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**Maine Running & Outing Magazine Vol. 10 No. 10 October 1989**

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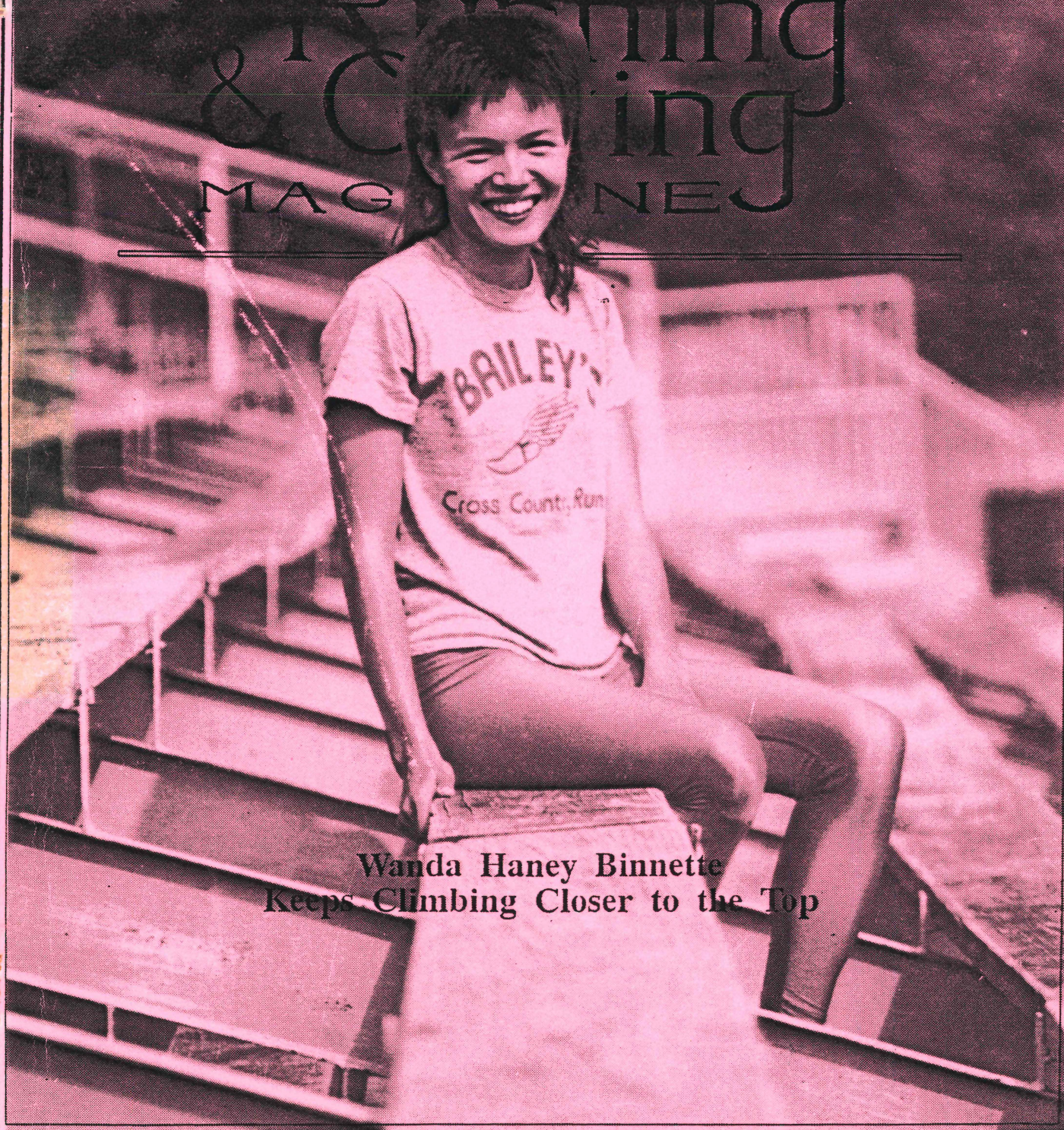
OCTOBER 1989 - Our 10th Year

VOL. 10. NO. 10 \$1.95

(ISSN#1042-0320)

# Maine Running & Climbing MAGAZINE

Grass  
P.O.  
Braun



**Wanda Haney Binnette  
Keeps Climbing Closer to the Top**

**ALSO INSIDE:**

Edie Dubord's Rise to the Top, Interview w/ Bill Green  
& New Challenge for Sanford's Scholastic Duo



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There is a new kick in footwear. It's Adidas soccer shoes, and of course, Maine Sport has the selection you've come to expect. But they're not just for soccer anymore. More and more people are finding Adidas soccer shoes to be the perfect shoe if you spend your days on your feet. And if you spend your time on the field, nothing digs in like Adidas. Available in adult and child sizes. So, put a new kick on your feet...at Maine Sport.

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# Maine & Running Outing MAGAZINE

The sun is hiding, the temperature is falling and the road races are passing. Soon the fall of '89 will be part of history. It is just about time to think about what running in Maine will be like in 1990. UGH!

Hold it. Not yet. Let's cherish the crisp autumn air, the colorful horizon and the remaining 1989 season.

Let's start with this month, this issue - which concentrates on some up-and-coming female 'pavement bashers,' like Edie Dubord and covergirl Wanda Haney Binnette. And we can not forget Nobleboro's Deb Potter who placed third (2:58:00) in the Moscow International Marathon in August. MR&O talked with her before she headed east (*see August issue*).

Back to the crisp autumn air. Fall reminds me of cross-country running. The high schools and colleges are in the hump of the season now, so take a gander at those columns to catch up on some of the outstanding harriers or coaches.

But, October also brings two of Maine's biggest and best road races: The Great Pumpkin 10K in Saco (the 29th) and the Back Bay 4M (formerly For Kids' Sake) on the 15th. See the interview with Bill Green, director of the latter event.

This issue also has some very large and important info for all of you - do you want a copy of the second annual MR&O Training Log, or a copy of a recent MR&O cover or picture, or did you run in the Bangor Labor Day road race? If you answer yes to any of these questions, please find the appropriate page inside to contact MR&O. Oh heck, if you do not want to flip through, just give me a buzz at 207-989-4652. My voice is always here.

My special thanks to the **Carter Crew** at Bog Lake (belated) for the merry and jolly time after the Blueberry Run; **Don Penta** for his continued contribution to MR&O; **the Bridgham's** in Jonesboro for their photography work; and **Chip Carey** for his contributions during the always- special Kingfield weekend.

Let us not lose sight of our dreams.

May the miles be swift,



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**COMING SOON:** The stories of Sam Ouellett, Jane Dolley and Peter Millard.

**Contributors:** Anne-Marie Davee, Moshe Myerowitz, Ozias Bridgham.

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Advertising/subscriptions: call 207-989-4652.  
Publisher/editor: Chuck Morris



# ROAD RACE CALENDAR

- OCT 1 BLACK BEAR TRIATHLON at 9 AM at UMaine. Call Thad Dwyer at 581-1081.
- OCT 1 WOMEN'S DISTANCE FESTIVAL SONESTA 5K in Portland. Call Susan Davenny (772-1787) or Ruth (797-4625).
- OCT 1 PHYSICAL THERAPY 5-MILE FUN RUN at 10 AM from Brunswick HS. Call Dan Sullivan (729-1641 x293).
- OCT 1 MAINE TAC CROSS-COUNTRY MEET at Greely Junior HS. Call 829-6942/3072.
- OCT 1 WALDO COUNTY CHALLENGE TRIATHLON at 9:30 AM from Belfast HS. Call 338-5498.
- OCT 7 2ND MAHOOSUC ARTS COUNCIL 3M up Sunday River trail in Bethel. Call 824-2808 or see flyer last month.
- OCT 7 FARMINGTON ELKS COLUMBUS DAY 5K at 1:00PM in W. Farmington. Call 645-2695 for details.
- OCT 7 JONATHAN BUCK 5K FOOT RACE at 9 AM from Bucksport Junior HS. Call 469-3615.
- OCT 8 PEPSI-COLA 10K CLASSIC in Bangor (formerly Legends) at 11 AM. See flyer last month or call 827-4468.
- OCT 8 FALMOUTH LIONS CLUB 10K HAS BEEN CANCELLED.
- OCT 8 MAINE TACE CROSS-COUNTRY MEET at Kennebunk HS. Call 985-7071.
- OCT 8 MAINE TAC CROSS-COUNTRY MEET at Old town HS. Call 827-3854.
- OCT 14 LIMESTONE AUTUMN 5K CLASSIC at 10 AM from high school. Contact Peter Cuff.
- OCT 14 MAINE TRACK CLUB 50-MILER. (TENTATIVE). YOU MUST CALL Bill Lovett at 797-3531 TO VERIFY.
- OCT 14 BOG LAKE HALF-MARATHON WOODS RUN at 10 AM in Northfield. Call Mike Carter at 255-3843 (eve).
- OCT 15 BACK BAY 4M (11:20) & Kids' K (11:05) on Baxter Blvd. (originally For Kids' Sake). See flyer this month.
- OCT 15 1ST 5K FALL CLASSIC at 2:00 PM from Schenck HS in E. Millinocket. See flyer this month or call 746-9951.
- OCT 15 6TH DOWNEAST 4M CLASSIC at 11 AM from Sanford-Springvale YMCA. Call 324-4942.
- OCT 15 SHAWNEE PEAK MTN RUN at 10:30AM from Pleasant Mtn. in Bridgton. See flyer last month or call 647-8444.

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## FREEPORT, MAINE

# GREAT OSPREY OCEAN 10K Part VIII

## 10:00 AM Saturday, November 18

(A beautiful 6.2-mile course beginning at Wolf's Neck Park and continuing down country roads.)

Entry fee: \$6 pre/\$8 day of race (includes long-sleeved T-shirt to first 100 registered).  
Come ready to run. Water not available at park.

MAIL ENTRY & FEE to: Freeport Community Education, Holbrook St., Freeport, ME 04032.

FOR MORE INFORMATION CALL 865-6171

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GREAT OSPREY OCEAN RUN PART VIII - Registration/entry form

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

T-shirt size (please circle)      Small              Medium              Large              X-Large

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_  
signature (parent's if under 18)



- OCT 15 MAINE TAC CROSS-COUNTRY MEET at Livermore Falls HS. Call 645-4630.
- OCT 22 PINE TREE MARATHON at 9 AM from Thomas College in Waterville. Call 873-6753.
- OCT 22 MAINE TAC CROSS-COUNTRY MEET at Auburn Middle School. Call 786-2962/784-0191.
- OCT 28 GHOUL'S GALLOP 5K from Kennebec Valley YMCA in Augusta. Call Dana Colwill (622-6391).
- OCT 29 12TH GREAT PUMPKIN 10K RACE at 11 AM (??) from Wormwood's Rest. in Saco. Call 284-5928 for details.
- OCT 29 6TH 5K PUMPKIN WADDLE at 2:00 PM from Foxcroft Academy. TAC Certified. Call 564-8357 (day) for details.
- OCT 29 HALLOWEEN COSTUME HASH at 3 PM from Waterfront Park in Augusta. (non-competitive)
- OCT 29 MAINE TAC CROSS-COUNTRY MEET at Mt. Ararat HS in Topsham. Call 725-9731.
- NOV 4 WARREN BISHOP MEMORIAL RUN (2.9M) at 1:00 PM from Hampden Academy. **See flyer this month.**
- NOV 5 11TH VETERAN'S MEMORIAL 4.5M RACE at 9 AM from Wiscasset HS. **See flyer this month** or call 882-7533.
- NOV 5 MAINE TAC CROSS-COUNTRY STATE CHAMPIONSHIP & REGION I JR. OLYMPIC QUALIFIER. Call 623-3682.
- NOV 12 MAINE TAC CROSS-COUNTRY MEET at Greely Junior HS. Call 829-6942/3072.
- NOV 19 8TH TURKEY TROT 5K from Brewer High School. Call Dave Jeffrey (825-3403).
- NOV 19 MAINE TAC CROSS-COUNTRY REGION I JR. OLYMPIC QUALIFIER at UMaine at Augusta. Call 883-2747.

**WEEKLY RUNS (Do you know of a weekly run? Include it here!)**

- |                 |  |
|-----------------|--|
| Bangor          | Sunday at 9 AM from YMCA (5-10+ miles). Call Sarah Gehrt at 941-2815.                      |
| Blue Hill Falls | Tuesday at 5:30 PM from WERU Studio. Call Mike Archer at 348-2871.                         |
| Brewer          | Monday/Thursday at 5:30 PM from CANUSA Track. (5-10 miles). Call Chuck Morris at 989-4652. |
| Brunswick       | Sunday at 9 AM from Junior High School. (4-8 miles). Call John LeRoy at 725-8680.          |
| Ellsworth       | Wednesday at 5:30 PM from the high school. Call Tom Kirby at 667-9771.                     |
| Machias         | Anytime. In the area? Give Mike Carter a call at 255-3843.                                 |
| Portland        | Wednesday at 5:30 PM (Intervals/speed work) Call Herb Strom at 799-7705.                   |
| Portland        | Sunday in the early AM for a long run from Payson Park. Call John Gale at 775-5017.        |
| South Portland  | Saturday at 7 AM from SMVTI.   |
| South Portland  | Sunday at 1 PM (if no local race) from SMVTI. Call Herb Strom at 799-7705.                 |
| Thomaston       | Sunday at 9 AM (3-10+ miles). Call Larry Taylor at 354-6448.                               |

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UPCOMING EVENTS  
 Oct. 22 - Pine Tree 26.2

*For Information Contact:*  
 Jerry Saint Amand, President  
 (873-6753)

HOW DO I SUBSCRIBE TO MAINE RUNNING & OUTING MAGAZINE? All you need to do is send the bottom part of this page to MR&O, PO Box 3399, Brewer, ME 04412 along with a check for \$15.00 and you'll receive the magazine for one full-year.

NAME: \_\_\_\_\_

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## ACROSS THE BORDER

- OCT 1 8TH RIDGEFIELD HALF-MARATHON in Ridgefield, CT. Call 203-791-2284.  
 OCT 1 3RD GRANITE STATE 10K ROAD RACE in Hampton, NH. Call 603-926-7519.  
 OCT 1 JIM WITT 5 STAR ROAD RACE in MA. Call 508-250-1711.  
 OCT 7 7TH APPLE FEST HALF-MARATHON in Hollis, NH. Call 603-465-2193.  
 OCT 8 LOWELL HERITAGE 10K in Lowell, MA. Call 508-453-1950.  
 OCT 8 MICHELIN ATLANTIC CANADA MARATHON in Halifax, Nova Scotia. Call 902-455-3874.  
 OCT 8 TWIN CITIES MARATHON in Minneapolis, MN. Call 612-881-3863.  
 OCT 9 5TH NUTE RIDGE HALF-MARATHON in Farmington, NH. Call 603-755-2405.  
 OCT 14 4TH GREEN MOUNTAIN MARATHON/HALF-MARATHON in S. Hero, VT. Call 802-434-3228.  
 OCT 15 WHITE MOUNTAIN MILERS HALF-MARATHON in North Conway, NH. Call Gail Kinney.  
 OCT 15 STAMFORD CLASSIC MARATHON & HALF-MARATHON in Stamford, CT. Call 203-359-1248.  
 OCT 21 NSTFA PROVINCIAL XC CHAMPIONSHIP in Halifax, Nova Scotia. Call 902-425-5450.  
 OCT 22 DELTA DENTAL OF RHODE ISLAND MARATHON in Providence, RI. Call 401-273-0615.  
 OCT 22 8TH MERRIMAC LIONS CLUB ROAD RACES (2 & 5M) in Merrimac, MA. Call 508-346-9240.  
 OCT 29 CAPE COD MARATHON in Falmouth, MA. Call 508-548-0348.  
 OCT 29 OLD STYLE MARATHON in Chicago, IL. Call 312-957-0660.  
 NOV 5 MARINE CORPS MARATHON in Washington, DC. Call 703-640-2225.  
 NOV 5 NEW YORK CITY MARATHON in NY. Call 212-860-4455.  
 NOV 5 12TH FRED J. HACKETT AUTUMN 10K RUN in W. Concord, NH. Call 603-863-2537.  
 NOV 12 NEAC SUPER CROSS COUNTRY CHAMPIONSHIPS in Smithfield, RI. Call 401-941-8427.  
 NOV 12 RUN YOUR TURKEY OFF 15K in Tewksbury, MA. Call 508-667-4939 (eve).  
 NOV 12 COLUMBUS MARATHON in Columbus, OH. Call 614-433-0395.  
 NOV 18 REEBOK CROSS-COUNTRY TEAM CHALLENGE 5K in Milton, MA. Call 617-964-7802.  
 NOV 19 BOSTON PEACE MARATHON in Carlisle, MA. Call 617-524-5454.  
 NOV 23 53RD MANCHESTER 5M THANKSGIVING DAY RACE in Manchester, CT. Call 203-643-1096.  
 NOV 23 THE PIE RUN 5M in Middletown, RI. Call 401-849-5955.  
 DEC 2 4TH JUNGLE BELL RUN in Concord, NH. Call 603-224-9322.  
 DEC 3 PEARL HARBOR DAY MASTERS 5M RUN in Waterford, CT. Call 203-444-5881.  
 DEC 17 8TH SANTA CLAUS RUN (2M & 5M) in Pawtucket, RI. Call 401-723-6655.

## ?????RACE RESULTS?????RACE RESULTS?????

!!!MR&O NEEDS YOUR HELP!!!MR&O NEEDS YOUR HELP!!!

Did you finish the 1989 Bangor Labor Day 5-mile Road Race on September 4? Then you know that the times of all the finishers were not available. MR&O wants complete results. MR&O has the complete list of all the finishers (without their time) from first to 172nd. MR&O is trying to compile complete results, so all of you 172 finishers can see them. If you recorded your own time, please call 989-4652 with the numbers (leave a message on the answering machine if you would like). MR&O is doing this service on its own accord - to serve you, the Maine runners.

## ?????RACE RESULTS?????RACE RESULTS?????



## BOSTON MARATHON'S NEW QUALIFYING STANDARDS

Age group	Men	Women
18-34	3:10:00	3:40:00
35-39	3:15:00	3:45:00
40-44	3:20:00	3:50:00
45-49	3:25:00	3:55:00
50-54	3:30:00	4:00:00
55-59	3:35:00	4:05:00
60-64	3:40:00	4:10:00
65-69	3:45:00	4:15:00
70-plus	3:50:00	4:20:00



Epstein's Announces:

**THE 5 ACES ROAD RACE**

is set for Mother's Day  
(Sunday, May 13 1990)  
@ 11:00 AM from the  
Pendleton Street School in Brewer  
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# RUNNER'S FORUM

Dear Editor,

Enclosed are the results of our first race which was held on July 22 in Sebago. I am sorry I am so late with the results, but I had trouble getting your address. We will keep you informed about our second annual road race and will notify you much sooner of the results.

Sincerely,  
Don Cross

\*\*\*\*\*

Chuck,

Here are the results of the Paul G. Whitmore 3-miler. If you've never heard of this race, here's a little bit about it.

The Whitmore race is held in conjunction with the Phillips Old Home Days. I'm not sure how long it's been put on, but it has been over 10 years and maybe longer.

It is named for a former school teacher and I believe he used to be the cross country coach. His widow, who is maybe 90 or so, is brought down to the race and hands out the trophies. The whole town turns out to cheer on the runners at 9 AM on a Saturday morning and the crowd, for the size of the town, puts most other local crowds to shame.

The course is challenging and scenic, crossing the Sandy River, running down wooded roads, along the river, past the narrow Gauge Rail Road station and museum, past beautiful old houses and back into the friendly village.

The people who direct it do things pretty much as they like, with none of them being runners. Big plastic numbers made out of window shades and a roll call of the entries at the starting line, are just a few of the oddities of this race.

As you can tell, I'm kind of fond of this race and always plan to be there at 9 AM on the third Saturday in August.

Thanks,  
Jack Paul

Ed Note: Sometimes simplicity breeds content.

\*\*\*\*\*

Hi Chuck,

Enclosed is my \$15.00 check for another year's subscription. It was good to see you last month. Have a nice autumn and give me a ring when you plan to be down here again.

