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Maine Running & Outing Magazine Vol. 9 No. 11 November 1988

Chuck Morris

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NOVEMBER 1988 VOL. 9 NO. 11

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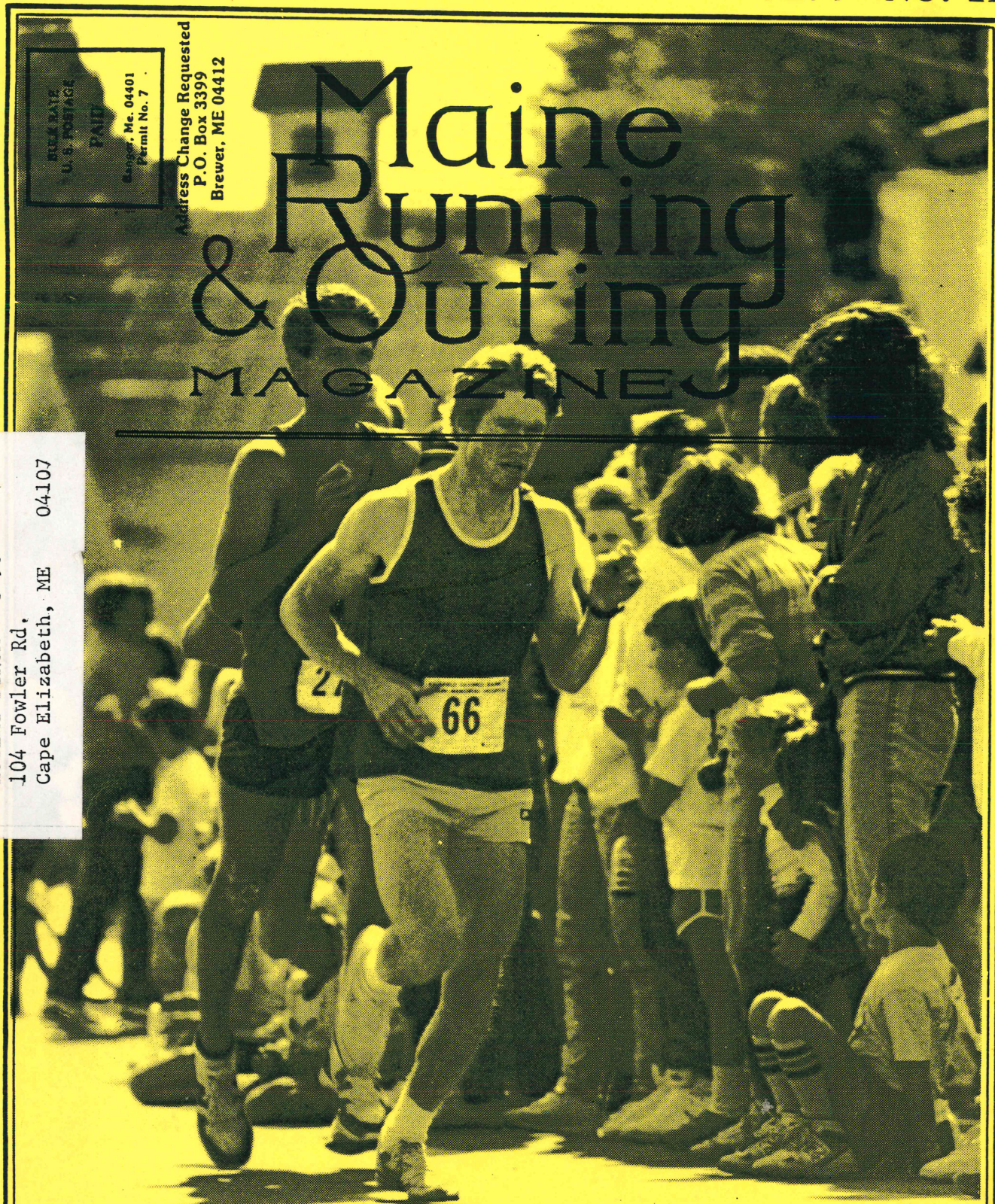
Maine Running & Outing MAGAZINE



HUBERT STROM 8-90
104 Fowler Rd.
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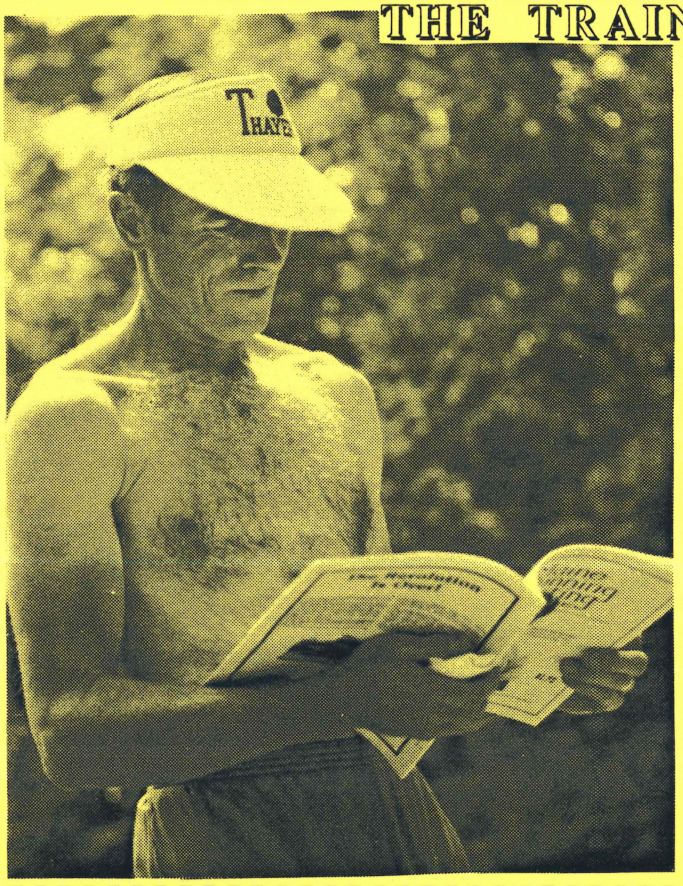
KINGFIELD'S COLORFUL WEEKEND

ALSO INSIDE: For Kids' Sake & Legend's pictorials

Maine Running & Outing MAGAZINE

THE TRAINING LOG



You have read the magazine. Now you can receive the MR&O Training Log. It is filled with photographs and quotes from Maine runners and athletes just like you. And for as little as $4.95 you can read it every day of the year. Add $1.50 postage for each order (That works out to $55.95 for you and ten friends). Or look for it at your local race or athletic store. Make check or money order out to MR&O and send to PO Box 3399, Brewer, ME 04412. (or call 947-1190).

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Maine Running & Outing MAGAZINE

Boy, has the past month ever been filled with great races - For Kids' Sake, Legends (alias Benjamin's), Falmouth, The Ultra, Kingfield and more. I have always enjoyed Kingfield at the end of September. Although it is usually very, very windy out on the 10K course, the weekend of autumn colors up on Sugarloaf is awesome. It is always refreshing to spend a weekend on the Mountain and to be up there during the autumn changes is special.

This year a talented Maine runner, returning from a series of injuries, showed a sign of what might be to come as Greg Hale overtook Todd McGraw late in the race to win in the low 31's.

Greg, shown on the cover behind Aroostook County phenom Bob Everett at the mile mark, was a New England Champion while a student at URI. He is now back in the state and ready to challenge the best.

Next month MR&O will talk with Greg.

As a matter of fact, a lot will happen next month with MR&O. Due to 11 stitches in my writing (right) hand there are some stories that do not appear this month, but be prepared for them in the year-ending issue in December.

