to your subscription (a total of $33.65) for an adult membership and $8 (for a total of $31.65) for a youth membership (18 and under), and please fill out the additional information below. All subscribers are encouraged to fill out this information so that you may get special announcements depending on your interests, and for our data base of Maine athletes.

Today's date _____

Birthdate _____ Sex ❑ Male ❑ Female

U.S. Citizen? ❑ Yes ❑ No If not, of what country? _____

Club, if any _____ Club No., if known _____

Check the applicable sport(s) ❑ Track & field ❑ Distance running ❑ Race Walking

PLEASE CLIP AND SEND TO: ***MAINE RUNNING & FITNESS***

(or send the whole page) 7 Elm Street • Augusta, Maine 04330

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