Mike (Leighton)

Ed Note: I finally ran into my college friend at the Sentinel 10K and enjoyed a hardy lunch after the race. We both watched the race.

\*\*\*\*\*

Dear Chuck,

I hope everything's going well. Kathy and Danny and CB are fine. I had a nice 15-miler the other day with Pat O'Malley, John Fiola and Chris O'Donnell in Freeport. My first run with any one in about 6 months.

I may run a XC meet in Massachusetts with the BAA, then the Sentinel 10K. Sentinel will be tough. I know Stan Bickford, Chris O'Donnell and all the other regulars will be there this year.

Say hi to Serena and kids.

Dan (Dearing)

Ed Note: Well, Dan was right. The Sentinel was tough, but only the regulars did show up with Greg Hale zipping a 30:01. (Dan, it sounds like you're working too much.)

\*\*\*\*\*

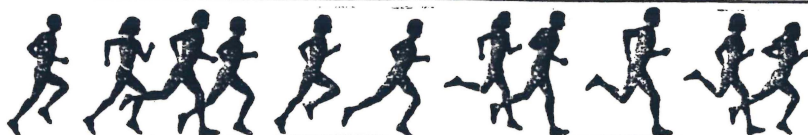
Chuck,

Here is my \$15.00 to continue my Maine Running mag. It doesn't expire until October, but since it was on my mind now, voila.

Congratulations on your victory at the Maine Wild Blueberry Run. I think everybody had a good time and we drew a very good crowd of runners.

Also, congratulations on your "safely" completed course from the race to the barbeque at Carter Cove.

Wayne Ayers



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**Ed Note:** For those of you who do not know, the Machias-to-Carter Cove-route is extremely hazardous. Take caution, but once you arrive at the Carter Cove Health & Fitness Camp, great times are abundant.

\*\*\*\*\*

Hi Chuck,

We had an excellent race at our MAC X-Country. Looks like it will be growing every year. We loved the race profile you gave us in your August issue - thanks.

We hope you are doing well. Your hard work as MR&O editor, runner and friend is greatly appreciated.

Sincerely,  
Mike & Connie

**Ed Note:** Flattery will get you everywhere.

\*\*\*\*\*

Desar Chuck,

Enclosed is an article for your October issue - please print. Hope all is going great for all of you and we will see you at the Bangor (Legends) 10K race.

Thanks,  
Cathy Carter

**Ed Note:** This is a famed Carter from Carter Cove.

\*\*\*\*\*

Hi Roy,

Enclosed are some photos taken by my father - Ozias Bridgham. You are welcome to use them in your magazine if you'd like.

Take Care,  
Bruce (Bridgham)

**Ed Note:** I was not able to take front-pack action pictures

from some races Down East as I was out there huffing and puffing with all my might. Thanks for the photos.

\*\*\*\*\*

Hi Chuck,

Great job in Bangor. I can send you Casco Days 4-miler, Celebrate Gorham 3-miler and Buxton Pancake Run 4.2 miler (18th annual) results. Expect them this week. I'm waiting for results from Peaks Island 5M, Angie Abraham 4M. Will send copies as soon as received. MTC Newsletter, we have a new editor - Erin MacLean - who will do a great job. Expect September issue this week (Deb's last editorship).

Take Care,  
Don Penta

**Ed Note:** Don works religiously to send MR&O results from man events. His help is vital to "The Pack" section. Thanks always.

\*\*\*\*\*

Hi Chuck,

I was just wondering if you could print a special thank-you to Jerry Saint Amand and Dave Jeffrey for me. Jerry helped me through the brutal Cape Challenge by encouraging words and good company for some critical miles. And Dave was patient enough to run the whole Bar Harbor Half-Marathon with me, putting up with my grunts, groans, aches and pains all the way. I really have felt the great comradery of running lately and hope I can pass it on.

Thanks so much,  
Erin Brennan

\*\*\*\*\*

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9-5:30 Mon.-Sat.

Fri. 9-8





Susan Hawkins finishes strong  
at the Bar Harbor Half-Marathon.

## AT THE RACES



Paul Turner finishes in the rain at the Schoodic 15K.

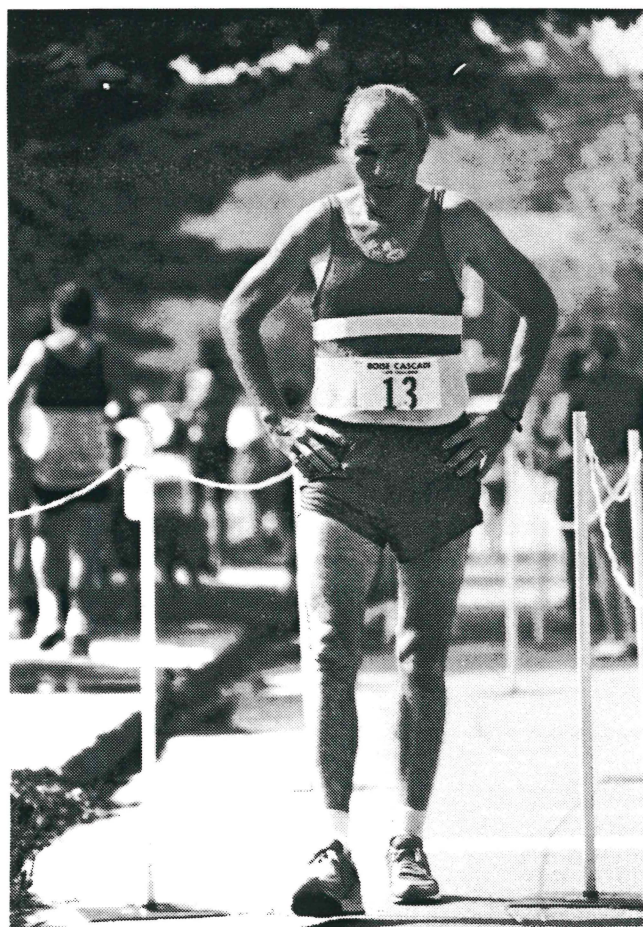


This trio set a record-pace at the Sentinel 10K





They're off at Machias' Blueberry Festival 5M.  
(photo courtesy of A. Bridgham)



Everything was glad to see the finish  
of S. Portland's Cape Challenge.



There were still smiles after the Bangor labor Day 5M.



## 3, 2, 1 - We're On The Air

*Interview with race director & sports anchor Bill Green*

More often than not, runners go unnoticed by the non-running community. Part of the reason is due to the media dishing out what Americans supposedly really want to see - football, baseball and basketball.

There are a few individuals, however, who don't fit this mold of reporting only the "major" sporting events. They go to a road race, or even the Crazy River Canoe Race.

Bill Green, sports anchor for WCSH-TV (Channel 6) in Portland, is one of these "crusaders." Bill is not content to just report the road races and show video clips, however. He has gone as far as directing the third annual Back Bay 4-Mile Road Race (originally 'For Kids' Sake 4M') to be held Sunday, October 15.

Bill, a "hacker" himself with a 3:21 marathon PR, has made this race one of the best in Maine in only three short years.

The big attraction for the top-notch runners is the TV coverage which gives "the elite runners a chance to be seen, visibility they deserve," Bill said.

The race is televised live in Portland and this year as well in Bangor through WLBZ-TV. It will be a 60-minute telecast starting at 11 AM. The 4-miler starts at 11:20 and is preceded by the Kids K at 11:05.



Bill Green and family.

Joining Bill in the booth will be Barbara Bickford and Andy Palmer. Bruce Glasier will be at the turn-around and Janet Smith will do interviews at the finish line.

Stan Bickford of Freeport has at least a share of both crowns as he won in '88 on a short course (18:31) and tied with his Olympic brother Bruce in the inaugural event in '87 (18:47). Sally Perkins of Kennebunk also has the claims to both women's titles as she outsprinted Kelly Bennett (now Rodrigue) in '87 (22:32) and easily won last year's contest in 21:15.

The race attracts a lot more than the first few finishers, however.

Since the entire race will be covered live, it gives every runner an opportunity to be shown on TV. It seems this is one of the appealing factors since 427 runners crossed the finish line the first year and



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673 finished last fall to make it the second-largest in the state. Add the fact that it can also serve as a fund-raiser with more than \$15,000 raised in 1988 for 53 different charities.

And Bill keeps trying to make the race better. This year there will be a lead vehicle with a camera on it to take closer shots of the runners and the 1989 show, reduced to 60 minutes, will be "more action-packed," according to Bill.

With high goals Bill hopes to see this Maine road race continue to grow.

"I'd like to see it be like 'Bay to Breakers,' a big event and a big fund-raiser," he said. "I think it's a great thing for the running community."

This is what else Bill had to say about the race:

**MR&O:** From where did the idea of televising a Maine road race come?

**BILL:** Lou Colby called me into his office one day and asked me what I thought of a 'volksmarch,' a people's walk which was popular a couple years ago. I told him I'd be real interested in putting on a road race. He really liked the idea.

The idea was to look for good local events. This is another local project. A big part of the company programming is geared to local origination.

**MR&O:** Road racing usually doesn't get too much media-hype, but you cover the sport and direct this televised race. Do you see yourself as taking an important role?

**BILL:** I don't see myself as a 'crusader.' I see myself as a Maine person trying to cover events Maine people like.

Running shouldn't be ignored. We are a great running state with Bick (Bruce Bickford) and Joanie (Samuelson), plus I personally like it. It's a good lifestyle. It's a good thing to be involved in.

**MR&O:** What are your goals for the Back Bay4M?

**BILL:** I want to have an event the runners like and have a good time. I want it to stay a Maine race. I want to showcase Maine running. I don't want to bring in a 'big name' unless he's got a Maine tie - like Bick.

**MR&O:** How's your roadrace unique from others?

**BILL:** The difference between this race and others is it's not a road race - it's a TV show with 35,000 to 40,000 people watching. The road race has to be good, but the TV show has to be better.



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## Edie Dubord Bids Her Time

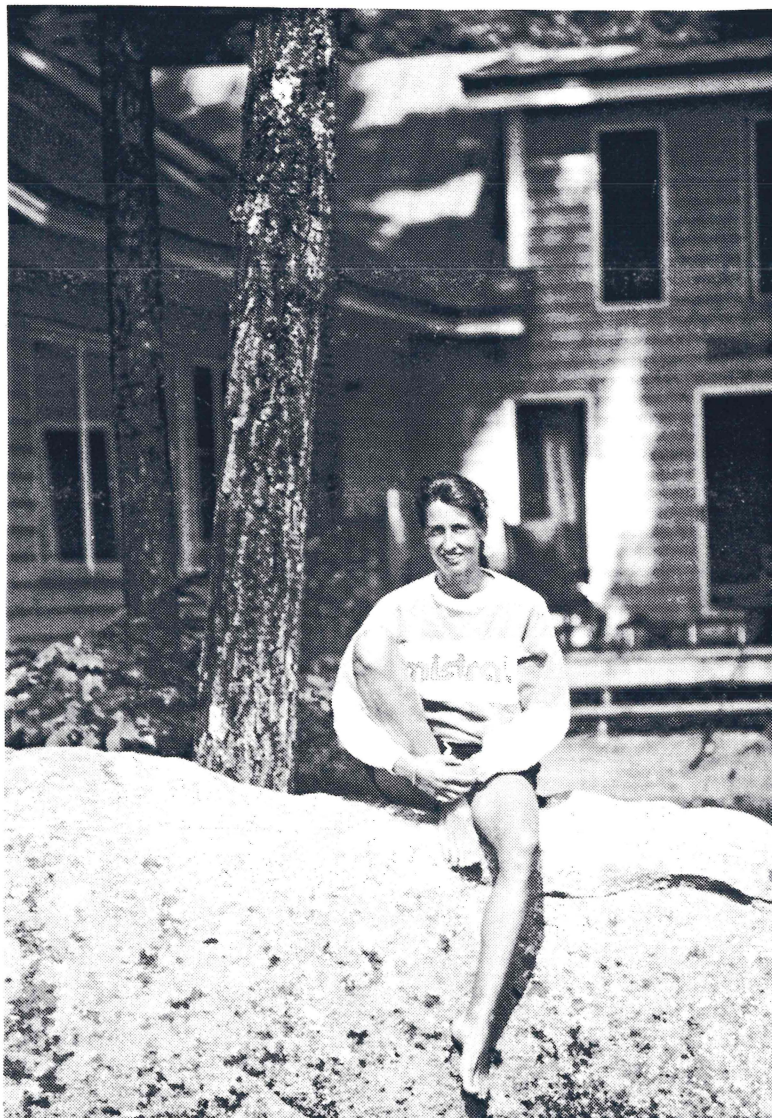
Trotting along over the "Indian Trail" and *down* the "Monster Hill" at more than a seven-minute pace, covering the tight trails through Belgrade that transversed rocks, sand dunes, fields, pine needles, an old railway bed on a ridge, 31-year-old Edie Dubord looked almost awkward in her black shorts, t-shirt and light blue Air Max's.

Her long legs seemed forced to take short steps as we covered each mile in more than 7-minutes. One could imagine those long legs extending out on some flat, open surface and pulling her 5-foot-8 frame along at, oh, sub-6 minute pace.

But Edie refused to let (courtesy of the novel 'Once A Runner') the speed "demon" escape. She held back, wanting to wait for the correct time to illustrate the speed, the power. She wants to save her races for the races, so she enjoys those easy runs in her schedule, like when she runs with neighbor Denise Hatch.

"It's fun," Edie said. "We yack, yack, yack. It's enjoyable. I hope I don't get to the point where running is not enjoyable."

At least four times a week Edie takes easy runs. She adds one long-run and one speed-workout to total 40-50 miles a week. It is not uncommon for her to take a day off from running either.



Edie relaxes at her summer home after a morning run.



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"It is stuff that has worked beautifully for me and I've done very well," she admitted.

And that she has. Though she only started running during the summer of '88 (and seriously since only January), Edie, a mother of three, has already run 18:31 for 5K and 30:27 for 5-miles.

"If I wasn't any good I probably wouldn't have taken it up," she admitted, "but now I'm at the point where it probably is a feeling of dealing with yourself. You're far out there and I think in this day-and-age you don't have enough time alone. I think (running) strengthens a bond between mind and body. Especially with women, it (increases) the confidence level.

"I wish I could get women involved. I have three kids. I find the time. Anybody can do something if they want to do it. I think women should get involved instead of sitting home watching soap operas."

Edie started running last summer because her husband Steve has been doing it regularly for many years and she did not want to sit home watching the "boob-tube" while he was 'pounding the pavement.' (He was once 9th at the Boys Club 5-Miler). So, Edie accompanied him.

"He's not the type who would sit around if I was going to run 9-minute miles," she said. "He's

been at the top, but he knows it's not the most important thing."

But Steve does play a major role in keeping her competitive juices flowing.

"It's nice to have a companion," Edie said. "At the Back Bay 5K we had a bet. The loser had to put in the anchors for the dock. I heard him near the finish, 'Oh, you sucker. You're going to have to dive.' No way I was going to let him pass me."

Along with her husband, Edie had direction from Coach John DeHart.

"(John) really was the one that talked to me about eating right, how to train the hills," she admits. "He really taught me how to keep myself from injury, how to stretch - the ABC's of running."

Now Edie's drive comes from within.

"I'll go a few years," she said. "See what I can do. If I level off, that's going to be okay. As long as I keep improving and training hard, I'm going to keep at it. I'd like to take it all the way and see where I can go, but I have to take it slowly. It takes a few years to build."

Now we know why those legs remained patient doing those 7-minute miles. They were holding back, bidding their time for the right moment, Edie's moment that is to come.

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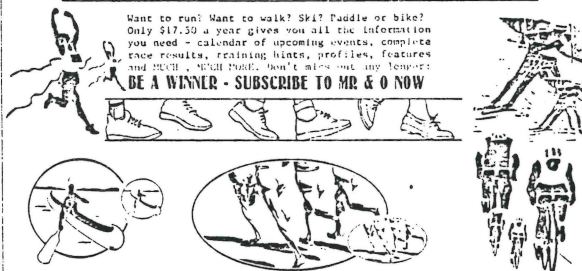


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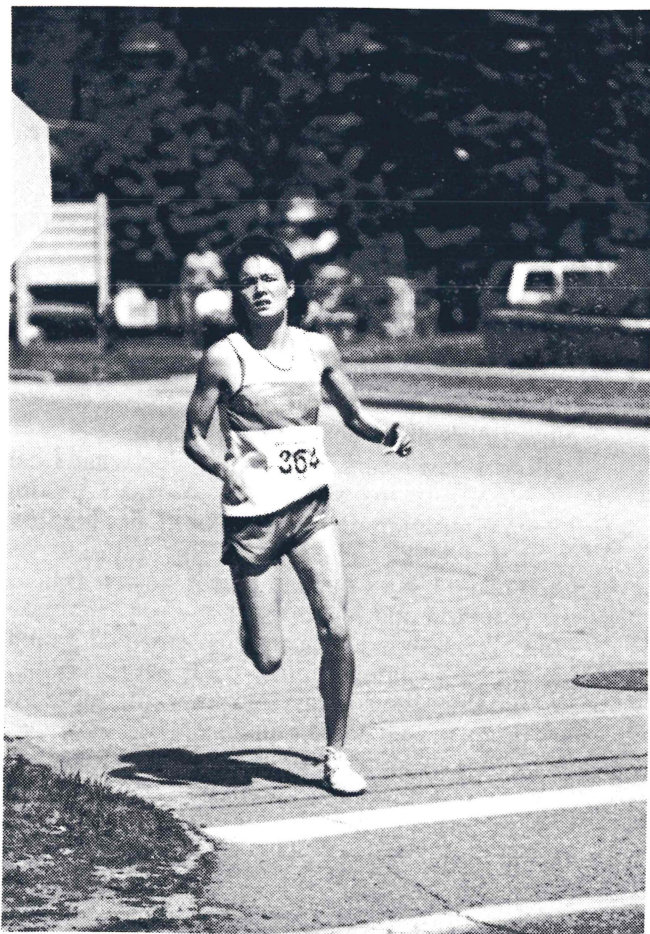
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## PACE SETTER - Wanda Haney Binnette



Wanda eyes the finish line at Oakhurst 4M.

The name Wanda Haney has been at the top of the finisher's board for years and 1989 started out just like any other:

Mid-Winter 10M Classic:	2/05/89-62:39 (2nd)
Kerryman's Pub 4M:	3/19/89-23:41 (1st)
Boy's Club 5M:	4/17/89-30:15 (1st)
April Amble 4M:	4/29/89-22:54 (1st)

But since then the name has been absent? Wrong. Look closer:

Wanda Binnette - 24:12 @ Bridgton (5th), 29:17 @ Pat's Pizza 5M (2nd), 30:08 @ Peaks Island 5M (2nd), 29 and change at Bangor Labor Day 5M (2nd). Wanda is still at the top - only the name has been changed.

In late May Wanda Haney and Scott Binnette married. Marriage has not changed Wanda's goals or top finishes - just her last name and residence (now Orono).

"I'm hoping I can beat some of the top runners in the state; be with Sally (Perkins), Christine Snow, Julia Kirtland," she said recently on a warm late-summer morning.

Wanda ran in the shadow of Perkins in 1988 and this year, though Perkins has been out with injuries, Wanda has run into Snow. Snow has defeated Wanda each time, but Wanda points out she has been closing the gap.

"I want to be ranked with them," she added. "I know I'm younger, but it doesn't make any difference when you want something."



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Actually at 23 Wanda should be approaching, or actually in, her most productive years as an athlete and the way '89 has been progressing she may just continue hitting new levels.

Always a fast starter, in '89 Wanda has been able to hold that pace longer. She has set at least five PR's (personal records) this year - from her 62:39 10-miler to her 29:33 at the Labor Day race (unofficial time). Add a 22:54 on an uncertified 4-mile course in April.

A lot of her success this year can be attributed to three factors: husband Scott, long-time coach Brian Gillespie and occasional adviser Andy Palmer.

"(Scott's) the biggest support," she admitted. "When I'm down, he says, 'cheer up.'"

"Brian was the stepping stone, she continued. "He said, 'You can do something with your running.' He gives me that drive.

"(Andy) has taught me to work on my base and that's really important too," she added.