Remember to get your January race information in early as MR&O will be going to a Dec./Jan. issue next month. That means the next issue will be February 1989. Every subscription that ends January 1989 or later will get one free issue because of this change.

Also, don't forget to order your **MR&O Training Log** - filled with pictures and quotes of your favorite Maine runners. All you have to do is send $4.95 plus $1.50 for postage and handling to MR&O, PO Box 3399, Brewer, ME 04412. Or call me at 947-1190. Or see the ad in this issue.

Congratulations David & Cindy and CDS.

Chuck

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NEXT MONTH: Interview with Greg Hale,
Interview with Kim Moody,
High School State Meets,
Collegiate XC Results
and The Year In Review.

MR&O is published monthly in Bangor, Maine.
Mailing address: PO Box 3399, Brewer, ME 04412
Publisher: Chuck Morris (207) 947-1190

Special thanks: Teresa, Taylor Hospital, BEH BRO's

Road Race/Triathlon Calendar

NOV 6 RHODE ISLAND MARATHON at 10 AM from Rogers High in Newport. Contact Kevin Pilkington at 401-273-0615. Special lodging rate for runners at Comfort Inn, call 1-800-556-6464.

NOV 6 ANNUAL FUN FOR FITNESS 2 MILER from Taylor Hospital in Bangor at 12N. Call Chuck at 947-1190.

NOV 6 10th ANNUAL VETERAN"S MEMORIAL ROAD RACE. 4.5 miles at 9 AM from Wiscasset High. $2/$1 for residents. Contact Wiscasset Rec. at 882-7533.

NOV 6 TAC JUNIOR OLYMPIC STATE CROSS COUNTRY CHAMPIONSHIP & REGIONAL QUALIFIER at the University of Maine at Augusta. Contact Peter Marczak at 626-2350/0580.

NOV 11 YMCA/MAINE ROAD RAMBLERS/ELKS CLUB HALF MARATHON and 5K at 9 AM from Hodgkins Junior High in Augusta. *Tentative*. Call Dana Colwill at 626-3488.

NOV 12 3RD ANNUAL MID-AUTUMN CHAMPIONSHIP RACE at 9 AM from the Booth Free School in Roxbury, CT. Contact Bob Lewis at (203) 355-0745 for more information.

NOV 13 1st ANNUAL PINE TREE MARATHON & HALF-MARATHON at 9 AM *has been CANCELLED*.

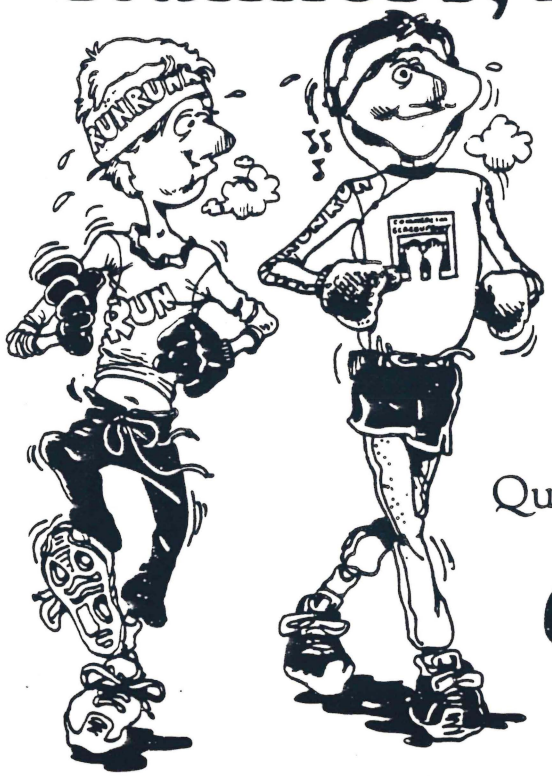
NOV 13 11th ANNUAL CAPE COD MARATHON at 11 AM from Village Green in Falmouth. $15 fee. Call (508) 548-0348 for more information.

NOV 13 TAC CROSS COUNTRY MEET at Mt Ararat HS in Topsham. Contact Jack Mercier at 725-9731.

NOV 13 4 MILE RUN FOR FITNESS at 1:30 PM from WCSU Midtown campus in Danbury, CT. Call Ted Hines at (203) 797-4253 for more details.

NOV 19 7th ANNUAL TURKEY TROT 5K at 11 AM from Brewer High. $5 fee. See flyer this month or contact Dave Jeffrey at 825-3403 (eves).

Runners, Look Your Best!



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NOV 20 GREAT OSPREY OCEAN RUN - Part 7 at 10 AM from Wolf's Neck Park in Freeport. $6/$8 fee. Call Gail at 865-6171.

NOV 20 20th ANNUAL TURKEY TROT 10K at 1 PM from Cape Elizabeth Junior High. Sponsored by the Maine Track Club. Contact Charlie Scribner (772-5781) for details.

NOV 20 4th ANNUAL BOSTON PEACE MARATHON at 12 PM from Carlisle, MA. Call (617) 524-5454.

NOV 24 SHAW'S THANKSGIVING DAY 4-MILER at 8:30 AM from the Portland Expo. Contact George Towle at 761-2197 (evenings).

NOV 24 OVER RIVER AND THROUGH THE WOODS 4-MILER at Sunday River in Bethel at 9:30 AM. Contact Don Best at 824-3215 for more information.

NOV 24 THE PIE RUN. 5 miles at 8:30 AM in Middletown, Rhode Island. Call 401-849-5955 for more info.

NOV 26 WARREN BISHOP MEMORIAL 5K RUN at Hampden Academy at 1:00 PM. See flyer this month or contact Joe Gallant at HA.

NOV 26 TURKEY TROT 5K. Sponsored by the Aroostook Joggernauts. Contact Steve McDonald at 532-3368.

DEC 3 5th ANNUAL SEASON'S GREETINGS 5.5 MILER (approx) at 11 AM from **new** Madison High. $3 fee, no pre-registration. Sponsored by the Central Maine Striders. Call Ron Paquette (457-9237).

DEC 3 3RD ANNUAL SOUTHERN MAINE SPORTS MEDICINE CONFERENCE at the Sonesta Hotel in Portland. Title: Women in Sports and Fitness. Contact Anne-Marie Davee at 666-8016 for more information.

DEC 3 3RD ANNUAL JINGLE BELL 5-MILE RUN at 1 PM from Concord Hospital in Concord, NH. Contact Kim Butler at (603) 224-9322.

DEC 17 CANDY CANE FUN RUN in Freeport. Time/place not exactly determined yet. Contact Rob Laskey at 729-4104 for more information. Joanie will be the host.

Subscribe To Maine Running & Outing

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.

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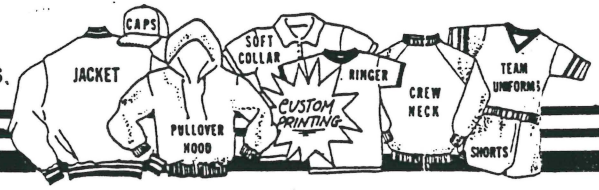

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Runner's Forum

Dear Chuck,

Enclosed is the results of the Machias Blueberry Run on Aug. 20, '88.

The race was very successful as we doubled last year's numbers and raised $2,297.00 for Womankind of Machias, a shelter for victims of domestic violence.

There were many nice raffle awards and an excellent barbeque and swim at Bog Lake after the race.

Sorry you couldn't make it. I heard you have been sick. Hope you're feeling better. If I can help you in any way please let me know. I love your mag and couldn't manage without it. Hang in there. We need you.

Sincerely,
Mike Carter

****

Dear Chuck --

Help! I sent you $35 on 6/29 to renew for two years and have not received July, Aug, or Sept. issues. We're planning to be in Maine a lot in Sept/Oct and really want to know what's happening in the running/racing scene. Let me know if there's a problem.

Thanks!
Dave Smith

Ed Note: There was not a problem - only a cross over in the mail.

****

Dear Chuck:

My Program Director, Al Fournier, sent a letter to you in early August announcing three or four upcoming road races being sponsored by or assisted by the Kennebec Valley YMCA. Not one of these races were entered into your calendar of races. We are a subscriber to MR&O and were quite distressed by these race absences. Was there a problem?

Sincerely yours,
Richard Abramson

Ed Note: Again, there was not a problem. MR&O never received that letter.

****

Chuck,

Just a quick note. I think you're doing a great job with the mag. Not too drawn out and all good reading. Keep up the good work.

A Friend,
Jeff Brown

P.S.
Loved the Legend's race course. Lengthen it out a little and you've got a real winner.

****

Chuck,

Thanks again for all your help with our Fun'd Run. We really appreciate it and know that things wouldn't have gone so smoothly without your advice. Also, I don't think I ever told you, the Flyers looked great!

Thanks & congratulations!
Sue Rand

****

Chuck,

Greetings from Utah. We're into our 5th month of vacation. Not bad, huh? We're starting to head home. We're running out of money and getting homesick. This is a great country but there's no place like Maine.

We've been getting our mail regularly. You sounded pretty down in your introduction in the September issue. Chuck, you're doing a great job with that magazine. I know that editing a mag is not terribly lucrative. Ask people for help. Make it a community thing with all runners from Maine helping and contributing. You're doing us a great service. You should expect us to help you out. And don't ever miss a day of running. You need it.

Bruce Ellis

****

Hi Chuck,

Just a note to let you know we should be home the 1st week in November. Could you start sending our mag to Sheepscott?

Thanks,
Bruce & Nancy Ellis

****

Dear Chuck,

Enclosed are the results of the Clarence DeMar Marathon which was held Sunday, September 25, 1988 in Keene, New Hampshire, which I put together from the results boards after the race. I think I got all the Maine finishers as well as the top 10 finishers, the top 3 masters, top 3 seniors (two from Maine) and the 1st and 2nd females. As you can see from the results, the 10th female was a Mainer in 134th place.

Conditions were good... Jim Daley broke his own 50 and over record set in 1986 of 2:49:17 with a time of 2:45:05. The women's 50 and over record also fell but I don't have the details. I heard someone say this year's time was 45 minutes faster than the 5:46:37 record.

Sincerely Yours,
Robert J. Jolicoeur

****

Dear Chuck,

Great to be back in Orono and I enjoyed your last issue of Maine Running & Outing (which I got from O.J.) so much I just had to subscribe.

I'm working up at U.M.O. and already went to one race (Machias) but my goals are a little lower right now and so I won't be on the scene quite as often as in the past.

We had an intense and rewarding experience in Africa but it is a relief to be back here (now with three kids) and in our old house. The running shirts people sent were a big help and there are many deserving people wearing them in Zimbabwe and Mozumbique right now.

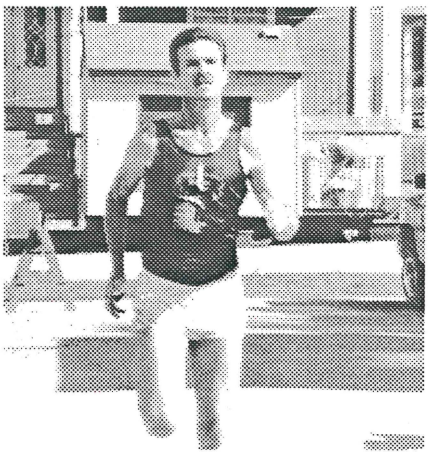
Keep up the good work,
Peter (Millard)

****

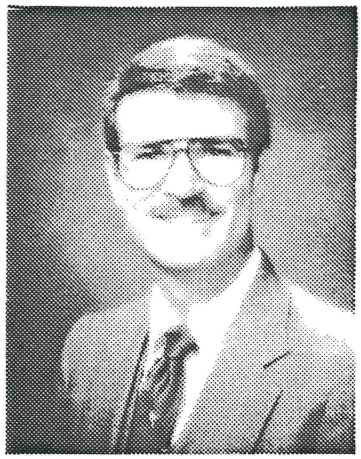
RUN,RUN,RUN,RUN,RUN,RUN,RUN,

RUSTY CAN TAILOR LEGISLATION TO THE NEEDS OF THE COMMON WORKING PEOPLE

Teacher



Runner



Town Manager

CALLING ALL RUNNERS

Rusty Needs Your Help!

If you know any runners, relatives, associates, or friends who live in the following towns, please contact them and ask them to **VOTE** for **RUSSELL F. TAYLOR, JR.** for **MAINE SENATE** on **ELECTION DAY**. Please ask them to contact their close friends with the same message and try to get them to the polls. I'm the UNDERDOG in this race and really need your help.

Thanks,
Rusty

As a **Town Manager,** I am **concerned about increasing property taxes.** Mandates from the state to local municipalities should be funded by the state, not by local property taxes.
As a **Teacher,** I want the best **quality of education** for your **children** and **grandchildren** that the State can provide.
As a **General Assistance Adminsitrator,** I feel that every person who is entitled to welfare should receive it. However, **loopholes must be closed.** Too many people get to comfortable living on tax dollars and do not try to find work.
As an **Athlete and Coach,** I want all the schools in our communities to be **Drug Free.**

Amity
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Blaine
Bridgewater
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Crystal
Dyer Brook
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Easton
Fort Fairfield
Garfield Plantation
Glenwood Plantation
Hammond
Haynesville
Hersey
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Houlton
Island Falls
Linneus
Littleton
Ludlow
Macwahoc Plantation
Mars Hill
Masardis
Merrill
Monticello
Moro Plantation
New Limerick
Oakfield
Orient
Oxbow Plantation
Reed Plantation
Sherman
Smyrna
Westfield
Weston
Mattawamkeag
Drew Plantation
Prentiss Plantation
Codyville Plantation
Danforth
Grand Lake Stream Plantation
Passamaquoddy Indian Reservation - Princeton
Talmadge
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Waite

Please contact ten people whom you know that live in the following towns and ask them to contact five other people to vote for RUSSELL "RUSTY" TAYLOR.

Any runner wishing to make a financial contribution may mail it to:
Joyce Roach, TREAS., PO Box 179, Smyrna Mills, ME 04780

Paid for by the committee to elect Russell F. Taylor Jr.
Lloyd Chase - Campaign Manager Joyce Roach - Treasurer

High School Update

State Meet Preparations

In preparation for the State Meets in late October, cross country teams competed in league championships and invitationals as the season wound down.

At the Hancock County Championships Searsport's Andy Spaulding ran away with the individual title as he covered his home course in 16:46, but it was Ellsworth took 2nd through 4th for the team crown.

Rob Pendergist (17:26), John Lockhart (17:29) and Sam Brown (17:49) led the Eagles.

It was the same scenario in the girl's meet as Searsport's Karen Fields won the individual battle, but the Eagles took the team trophy.

Fields set a course record of 19:12 over the 3.0-mile course while Ellsworth took 7 of the top 10 spots. Melanie Lounder (3rd), Becky Higgins (4th) and Ginny Machon (5th) led the way.

Lee Academy's Michelle Severance placed 3rd in a dual meet between the Schenck and LA boys. Her 18:10 over the 5K course was a girl's course record and only 28 seconds behind winner Mark Thurlow of Lee.

At the Millinocket Invitational (3.1-miles), senior Charlie Violette also won on his home turf (16:46) as he defeated rival Sam Wilbur of Mattawancook by 17 seconds. Old Town took 3rd-5th, behind Jason Rurtherford, Todd Pete and A.J. Rog for the team win.