But these three men are not alone in watching Wanda rise to the top. She is quick to point out the support from the Maine Track Club, which she is a member, and Carol Weeks.

"The Maine Track Club cheers me on," she said, "and Carol helped me with my mental attitude - my life."

Whatever put Wanda Haney Binnette on the right track, she definitely has found all the right pieces of the puzzle.

**Monday:** 8 miles

**Tuesday:** 8 miles

**Wednesday:** 10-12x440 or 3x880

**Thursday:** 5 miles

**Friday:** 5-8 miles

**Saturday:** race or day off

**Sunday:** 10-15 miles



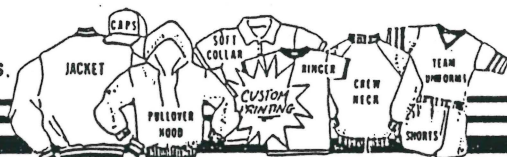
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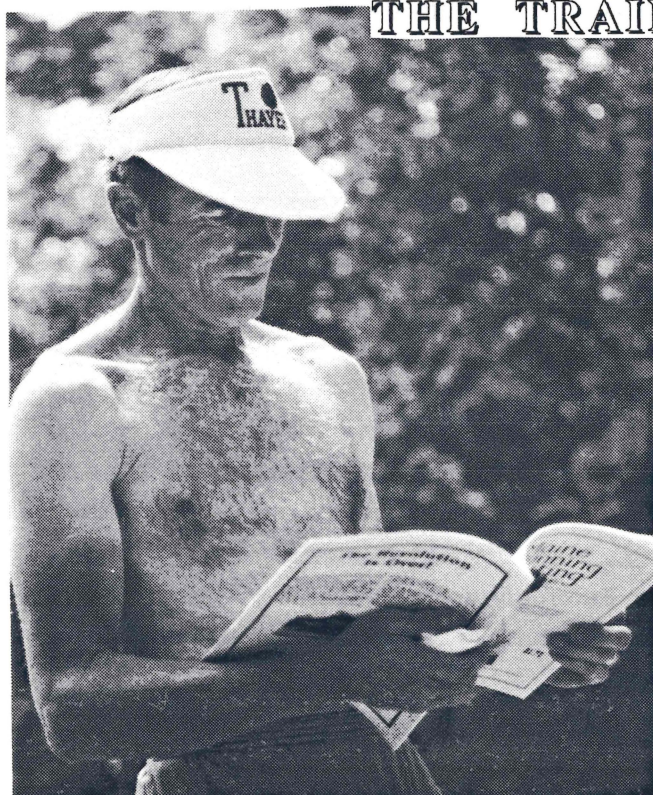
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**WHEN:** Saturday, October 14 @ 10:00 AM

**WHERE:** From Mike & Cathy Carter's on Bog Lake in Northfield, Maine.

**DIRECTIONS:** 11 miles North of Machias & nine miles south of Wesley on Route 192.

**COURSE:** Measured on a mountain bike calibrated against a Jones Counter. 10 miles are woods roads and trails. Very hilly with unstable footing at times. "Heavy Trainers" required. Peak foliage, very scenic course. (Plus 3 miles on asphalt!)

**REGISTRATION:** Day of race only with donation of casserole, sweets, chili, etc. for post-race smorgasbord the only cost. Long-sleeved shirt (unique design) for sale at cost, approximately \$11.00, to all finishers only.

**AWARDS:** "Something different" to first male and female open (18 & under, 19-29, 30-39, 40-49, 50-59, 60-plus). Special award for best casserole by vote of consumers.

**SPONSORS:** The Sunrise County Roadrunners

**DETAILS FROM THE DIRECTORS:** This run is not for everyone. The course begins on asphalt, but quickly turns to a gravel camp road at one-fourth of a mile. The gravel camp road then

turns into a narrow, very rough terrain, foot-path at approximately 1-1/4 miles. At 2.5 miles the foot path turns back to a gravel road again and continues for the next 8 miles. Mile 10.5 turns back to asphalt to the finish at 13.1.

There are several significant hills with very loose footing. Heavy training shoes are a must. This half-marathon will be the toughest, slowest half you will ever love to run. Love to run, you ask, after all that? Why?

Well, it's not all bad; such as the 10-plus miles of woods during peak foliage and the four-colored, front, back, sleeve, unique, one-time-only, long-sleeved shirt of the decade; and the bargain registration fee of one casserole (which you can eat yourself at the post-race smorgasbord) and yet-to-be-determined selection of awards from the attic, garage, etc.

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# THE COLLEGE REVIEW

## Sanford's Scholastic Stars Start Over

They grew up in the same town - Sanford. They are the same age - 18 and college freshman at the University of Maine at Orono. They enjoy the same sport - running. They've had similar success - a lot of it and quickly.

But to Maine's best high school cross country runners in 1988, Jamie LaChance and Amy Patterson, these similarities are only accidental and that is where they may end.

Jamie attended a private prep school, Berwick Academy, to play hockey.

Amy was a field hockey player at her hometown high school before switching to running.

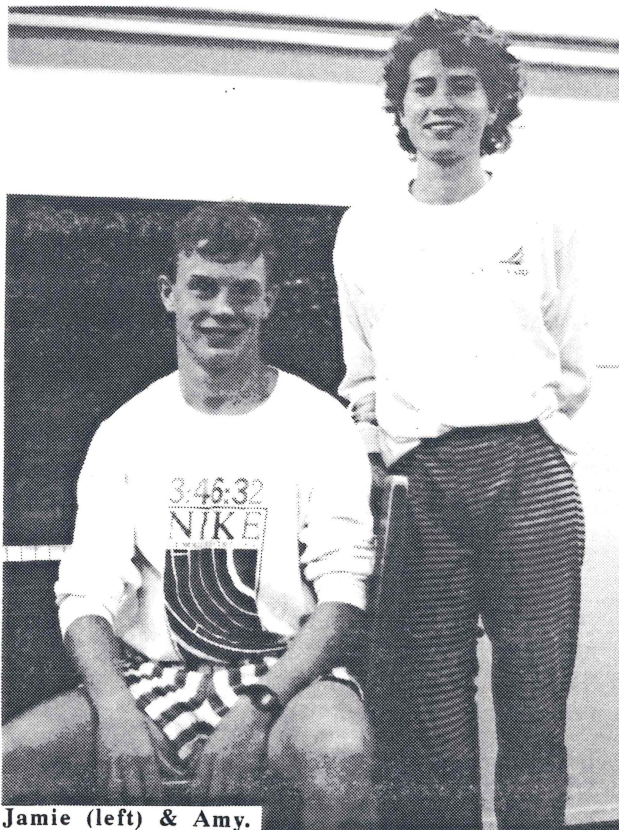
Probably what kept them both running, instead of pursuing their hockey interests, however, was their early successes.

In her first season of running, spring track 1986, Amy was second in the Class A State Meet mile run.

"My mother still says that was the best race I've ever run," Amy said.

Jamie, meanwhile, set a Maine Junior Record in the 800 while a seventh-grader. It was around 2:13, he recalled.

"I had some success, so I kept going," he modestly said.



Jamie (left) & Amy.

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And off they both flew - Jamie for Berwick and Amy for Sanford High - both running fast and both setting records.

Jamie was a four-time Maine Prep Cross Country Champ, two-time New England Prep Champ and holds a 4:03 1,500-meter PR.

Amy has run a 5:08 mile, is a three-time Spring Track State Meet Champion and won the '89 Cross Country Class A State Meet.

Who knows how many other races they've won and course records they've set. Probably too many to count, but through the victories they found something else. They became acquainted and soon friends.

They attended the Green Mountain Running Camp in New Hampshire together and traveled together (with their families) to the Kinney Regional XC Championships in New York last fall. Now they attend the same university.

Maybe their friendship grew from viewing each other's passion to run fast - something they wanted to be in themselves as well.

"Amy has a lot o talent," Jamie boldly admitted, "and she's developed it. She's a hard-worker, a lot of motivation"

And what about you, Jamie?

"I'd like to say I'm the same way."

But Jamie has an extra card stacked up his

sleeve when it comes to motivation.

"My dad was my backbone," he admitted. "He's very encouraging. He'll drive in the truck and throw me a water bottle, massage the legs - whatever. He was very supportive.

"Times I didn't want to do it, he'd push me. I had my own and his motivation."

This motivation has carried them to college scholarships, but really, the similarities do cease.

Amy is finding the college life "a big adjustment," while Jamie seems well-prepared. But then again, Jamie has not been pressured to be number-one all over again.

"There's a lot I've got to learn," he said. "I'll have someone to key on and guys to look up to and that's what I need.

"I'm stepping into the puddle to see what it's like. I'll take it as a learning experience. What I did (at Berwick) doesn't mean anything anymore. I'm ready to be a pack runner."

Amy, however, has stepped into the top shoes right away. She has been the Black Bears first runner all season and is a threat to win the state meet.

You can bet, however, that in a year's time or two, Jamie will be right back up there with Amy - winning races and setting records. It will be no accident.

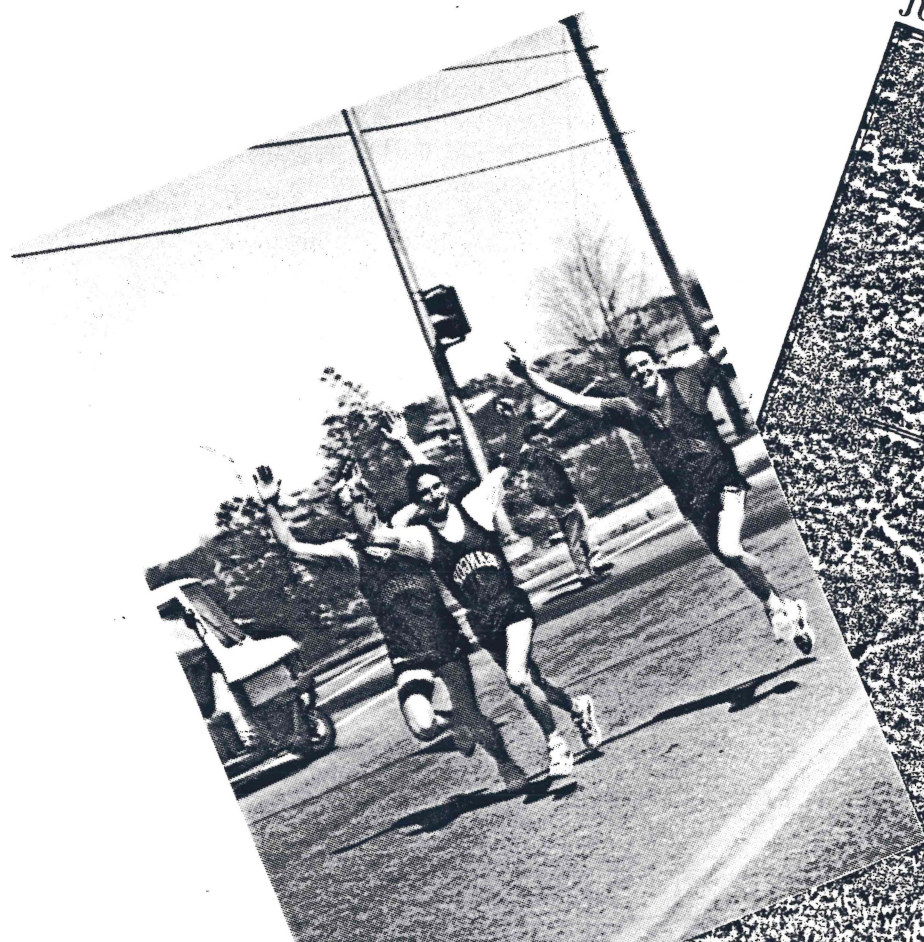
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# HIGH SCHOOL UPDATE

21

## *Charlie Malia leads Cheverus to Triple Crown*

After 26 years of coaching (21 at Cheverus), Charlie Malia has his cross-country and track programs, as well as his training philosophy, firmly established and revered in the Portland school and the state.

There is no doubt it is a philosophy that works: 30-something state championship titles; more than 50 times in the top 2; and 6 consecutive years (from 1979-1984) the Stags did not LOSE a single cross-country, indoor or outdoor track title. For 18 straight seasons the Malia-led Stags were the state's best. Six years in a row they won the "triple crown."

After 1984, however, Cheverus ran into a "dry spell." No "triple crowns" until the 1988-89 year when they were led by distance specialists Mike Lyons and Brian Turner. Malia admits the Cheverus High success is based on quality distance runners.

"(The triple crown) generally happens when you have two or three distance runners, two kids like we had last year, who completely dominated every state meet they were in," Malia said.

Last fall Lyons led teammates Thomas Barry and Turner to top-10 finishes in the Class A State Cross-Country Meet. Lyons easily won the meet by 21 seconds and Cheverus whipped Edward Little 46-87.

In early '89 at the Indoor Track Class A State Championship, Lyons won the mile and Turner led Lyons to a 1-2 finish in the 2-mile and Cheverus edged South Portland 75-69.

In the Outdoor Track Class A State Championship, their last season wearing the gold jersey of Cheverus, Lyons and Turner went 1-3 in the mile and 3-2, respectively, in the 2-mile. Cheverus pulled away from nemesis South Portland over the last few events to handily win 86.5 to 68.

Like Brian Pettingill, Colin Peddie and Kevin Lyons before them, Mike Lyons and Brian Turner were the cogs of a finely-tuned engine.

One of Malia's "secrets," (but certainly not the only ingredient in his philosophy), is stressing speedwork, which they do two times a week.

"You need to be fast," he said. "There is no substitute for speed."

But he goes on.

"A lot of what I'm doing is getting (the kids) ready for college. They have a good basis for what has to be done, good work habits and knowledge of progression."



Mike Lyons was Cheverus' top dog last year.

With a program so successful, Malia needs not to worry about the W's and L's. They will "take care of themselves." Instead he is able to concentrate more "in developing kids instead of winning championships."

But this attitude does not mean he is expecting a "rebuilding year" this fall because Malia lost his two powerhouses from last year in Lyons and Turner. No way. With 35 runners on this fall's cross-country team, led by senior co-captains Thomas Barry and Scott Smith, Malia said, "If we stay healthy, we can win."

How does Malia and the Stags rebound after losing two of the best in the state? How does Malia produce state-championship teams year-after-year? Maybe this is the part of the "secret" he keeps hidden, but after 21 years an image has already long been created and the "secret" has long since been revealed.

"Everybody thinks I know what I'm doing," Malia nonchalantly said. "Therefore, if you have some talent, this is the place to be."





## **SPORTS NUTRITION**

*by Anne-Marie Davee*

### **THE NUTTY TRUTH**

For many, peanut butter is second only to bread as a lifetime staple. Most kids eat it on sandwiches with grape jelly or marshmallow fluff as "fluffer-nutters." True lovers put it on anything including all kinds of crackers, celery, bananas, apples or just plain on a spoon.

In nutrition, peanut butter is placed in the meat category because of its protein content. As a protein source, it's not quite complete for the body's use - meaning that peanuts do not contain all eight of the essential amino acids.

There are two simple solutions which will complement its deficiencies; the first is to use **WHOLE** grain bread like whole wheat or oatmeal, and second, drink a glass of lowfat or skim milk with your peanut butter sandwich.

A sandwich made with two tablespoons of peanut butter supplies more than one-third of the daily recommended protein intake for a child or 15% of the U.S. RDA for an adult. It's also an excellent source of the B-vitamin, niacin, particularly important for active individuals.

Calorie counters must beware of peanut butter for a mere biteful (one tablespoon) averages 90 calories. Even worse than that, 66% of those calories are fat calories. The remaining are 17% protein and 13% carbohydrate.

The good news is that the peanut oil, part of the fat, is mono-unsaturated which saves your good

cholesterol and lowers the bad. Unfortunately, manufacturers add partially hydrogenated vegetable oil, a saturated fat, to the processed brands which can raise blood cholesterol levels. They also add sugar and salt.

By law, peanut butter must contain at least 90% peanuts. The label is correct - it has no cholesterol and never did.

Next time when making your peanut butter choice, look for the "Natural," "Old-Fashioned" or "Freshly Ground" type which doesn't have the added bad stuff. Be sure to read the labels carefully. Storing this peanut butter in the refrigerator will help delay separation, but cold peanut butter is hard to spread. When the oil has separated, stir it in thoroughly before using, or do as I do, pour it off.

Peanut butter is nutritious and delicious. It is loaded with flavor, so a little can go a long way. Try making a peanut butter spread by adding a grated carrot, a tablespoon of raisins and a teaspoon of honey to a couple tablespoons of the sticky stuff.

Words of wisdom from a peanut butter lover are "Go Natural and Go Light!"

**Anne-Marie Davee, M.S., R.D., L.D.**

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## HEEL & TOE

by Dr. Moshe Myerowitz

23

### OLYMPIAN LARRY WALKER

(Taken from an address given by Larry Walker in Southern California, 1988)

I am probably the most improbable person that I can imagine to make an Olympic Team. In grade school I was the last one to get picked on any team. I was a perennial bench-warmer. I carry a great number of splinters even today from that experience.

When I finally got a chance to compete it was in baseball. I was always put in right field, where the birdies sing, because they figured that was the most harmless place to put me. For a while, in high school it looked like things weren't getting any better.

Finally I had some athletic success my first year in track. I couldn't do anything very coordinated, but I could do it a long time. My coach told a friend of mine on the sly, "Walker runs like an elephant." Well, that wasn't very flattering.

When the Athletic Banquet came around, my coach dug deep for something nice to say about me and came up with "Well, Larry Walker doesn't have any talent, but he certainly tries hard."

That was something of a minor, crushing defeat. I went on and continued to compete through

college and eventually got into walking. Then came 1976 and I decided if I was going to have a chance to compete in the Olympics, this was the year. When the day of the Trials came, I had no idea how fast my competitors walked. As we lined up at the start, I heard that I was the 18th fastest in the field of 21 starters.

Too late to panic. The gun went off and 42 legs and 42 lungs went heaving forward. The first few miles felt pretty decent. Then all of a sudden fatigue started hitting and I started cramping. I tried to hold on, but the guys were getting farther ahead. I thought about it being my last chance and kept trying, but nothing was working. I really felt bad seeing it go away.

Then I started drinking ERG and started feeling better. At about 8 miles I passed Tom Dooley, who had already been on the Olympic Team. Then I went a little further and with two or three miles to go, I could see the three leaders ahead. I thought, "Wow, this is fantastic. I might not make it, but it is not shabby."

With one lap, about 1-mile, to go, I moved by Larry Young. He already had two Olympic bronze medals, so I figured he didn't need any more. Then I opened up 45 seconds in the last mile. All of a sudden my thoughts were of making the Team.

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When (Coach) Martin Rudow started shouting from a flatbed truck, "Here is your Olympic Team: Rod Scully, Ron Laird and Larry Walker," it really sank in. Fortunately I stayed on the ground, but I felt five feet off. I had qualified for the U.S. Olympic Team.

For any of you who have ever gone to the top of a mountain during a workout and looked miles down to the starting point; or who have ever been in a race when it was just a pure, clear, beautiful, perfect day, you know the great feeling.

But this is not what makes someone an athlete. It's going out when it is too hot, too cold, too windy, too rainy, or when your muscles are aching and guts bursting. You feel miserable, but you still put on your track shorts and go out and do it. This is what makes an athlete. It doesn't matter how old you are. It is the day-to-day training consistently that makes the difference.

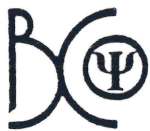
\*\*\*\*\*

**MISCELLANEA** \*\* Eugene Dix has written a new book for "Young Walkers and Their Coaches." The text contains information on how to racewalk and on judging, with pictures of young walkers.

The cost, including tax and postage, is \$7.25. To order send a check to Gene Dix, 2301 Lel Nido Ct., Northwest, Albuquerque, New Mexico 87104.

\*\* There are many NAIA colleges which are presently offering racewalking as part of their athletic programs. Anyone approaching college age who wants information concerning these NAIA colleges should write to Carl Schueler at 326 1/2 East Cache La Poudre, Colorado Springs, CO 80903 (#719-473-4408).