Caribou, with Darcy McElwee in 2nd, took the girls team title. Teammate Angie Rumple was fourth. Kate Ringo of Old Town won the individual battle by 2 seconds with her 21:44.

Where's the Southern Maine results?

The start of the girls PVC Meet at Orono.

OT's Jason Rutherford won the PVC title.

The College Report

State Meet Preparations

In a pre-State Meet showdown, the USM women edged Colby and Bates, 47-48-53 with Bowdoin fourth (65).

Amy Tripp tied the Bates' course record of 17:42, but she was the only USM runner in the top seven. Donna Hubert (8th), Veronica Knight (9th) and Amy Kretz (13th) gave USM the depth it needed to win, however.

Meanwhile Colby was led by Jill Vollweiler (4th) and Karen Boomer (5th), while the hometown Bobcats had Kerry O'Leary (6th) and Rosemary Hart (7th). The Polar Bears had the strongest 1-2 punch with Marilyn Fredey only 5 seconds behind Tripp in second and Deanna Hodgkin, last year's State Meet runnerup, in third.

At Unity UMA's John Cotnoir covered the 8K course in 24:18 to outlean MMA's Jason Lyons (same time) to win the New England College Conference Championship. Unity's John Jamieson (3rd) led his squad (36 points) to the team title over UMPI (41) and MMA (44). Harrison Kilonzo placed 4th-overall for UMPI.

In the women's meet Tammy Ciesla led Unity to 6 of the top 7 places with her 21:12 over the 3.1-miles. Teammate Dawn Carlucci (22:06) edged MMA's Lorraine Rivele for 2nd by two seconds.

St. Joseph College men's team has been running well in preparation for defending their state meet championship. Jody Norton, Scott Roberts, Mike Gordan, Wade Chipman and Rich Brooks have been within one-minute of each other all year.

Mad Dogs Survive Ironman Workout

by the Flying Mad Dogs

The Mad Dogs recently had the pleasure of meeting and working out with one of the top master athletes in the world. Murray Banks of Bethel, Vermont was in town for a presentation at the local high school on fitness, healthy eating, positive thinking and stress management.

At age 40, Murray should have been settling into an easy chair. Instead, he was winning his second National championship in the world's most grueling endurance event - the Triathlon. He was one of the top finishers in the Ironman Triathlon World Championship in Hawaii, an enormous mental and physical challenge. In 1986 Murray was selected by USA Today as Amateur Athlete of the Year. If that wasn't enough, Murray also became the National 50 km. Nordic Ski Champion.

In 1983 Murray decided to do what he had always wanted. He left the security of a teaching position in Vermont where he had been named the Vermont Teacher of the Year and started a company called PEAK performance.

PEAK Performance has created seminars and presentation to specifically show you how to live with more vitality, creativity, stamina and enthusiasm.

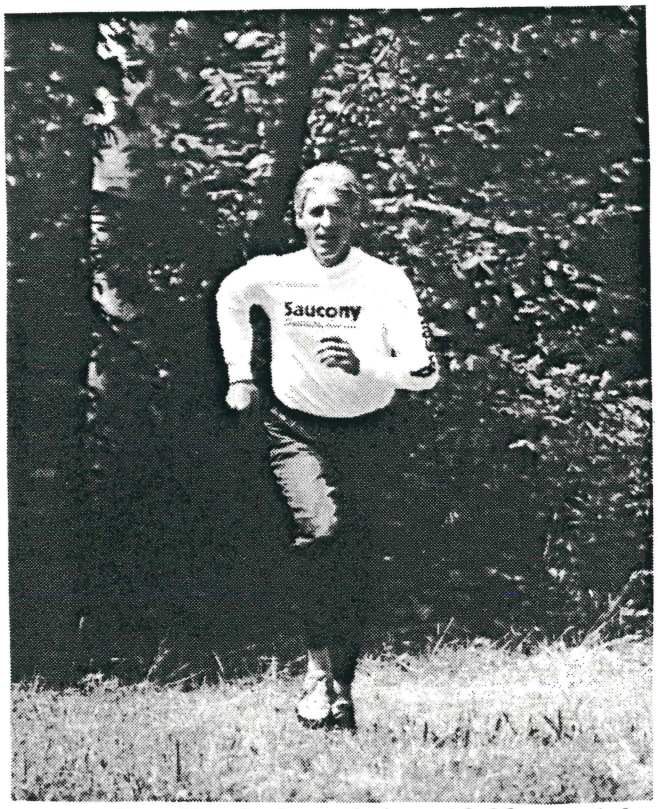
After Murray's presentation in Houlton, the Mad Dogs went for a run with him. He was tapering his training to compete in the National Triathlon Championship. His immediate goals were: 1) set a masters world record for the Ironman Triathlon Championships 2) win his third national title in the triathlon and Nordic Skiing 3) win the World Master's Ski championship. As you can see, Murray hasn't picked out his easy chair yet.

At the level Murray competes he is able to find several sponsors to help with the equipment he needs to train. They include Saucony, Schwinn, Shemano, Cycle Bending, Karbu and Swix.

Murray recounted his race in the 1984 Ironman Triathlon in Hawaii for the Mad Dogs.

Compare your latest 5K road race with Murray's Triathlon. The race includes a 2.4-mile swim, 112-mile bike, and 26.2-mile run. Fifteen hundred of the world's best Triathletes competed.

The swim - 2.4 miles - time 61:00, came out of the water in 95th place. 4:23 in the transition. The bike -112 miles - time 5:52, came off the bike in 138th place. The temperature was 104, average speed 19 mph. Murray ate 6 bananas, 12-15 fig newtons, 30-plus bottles of water, exceed, and diluted coke. 5:56 in transition. The run - 26.2 miles -time 3:17, ran 8:00/mile for 3-4 miles, 7:00-7:20 for 18 miles, 8:00-9:00/mile for the last 3-5 miles. Murray drank 8 -12oz. of water and coke



every mile. Total elapsed time 10:29, good for 48th place, 3rd in his age division.

The workout Murray took the Mad Dogs on was a walk in the park compared to this.

He shared with the Mad Dogs a 9 workout week for someone training for a triathlon of 1.5K, 40K, and 10K.(see below)

Murray Banks is truly a PEAK Performer who inspires all those he comes in contact with. The next time he's in town he'll have to run the road in Ludlow with the ten Mad dogs. After that he should find the triathlon a little easier.

The 9 Workout Week

Family, job, and numerous responsibilities are priorities which should come before training. Accordingly, we become frustrated trying to squeeze in enough training time to achieve our racing goals. The 9 Workout Week is a step toward quality triathlon racing, without the mega-miles and full-time commitment many triathletes are utilizing.

This training program is based on three commonly accepted principles of training:

1. developing an aerobic base,
2. raising the anaerobic threshold,
3. developing "racing speed" and pace knowledge

Essentially, this program involves three sessions per week in each event: one "long, steady" workout; and one "moderate" workout of steady pacing. Because there are only three training sessions per week, QUALITY becomes the focus, not quantity, and interval or fartlek

training is more frequent. Two-a-day sessions will occur only two times a week, and a day off can easily be scheduled.

As you implement this training regimen, keep in mind that while you won't be spending as many hours in workouts, you will be expending greater effort. I think you'll find that workouts of lesser distance and frequency and greater intensity will not only leave you more fit for racing, but also more exhilarated and stimulated.

Below is a sample "9 Workout Week" for someone training for a U.S.T.S. distance race of 1.5K, 40K, 10K. Your training distances will vary depending on your experience, background and abilities, but the general concept is the same.

Each workout session should include a warmup period with stretching and an easedown period followed by stretching. If you want to build in more mileage, try doing so during these portions of the workout.