\*\* Success in a race is not whether you win or lose...that is a function of who else is competing; your measure of success is whether or not you follow your plan. Enter each race with a plan and see how well you are able to fulfill your plan. Every race should have a plan (or a strategy) and every effort should be made to carry out the plan in order to learn from this experience. Every race tells you something about yourself, your training and your abilities, so that the next time you approach the starting line you know a little more about yourself and your abilities.



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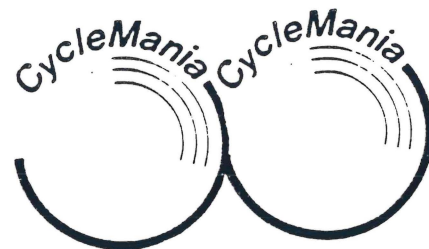
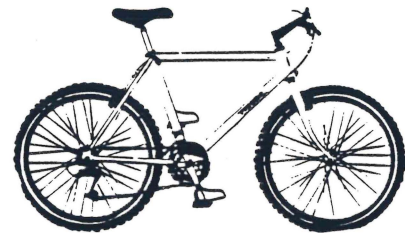
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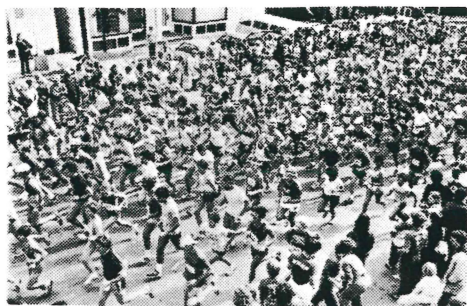
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**29TH MT. WASHINGTON RACE**  
**Base-Summit (7.6M) June 17**

**MEN'S TOP FINISHERS**

1. Dave Dunham	25	1:02:59
2. Bob Hodge	33	1:03:01
3. Keith Woodward	38	1:06:57
4. Sean Hanley	28	1:07:05
5. Sheldon Larson	28	1:07:56

**WOMEN'S TOP FINISHERS**

1. Jacqueline Gareau	36	1:13:13
2. Peg Donovan	34	1:13:26
3. Julie Peterson	29	1:19:24
4. Leslie Maerki	32	1:25:42
5. Maureen Sullivan	32	1:26:13

**MAINE'S TOP FINISHERS**

12. Paul Merrill	35	1:12:54
39. Richard Mulhern	35	1:19:11
43. Dennis Weeks	33	1:19:25
45. William Skerritt	29	1:19:35
57. Allen Reilly	36	1:20:44
70. Rick Lane	42	1:21:32
76. Richard Davee	33	1:22:03
82. Peter Hall	27	1:23:06
85. Paul Letarte	36	1:23:27
105. Doug Ludewig	49	1:25:36
114. John James	36	1:26:06
117. Ron Cedrone	40	1:26:28
139. Mike Carter	39	1:28:01
149. Bill Sylvester	41	1:28:50
163. Jeff Brown	39	1:29:47
209. Mike Reali	35	1:32:11
210. Gene Roy	42	1:32:29
239. David Silk	31	1:34:06
254. Bob Jolicoeur	52	1:34:49
255. Geoffrey Hill	42	1:34:54
263. Russell Connors	56	1:35:20
270. Ken Richards	36	1:35:54
273. David Wooley	45	1:36:07
287. David Barker	36	1:37:19
325. David Benn	43	1:39:16
343. John Gale	33	1:40:03
347. Mick Skerritt	33	1:40:29
353. Ron Paquette	48	1:40:49
377. Michael Frost	38	1:42:15
395. Vincent Skinner	31	1:43:19
413. Bill Kane	37	1:43:56
431. Carol Weeks	35	1:44:39
436. Marsha Giglio	45	1:45:00
442. Byron Cook	42	1:45:45
472. Carlton Mendell	67	1:47:35
481. Richard Robinov	29	1:48:13
498. Sam Mitchell	35	1:49:17
524. Anne-Marie Davee		1:51:03
550. Allen Amioka	35	1:51:57
576. Thomas Doviak	32	1:54:04
587. Daniel Force	40	1:54:49
591. Vincent Ramby Jr.	42	1:55:22
600. Robert Jones	16	1:56:01
618. David Gudan	53	1:57:03

639. Craig Whitton	38	1:58:49
672. Donnajeane Pohlman		2:01:54
677. Mel Spellman	42	2:02:06
681. Robert Garrett	42	2:02:27
694. Karen Cummings	42	2:04:12
701. Jeff Williams	36	2:05:08
706. John Pittman	31	2:05:50
719. William Kerwin	54	2:07:17
720. Kenneth Ahlquist	40	2:07:37
723. Dennis Connelly Sr.	41	2:07:49
743. Mary James	32	2:10:23
763. Craig Boush	30	2:12:43
776. Ralph Hughes	40	2:15:03
817. Albert Giasson	70	2:33:22
820 finishers		

Results courtesy of Bob Teschek

\*\*\*\*\*

**THE PAT'S PIZZA 5M CLASSIC**  
**Yarmouth July 15**

1. Tim Wakeland	24	24:54
2. Pat O'Malley	22	25:34
3. Dan Dearing	27	26:04
4. Mark Hatch	24	26:29
5. Lance Guliani	30	26:37
6. David Kern	25	26:51
7. Bob Kahn	39	27:08
8. Chris Stuehel	32	27:13
9. Ron Newbury	39	27:13
10. Alden Miner	35	27:20
11. Dennis Croteau	39	27:29
12. Ben Endres	18	27:29
13. John Strout	29	27:32
14. Bill Skerritt	29	27:47
15. Jim Burnett	23	27:49
16. Steve Shea	18	27:51
17. Chris Mansfield	20	27:53
18. Randy Hastings	35	27:57
19. Rick Lane	42	27:58
20. Dan Barker	35	28:02
21. Lawson Noyes	47	28:12
22. Paul Fagen	36	28:20
23. Anthony Anderson	19	28:25
24. Leigh Philbrick	29	28:32
25. Robert Jones	16	28:34
26. Bill Bristol	32	28:35
27. Steve Reed	41	28:35
28. John Kelsey	44	28:37
29. Rock Green	35	28:40
30. Christine Snow	23	28:45*
31. Richard Mulhern	35	28:49
32. Steve Ross	34	28:53
33. Sean Stackley	31	28:56
34. Greg Wilson	30	28:59
35. Willie Emerson	25	29:02
36. Mike Daley	44	29:03
37. Harry Nelson	35	29:05
38. Adam Belanger	19	29:07
39. Richard Desmond	28	29:08
40. Bob Coughlin	50	29:12
41. Tim Porter Jr.	16	29:13
42. Glen Roy	28	29:14
43. Tim Cheney	18	29:15
44. Wanda Binnette	23	29:17*
45. Ron Cedrone	40	29:25
46. Steven Hightower	28	29:29
47. Michael Olsen	27	29:30
48. Bill Sylvester	41	29:32
49. Dennis Smith	39	29:34
50. Joe Richards	45	29:37

51. Kevin Gile	31	29:38
52. Gary Salamone	31	29:40
53. Sam Merrill	39	29:49
54. Don Stowell	34	29:52
55. Myles Lemieux	47	29:59
56. Bob Stuart	34	30:00
57. Barry Wight	30	30:01
58. Mark Boucher	30	30:02
59. Roger Turner	27	30:05
60. Tom Getchell	35	30:08
61. John Edwards	36	30:10
62. Gary Webber	43	30:10
63. Charlie Keagen	28	30:12
64. Howard Chadbourne	35	30:13
65. Jon Hart	47	30:17
66. Stephen Douglas	28	30:19
67. Terry Casey	26	30:20
68. Lummin Ghent	29	30:22
69. John Creasy	43	30:26
70. unknown		30:27
71. Ted Laguerre	19	30:30
72. Muzzy Barton	37	30:33
73. Bob Wright	32	30:34
74. Ronald Deprez	45	30:38
75. Stephen Wilson	27	30:43
76. Edmund Hart	24	30:53
77. Tom Tryek	34	30:55
78. Robert Marquis	51	30:55
79. Bob Jolicoeur	52	31:00
80. Scott Forbes	34	31:05
81. Michael Hachey	25	31:07
82. Roy Morejon	46	31:10
83. Gail Turner	29	31:11*
84. Terry Clark	45	31:12
85. Bill Pavlisko	39	31:12
86. Derick Raymond	16	31:13
87. Tom Allen	33	31:13
88. Christine Bracerias	26	31:15*
89. Clifton Morse	34	31:17
90. James Chapin	33	31:18
91. Mike Reali	35	31:19
92. Frank Ferland	40	31:21
93. Paul Cote	37	31:23
94. Tom Reilly	36	31:26
95. Michael Leighton	27	31:27
96. David Butler	31	31:29
97. unknown		31:29
98. Bob McCarthy	26	31:30
99. Wayne Clark	42	31:31
100. Horace Horton	45	31:32
101. Charles Nichols	40	31:32
102. Joe Mangone	32	31:33
103. George Prescott	41	31:34
104. Dave Wooley	45	31:36
105. Peter Bastow	52	31:36
106. Kevin Shute	35	31:37
107. Mike Fulton	23	31:37
108. Stephen Norbert	25	31:37
109. Kevin Burns	35	31:38
110. Mary Meehan	23	31:38*
111. David Graham	29	31:39
112. Paul Dansreau	23	31:40
113. Lloyd LaFountain	27	31:41
114. Steve Dubord	44	31:43
115. Hans-Peter Krahn	31	31:47
116. Bill Landis	35	31:47
117. Bob Clarke	47	31:48
118. John Braccio	35	31:49
119. Rex Johnson	31	31:50
120. Mike Boyson	35	31:50
121. Kris Sorensen	37	31:51
122. Kirk Jurgelevich	36	31:53



123. John Schwanda	34	31:54	195. Mike Towle	41	33:41	267. Dwight Bowen	41	35:31
124. Jim Huebener	33	31:56	196. Peter Cheney	44	33:42	268. Wayne Fordham	44	35:35
125. Ed Doughty Sr.	40	31:58	197. Ralph Baxter	27	33:43	269. Matt Douglas	20	35:36
126. Greg Dugas	34	32:00	198. Jeff Babino	34	33:43	270. John Rasmussen	52	35:38
127. Karl Brantner	34	32:02	199. Dave Haskell	44	33:44	271. Drew Buckley	30	35:39
128. Alan Bernier	19	32:02	200. Bruce Little	34	33:45	272. Cindy Vokey	31	35:39*
129. Daniel Burke	40	32:03	201. John LeRoy	52	33:46	273. Chris Taylor	11	35:40
130. Stewart J. Jordan	32	32:03	202. Steve Moriarty	39	33:47	274. Lee Akerley	53	35:41
131. Chris McDonald	25	32:03	203. Alan Lancot	37	33:49	275. Don Leclerc	41	35:46
132. Philip Pierce	47	32:05	204. Jeff Brann	17	33:53	276. Roger Codere	45	35:46
133. John Stakel	18	32:07	205. Robert Moyer	44	33:53	277. Edward Howell	40	35:48
134. David Burnham	23	32:10	206. Andrew Morris	33	33:55	278. James Read	28	35:51
135. Bruce Smith	34	32:10	207. Rich Wells	44	33:56	279. John Cole	47	35:51
136. David Peterson	34	32:12	208. Kris Campbell	20	33:57*	280. Peter Allen	45	35:53
137. Chuck Shea	47	32:13	209. Maureen Sproul	33	33:58*	281. Matt Dahlgren	28	35:53
138. Dick Cummings	51	32:13	210. John Taxter	37	34:01	282. Charles Poole	32	35:54
139. Greg Store	25	32:14	211. Greg Fall	24	34:01	283. Art Bousel	33	35:55
140. Mark Metz	32	32:15	212. Peter Lavalley	33	34:04	284. Laurie Davis	28	35:56*
141. Don McGilvery	37	32:17	213. Don Brewer	34	34:06	285. Brad Weeks	25	35:58
142. Mary Ann Doss	39	32:18*	214. Doug Beuparlant	18	34:07	286. Raphael DePrez	49	35:58
143. Blair Dwyer	34	32:23	215. Craig Robinson	43	34:07	287. Warren Foye	41	36:00
144. Seth Denning	15	32:23	216. Jamie Douglas	16	34:08	288. Lynn Gallagher	40	36:01*
145. Ellen Grant	31	32:25*	217. Joseph Murphy	27	34:11	289. Bill Elgee	44	36:02
146. Rick Strout	50	32:27	218. Frank Forrest	22	34:13	290. Richard Downs	43	36:02
147. Nancy Grant	31	32:29*	219. Anne-Marie Davee	33	34:16*	291. Thomas Noyes	20	36:03
148. Mark Alex	29	32:34	220. John Willhoite	36	34:17	292. Russ Bradley	65	36:04
149. Bob Hazzard	57	32:37	221. Steve Monahan	25	34:17	293. Will Billow	36	36:04
150. Carla Lemieux	18	32:39*	222. Chris Scontras	32	34:19	294. Lori Roth	18	36:05*
151. William Rouse	33	32:40	223. Hugh Dawson	37	34:23	295. Art Porter Jr.	46	36:06
152. Jane Palmer	34	32:42*	224. Jeffrey Locke	32	34:24	296. Michael Cellar	18	36:08
153. Bob Letourneau	30	32:45	225. Dennis Slatton	31	34:25	297. Dan Allen	21	36:11
154. Patrick Connell	35	32:46	226. Diane Fournier	42	34:25*	298. Jill Decker	18	36:12*
155. Bob Bachorik	45	32:46	227. Neil Martin	46	34:26	299. Stanley Arnold	46	36:15
156. John Neilson	35	32:47	228. Andrew McCusker	41	34:26	300. Bob Lilly	34	36:18
157. David Kelleher	32	32:48	229. Sam Martin	41	34:27	301. Ed Wilson	28	36:20
158. Douglas Hodgkin	50	32:49	230. Stephen Beale	47	34:31	302. Matthew Kelly	30	36:21
159. Kevin Joseph	30	32:49	231. Shaun Fecteau	30	34:31	303. Dan Hutchins	29	36:22
160. Larry Barker	40	32:50	232. David Hanson	27	34:34	304. Nanette Dyer	27	36:23*
161. Norman Locke	30	32:52	233. Bill Tribou	68	34:35	305. Sterling Maclean	26	36:24
162. Jim Booth	43	32:43	234. John Allen	18	34:36	306. Robert Morrison	47	36:24
163. Jules Fertig	41	32:55	235. Mark Taggart	28	34:44	307. Richard Coffey	35	36:25
164. Chuck Greenlaw	30	33:00	236. George Cooper	33	34:45	308. Oscar Cloutier	54	36:25
165. Nancy Ellis	36	33:02*	237. Kim Paradis	25	34:46*	309. Rick Felowicz	34	36:26
166. Nathan McDuffie	33	33:05	238. Faye Gagnon	44	34:49*	310. Christine Wright	44	36:28*
167. Mark Finnerty	30	33:06	239. Bud Fisher	41	34:52	311. Thomas Ahlers	32	36:29
168. Ed Barnhart	30	33:07	240. Robin Fagan	32	34:56*	312. Alex Grosset	24	36:31
169. Deb Merrill	33	33:09*	241. M. Forrest	27	35:01	313. Rose Chessman	24	36:32*
170. Dana Davidson	36	33:12	242. Andrew Williamson	27	35:02	314. Ray Marshelsaut	38	36:37
171. Maidli Townsend	35	33:14*	243. Michael Raymond	39	35:03	315. Scott Davis	39	36:38
172. Charles Prebert	45	33:14	244. Maria Hassett	17	35:04*	316. Collen Ford	17	36:39*
173. David Root	20	33:16	245. Elizabeth Harrod	20	35:05*	317. Jane Hyde	39	36:39*
174. Bob Hill	32	33:16	246. Walter Webber	58	35:06	318. Paul D'ambiose	59	36:40
175. Peter Gagnon	45	33:17	247. David Stakel	15	35:07	319. Eric Bowie	29	36:40
176. Carol Weeks	40	33:19*	248. Joseph Kilbride	28	35:08	320. Will Allen	18	36:41
177. Len Soultter	34	33:19	249. Orlando Delogu	52	35:09	321. Thomas Williamson	29	36:41
178. Sumner Weeks Jr.	40	33:21	250. Jim DeMint	41	35:09	322. Cindy Andrews	37	36:41*
179. Cathy Jurgelevich	25	33:21	251. GM Rohm	26	35:10	323. Scott Decker	42	36:44
180. John Gale	33	33:22	252. Nelson Larkins	28	35:10	324. Brian Cullen	47	36:49
181. Robert Dow	44	33:22	253. Brett Denny	25	35:11	325. Timothy Flaherty	41	36:49
182. Gil Birney	39	33:24	254. Ruth Wattley	35	35:11*	326. Franco Fieramosca	49	36:49
183. Eric Ellis	36	33:26	255. Kathy Kilbride	21	35:12*	327. Roy Peterson	38	36:50
184. Marc D'Amour	33	33:28	256. Richard Robinov	29	35:13	328. Catherine Hartung	30	36:51*
185. Malcolm Washburn	35	33:29	257. Paul LaChance	42	35:18	329. Michael LeClair	31	36:53
186. Dale Rines	37	33:32	258. Yuan Chong	29	35:18	330. Peter Adams	45	36:53
187. Peter DeTroy	41	33:33	259. Joe Montimurro Jr.	31	35:20	331. John McLean	39	36:56
188. Eric Goodwin	14	33:33	260. Tom Brown	47	35:21	332. Dusty Bickford	45	36:58
189. Steven Doran	37	33:34	261. Matthew Stokes	26	35:23	333. Jeff Sloan	32	37:00
190. James St. John	21	33:37	262. Rick Molander	44	35:23	334. Conan Dedy	27	37:00
191. Richard Stott	44	33:37	263. Brad Gutter	31	35:26	335. David Littlefield	47	37:01
192. Scott Strut	27	33:38	264. Don Douglas	38	35:26	336. Krista Purinton	16	37:02*
193. Brenda Mahnken	23	33:40*	265. Kevin Beuparlant	13	35:28	337. Leon Gorman	54	37:03
194. Dan Melanson	21	33:41	266. Ray Charet	32	35:29	338. Jim Tees	33	37:04



339. Dan Gray	32	37:05	411. Tom Meehan	35	39:09	483. Brian Cole	26	42:38
340. Mark Terison	36	37:07	412. Warren Wilson	55	39:10	484. Carol Plourde	32	42:39*
341. Pamela Phillips	28	37:08*	413. Bob Arsenaault	39	39:11	485. Ellen Wing	26	42:41*
342. Robert Johnson	53	37:09	414. M. Ridge	37	39:12	486. Joseph Burke	55	42:44
343. Clinton Goodenow	50	37:11	415. Michael Bansmer	47	39:13	487. Jim Curren	43	42:47
344. Aletha DeVos	46	37:11*	416. George Merrill	58	39:14	488. Charles Drew	46	42:50
345. Paul Crimmin	23	37:12	417. Maryelen Fitzpatrick	28	39:15*	489. Michael Denning	43	42:53
346. Howard Clements	49	37:13	418. George D'Allesandro	44	39:19	490. Jean Bly	36	42:54*
347. David Kreiton	46	37:14	419. David Mosley	42	39:19	491. Frank Arsenaault	36	42:54
348. Chris Bradley	32	37:14	420. Gerry Wing	48	39:21	492. Lisa Belisle	18	42:56*
349. Shelly Roberts	22	37:15*	421. David Verrill	28	39:26	493. John Ouillette	31	42:56
350. Duane Brown	42	37:16	422. Robert Wyman	52	39:28	494. Neil Gallagher	47	42:59
351. Douglas Allen	47	37:18	423. Becky Wallace	16	39:31*	495. Bert Andrews	37	43:00
352. John Pringle	39	37:19	424. David Hutchinson	50	39:35	496. Melissa Cole	26	43:00*
353. James Grimes	33	37:20	425. Daniel Labbe	40	39:38	497. Gale Cook	30	43:02*
354. Tanya Grove	23	37:24*	426. Candace Karu	36	39:40*	498. Charles McGee	41	43:09
355. Ryan Paradis	15	37:25	427. Carol Beale	21	39:40*	499. Patty Hildreth	28	43:09*
356. Peter Connell	36	37:32	428. Hugh Judge	30	39:41	500. Steve Monaghan	62	43:12
357. Peter Thomas	36	37:32	429. Kevin Haley	22	39:52	501. Virginia Gold	40	43:16*
358. John Milburn	26	37:33	430. Gay Sampson	32	39:58*	502. John Boody	41	43:16
359. Phil Tinkham	42	37:34	431. Pam Twaddel	33	39:59*	503. Julia Littlefield	38	43:18*
360. Rob Laksey	26	37:35	432. John Woods	71	40:00	504. Richard Higgins	28	43:23
361. David Williams	33	37:35	433. Jenny Popp	15	40:01*	505. Kathy Urban	39	43:24*
362. Tom Menedez	35	37:37	434. Ruby MacDonald	34	40:01*	506. Everett Moulton	43	43:25
363. Ed Manganello	42	37:39	435. Jeffrey Bradstreet	47	40:03	507. Beth Wilson	33	43:36*
364. Kenneth Ray	31	37:39	436. Stephen Atwell	40	40:09	508. Joe Bennett	69	43:40
365. Stephen Crockett	35	37:41	437. Richard Reynolds	46	40:10	509. Betsy Kelly	45	43:41*
366. David Body	52	37:42	438. Allen Pusch	55	40:12	510. Bernadette Sylvain	42	43:44*
367. Stephen Strand	35	37:43	439. John Kazilioms	41	40:13	511. Vikki Nichols	33	43:48*
368. Timothy Kinne	38	37:45	440. Patricia Wibby	24	40:20*	512. Jill Littlefield	34	43:52*
369. Peter Johnson	37	37:47	441. Don Hanson	25	40:20	513. Jo Ann Morrison	38	43:55*
370. Juliet Clarke	40	37:50*	442. Tom Severance	34	40:21	514. Wayne Newland	51	43:56
371. Barbara McKinley	39	37:51*	443. Philip Meyers	44	40:26	515. Tim Wiblin	31	43:59
372. Roger Pike	46	37:51	444. Wendy Estabrook	25	40:28*	516. Joe Rimkunas	24	44:00
373. Richard Cavanaugh	56	37:52	445. Katherine Gardiner	47	40:34*	517. Kris Ryding	26	44:28
374. Nancy Rouse	36	37:53*	446. Glenn McAllister	40	40:40	518. Jane Von Vogt	37	44:33*
375. Henry Roper	43	37:54	447. Steve Putnam	45	40:42	519. Victoria Poole	62	44:33*
376. Christopher Hilton	35	37:55	448. Carla Manganello	19	40:46*	520. Sara Hobson	28	44:43*
377. Jennifer Clark	41	37:59*	449. Evelyn Kelyka	35	40:50*	521. Christine Shanahan	29	44:44*
378. John Hodgkins	54	38:02	450. Dean Hildreth	27	40:55	522. Mike Keats	24	44:49
379. Carol D'Amour	45	38:06*	451. Larry Perkins	44	40:58	523. Dale Wing	31	45:00
380. Peter Pompeo	44	38:06	452. Anne Smith	36	41:02*	524. Fred Bright	46	45:02
381. Lauren Fox	27	38:07*	453. T. Fitzgibbon	58	41:05	525. Tim Kiley	25	45:10
382. Raymond Sylvester	29	38:10	454. Michael Nobile	37	41:06	526. Jim Braman	37	45:24
383. Don Peters	51	38:11	455. Jennifer Hubbell	33	41:08*	527. Carol Lee Nickerson	37	45:27*
384. Kimberly Mill	29	38:13*	456. Willi Young	27	41:08	528. Ramona Metz	30	45:45*
385. Hollis Graham	32	38:16	457. Carolyn Krahn	30	41:13*	529. Maria Denning	44	45:48*
386. Susan Barnhart	29	38:18*	458. Widgery Thomas	65	41:20	530. Kathy Moreau	45	45:49*
387. Matti Bourgault	32	38:32*	459. Sara Sloan	32	41:22*	531. Beverly Strout	38	45:50*
388. Doug O'Donnell	28	38:26	460. Laura Labbe	26	41:26*	532. Jacquelyn Williams	14	45:54*
389. James Remp	24	38:28	461. Ida Bilodeau	33	41:29*	533. Susan Edgerly	26	45:57*
390. Todd Reynolds	25	38:30	462. Paul Dionne	28	41:33	534. Carl Gurtman	46	45:58
391. Carol Nale	38	38:30*	463. Paul Coulombe	36	41:36	535. Matti Bradley	28	46:00*
392. Andrew Haslam	30	38:32	464. Gary Yeomans	37	41:41	536. Donald Higgins	60	46:16
393. Ralph Baxter Sr.	57	38:39	465. Karen Hampson	34	41:42*	537. Sally Patterson	47	46:29*
394. Joe McCoy	31	38:42	466. Meg May	48	41:47*	538. Elizabeth Galley	50	46:33*
395. David Twombly	38	38:43	467. Mike Inskeep	33	41:48	539. Dail Martin	40	46:49*
396. Lori Towle	16	38:44*	468. Sue Inches	34	41:52*	540. Marlene Coulombe	44	47:08*
397. Karl Steadman	23	38:44	469. Gary Manzo	34	42:00	541. Lloyd Holmes	62	47:08
398. Carey Wilson	44	38:49	470. Bill Lovett	47	42:01	542. Paul Peters	55	47:23
399. Chris Darling	17	38:49	471. Tom O'Connor	38	42:08	543. Betsy Shepard	28	47:24*
400. Elizabeth Handy	31	38:50*	472. Deborah Fogg	36	42:10*	544. Andrew Shepard	32	47:31
401. Jane Rasmussen	53	38:50*	473. Lisa Joseph	33	42:11*	545. Amy Lowell	28	47:40*
402. Hans Underdahl	38	38:55	474. Andrew Tonks	41	42:11	546. Meredith McCabe	36	47:42*
403. Richard Wells	29	38:59	475. Alexandra Poole	24	42:12*	547. Emmanuel Cassotis	42	47:43
404. Bruce Gwinnup	35	38:59	476. Brian Bicknell	45	42:12	548. Sue Morejon	36	47:53*
405. SM Hall III	28	39:01	477. Jamie Marr	31	42:14*	549. Larry Reinsborough	78	48:15
406. Mark Gould	24	39:02	478. Timothy Marr	28	42:24	550. Jane Metzlar	47	48:23*
407. Ed St. John	49	39:03	479. Doug McCourt	27	42:25	551. Barbara Morris	38	48:29*
408. Jay Putnam	15	39:05	480. Martha Cutts	42	42:26*	552. Tracey Butler	27	49:08*
409. Barney Schneider	38	39:06	481. Helene Williman	26	42:36*	553. Robert Severance	35	49:08
410. WJ McIntire	34	39:07	482. Jay Mahaney	47	42:37	554. Mary Baumier	27	49:10*



555. Lilly Vail	52	49:15*
556. Alice Mellon	43	49:39*
557. Christine Mellon	22	49:51*
558. Karen Harrell	53	50:04*
559. Don Atkinson	42	50:05
560. Cynthia Larkin	30	50:45*
561. Regan Baird	13	51:25
562. Helen Booth	40	51:46*
563. Shawn Allen	14	52:44
564. Donna Moulton	40	54:13*

Results courtesy of Maine Track Club

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**OLD HALLOWELL DAY'S 5M**  
**Hallowell July 15**

1. Todd McGraw	24	25:36
2. Tom Thibeau	31	27:28
3. Peter Hagerman	38	28:43
4. Billi Davis	25	28:48
5. Phil Stuart	41	29:54
6. Mike McGrail	29	30:12
7. Bryant Bourgoin	38	30:16
8. Reginald Cote	18	30:24
9. Rich Harper	42	30:32
10. Kevin Dunn	22	31:09
11. Chris Lee	18	31:15
12. Joe Meehan	42	31:22
13. Piotr Janmaat	22	31:24
14. Alan Burke	25	31:27
15. Jeff Mahoney	18	31:47
16. Bill Dunn	34	31:50
17. Paul Galipeau	39	31:58
18. Roland Albert	37	31:59
19. Gerry Mirabile	29	32:04
20. Byron Cook	42	32:20
21. Bruce Bell	50	32:28
22. Gary Grady	40	32:29
23. Linda Larue-Keniston	35	32:35*
24. Robert Hunt	24	32:54
25. Larry Fortin	40	32:56
26. Syd Sewall	40	32:57
27. Skip Rowe	41	33:08
28. William McFarland	43	33:18
29. Art Warren	48	33:22
30. Chad Alley	17	33:23
31. Scott Hock	39	33:24
32. Jim Kloster	31	33:38
33. Al Newman	41	33:42
34. Cliff Olson	46	33:46
35. Nate Smith	16	33:59
36. Noel Mount	45	34:39
37. Dave Bailey	45	34:51
38. Tom Janmaat	49	35:13
39. Mark Johnston	36	35:20
40. Jack Wallace	36	35:45
41. Robert Gray	43	35:53
42. Jennifer Colfer	24	36:04*
43. Suzanne Olson	42	36:07*
44. Steve Deabay	33	36:12
45. Randy Thibeau	25	36:23
46. Heath Dupont	16	36:30
47. Doc Thibeau	35	36:46
48. John Joseph	41	37:11
49. Carlton Mendell	67	37:16
50. Michael Szela	36	37:31
51. John Salisbury	49	37:33
52. David Ranslow	40	37:37
53. Chad McFarland	16	37:42
54. Norm Rodrigue	40	37:43
55. Ed Atlee	49	37:49

56. Keith Sherwood	36	38:04
57. Mal Lyons	47	38:22
58. Vicky Dyer	21	38:28*
59. Cathie Glazier	33	38:30*
60. Steve Swindells	39	38:32
61. Jay Krall	37	38:33
62. Susan Macker	35	38:34*
63. Gordon Stein	45	38:36
64. Jean Krall	37	38:37*
65. Richard Miller	48	38:40
66. Mark Byron	38	38:57
67. David Smith	47	39:20
68. Brian Bailey	21	39:48
69. Carol Nichols	39	39:50*
70. Arthur Gingold	51	39:52
71. Ralph Lathe	51	40:14
72. Jeff Lyons	19	41:28
73. Thomas Crowley	36	41:39
74. Gerry Mahoney	48	41:50
75. Ives Harmon	44	42:01
76. William Tozier	61	43:45
77. Joyce Flynn	49	43:46*
78. Ralph Thomas	53	44:25
79. Harvey Mason	55	45:28

**1-MILE FUN RUN**

1. Paine Wingate	11	8:18
2. Mike Mason	9	8:29
3. Anglea Clark	12	8:49*
4. Jessica Beaulieu	13	8:50*
5. John Clark	9	8:57
6. Chris Ranslow	10	9:04
7. Liza Batchelder	12	9:30*
8. Mike Cray	10	9:48
9. Charlie Washuk	9	9:52
10. Chip Smith	8	9:55
11. Bobby Clark	6	10:07
12. Brooke Williams	12	10:09
13. Nick Smith	8	10:25
14. Danny Plummer	13	10:28
15. Jon Swindell	8	10:39
16. Lilly Meehan	7	10:57*
17. Carolyn Gray	11	11:23*
18. Laurie Rowe	10	14:04*
19. Bethany Marsh	8	15:46*
20. Ben Gray	7	16:32
21. Elizabeth McCoskrie	4	17:47*
22. Jihan Bowes	4	17:48

Results courtesy of Fred Wingate

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**LBICA 5K ROAD RACE**  
**Sebago July 22**

1. Mark Snow	15:46
2. Bob Kahn	16:05
3. Kevin Connor	16:09
4. Dan McManus	16:31
5. Roland Thibault	16:37
6. Willie Dumont	16:54
7. Stephen Nickerson	17:10
8. Kevin Gile	17:35
9. Gary Salamone	17:38
10. David Mayhew	17:42
11. Dennis McIver	17:44
12. Joe Richards	17:45
13. Christine Snow	17:47*
14. Jack Frost	17:53
15. Scott White	17:54
16. Richard Scribner	18:01
17. Sean Durkin	18:11

18. Steve Robertson	18:17
19. Frank Ferland	18:20
20. Cathy Livingston	18:21*
21. Jeff Arsenaault	18:22
22. Rick Morrill	18:26
23. Terry Clark	18:28
24. Bill Pavlisko	18:29
25. Mary Ann Doss	18:33*
26. James McCovey	18:40
27. Chuck Broomhall	18:50
28. Kirk Jurgelevich	18:53
29. Steven Hanson	19:18
30. Tom Fortin	19:33
31. Cathy Jurgelevich	19:35*
32. Norman Locke	19:39
33. Bob Lilly	19:50
34. Joe St. Hilaire	19:50
35. Philip Soule	19:51
36. Al McCann	20:14
37. John Chandler	20:18
38. Peter Hall	20:19
39. Gregg Hagerman	20:24
40. Bill Whelan	20:25
41. Peter Broomhall	20:30
42. David Camire	20:31
43. Lee Stetzer	20:33
44. Joan Lavin	20:33*
45. Randy Moore	20:36
46. Charles Hanlon	20:48
47. Oscar Cloutier	20:54
48. Lorenz Spaargaren	21:05
49. Herbert Hanson	21:06
50. Heidi Pike	21:07*
51. Dave Hanson	21:09
52. Mark Terison	21:13
53. Marie Cutting	21:15*
54. Thomas Carll	21:20
55. Jim Tees	21:24
56. Keith Clark	21:45
57. Robert Florentin	21:54
58. Richard Christensen	21:54
59. Robert Sullivan	21:55
60. Chester Hibbard	21:56
61. Dale McDaniels	22:05
62. John Allen	22:09
63. Russell Giasson	22:20
64. William Flynn	22:29
65. Ronny McMenemy	22:38
66. George D'Alessandro	22:40
67. Jennifer Clark	22:44*
68. Sean Reynolds	23:01
69. Tim Hunt	23:40
70. Kevin Osgood	23:51
71. Damon Linder	24:04
72. Peter Lyons	24:05
73. Jean Finochetti	24:10*
74. Betty Barber	24:14*
75. Jennifer Erikson	24:28*
76. Brian Cole	24:36
77. Melissa Cole	24:37*
78. Bruce Hart	24:45
79. Walter Flint Jr.	24:50
80. Gordon Hay	25:01
81. Tom Alcyali	25:13
82. Peter Kwaak	25:14
83. Sherry Carll	25:15*
84. Patricia Dunham-Conway	25:27*
85. Tim Manette	25:29
86. Lisa Hallenbeck	25:36*
87. Dan Powers	25:43
88. Linda Hunt	25:56*
89. Dawn Hunt	25:59*



90. Wayne Fournier	26:04	12. Paul English	32:03	40. Clifford Hall	54	45:09
91. Jaclyn Ouillette	26:19*	13. Terry Goodlad	32:09	41. Richard Davis	34	45:18
92. John Ouillette	26:20	14. Peter McHugh	32:17	42. Carlton Mendell	67	45:35
93. Ken Kay	26:31	15. John Leighton	32:28	43. Colleen Jackson	28	46:05*
94. Rod Stanley Sr.	26:42	16. Enice Phillips	32:37*	44. Kelly Rodrigue	25	46:13*
95. Thomas Heigham	26:45	17. Phil St. Pierre	32:54	45. Peter Kovros	28	46:51
96. Roxanne Mayhew	27:12*	18. Tom Stewart	33:15	46. Andrea Abbott	26	46:51*
97. Stephen Hanlon	27:13	19. Rick Caswell	33:44	47. Craig Tardiff	21	46:54
98. Maureen Cason	27:13*	20. Robert Abrams	34:25	48. Lee Rhine	31	46:54
99. Jessica Hayes	27:23*	21. Lorrie Yerxa	34:55*	49. Patty Murray	34	47:05*
100. Scott Smith	27:30	22. Elizabeth Steel	35:12*	50. Craig Shumock	22	47:16
101. Debbie Smith	27:30*	23. Carl Ross	35:37	51. Walter Viles	52	47:26
102. Kurt Smith	27:31	24. Peggy Clark	35:38*	52. Christine Murray	25	47:56*
103. Darcy Hammond	27:34*	25. Ernest Carle	35:45	53. Nancy Ricker	28	48:20*
104. Becky Cox	27:36*	26. Susan Strout	35:48*	54. Andrew Henry	14	48:50
105. Maggie Soule	27:37*	27. John Atkinson	36:16	55. Steve Cornelio	33	49:07
106. OK Hammond	27:38	28. Wayne Ayers	36:47	56. Dennis Morrill	49	49:12
107. Nathan Howe	27:40	29. Janet Hansen	37:06*	57. Joseph Conrad	39	49:40
108. Paul Howe	27:40	30. Sandra Malloy	37:43*	58. Jim Pickrell	39	49:53
109. Nick Mendell	27:42	31. Ken Malloy	38:13	59. David Nielson	22	50:05
110. Norman Forbes	27:50	32. Winnifred Young	41:03*	60. Dennis Connelly	41	50:14
111. Patricia Buckley	27:53*	33. Susan Steight	41:03*	61. Carol Nichols	39	51:05*
112. Feliece Bergida	28:14*	34. Phil Wilson	41:30	62. Leonard MacPhee	48	51:49
113. Kathy Dumont	28:22*	35. Fred Gallant	41:50	63. John Ouillette	41	52:43
114. Susan Hunt	28:28*	36. Murray Nixon	42:06	64. Kimberly Beisaw	18	53:18*
115. Mark Heller	28:49	37. David Hunter	42:10	65. Cathy Howe	31	54:22*
116. William Hayes	28:55	38. Sandy MacDonald	42:37*	66. Susan Boothby	31	54:25*
117. Mike Poue	29:06	39. Bill Yardleu	42:47	67. Ruth MacPhee	45	54:48*
118. Richard Ashley	29:13	*****		68. Darcy Shaw	25	55:35*
119. Chris DeAngiles	29:25			69. Joe Bennett	69	56:32
120. Lori Robertson	29:30*			70. Nancy Ludewig	44	56:34*
121. Leanne Hayes	29:32*			71. Bill David	70	57:05
122. Virginia Cross	29:38*			72. Julie Sawyer	34	57:20*
123. Barbara Moore	30:02*			73. Brigitte Bradley	28	57:29*
124. Alexander Allen	30:38			74. Harvey Mason	55	58:23
125. Dick Allen	30:38					
126. Dwane Abramson	31:31					
127. Kathie Salalayko	31:55*					
128. Jan Wilk	32:46*					
129. William Spirer	42:00					
130. Kenneth Spirer	42:04					
131. Kathryn Spirer	42:05*					
132. Sally Hammond	44:25*					
133. Martha Chandler	44:31*					
134. Joan Leitzer	44:28*					
135. Christian Storey	48:01*					
136. Martha Strickland	48:04*					
137. Jeannette McGurk	48:21*					
138. Christine Norton	48:21*					
139. Irene Nickerson	48:21*					
140. Frances Zarnowski	50:57*					
141. Idella Pennel	51:00*					
142. Dotty Lewis	51:03*					

Results courtesy of Don Cross

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### JOHNSON'S TRUE VALUE INTERNATIONAL 5-MILER

Calais Aug. ??