DAY	SWIM	BIKE	RUN
MONDAY			intense 10x400's yds.
TUESDAY	steady/long 3x500's yds.		
WEDNESDAY		race pace 10 mile time trial	long/steady 8 mile run
THURSDAY	intense 10x100's yds.		
FRIDAY			race pace 4x1 miles
SATURDAY	race pace 10x2 min. lake	intense 10x2 min.	
SUNDAY		long/steady 35 miles	

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CASCO NORTHERN CHALLENGE RESULTS

Overall Male Leaders	Points
1. Bob Everett	44
2. Rusty Taylor	33
3. Joe McGuire	27
4. Richard Hartford Jr.	21

Male 12 & Under	
1. Adam Lambert	38
2. Michael Hartford	32
3. Robert Cleaves	11
Laughn Berthiaume	11
J.P. Tapley	11

Male 13-18	
1. Richard Hartford Jr.	44
2. Kirk Cote	32
3. Jody Laferriere	30
4. Terry Hartford	22
5. Shane Lambert	18

Male 19-29	
1. Bob Everett	44
2. Rodney Furr	31
3. Willie Thompson	26
4. Bill Walkowiak	24
5. Tim Cuchman	13

Male 30-39	
1. Rusty Taylor	44
2. Ed Malone	25
3. Mike Mendonca	24
4. Steve MacDonald	14
5. John Bushey	10

Male 40-49	
1. Erv MacDonald	33
Joe McGuire	33
3. Bob Duprey	18
Conrad Walton	18
5. John Donato	15

Male Over 50	
1. Lendal Johnson	39
2. Don Peters	31
3. Milton Bailey	23
4. Larry Whipkey	22
5. Fran McMahon	12

Overall Female Leaders	Points
1. Johnna Fleming	32
2. Connie McLellan	26
3. Carol McElwee	19
4. Darcie McElwee	18

Female 12 & Under
None

Female 13-18	
1. Johnna Fleming	42
2. Darcie McElwee	33
3. Jennifer Levesque	14
4. Michelle Severance	11
5. Monica Belyea	9

Female 19-29	
1. Sue Porter	18
2. Theresa Martin	11
Lisa Hayden	11
Grace Caner	11

Female 30-39	
1.Connie McLellan	29
2. Brook Merrow	11
Rayma Taylor	11
Bonnie Cyr	11

Female 40-49	
1. Carol McElwee	31
2. Darlene Higgins	11

Female Over 50
None

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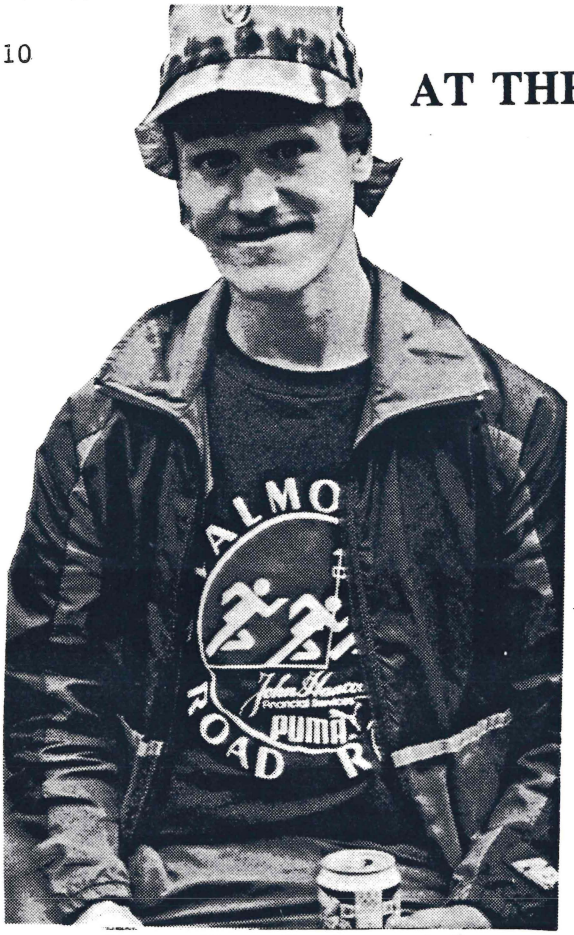
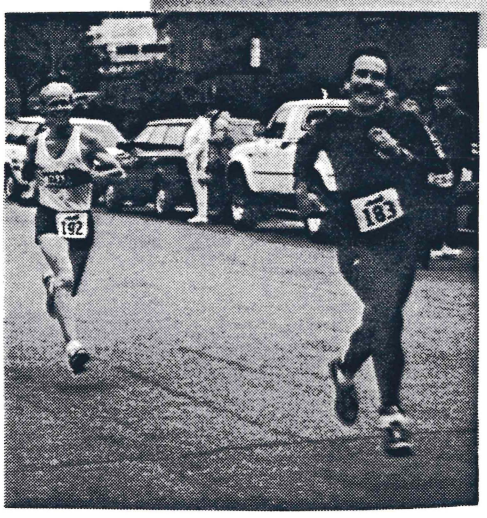


Gordon Hartwell relaxes at the Sentinel 10K post-race party.

It was still warm enough to race shirtless in September at the Bar Harbor Half-Marathon.

Legends rekindles Ben's 10K

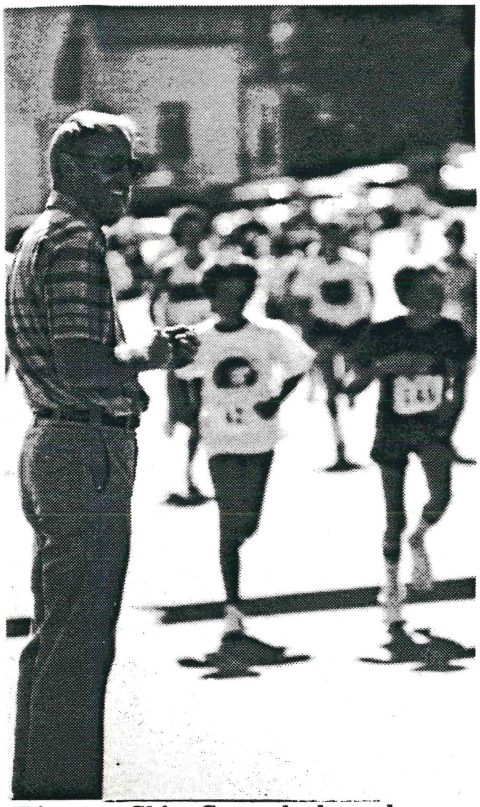
More than 200 lined up at the start.



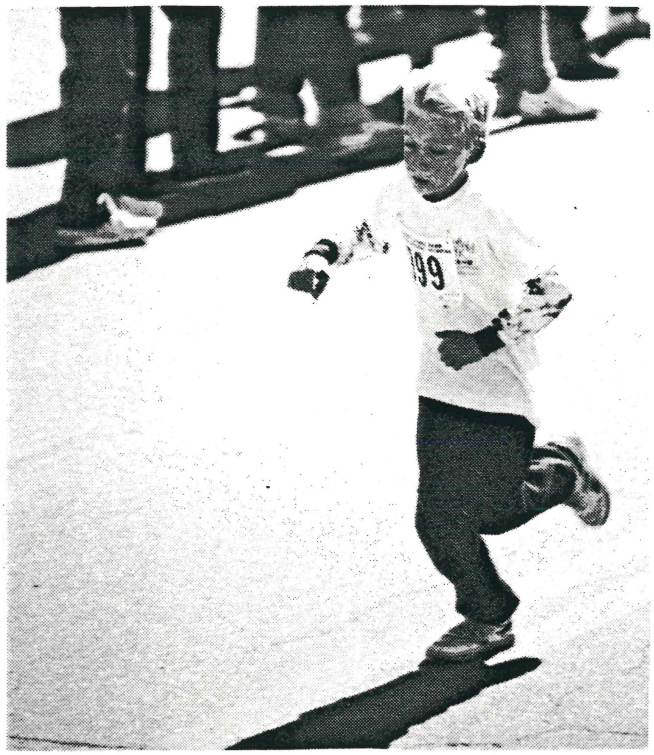
Stephen Carle (right) outlasts Larry Deans.

Connie McLellan was the 4th woman.

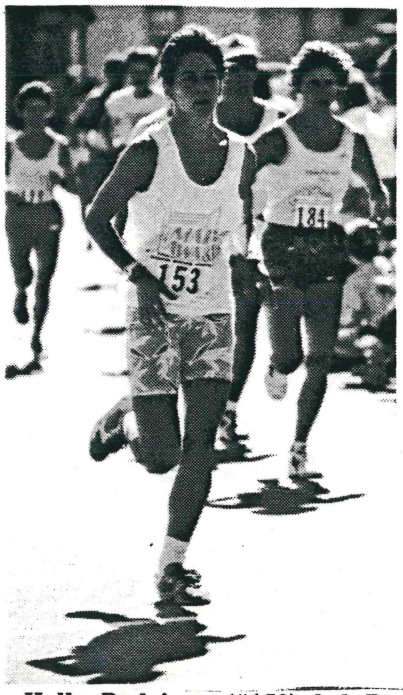
The Kingfield 10K Weekend



Director Chip Carey had good reason to smile - lots of sun and competitive races.



It all started with the Kids' K.



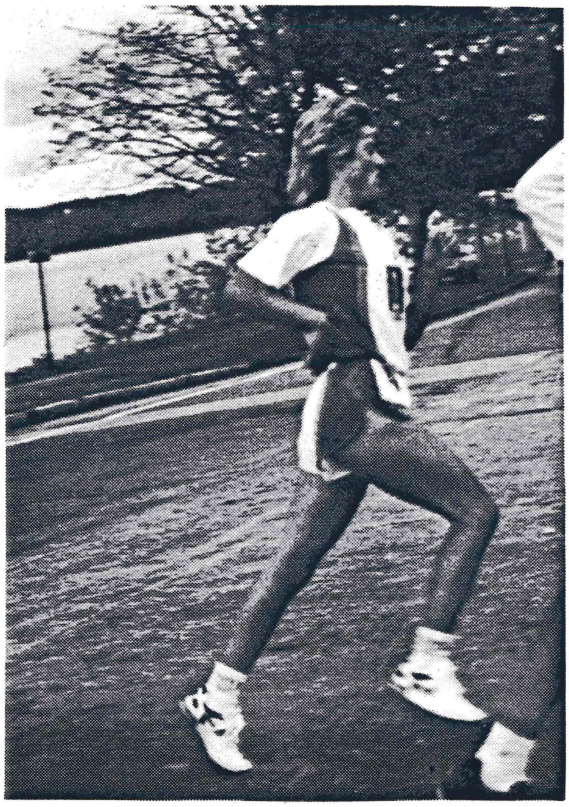
Kelly Rodrigue (#153) led Brook Merrow (#184) and Rose Prest-Morrison (right) through the first mile, but it was Prest-Morrison who prevailed.

Everyone gave it their best.

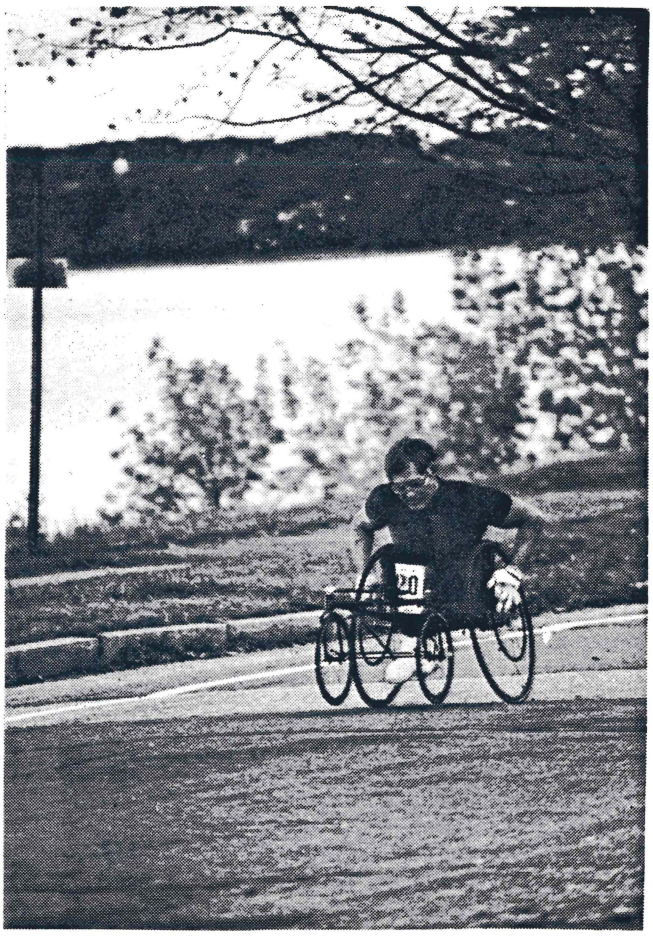
Mobs Swarm Portland For Kids' Sake

A pack of 8, consisting of (from left) Todd McGraw (#666), eventual winner Stan Bickford, Greg Hale, Bob Winn, Todd Coffin (#737) and Paul Hammond, blazed through the turn-around.

The 4-mile race offered more than just fast times as a raisin was one of the costumes.



Sally Perkins led the women's field.



Paul Cole rolls to a 14th-place.

Sports Nutrition

-- by Anne-Marie Davee

WHAT GETS YOU PERKING?

Eight out of ten Americans consume 3-5 cups of coffee per day. Most choose this hot beverage for its "pick-me-up" effect, which is provided by the caffeine it contains.

Caffeine is a naturally occurring chemical substance often referred to as "the-wake-up drug". The most widely known dietary sources are coffee beans, tea leaves, cocoa seeds and cola nuts. Of these four, coffee contains the most concentrated amounts.

This drug has wide reaching effects on your body -some may be considered beneficial while others are clearly harmful. All effects are dose related, that is the more you consume the greater the effect.

First and foremost, it acts as a stimulant to the central nervous system. This prolongs wakefulness, dilates your blood vessels, increases your heart rate and your respiration.

Secondly, caffeine acts as a diuretic, increasing the loss of water and important electrolytes. This may lead to dehydration and even "the trots".

Third, it stimulates acid production in the stomach which may cause heartburn.

Fourth, caffeine causes your working muscles to contract more frequently.

Fifth, it accelerates metabolic rate and oxygen consumption.

And lastly, caffeine elevates the concentration of fatty acids in your blood. This may spare the breakdown of muscle glycogen in long, endurance sports events only.

Caffeine has been noted as a performance enhancer or ergogenic aid for athletes. A review of current research shows that there is no definitive advice-some athletes improve while others experience discomfort. You must determine your own response to the effects of caffeine. It can be a help or a hindrance, worsening the pre-race jitters.

Health experts urge us to keep our maximum caffeine intake within a 100-200 mg/day range. Doses in excess of 250 mg may cause unwanted side effects like the "shakes". Caffeine reaches peak blood levels within 30-60 minutes and may last 3-7 hours in adults. A 5-ounce cup of drip or percolated coffee provides an estimated 60-150 mg of caffeine, instant coffee has 40-110 mg and decaffeinated 2-5mg. Tea has approximately 5 mg/5oz. serving and colas provide 50 mg/12 oz. while cocoa has 5 mg/5 oz.