1. Erich Wilbrecht	26:06
2. Roley McSorley	26:15
3. Phil Meager	26:21
4. Patrick Lee	27:46
5. Garn Pomery	27:54
6. Martin Boucher	29:20
7. James Tucker	30:10
8. Deke Talbot	30:12
9. David Harrison	30:50
10. Steve Scott	31:01
11. Harvard Myott	31:50

### BLUEBERRY FESTIVAL 10K Wilton Aug. 12

1. Jeff Meserve	31	33:20
2. Dennis Croteau	39	35:12
3. Russell Chretien	23	35:45
4. Bill Hine	39	36:34
5. Mitchell Lovering	29	36:52
6. Tina Meserve	22	37:01*
7. Doug Ludewig	49	37:19
8. John Manzer	35	37:33
9. Randy Easter	33	37:38
10. Steve Friel	18	38:25
11. Dick Dickson	45	38:40
12. Mike Simoneau	41	39:01
13. Don Best	33	39:40
14. Nathaniel Mason	40	39:46
15. John Bean	31	39:48
16. Alan Bealieu	31	39:54
17. Wayne Newton	45	39:55
18. Denis Poulin	29	40:01
19. Linda Larue-Keniston	35	40:05*
20. David Bantley	19	40:13
21. Roy Morejon	46	40:14
22. Chad McDonald	17	40:31
23. David Mason	36	40:32
24. Jim Booth	43	41:03
25. James Frost	16	41:17
26. Chris Parker	17	41:28
27. Brian Kelly	31	41:51
28. Michael Greenleaf	36	41:59
29. Jim Mack	49	42:08
30. Russ Allen	28	43:02
31. Jack Ireton-Hewitt	51	43:22
32. Michael McLain	28	43:26
33. Ray Bryant	52	43:27
34. Chris Moreau	16	43:38
35. Andy Dube	27	43:41
36. Theresa Pratt	16	43:45*
37. David Staples	36	44:47
38. Ben Yates	15	44:52
39. Dale Rines	37	44:54

### ONE MILE FUN RUN

1. Arnold Henry	13	5:54
2. Leah Yates	13	6:08*
3. Tim Simoneau	13	6:15
4. David Chamberlain	13	6:19
5. Robert Flottesmesch	11	6:20
6. Danny Gregory	12	6:35
7. Deven Morrill	10	6:39
8. Jaclyn Ouillette	10	6:40*
9. Roy Morejon	8	6:42
10. Timmy Callahan	10	6:43
11. Gillian Morejon	10	6:44
12. Gregory Sawyer	8	6:47
13. Marc Hand	13	6:50
14. Nathaniel Mason	9	6:52
15. Timmy Toothaker	10	6:55
16. James Black	9	6:57
17. Chad Bubier	9	7:03
18. Brian Pratt	9	7:07
19. Leah Ouillette	9	7:13*
20. Greg Dalot	12	7:15
21. Andrew Scribner	12	7:19
22. Seth Landry	12	7:21
23. Matthew Simoneau	9	7:22
24. Matthew Stevens	11	7:25
25. Brooks Landry	7	7:26
26. Jennifer Messier	12	7:27*
27. Meri Porter	13	7:28*
28. Sarah Bleyle	10	7:29*
29. Scott Baxter	7	7:32
30. Patrick Liddy	10	7:38
31. Jesse Morrill	9	7:39
32. Molly Barker	12	7:40*
33. Jay Mack	11	7:41
34. Steven Mason	9	7:42



35. Katie Gallagher	11	7:47*
36. Justin Easter	8	7:47
37. Dyan Richards	8	7:48*
38. Tony Amburg	11	7:50
39. Casey Philbrick	12	7:52
40. Jenny Veilleux	13	7:55*
41. Anna Yates	11	8:00*
42. Lucas Hayden	8	8:01
43. Sarah Mason	12	8:06*
44. Heather Brown	13	8:07*
45. Corey Beaulieu	9	8:08
46. Brian Sutton	10	8:09
47. Nick Beaulieu	12	8:14
48. Joshua Danforth	6	8:26
49. Craig Hinckley	8	8:36
50. Peter Brown	8	8:37
51. Derek Gregory	8	8:37
52. Hannah Corey	8	8:37*
53. David Pratt	5	8:38
54. Andrea Pratt	8	8:41*
55. Kate Palman	7	8:42*
56. Matthew Hayden	6	8:43
57. Kevin Philips	7	8:46
58. Rachel Yates	5	9:02*
59. Amanda Henry	9	9:04*
60. Parick Spiotta	8	9:05
61. Sarah Corey	10	9:10*
62. Meagan Lucey	10	9:12*
63. Adam Smith	9	9:16
64. Marcus Corey	7	9:18
65. Carol Perkins	9	9:20*
66. Janey Miller	9	9:21*
67. Jenessa Bogue	9	9:22*
68. Mindy Amburg	9	9:22*
69. Ashley Adams	6	9:26*
70. Erin Sutton	8	9:28*
71. Andrew Jackson	6	9:29
72. Zachary Pickrell	6	9:30
73. Jessica Vining	9	9:33*
74. Bradley Ragsdale	6	9:40
75. Jimmy Bisbee	8	9:41
76. John Hinman	5	9:43
77. Ryan Beisaw	5	9:55
78. Andrew Hinckley	10	9:56
79. Samuel Tucker	5	9:57
80. Hillary Easter	5	9:58*
81. Travis Vining	13	9:58
82. Tristan Cummings	5	10:05*
83. Kaitlin Quinn-Kelly	5	10:09*
84. Sara Praybojewski	13	10:14*
85. Brooke Dionne	11	10:15*
86. Susanne Siebel	9	10:16*
87. Jason Jackson	6	10:17
88. Sarah Hand	6	10:20*
89. Sarah Letourneau	8	10:20*
90. Eric Mason	6	10:21
91. AJ	4	10:25
92. Blair Lovering	7	10:30
93. Eric Remick	8	10:37
94. Colin Lucey	7	10:38
95. Katherine Wegener	7	10:42*
96. Brandon Hobbs	7	10:44
97. Jennifer Trask	7	10:45*
98. Becky Corey	5	10:50*
99. Levi Corey	6	10:51
100. Amanda Bubier	7	10:53*
101. Deidre Bogue	7	10:54*
102. Margaret Haeger	8	10:55*
103. Dennis Sills	5	10:57
104. Adam Brooks	4	11:07
105. Lynn Perkins	5	11:09*
106. Meaghan Brown	4	11:18*

107. Brett Danforth	3	11:51
108. Kathy Flottenmesch	4	12:03*
109. Amanda Guptill	5	12:07*
110. George Hand	13	12:16
111. Joshua Vining	4	12:24
112. Justin Kobischen	1	12:28
113. John Palman	4	12:30
114. Jason Kobischen	4	12:31
115. Kayla Bogue	6	12:34*
116. Machias Schoen	5	12:35
117. Kim Paling	7	12:36*
118. Sam Paling	6	12:50
119. Jacklyn Pomeroy	4	12:54*
120. Shawn Ragsdale	4	13:40
121. Tyler Schoen	2	13:46
122. Hannah Hinman	3	13:47*
123. Zack Hinman	2	14:20
124. Krystal Stevens	7	16:39*
125. Levi Adams	8	18:51

Results courtesy of Bill Yates

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### MAC CROSS COUNTRY 10K & PEE WEE RUNS

Cross Lake Aug. 12

#### 500 Meters (ages 2-4, 5-7)

1. Caitlin Harrigan	1:50*
2. Adam Wingard	2:02
3. Jeanette Anderson	2:14*
4. Sean Bovee	2:23
5. Lauren Harrigan	3:10*

#### 1,000 Meters (ages 8-10, 11-13)

1. Andy Bray	4:02
2. Matt Bray	4:10
3. Ryan Dube	4:13
4. Cheryl Arpin	4:18*
5. Jules St. Peter	4:23
6. Travis Sutherland	4:29
7. Jesse Easler	4:34
8. Craig Olsen	4:39
9. Sarah Bovee	4:40*
10. Bryan Anderson	4:51
11. Cara Olsen	4:54*
12. Shawn Michaud	5:23
13. Chris Mendonca	5:37
14. Jennifer Mendonca	6:37*

#### 4M Walk

1. Ted Pierson	45:33
1. Lucinda Hebert	45:33*
3. Chris Olsen	49:40
4. Sarah Holmes	54:40*
5. Adrian McElwain	54:55
6. Cynthia Harvey	61:00*
7. Martha Cleaves	70:09*
8. Carol Olson	70:11*
9. Jeannine St. Peter	77:30*

#### 10K Run

1. Willie Thompson	34:17
2. Richard Hartford Jr.	35:43
3. Mike Mendonca	36:09
4. Dan Harrigan	36:39
5. Gary Feeney	36:57
6. Frank McElwain	37:48
7. Dennis Arpin	38:19
8. Chris Smith	39:04
9. Terry Hartford	40:01

10. Steve Porter	40:20
11. Tim Bovee	40:23
12. Rob O'Dea	41:03
13. Lee Edick	41:06
14. Robert Cleaves	41:20
15. Bruce Twombly	41:45
16. Alan Moir	42:00
17. Steve Deabay	43:57
18. Kevin Hartford	44:37
19. Steven Dubois	45:38
20. Michael Hartford	46:57
21. Eileen Jordan	47:14*
22. Kevin Dubois	48:19
23. Sam Jordan	48:29
24. Clark Brewer	49:32
25. Richard Hartford Sr.	49:47
26. Don Peters	53:07
27. Monica Belyea	53:33*
28. Kristine St. Peter	66:07*
29. Lance Albair	80:21

Results courtesy of Mike Mendonca

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### MATTANAWCOOK TRIATHLON Lincoln Aug. 13

#### Ironman Under 40

1. Mark Danyla	3:03:44
2. Paul Corrigan Jr.	3:10:07
3. Mark Ranco	3:13:54

#### Ironman 40 & Over

1. Raymond Chabot	3:15:16
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#### 2-Person Male

1. Coughlin & Chamberlain	2:40:42
2. Stoarch & Owen Jr.	3:08:17
3. Raymond & Simko	3:19:54

#### 3 or 4 Person Under 35

1. Kickey, Tedford, Beaudoin, Woodworth	2:29:02
2. Hartford, Hartford, Raymond, West	2:54:43
3. Hall, Tripplett, Coatore	3:28:34

#### 3 or 4 Person Female Under 35

1. Williams, Lafayette, Heath	4:09:31
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#### 3 or 4 Person Male 35 & Over

1. Hastings, Walsh, Brown, Read	2:35:27
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#### 3 or 4 Person Mixed

1. Severance, Oliver, Ulrich	2:52:59
2. Freeman, Browning, Browning, Freeman	2:57:22
3. Wilbur, Stewart, Stewart, Nankes	3:01:52

#### 3 or 4 Person Recreational

1. Ellison, Heath, Deighan, Williams	3:00:49
2. Francis, Francis, Francis, Becker	3:15:07
3. Baldwin, Tolman, Fortier	3:51:45

#### 10K Run Results

1. Mike Raymond	33:59
2. Lance Hickey	34:09
3. Sam Wilbur	35:01
4. Randy Hastings	35:24
5. Robert Coughlin	37:04
6. Michelle Severance	38:42*
7. Adam Baldwin	41:17



8. Mark Ranco	41:35
9. Derrick Raymond	42:49
10. Paul Corrigan Jr.	43:09
11. Chris Francis	43:21
12. Mark Danyla	44:28
13. Mitch Ellison	45:31
14. Richard Storch	45:40
15. Jacques Coatore	45:50
16. Danny Lafayette	46:20
17. Raymond Chabot	46:31
18. Leo Freeman	46:33
19. Neil Amalfitano	47:04
20. Anne Williams	50:17*
21. Scott Dyer	50:18

Results courtesy of Paul Smith

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**7TH OLDE BRISTOL DAYS 4M**  
**Pemaquid Point Aug. 13**

1. Chris Donnell	24	20:40
2. Patrick James	23	21:06
3. Tom Thibeau	31	21:27
4. Anthony Anderson	19	22:02
5. Steve Reed	41	22:10
6. Phil Ricco	35	23:00
7. Steven Peterson	40	23:11
8. Al Sproul	51	23:18
9. Phil Stuart	41	23:35
10. John Klein	40	23:49
11. Joe Richards	46	24:00
12. Alan Burke	25	24:01
13. Tom Abello	15	24:11
14. Richard Scribner	38	24:24
15. Bill Griffin	38	24:29
16. Cliff Morse	34	24:30
17. Randy Wilson	36	24:41
18. Richard Cohen	40	24:48
19. Greg Edwards	23	24:50
20. Bill Pinkham	46	24:52
21. Jamie Frost	16	25:00
22. Adam Turner	15	25:13
23. Dick Cummings	52	25:18
24. Art Warren	48	25:27
25. Hap Davis	41	25:30
26. Carl Reilly	36	25:35
27. Bruce Bell	50	25:39
28. Jeff Brann	18	25:46
29. Detmar Schnitker	52	25:50
30. Adam Guttentag	24	25:53
31. Mike Burke	34	25:57
32. Dick Orr	57	26:02
33. Jim Orr	46	26:05
34. Steven Guttentag	26	26:10
35. Dave Bailey	45	26:23
36. William Russell	31	26:38
37. Daniel Lemieux	29	26:48
38. Robert Rines	34	26:50
39. Jay Crooker	18	26:54
40. Maureen Sproul	33	26:58*
41. Peter Havel	33	27:08
42. Dale Rines	37	27:09
43. Doug Baird	45	27:14
44. Keith Carter	29	27:22
45. Don Brewer	34	27:25
46. Andy Henry	14	27:30
47. Jane Rau	39	27:34*
48. Dwight Bowen	41	27:37
49. Craig Haggett	34	27:43
50. Lee Cunningham	53	27:51
51. Fank Lorey	60	28:05

52. Jon Stubeman	15	28:08
53. Edward Shipuk	53	28:09
54. Frank Fazzian	36	28:10
55. Bruce Bernier	33	28:12
56. Michael Raymond	39	28:18
57. Josh Bogen	15	28:32
58. Joshua Norris	14	28:33
59. Paul Yates	38	28:40
60. Paul D'Ambiose	59	28:41
61. Mike Gould	50	28:42
62. Andy Abello	44	28:48
63. Chris Borger	19	28:51
64. Deborah Fletcher	19	28:54*
65. Michael Giglia	30	28:58
66. Norm Rodrigue	40	29:10
67. Heidi Sproul	20	29:11*
68. Frank Rybezynski	40	29:16
69. Richard Hill	38	29:18
70. Matthew Fischer	20	29:22
71. Diane Smith	35	29:24*
72. Keith Hoffses	35	29:26
73. Ellen Spring	36	29:29*
74. Donald Sanborn	44	29:30
75. Tom Menedez	35	29:31
76. Hillary Hope	20	29:32*
77. Cindy Cheney	27	29:38*
78. Peter Dombrowski	41	29:45
79. Carlene Sproul	50	29:57*
80. Scott Connor	21	29:58
81. David Christie	34	30:06
82. Arnold Henry	13	30:08
83. Diane Carey	25	30:16*
84. Prescott Cheney	51	30:29
85. Ron Drisko	46	30:32
86. Connie Towne	50	30:36*
87. Kate Walker	22	30:37*
88. Robert Wyman	52	30:44
89. Holly Sidorsky	28	31:03*
90. Andrew Mocarski	10	31:04
91. Mark Clinch	33	31:19
92. Daly Mocarski	43	31:26
93. Ehrin Raymond	12	31:35*
94. James Buckmelter	47	31:55
95. Bob Gaylord	27	31:57
96. Paula Aoki	34	32:07*
97. Alex Dobrowolski	49	32:09
98. Matt Koidin	11	32:12
99. Scott Silverman	30	32:15
100. Brooke Orr	17	32:17*
101. Garrett Kolodin	25	32:44
102. Lynda Nelson	28	32:57*
103. Barry Cain	26	32:57
104. John Helmstadter	46	32:59
105. James Stein	12	33:08
106. Leslie Pinkham	16	33:21*
107. Brian Zimblar	13	33:26
108. Ben Forman	12	33:28
109. Daniel Schnieder	12	33:36
110. Andrew Baum	13	33:42
111. Jordon Shapiro	12	33:53
112. Peter Crooker	50	34:38
113. James Akillian	38	34:44
114. Michael Catalini	25	34:45
115. Mark Catalini	36	34:46
116. Alice Guttentag	20	34:51*
117. Kenneth Spirer	46	35:22
118. Harvey Mason	55	35:32
119. Joseph Guttentag	60	35:48
120. Mike Mason	9	36:03
121. Micky Cassotis	42	36:49
122. Avis Ingalls	40	37:02
123. Linda Benn	41	39:50*

124. Sage Orr	10	40:20*
125. Leslie McCombe	18	40:43*
126. Margo Orr	9	42:55*
127. Lester Rhoads	73	43:47

Results courtesy of CMS

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**11TH KENNEBEC 10,000**  
**Madison Aug. 16**

1. Wade Chipman	19	35:45
2. Dennis Croteau	39	35:52
3. Greg Wilson	30	37:13
4. Bryant Bourgoin	39	37:19
5. John Manzer	35	38:04
6. Terry Priest	31	38:19
7. Phil Dugas	35	38:33
8. Ray Johnson	41	40:05
9. Paul Corrigan	37	40:48
10. Dennis Poulin	29	41:07
11. Jeff Mills	15	41:12
12. Carla Lemieux	19	41:25*
13. Derrick Raymond	16	41:27
14. Jim Booth	44	41:51
15. Wayne Newton	45	42:02
16. Larry Rich	41	42:48
17. Bob Packard	17	43:07
18. Steve Day	23	43:11
19. Jerry Saint Amand	46	43:46
20. Jeff Kent	22	43:56
21. Peter Smith	42	44:23
22. Clifford Hall	54	45:46
23. Frank Lorey	60	45:51
24. Angela Huxham	35	46:17*
25. Mike Kay	39	46:21
26. Donna Nale	30	46:36*
27. Christine Murray	25	46:46*
28. Michael Raymond	39	47:25
29. Patty Murray	34	47:29*
30. David Samuelian	42	47:46
31. Bryan Hagopian	15	47:49
32. Walter Viles	52	48:36
33. Paul Dall	47	48:41
34. William Jones	52	50:02
35. Donnajean Pohlman	38	53:40*
36. Gene Roy	42	53:41
37. Ron Paquette	48	53:41
38. Beverly Tripp	51	55:27*
39. William Tozier	61	55:44
40. Gary Kent Jr.	26	56:17
41. Richard Sabol	51	58:44
42. Gary Kent Sr.	52	59:06
43. David Hampson Jr.	11	60:17
44. David Hampson Sr.	37	60:17
45. Tom Malloy	40	60:60
46. Donald Tripp	55	69:34

Results courtesy of C.M.S.

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**MAINE WILD BLUEBERRY 5M**  
**Machias Aug. 19**

1. Chuck Morris	26:18
2. Michael Gaige	26:25
3. Peter Millard	26:38
4. Allan Geiser	26:47
5. Bruce Bridgman	26:59
6. Andy Spaulding	27:15
7. Robert Ashby	27:15
8. Angsson Chinosiam	27:38



9. Newell Lewey	29:07
10. Steve Harding	29:14
11. Jon Aretakis	29:24
12. Rusty Taylor	29:25
13. Ric Lamoureux	29:56
14. Ed Mosel	30:04
15. Joe Dahl	30:28
16. Jeff Paul	30:39
17. Joe Bouchard	31:26
18. Giles Norton	31:27
19. James Miller	31:52
20. Bill Pinkham	32:01
21. Larry Kaiser	33:08
22. Stephen Cates	33:19
23. Ronald Brokaw	33:24
24. Tamara Repac-Timms	33:28*
25. Orrin Faulkingham	33:34
26. Fred Merriam	33:37
27. Serena Pottle	33:44*
28. James Stevens	33:46
29. Bill Flahive	33:51
30. Bob Abrams	33:53
31. Carol Mosel	34:04*
32. Braden Alley	34:19
33. David Paul	34:27
34. Jane Rau	34:44*
35. Dwight Smith	35:29
36. Luke Erikson	35:32
37. Fred Schmidt	35:35
38. Philip Bither	35:42
39. Sandra Wyman	35:50*
40. Sam Auerbach	35:58
41. Chuck Mitchell	36:37
42. Terry Rowden	36:49
43. Paul Berg	37:00
44. Denis Wellman	37:04
45. Brian Cates	37:08
46. Mary Jane Ackley	37:11*
47. Joan Merriam	37:12*
48. Erin Brennan	37:30*
49. Bill Harrish	37:31
50. Michael Reisman	37:35
51. Wayne Ayers	37:36
52. Stash Levitsky	37:37
53. Ramona Sutherland	37:43*
54. Brad Smith	37:47
55. Robert Harvey	38:07
56. Kim Weiland	38:11*
57. Hartwell Dowling	38:17
58. Butch Phillips	38:25
59. Peter Reynolds	38:30
60. Dennis Morrill	38:35
61. Kevin O'Shea	38:40
62. Susan Blaisdell	38:41*
63. David Scott	38:46
64. Dana Urquart	39:00
65. David Erikson	39:07
66. Vaughn Holyoke	39:39
67. Thomas Lavinski	39:48
68. Arthur Nelson	40:48
69. Carrie Beam	41:02*
70. Jack Richard	41:04
71. Steven Graham	41:10
72. Michael Morgan	41:15
73. George Thomas	41:47
74. Tom Severance	42:11
75. Meryl Stoll	42:15
76. Ellen Obed	42:40*
77. David Roush	42:51
78. Arnold Francis	43:06
79. David Norling	43:08
80. Lon Peruzzi	43:32

81. Robert Pierce	43:38
82. Dana Hall	43:39
83. Ambrose Berry	43:50
84. Ruby Smith	44:12*
85. Joan Leslie	44:12*
86. Monica Mitchell	44:43*
87. Spud Lamoureux	44:56
88. Chris Smith	44:57
89. Tom Conlon	45:17
90. Lydia Johnson	45:55*
91. Daniel Wright	46:31
92. Paula Fontaine	46:43*
93. Scott Baxter	46:44
94. Kevin Bailey	47:17
95. Christa Matthews	48:34*
96. Wayne Smith	48:41
97. Dale Pritchard	49:56
98. Laura Holmes	50:44*
99. Beth Gaige	50:52*
100. Kathy Caler	51:21*
101. Susan Bushman	51:32*
102. Turra Szarell	52:01*
103. Linda Hurley	52:21*
104. Edward Gregoire	53:01
105. Gary Loomis	55:54
106. Warren Warren	55:58
107. Danette Smith	59:06*
108. Genie Hall	60:08*
109. Paula Norton	63:49*
110. Jo-Ellen Stevens	67:29*
111. Kathy Stanwood	67:30*
112. Janice Wilson	73:46*

Results courtesy of Mike Carter  
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**PAUL G. WHITMORE 3-MILER  
Phillips Aug. 19**

1. Daryl Searles	17:20
2. Steve Russell	17:39
3. Steve Douglas	17:40
4. Jim Flagg	17:41
5. Greg Parlin	18:10
6. Paul Bubier	18:30
7. Mike Lewis	19:18
8. Peter Smith	19:20
9. Jack Paul	19:50
10. Shawn Coolong	19:59
11. Jeff Haley	20:10
12. Robert Masterman	20:14
13. Ben Milster	20:17
14. Judy Bourza	20:30*
15. Matt Douglas	20:43
16. Dan Dougan	20:44
17. John Parker	21:10
18. Floyd Bullen	21:17
19. Robert Williamson	21:23
20. Dave Nelson	21:46
21. Susan Kolakowski	21:55*
22. Tara Lishernes	22:33*
23. Lynn Henderson	22:38*
24. Angela Pinkham	24:37*
25. Shawn Fish	25:25
26. David Pinkham	25:59
27. Mike Lawson	26:04
28. Jeann Rollins	30:03*
29. Janah Mitchell	32:58*
30. Phil Mitchell	32:58

Results courtesy of Jack Paul  
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**BOWDOIN & BACK 10M RUN  
TO THE COAST**

Brunswick		Aug. 20	
1. Peter Lessard	27	0:53:04	
2. Lance Guliani	30	0:54:37	
3. Jim Toulouse	41	0:55:21	
4. Thomas Bennett	32	0:56:36	
5. Lance Hickey	19	0:56:46	
6. Peter Hall	27	0:57:08	
7. Rock Green	35	0:57:17	
8. Chris Staeheli	32	0:57:31	
9. Guy Martin	43	0:57:46	
10. Sam Wilbur	16	0:57:57	
11. Bob Kahn	37	0:57:59	
12. Ken Flanders	37	0:58:28	
13. William Skerritt	30	0:58:38	
14. Alan Quinlan	33	0:58:47	
15. Steve Reed	41	0:58:49	
16. Steve Podganjny	38	0:59:02	
17. Chris Mansfield	20	0:59:08	
18. Mike Daly	44	0:59:31	
19. Mitchell Lovering	29	0:59:37	
20. Joel Titcomb	30	0:59:38	
21. Bill Bristol	32	0:59:39	
22. Steve Ross	34	0:59:40	
23. Richard Mulhern	35	0:59:41	
24. Greg Wilson	30	0:59:57	
25. Mike Olsen	27	1:00:08	
26. Jon Wolkow	29	1:00:22	
27. Gordon Scannell	36	1:00:23	
28. Bob Coughlin	50	1:00:24	
29. Kevin Gile	31	1:00:37	
30. John Kelsey	44	1:01:27	
31. Ron Cedrone	40	1:01:28	
32. Jim Cintron	40	1:01:28	
33. Doug Ludewig	29	1:01:29	
34. Adam Tyson	29	1:01:40	
35. Harry Nelson	35	1:01:58	
36. Steven Robertson	30	1:02:28	
37. Mike Ream	35	1:02:39	
38. Joe Richards	46	1:02:40	
39. Brian Noyes	31	1:02:41	
40. Russ Connors	57	1:02:49	
41. Alburn Butler	35	1:02:56	
42. Mike Simoneau	41	1:03:01	
43. Clifford Webster	39	1:03:03	
44. Joe Meehan	42	1:03:07	
45. Gary Cockrane	47	1:03:18	
46. Bob Jolicoeur	52	1:03:20	
47. Muzzy Barton	37	1:03:27	
48. Mike McGrail	29	1:03:34	
49. Paul Cote	37	1:03:39	
50. Tom McGuire	43	1:03:40	
51. Guy Roberge	38	1:03:49	
52. Andrew MacLean	27	1:04:00	
53. Roy Crawford	36	1:04:15	
54. Bernard Boisvert	28	1:04:15	
55. Sam Merrill	39	1:04:17	
56. Steve Sheehan	35	1:04:30	
57. Stewart Jordan	32	1:04:34	
58. Robert Marquis	51	1:04:35	
59. Terry Clark	45	1:04:49	
60. Ronald Deprez	45	1:04:54	
61. Ed Doughty	40	1:05:09	
62. Richard Scribner	38	1:05:14	
63. Arnie Green	57	1:05:14	
64. Bill Pavlisko	39	1:05:25	
65. John Quimby	29	1:05:29	
66. Robert McCormack	38	1:05:30	
67. Roy Morejon	46	1:05:46	
68. Rob Jarratt	47	1:05:53	



69. Bruce Bell	50	1:05:56	141. Steve Shea	18	1:11:21	213. Valerie Aberadi	29	1:18:06
70. Kevin Mooney	26	1:06:03	142. Ted Kirchner	41	1:11:23	214. Thomas Menedez	36	1:18:16
71. Lloyd Lafountain	27	1:06:05	143. Stephen Ballentine	45	1:11:23	215. Eric Ellis	36	1:18:22
72. Samuel Shartzter	16	1:06:06	144. Ray Cooper	47	1:11:24	216. Frank Morong	56	1:18:27
73. Robert Clarke	47	1:06:13	145. Craig Robinson	43	1:11:28	217. Richard Robinov	29	1:18:33
74. Chuck Snekiuk	46	1:06:13	146. Charles Probert	45	1:11:43	218. Erin Brennan	23	1:18:34
75. Clifton Morse	34	1:06:18	147. Walter Webber	59	1:11:46	219. Brian Cullen	47	1:18:34
76. John Braccio	35	1:06:18	148. Chuck Greenlaw	30	1:11:47	220. Mark Flaherty	29	1:18:35
77. Tom Allen	33	1:06:22	149. Theodore MacDonald	27	1:11:47	221. Ken Paille	32	1:18:43
78. Kevin Wiercinski	17	1:06:24	150. Maureen Sproul	33	1:11:48	222. Abram Rosenthal	44	1:18:46
79. Mark Alex	29	1:06:30	151. Michael Cramack	22	1:11:50	223. Heather Higbee	43	1:18:48
80. Mark Finnerty	30	1:06:36	152. Bob Hazzard	57	1:11:53	224. D. Pohlman	38	1:18:55
81. Nancy Grant	32	1:06:45	153. Andrew Morris	33	1:12:03	225. Aletha Devos	47	1:19:08
82. Ellen Gant	32	1:06:50	154. George Cooper	33	1:12:06	226. Ellen Spring	36	1:19:19
83. John Gale	33	1:06:50	155. Barry O'Neil	37	1:12:11	227. Donald Sanborn	44	1:19:38
84. Michael Boxson	35	1:06:56	156. Deb Merrill	33	1:12:12	228. Candace Karu	36	1:19:38
85. Lorne MacDonald	44	1:06:57	157. Bill Johnson	41	1:12:14	229. Herb Strom	60	1:19:46
86. Jeff Preble	35	1:07:01	158. John Porter	40	1:12:22	230. Gerry Wing	48	1:19:48
87. James Cox Jr.	33	1:07:03	159. John Merritt	39	1:12:36	231. Scott MacDonald	38	1:19:49
88. David Wooley	45	1:07:10	160. Kathy McCosh	23	1:12:38	232. Tom Clarke	31	1:19:50
89. Rick Strout	50	1:07:16	161. Raynald Charest	32	1:12:40	233. Russell Brady	65	1:19:55
90. Willy Nevrekuitt	43	1:07:29	162. Doug Morrell	38	1:12:42	234. Roy Peterson	39	1:20:01
91. Kelly Rodrigue	25	1:07:35	163. Robert Rines	34	1:12:44	235. Erin Maclean	26	1:20:11
92. Mark Bonderud	30	1:07:44	164. Carlton Mendell	67	1:12:49	236. Charles Vadakin	47	1:20:22
93. Michael Abbott	20	1:07:52	165. Mike Mosley	35	1:12:51	237. Bill Davenney	44	1:20:23
94. David Peterson	35	1:07:55	166. Carol McRea	35	1:13:03	238. Steve Swindells	40	1:20:23
95. Blair Dwyer	35	1:07:56	167. Brian Hall	42	1:13:21	239. Stephen Chick	39	1:20:27
96. Thomas Carll	45	1:07:57	168. Robert Lyman	45	1:13:28	240. Michael Gould	50	1:20:27
97. Brad Reed	18	1:07:58	169. Scott Davis	39	1:13:30	241. Cathie Glazier	33	1:20:40
98. Douglas Hodgkin	50	1:08:05	170. Joy Griffin	31	1:13:48	242. Jean Thomas	53	1:20:44
99. John Schwerdel	43	1:08:08	171. Wendy Miller	26	1:13:53	243. Bruce Kingdon	48	1:20:47
100. Nancy Ellis	36	1:08:10	172. Clifford Hall	54	1:13:55	244. Kathryn Bean	31	1:20:49
101. Charles Shea	48	1:08:12	173. Debbie Niemeier	30	1:13:58	245. D. Carson	39	1:20:58
102. Rex Johnson	31	1:08:29	174. Roddy Powers	46	1:14:13	246. Diane Flanders	32	1:21:19
103. Karl Brantner	34	1:08:30	175. Victor Tedford	33	1:14:17	247. Jennifer Clark	41	1:21:19
104. Ruth Hall	31	1:08:32	176. Seth Mulrooney	14	1:14:19	248. Mhatte Guistra	18	1:21:35
105. Jack Hewitt	51	1:08:37	177. Peter Lavallee	33	1:14:23	249. Kim Lynch	29	1:22:02
106. Paul Lamoreau	29	1:08:48	178. Rene Collins	47	1:14:32	250. Jane Rasmussen	53	1:22:26
107. Malcolm Washburn	35	1:08:49	179. Read Rich	52	1:14:37	251. Bill Robertson	50	1:22:48
108. Cheryl McMahon	26	1:08:50	180. Wayne Harlow	36	1:14:39	252. Mark Clinch	33	1:22:55
109. Richard Wells	44	1:08:52	181. Richard Cavanaugh	56	1:14:40	253. Robert Wyman	52	1:22:58
110. David Mason	36	1:08:53	182. Mark Levine	41	1:14:44	254. Bill Higbee	44	1:23:09
111. Nathaniel Mason	40	1:08:56	183. Steve Dickter	27	1:14:49	255. Doug Clapp	41	1:23:27
112. Robert Quentin	31	1:08:57	184. John Beckwith	31	1:14:49	256. William Flynn	47	1:23:46
113. Bert Jordan	32	1:09:02	185. Allen Miller	51	1:14:53	257. S. Utterstrom	45	1:23:54
114. Loren Lathrop	40	1:09:14	186. Leon Hadjaris	37	1:15:10	258. Rick O'Brien	42	1:24:12
115. David Benn	44	1:09:22	187. A. Davee	33	1:15:18	259. John Mulrooney	44	1:24:12
116. Mark Skinner	26	1:09:24	188. Jerry Saint Amand	46	1:15:19	260. Denton Bumgarder	40	1:24:14
117. Scott Fone	26	1:09:25	189. Cindy Vokey	31	1:15:20	261. Anthony Skirta	25	1:24:47
118. Ronald Paquette	48	1:09:28	190. Carol Pierce	42	1:15:23	262. John Lloyd	43	1:24:54
119. Steven Winter	39	1:09:31	191. Mick Skerritt	33	1:15:36	263. Laura Labbe	26	1:24:55
120. David Wilson	45	1:09:34	192. Orlando Delogu	52	1:15:46	264. Alex Dobrowolski	49	1:24:56
121. Jason Green	26	1:09:50	193. Eric Rundquitt	32	1:15:56	265. Donald Lohrmann	60	1:25:05
122. Michael Cowell	52	1:09:54	194. Lee Akerley	53	1:16:08	266. Brian Perkins	43	1:25:10
123. Valerie Hodgkin	21	1:10:00	195. Oscar Cloutier	54	1:16:18	267. Sandi Bumgarder	36	1:25:14
124. Steve Moriarty	39	1:10:06	196. Don Stanhope	46	1:16:37	268. Kathy Wilson	44	1:25:17
125. Jack Mercier	45	1:10:10	197. Ken Brennan	45	1:16:42	269. unknown		
126. Sarah Andrus	34	1:10:16	198. Michael Goodwin	25	1:16:55	270. John Woods	71	1:26:08
127. John LeRoy	52	1:10:27	199. James Glazer	50	1:17:05	271. Kathy Gardiner	47	1:26:15
128. Nick Laffely	17	1:10:30	200. Bennie Stepherson	45	1:17:09	272. Bob Whipple	56	1:26:19
129. Gary Grady	40	1:10:33	201. Peter Ladner	48	1:17:15	273. Harry Giddinge	56	1:26:28
130. Paul Boots	34	1:10:33	202. Clinton Goodenow	50	1:17:20	274. Carol Plourde	32	1:26:41
131. Raymond McFarland	24	1:10:39	203. Carl Fogg	41	1:17:29	275. Alan Fink	42	1:26:44
132. David Bodick	34	1:10:41	204. Ed St. John	49	1:17:31	276. Larry Crooker	35	1:26:50
133. Don Brewer	34	1:10:51	205. Robert Loader		1:17:32	277. Marilyn Wilkoff	44	1:26:53
134. Stephen DiPalma	33	1:10:52	206. Rob Laskey	26	1:17:41	278. Cathy Jarratt	41	1:27:01
135. Brett Moyer	18	1:10:54	207. Betsy Barrett	38	1:17:50	279. Peter Allen	45	1:27:12
136. Robert Moyer	44	1:11:10	208. Dan Barrett	38	1:17:51	280. Jean Bennett	35	1:27:23
137. Geoffrey Bates	15	1:11:17	209. Diana Whitcomb	29	1:17:53	281. Beth Thompson	29	1:28:06
138. Robert Laux	34	1:11:19	210. Duane Brown	42	1:17:53	282. A. McGugan	30	1:28:06
139. Joan Lee	35	1:11:20	211. Carlene Sproul	50	1:18:00	283. Nancy Ludewig	44	1:28:22
140. Daniel Rooney	45	1:11:21	212. Robert Hyde	33	1:18:06	284. Marianne Sagne	48	1:28:37



285. Pam Lajeunesse	40	1:29:11
286. Linda Hornbeck	41	1:29:23
287. Carol Linker	46	1:29:25
288. Joseph Bennett	69	1:29:25
289. Susan Davenny	40	1:29:27
290. Neil Gallagher	47	1:29:29
291. Stephen Heinz	41	1:29:30
292. James Spooner	42	1:29:47
293. Warren Wilson	55	1:30:02
294. Evelyn Kieltyka	35	1:30:36
295. Sally Paterson	48	1:31:20
296. Richard Giustra	49	1:32:03
297. Fran Brennan	52	1:33:04
298. Sherry Carll	42	1:33:48
299. Irving Faune	43	1:33:58
300. Jonathan Reitman	40	1:34:11
301. Kathy Urban	39	1:34:14
302. Diane Haile	46	1:34:37
303. Beverly McCord	54	1:35:33
304. Cynthia Dill	24	1:35:33
305. Michael Feldman	48	1:35:47
306. Gary Kent	52	1:37:16
307. Linda Hunt	42	1:37:35
308. Judith Hall	36	1:39:32
309. Harvey Mason	55	1:39:29
310. Clare Hume	44	1:58:11
311. Margaret Sawyer	75	2:01:39

Results courtesy of Barry Lohnes

\*\*\*\*\*

**PINE TREE TRIATHLON - 5M**  
**Waterville Aug. 20**

1. Tim Wakeland	24:44
2. Todd McGraw	24:54
3. Gregory Coniff	26:31
4. Ron Newbury	26:47
5. Steve Fluet	27:48
6. Jon Titus	27:55
7. Alton Stevens	28:24
8. Willie Emerson	28:36
9. Rusty Lamade	28:50
10. Bob Poirier	29:36
11. Thomas Gaspar	29:55
12. Henry Heyburn	30:01
13. Alan Burke	30:07
14. Michelle Severance	30:08*
15. Bill Hill	30:18
16. Mark Caron	30:23
17. John Mathieu	30:39
18. Risto Saloranta	30:39
19. Derrick Raymond	31:42
20. David Johnson	31:50
21. Rachel Veilleux	32:10*
22. Rhonda Morin	32:27*
23. Marc Damour	32:54
24. Timothy Storer	33:00
25. Shana Meehan	33:08*
26. Geoffrey Hill	33:10
27. Dennis McCann	33:19
28. Oscar Feichtinger	33:24
29. Gary Thornberg	33:58
30. William Turner	34:56
31. Roger Zimmerman	34:59
32. David Comeau	35:05
33. Daniel Allen	35:27
34. Dave Gormley	35:30
35. Bob Marden	36:13
36. John Elliot	36:22
37. John Raymond	36:23
38. Albert Fortin	37:01

39. Paul Dall	37:04
40. Susan Morris	37:05*
41. Mark Bolduc	37:42
42. Marsha Giglio	37:57*
43. Patrick O'Toole	38:13
44. Lisa Federico	38:36*
45. Michael Silevinac	38:38
46. Sarah Dearborn	50:57*

Results courtesy of Jerry Saint Amand

\*\*\*\*\*

**8TH BATH ELKS 5M CLASSIC**  
**Bath Sept. 2**

1. Danny Paul	25:51
2. Brian McCrea	28:30
3. Steve Reed	28:36
4. Adam Tyson	29:10
5. Al Sproul	29:11
6. Richard Mulhern	29:16
7. Mitch Lovering	29:19
8. Bob Coughlin	29:25
9. Dennis Smith	29:47
10. Harry Nelson	30:16
11. Joe Meehan	31:11
12. Mark Seamans	31:29
13. Cliff Morse	31:36
14. Brent Jordan	31:45
15. Kevin Shute	31:49
16. John Campbell	31:51
17. Ray Johnson	31:52
18. Geoff Rushlau	31:54
19. Arnie Green	32:00
20. Bruce Jon Bed	32:05
21. Robert Marquis	32:15
22. Rick Morrill	32:19
23. Jules Fertig	32:33
24. Kirk Jurgelovich	32:51
25. Dick Cummings	32:55
26. Cathy Jurgelevich	33:01*
27. Richard Scribner	33:01
28. John Schwerdel	33:19
29. Mark Bonderud	33:26
30. Jim Booth	33:31
31. Yun Ching	33:47
32. Deb Merrill	33:56*
33. Andrew Morris	34:24
34. Dale Rines	34:34
35. Barry O'Neil	34:34
36. Sam Shantzer	34:35
37. Kenneth Hooper	34:48
38. Mike Mosley	34:51
39. Craig Haggett	35:02
40. Abram Rosenthal	35:20
41. Rosalyn Randall	35:24*
42. Kathy McCosh	35:35*
43. Stanley Drinkwater	35:40
44. Clifford Hall	35:47
45. Larry Mudron	35:58
46. Edward Desaulknier	36:01
47. Peter LaVallee	36:05
48. Deb Raszmann	36:11*
49. Richard Cavanaugh	36:17
50. Chris Ersig	36:21*
51. Rene Collins	36:25*
52. Carl Fogg	36:38
53. Roddy Powers	37:25
54. Thomas Gadbois	37:32
55. Andrew Heslam	38:12
56. Alex Dobrowolski	38:31
57. Carlton Mendell	38:41