Children are much more sensitive to the effects of caffeine and are easily hooked on Coke, Mountain Dew, Mello yellow or Jolt.

Caffeine is mildly addictive in nature. Dependency may result if 500 mg or more (4 cups coffee/day) are consumed. Some individuals experience mood changes, anxiety, depression and irritability. This syndrome has been termed "caffinism".

If attempting to reduce or eliminate caffeine, it is best not to go "cold turkey". Decrease your intake gradually because abrupt elimination will result in withdrawal symptoms like severe headaches. SLOWLY substitute decaffeinated or caffeine-free alternatives in your daily rituals.

Because caffeine is considered a drug, its use is not supported by the United States Olympic Committee. Most of all remember, with caffeine a little goes a long way!

Anne-Marie Davee, M.S., R.D.
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The Doctor's Office

Tibia or Not Tibia
by Mike Sargent, M.D.

Most runners experience shin pain at least once, assuming they have a vague entity called "shin splints", which they hope will disappear if properly ignored. However, there are several categories of shin pain with somewhat different implications.

The term "shin splints" refers more precisely to inflammation at the site of origin of the posterior tibial muscle, behind the inside edge of the tibia, or shin bone, along its lower half. You have to dig your fingers behind the bone to find the most tender area.

Usually this inflammation is an early-season phenomenon resulting from weakness of the larger leg muscles, which puts an excessive burden on the posterior tibial muscle. Since this muscle helps to support the arch, the condition can be more severe in overpronators, and in this instance can be helped by orthotics.

The time-honored approach of walking and running pigeon-toed serves to minimize pronation, thereby decreasing the yank on this inflamed muscle with each step. Occasionally, attempts to tape the lower leg muscles to lessen the strain on the posterior tibial muscle can help. As usual, the best treatment is prevention, including gradual buildup of training intensity, proper technique, avoiding abrupt changes in terrain, a simple toe-raise and Achilles flexibility program, and, if you overpronate, wearing motion-control shoes and consulting a podiatrist if necessary.

If the problem is long-standing, you may not be able to run through it and will have to go the route of rest or alternate aerobic exercise, while continuing with ice and anti-inflammatory medication.

If pain develops on the front of the tibia itself, usually in a more localized area, the membrane around the bone (the periosteum) is inflamed and you have periostitis. This overuse injury usually means you are doing something wrong, and it will progress to a true stress fracture if the mechanism of overuse persists.

It's a mistake to ignore this condition; the sooner you bite the bullet, get it checked, and treat it properly, the sooner you'll be able to resume running. At that point, try to figure out what you did to cause the problem in the first place, including giving some attention to your running form. It's not uncommon for posterior tibial shin splints and periostitis to co-exist; a careful exam will look for all possibilities. The fibula (the thin bone on the outside of the leg) can also develop this problem.

The most ominous form of shin pain involves the anterior (front) compartment muscles, to the outside of the tibia along the upper half. If you put your finger there and raise your ankle up, you'll feel the anterior tibial muscle contract. If these muscles get inflamed and swollen from overuse, the resulting pressure has no outlet because the membrane around them is very tight, forming a non-elastic "compartment". The pressure builds up and squeezes the muscles and their blood and nerve supply.

If acute and extreme this can lead to permanent damage and crippling, so pain in this area should not be taken lightly, especially if the region feels tense. Ice should be applied and the leg should be positioned level with the heart, neither elevated nor lowered, and it should be evaluated immediately. Sometimes a more chronic variety of this syndrome develops, which, while not emergent, might require surgical decompression before athletic activity can be resumed. There are also three other muscle compartments in the lower leg which can develop this syndrome, though even less frequently.

Occasionally the tendons of these anterior compartment muscles become inflamed after undertaking some fast running. There will be soreness to the outside of the tibia along the lower half only, especially when the ankle is moved to extremes. Usually this will subside with a week or two of reduced activity.

So, the next time the term "shin splints" comes up, keep in mind some of the serious possibilities and don't dismiss the situation as necessarily trivial.

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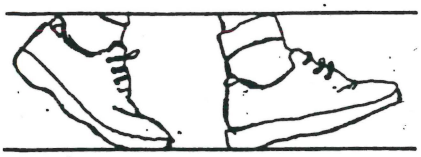

Heel & Toe

by Dr. Moshe Myerowitz

WALKING, SWEATING & DRINKING

Without a doubt, the best liquid to drink when thirsty is water! Although commercial drinks are highly touted as superior, recent knowledge has revealed the best liquid is still water!

It is recommended that water be taken before thirst begins. for openers, 5-8 glasses of water, per day, is recommended as a base of liquid consumption. Overweight people should drink even more...approximately an extra 8oz. for each 25 pounds of additional weight. when exercising and/or dieting additional water consumption is required.

If you intend to walk vigorously, estimate approximately how far you will be going and drink 2oz. per mile before starting. It is also wise to bring water with you if the walks are going to be lengthy.

In humid weather, water will assist in keeping the body temperature down. It is not recommended that ice cold water be consumed during exercise. Cool water does have value (during the summer) because it reduces the body's temperature.

Exercise gear that is impermeable caused the body to lose large amounts of water. This needs to be replaced continuously. During the winter, wearing outfits that don't breathe, means additional perspiration, and requires additional water intake.

Most people wait until they are thirsty in order to drink water. It is not really a good accurate indicator of the need for fluids. Older people particularly should drink more water even though not thirsty. Recent studies of those in the 65-75 year old age group, have revealed that thirst was a poor estimator of the need for water by as much as 50%.

Hiking at altitudes requires the drinking of more than usual amounts of water. this is due to the thin, dry air in mountainous areas.

Caffeine drinks are not a good supplier of liquids. Caffeine is a diuretic and actually causes water loss.

Finally, do not rely on alcoholic beverages such as wine or beer to quench your thirst. Alcohol products dehydrate!

SIDE LIGHTS & TID BITS...

Race walkers are in a specials category. With speeds of more than six miles per hour (10 minute miles) and better, the body tends to want to break into a jog. Controlling this action and forcing the body to continue walking at a high rate of speed, takes more energy than jogging at the same speed.

Walking uphill and downhill alters the biomechanics of normal walking, as does lengthening and shortening the stride. Walking uphill will develop the muscles in the front of the thigh to a greater extent than walking on level surfaces. Walking with hand-held weights is another dimension entirely.

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PACE LINE - by Christopher Bovie

Now it is your turn Greg. Yes, I am referring to the resident canoe triathlon animal of Greg McMorrow. Greg put together an outstanding team to go to Hanover, NH the same weekend as the Waterville Triathlon (see last month) to compete in the National Triathlon Championships. Greg had hopes of winning the whole thing. He had used Lincoln as a warmup for the Hanover and felt very secure in his quest. Alas, it was not to be his day. Maybe he had forgotten to rub the stomach of a buddah for good luck or was just due for a bad luck streak a la Dana Melville.

Tim Wakeland got the team off to an excellent start coming in just 26 seconds off the lead runner in the first leg. He passed off to one of the best time trialist's in New England, Doug Day of Connecticut.

Doug is a familiar face to bikers and triathletes as he has anchored Greg's team at the Maine Event for a few years now and in fact, has the two fastest times ever on the course's 27-miles.

Doug took over and showed his prowess. He overtook the leaders and gave Greg and John MacDonald a 40-second lead. Normally that is more than enough for an accomplished canoe team. Like the weather in Waterville, however, it was fickle in Hanover.