58. Kim Lynch	38:56
59. Nancy Lovetere	39:00*
60. Tony Gomersall	39:04
61. Carlene Sproul	39:08*
62. Henry Welzel	39:44
63. Edward Carroll	40:15
64. Rick O'Brien	40:36
65. Mark Clinch	41:00
66. Jim Soule	41:40
67. James Billings	42:03
68. Gary Kent	42:36
69. Kathy Yates	42:56*
70. Harry Giddinge	42:58
71. Carol Plourde	43:09*
72. Linda Jacunski	44:47*
73. Rick Rhoads	46:47
74. Lester Rhoads	54:35

**2-MILE FUN RUN**

1. Ray Johnson	10:39
2. Joe Meehan	10:47
3. Richard Scribner	10:54
4. Bruce Bell	11:46
5. Matthew Sellers	12:12
6. Kenneth Hooper	12:17
7. Arnold Henry	12:54
8. Jane Dolley	12:58*
9. Nancy Lovetere	13:20*
10. Mark Clinch	13:57
11. Andrew Henry	14:42
12. Stan Brugess	14:48
13. Amy Treblicock	15:03*
14. Mike Mason	15:08
15. Lawrence Baron	15:38
16. Cheryl Gilbert	17:27*
17. Albert Giasson	18:05
18. Beula Green	19:37*
19. Amanda Henry	20:05*
20. Matt Mason	20:37
21. Harvey Mason	20:39
22. Doryce Barron	23:45*

Results courtesy of Russ Hatch

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**16TH CARIBOU LABOR DAY**  
**4.4-MILE ROAD RACE**  
**Caribou Sept. 4**

1. Andy Palmer	35	21:47
2. Rusty Taylor	37	24:11
3. Jeff Cyr	17	24:16
4. Steve Emery	34	25:11
5. Frank McElwain	34	25:35
6. Melvin Taylor	16	25:42
7. Kirk Cote	17	25:55
8. Joe Dahl	43	25:57
9. Ed Malone	40	26:06
10. Sam Ramsay	32	26:15
11. Paul Lamoreau	29	26:26
12. Rob Weinman	27	26:31
13. Darren Clendenning	15	26:40
14. Joe Vaillincourt	15	26:45
15. Tony Murphy	17	26:49
16. Vaughn Pinette	17	26:55
17. Dennis Arpin	37	27:07
18. Ken Lamson	16	27:08
19. Jeff Holmes	24	27:12
20. Terry Hartford	16	27:24
21. Robert Cleaves	13	27:28
22. Wayne Gendreau	18	27:59



23. Bruce Twombly	37	28:06	44. Pamela Batz	24	30:27*	65. Don Peters	50	35:38
24. Roy Alden	35	28:13	45. Rodney Furr	25	30:27	66. Rita Owens	27	36:03*
25. Bob Duprey	46	28:18	46. Steve Dubois	17	30:31	67. Gene O'Neal	39	36:13
26. Lendal Johnson	56	28:59	47. Bruce Fitzpatrick	40	30:46	68. Bob Zinck	43	36:15
27. Peter Crovo	28	29:05	48. Angela Edgecomb	21	31:03*	69. Jan Rauker	38	36:28*
28. Claude Martin	17	29:08	49. David Heald	42	31:22	70. Ralph McElwain	67	36:55
29. Mitch Ross	29	29:13	50. Jamie Good	15	31:32	71. Jim Seitz	39	37:10
30. Wendall Harvey	28	29:15	51. Daniel Rinehart	12	31:34	72. Chris McBey	15	37:30
31. Jane Palmer	34	29:17*	52. John Lisnik	42	32:05	73. Wade McLaughlin	17	37:56
32. Joshua Babbidge	14	29:29	53. Mac Clendenning	37	32:21	74. Jody Harvey	28	38:15*
33. Hewey Murphy	15	29:32	54. Carol McElwee	44	32:41*	75. Milt Bailey	70	38:48
34. David Belyea	43	29:37	55. Barry Bartley	40	32:42	76. Grey Paul	41	40:32
35. Donna Sund	24	29:40*	56. Ben Paradis	45	32:48	77. Jacob Theriault	14	44:06
36. Dean Morin	22	29:47	57. George Richardson	42	33:10	78. Scott Ashby	27	44:27
37. Todd Albert	17	29:55	58. Jeff Coney	16	33:21	79. Jennifer Caldwell(W)	23	51:45*
38. Tom Houlette	17	30:02	59. Roderick Charette	16	33:30	80. Paul Soucie (W)	36	55:51
39. Kevin Hartford	17	30:07	60. Richard Hartford	44	33:47	81. Carol Soucie (W)	33	55:51*
40. Andy Churchill	15	30:07	61. George Middleton	39	34:01			
41. David Wakand	29	30:08	62. Hank Carbone	15	35:07			
42. Michael Hartford	13	30:22	63. Mike Sheffield	15	35:09			
43. David Maxcy	54	30:23	64. Kathy Gardiner	47	35:20*			

Resaults courtesy of Neal Genz

\*\*\*\*\*

## Runners, Look Your Best!



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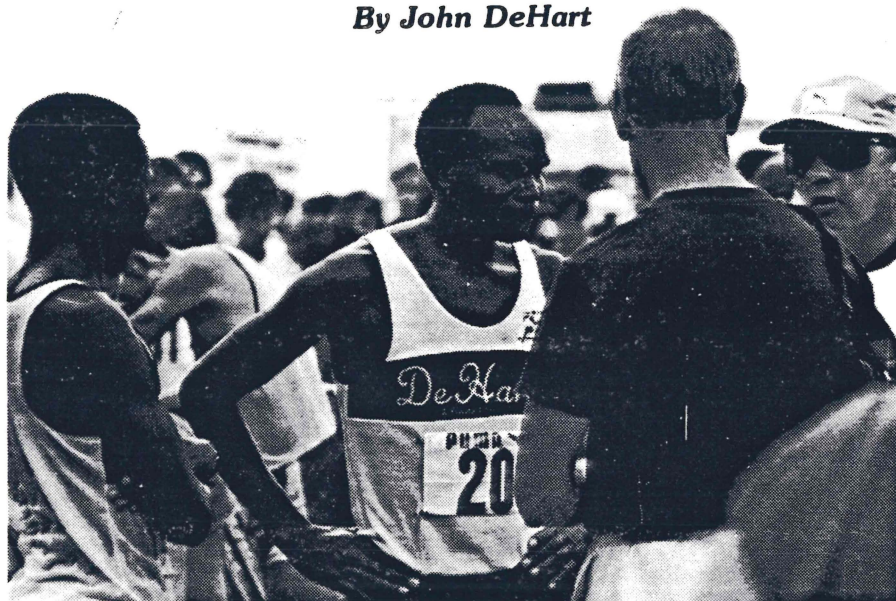
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# RENT A COACH

*By John DeHart*



*DeHart reviewing race results with clients Henry Rono and Ibraheim Hussein.*

## OBJECTIVE

John DeHart feels nobody with the drive, ambition and determination should be denied the opportunity to reach out and identify with their full potential and participate in a program designed to help them reach it.

## GOALS

To make the most of your schedule and improve performance and increase effectiveness at virtually every level of fitness.

## WHO SHOULD JOIN?

Beginners - Intermediate - Advanced  
-National - Elite - Men - Women  
-Children.

## BENEFITS YOU WILL ENJOY

- A serious approach
- Individualized programs
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- Guaranteed results
- Quality service
- Experience with all levels

## A FEW CLIENT PERFORMANCES

5K - 16:50 15:43; 10 Mi - 59:18  
1:31:10 50:42; 5 Mi - 28:30 28:59  
23:11; 15K - 55:41; 10K - 28:04 36:30  
35:50 51:50; 26.2 - 2:11:43 2:19:12  
2:58:45 4:14

John DeHart will provide you with the assistance you've been looking for all along.

**Call Today For FREE Consultation  
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**DATE:** SUNDAY, OCTOBER 15, AT 2:00 P.M. (NOTE: RECREATIONAL WALKERS ARE WELCOME TO REGISTER AND PARTICIPATE. WALKERS WILL START THE COURSE AT 1:30 P.M. FOLLOWED BY THE RUNNERS AT 2:00.)

**COURSE:** 5K BEGINS AND FINISHES AT SCHENCK HIGH SCHOOL. SCENIC WHEEL MEASURED COURSE SKIRTS EAST MILLINOCKET AND MEDWAY COVERING MUCH OF THE FORMER TARA PUTNAM RACE COURSE. FAST START FOLLOWED BY A BLEND OF MODERATE HILLS AND FLATS. SPLITS AT MILE, 2 MILE AND 5K.

**FACILITIES:** SHOWERS AND BATHROOM FACILITIES AVAILABLE AT THE SCHOOL.

**REGISTRATION:** MAIL REGISTRATION ENTRY FORM AND \$5.00 CHECK TO: EAST MILLINOCKET FIRE DEPT., C/O LES BROWN, 125 MAIN STREET, EAST MILLINOCKET, ME 04430. RACE DAY REGISTRATION \$6.00 AT SCHENCK HIGH SCHOOL FROM 12:30-1:15. T-SHIRTS TO FIRST 75 WALKERS OR RUNNERS REGISTERED. FOR MORE INFORMATION CALL LES BROWN AT E.M.F.D.- 746-9951.

**POST RACE:** WATER AND REFRESHMENTS AVAILABLE IMMEDIATELY AT THE FINISH.

**AWARDS:** RIBBONS TO ALL WALKERS. TROPHIES TO FIRST OVERALL MALE AND FEMALE RUNNER. 1ST & 2ND PLACE TROPHIES TO MALE AND FEMALE RUNNERS IN THE FOLLOWING CATEGORIES: 10-14, 15-19, 20-29, 30-39, 40-49, 50 AND OVER. (ONE AWARD PER PERSON)

**PRIZES:** EVERY WALKER'S AND RUNNER'S NAME WILL BE PLACED IN A RANDOM DRAWING FOR NUMEROUS PRIZES AND GIFT CERTIFICATES.

**PROCEEDS:** ALL PROCEEDS WILL BE DONATED TO THE EAST MILLINOCKET VOLUNTEER FIREMAN'S SCHOLARSHIP FUND.

"COMPLETE RESULTS IN MAINE RUNNING & OUTING MAGAZINE"

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE \_\_\_\_\_

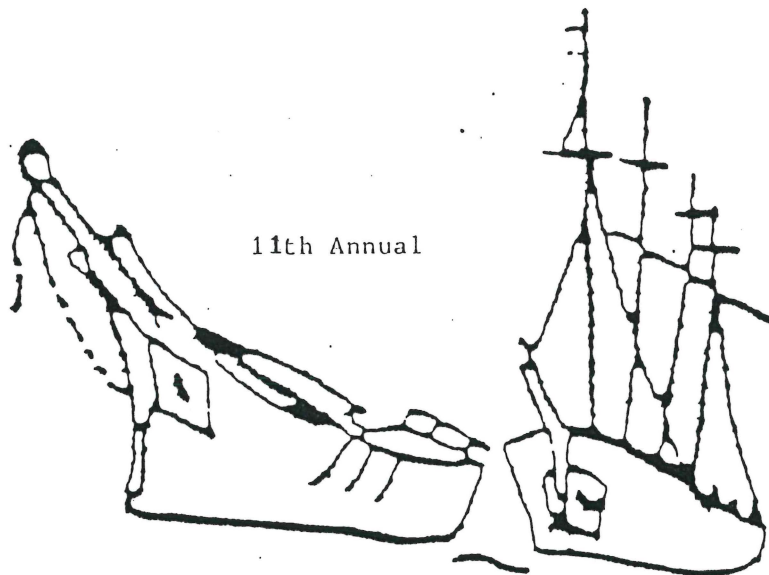
AGE: \_\_\_\_\_ SEX: ☐ MALE ☐ FEMALE T-SHIRT SIZE: S M L XL

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 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, contacts 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 any sponsor, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event.

YOUR SIGNATURE \_\_\_\_\_

PARENT'S SIGNATURE (IF UNDER AGE 18) \_\_\_\_\_





11th Annual

# VETERAN'S MEMORIAL ROAD RACE

Wiscasset Recreation Department  
Tel. (207) 882-7533.

Distance: 4.5 mile loop course on paved and gravel rural roads.

When: Sunday, November 5, 1989 (9:00 a.m. start)

Where: Start & finish at Wiscasset High School, (Rt. 27) Gardiner Road, Wiscasset.

Register: Wiscasset High School cafeteria, commencing at 7:30 a.m. on day of race.  
Or, mail entries to: Wiscasset Recreation Department, Gardiner Rd., Wiscasset, ME 04578

Fee: Wiscasset Residents (\$ 1.00); Others (\$ 2.00). \*\*Does not include t-shirt.  
Race t-shirts will be on sale for runners who desire one. (\$4.00)

Please make checks payable to: Town of Wiscasset.

Features:

- \* Age group awards. (Male/Female)
- \* Awards to first Wiscasset resident finisher. (Male/Female)
- \* Jack Winters Memorial Award. (Eldest Finisher)
- \* Changing, restroom & shower facilities.
- \* Light refreshments following race. (Apples, oranges, cider)
- \* Several random drawings from local Wiscasset area merchants.
- \* Complete results published in "Maine Running & Outing Magazine."

## ENTRY FORM

Veteran's Memorial Road Race  
Nov. 5, 1989- Wiscasset, Maine

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ TEL. \_\_\_\_\_

ADDRESS \_\_\_\_\_ TOWN \_\_\_\_\_

In consideration of this entry being accepted, I, for myself, heirs, and assigns hereby waive and release any and all rights and claims for personal damage I may have against the sponsors of this race. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent's Signature (if under 18)





**Race Date:** November 4, 1989

**Starting Time:** 1:00 p.m.

**Place:** Hampden Academy, Hampden, Maine

**Distance:** 2.9 miles Hampden Academy's  
Cross Country Course

**Pre-registration Entry Fee:** \$5.00 or \$8.00 with a  
T-shirt

**Post-registration Entry Fee:** \$6.00 or \$9.00 with a  
T-shirt

Warren Bishop was a 1985 graduate of Hampden Academy. He was an avid runner who was killed tragically in an automobile accident. All proceeds will go towards a scholarship in his name. Please come and either run or walk to show your support.

**Awards:** Trophy to the first finisher in each division male and female, ribbons to second and third.

Open  
14 & under  
15 - 19  
20 - 29  
30 - 39  
40 - 49  
50 - 59  
60 - over

Special Awards for the first male and female freshman, sophomore, junior and senior from Hampden Academy and also for the first male and female runner from the Class of 1985.

**Registration:** To pre-register mail completed entry form and fee to either Mr. Balentine or Mr. Gallant at Hampden Academy, Hampden, ME 04444. Register the day of the race at Hampden Academy between 11:00 a.m. and 12:30 p.m. Map and race information will be available the day of the race. RUN OR WALK FOR FUN ...

Official results will be printed in the Maine Running and Outing Magazine.

**WARREN BISHOP MEMORIAL RUN  
OFFICIAL ENTRY FORM**

**Hampden Academy Students Only  
(Check One)**

Freshman \_\_\_\_\_ Senior \_\_\_\_\_

Sophomore \_\_\_\_\_ Class of 85 \_\_\_\_\_

Junior \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_ T-Shirt Size \_\_\_\_\_ Phone \_\_\_\_\_ Zip \_\_\_\_\_

In consideration of this entry accepted I, for myself, my heirs, executors, administrators, waive and release any and all rights and claims for personal damages I may have against officials and race sponsors. I attest and verify that I have full knowledge of the risk in this event and I am physically fit to participate in this event.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

\*Parent's signature if under 18 years old.



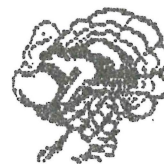
The Sophomore class of Brewer High presents:

the 8th annual



# TURKEY TROT

## 5K Road Race



co-sponsored by Commercial Screenprint

When: Sunday, November 19, at 11:00 A.M. Registration at the Brewer High School cafeteria at 9:00 A.M. Pre-registration is encouraged as only the first 150 registrants will receive T-shirts.

Where: The 5K course starts and finishes at Brewer High School. The course goes out and back on Parkway South. (3.106 miles)

Age Groups: 13 and under

14 - 18

19 - 29

30 - 39

40 - 49

50 - 59

60 and over

Entry Fee: \$5.00

Categories: A 1st Brewer High School staff member  
B 1st High School --- Class of '90  
C 1st High School --- Class of '91  
D 1st High School --- Class of '92  
E 1st High School --- Class of '93  
F 1st Parent of a Brewer High School student  
G 1st Racewalker  
H 1st Team (consisting of 3 members)

Awards: A turkey will be presented to the first place finisher (M & F) in each category and age group.

PLUS: Random drawings for additional prizes. We've had over 100 of these in each of the past 5 years.

Complete results in "Maine Running & Outing magazine"

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### OFFICIAL ENTRY FORM

NAME \_\_\_\_\_ Age \_\_\_\_\_ Category \_\_\_\_\_ Club \_\_\_\_\_

Address \_\_\_\_\_ Sex \_\_\_\_\_

In consideration of this entry form being accepted, I for myself, my heirs, and assigns waive and release all claims I may have against the officials, volunteers, Brewer School Dept., and race sponsors.

Signature \_\_\_\_\_ T-shirt size: S M L XL  
(parent or guardian if under 18 years) (circle one)

Make \$5.00 check payable to and mail to: Brewer High School  
Parkway South  
Brewer, Maine 04412  
ATTN. David W. Jeffrey



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AIR CONTROL	GEL 100	996	
AIR WINDRUNNER	MIRANER		

**PLUS COMPLETE LINE OF RUNNING APPAREL  
FROM  
NIKE - NEW BALANCE - FRANK SHORTER  
TO NAME A FEW**

**\* ALSO CHECK OUT OUR OTHER DEPARTMENTS  
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MENS & LADIES SPORTSWEAR**

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\$3.50 EACH**

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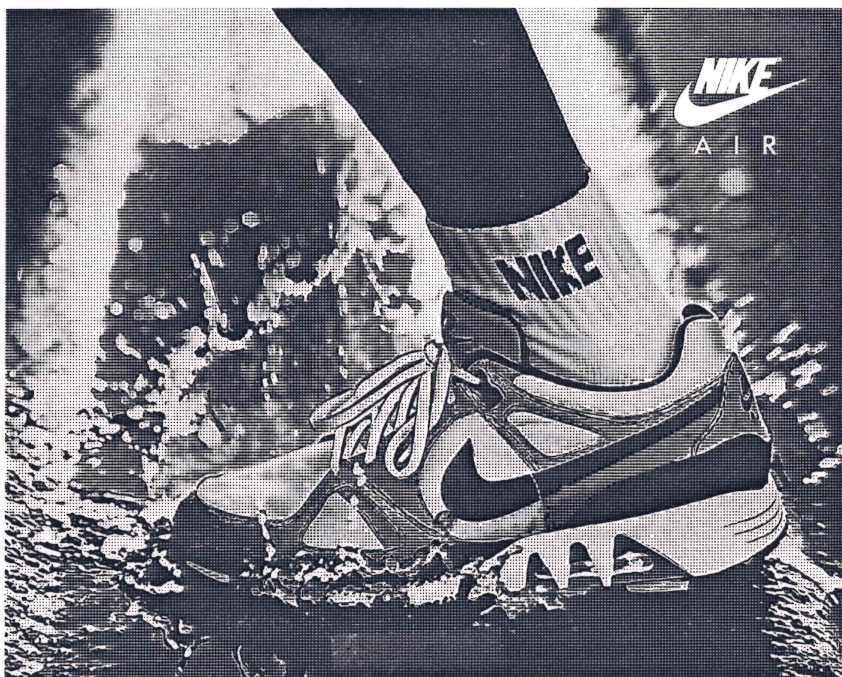
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Sun.: 12 - 4

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Sunday 10 - 6