Waterville got rain and Greg got wind and 3-foot swells. Greg and John found the going very rough in that type of water. By the time they had 90-seconds on the second-place team, they had to go to shore to empty their swamped canoe. This obviously lost them a great deal of time. They put their heads down and hammered (paddled?). They caught up and soon retook first place, but alas, not for long. Once again their boat was swamped, however, this time they were not alone as the other team also had to go to shore to empty out.

Once again they set out, canoe to canoe going for glory, but again both were swamped by water and this time only Greg and John decided to go to shore as the other team decided to tough it out. By the time they caught up again there was only a short distance to go for the finish.

Unfortunately, Greg and John were not able to head them off at the pass and had to settle for second.

Greg wasn't the only one with problems that day as Barry Fifield attempted to win the ironman category. Barry also had problems with the swells, but had bigger difficulties with some spokes in the biking leg and had to dismount to remove them. He did manage a second-place as well, however.

It obviously was not a day for Mainers, but I did hear that Lee Marshall and Jon Mathieu did extremely well in the National Canoe Championships held that same day.They were fourth and Doug Ludewig had a good day in the kayaking class.

Now for the big news. The Killington Stage Race is becoming big. Dana Melville and Dan Works were two of the Maine USCF racers there. The course description in itself is stimulating. The race is calling itself the largest race in the U.S. after the Coors Stage Race. The officials have a very fine setup involving rooms for the riders, a meal plan, a health club membership for the weekend and a very fine four-day, five-event race.

The races included a 2.8-mile uphill prologue timetrial on the first day, a road race ranging from 36.4-miles (Women, juniors and CAT IV) to 54.6-miles (CAT III and VETS) on the third day, a 53-mile road race for all classes on the fourth with a 10-mile criterium around a half-mile loop that evening and on the last day, a 48.5-mile road race.

Dana started the weekend hoping to get off on the right wheel in the prologue. The course climbed

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325 feet with a rise in elevation from 2025 feet at the start to 2225 feet at the finish. Dana found out later this was the key to the whole race. Do well here and you will probably do well all weekend. He held back to finish 23rd out of 142 riders.

He was hoping to move up the next day, but it turned out Saturday's race set the stage for him. The 36.4-mile race was fast and relatively flat with a suggested gearing of 12-17. It started at 1300-feet and ended at 130--feet. It had 500-feet of climbing.

It was by no means a peaceful ride. Dana successfully eluded a couple of early crashes. He thought he was home free less than a mile and a half from the finish. Unfortunately someone in the front pf the pack decided differently and set off a chain reaction.

One minute Dana was seated comfortably on his bike and the next he was uncomfortably stretched on the pavement. The wheelman was there instantly and gave Dana a new wheel as his old one was a pretzel. Eventually he got reorganized and finished.

He lined up the next day determined to stay up. The third race was the most challenging. It was a 53-mile course with total climbing of 2,120 feet. The gear suggestion was a meager 12-24. The racers had to go over both Brandon Gap and Sherburne Gap, as well as down the other side. Dana was soon to realize that his hip, bruised from the crash, was to be a problem. It began to tighten as he tried to stand and climb, so he was able only to sit and climb or use very low gears. Dana was dropped by the pack.

In order to remain in the race Dana had to be within 20% of the winning time. This was no problem, so Dana felt he was ready to go, never aware of what tomorrow would bring.

The next morning his number was not posted in the results and he was written as a DNF. He only had 15 minutes to place a written protest. One of the key elements he needed was the number of a rider he was with to prove his position. Fruitlessly he searched and wrote the protest as best he could, realizing the computer had done him in. His protest was turned down and he was not allowed to ride Monday's final stage.

Dan Works had spent the weekend riding with the CAT III's. He started slowly, for him, finishing 7th in the prologue uphill climb. He felt the next two days were not extremely tough, although fatigue began setting in by Sunday evening. He felt he held his initial 7th-place through the final day.

Like always, keep the rubber side down and the shiny side up.

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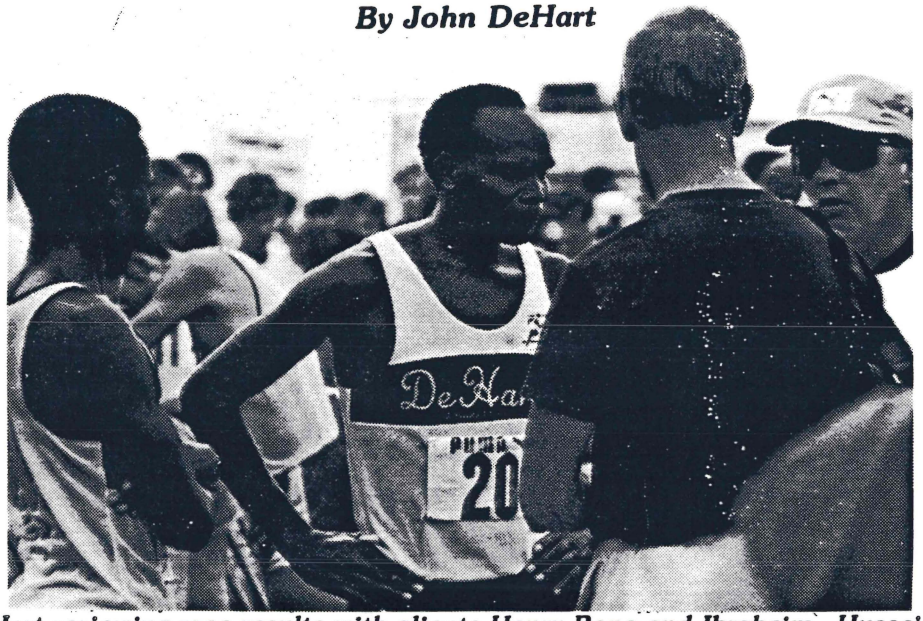
RENT A COACH

By John DeHart



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

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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

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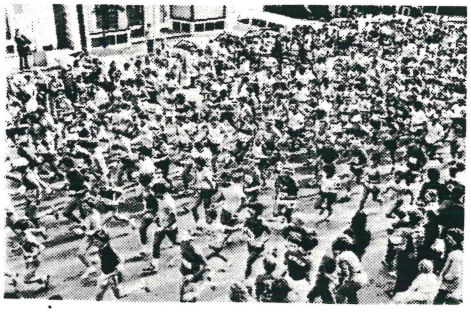

28TH MOUNT WASHINGTON ROAD RACE
Gorham, NH 7.6M June 18

1. David Dunham	24	1:00:49
2. Jay Johnson	28	1:03:09
3. Sheldon Larson	27	1:04:25
MAINE FINISHERS		
19. Paul Merrill	34	1:11:56
44. Joel Titcomb	29	1:16:35
47. Richard Mulhern	34	1:16:59
49. Dennis Weeks	32	1:17:16
52. Barry Fifield	31	1:17:49
54. Robert Poirier	33	1:18:02
55. Peter Hall	26	1:18:07
76. Doug Ludewig	48	1:19:33
81. Stephen Moser	31	1:20:15
93. Ruth Hall	30	1:21:09*
96. Jeffrey Arsenault	31	1:21:21
97. William Skerritt	28	1:21:23
108. Ronald Cedroine	39	1:22:09
114. Michael Reali	34	1:22:27
135. Michael Carter	38	1:23:55
146. Jeff Brown	38	1:24:51
153. David Barker	35	1:25:23
185. Bob Coughlin Jr.	49	1:28:00
190. Rob Esty	15	1:28:13
213. Gene Roy	41	1:29:45
222. Alburn Butler	34	1:30:35
239. John Gale	32	1:32:04
244. David Benn	42	1:32:16
253. Russell Connors	55	1:32:37
269. Tom McGuire	41	1:33:31
285. Dick Cummings	50	1:34:20
293. Donald Reimer	41	1:35:06
297. Wayne Clark	41	1:35:18
307. Carroll Caron	31	1:35:50
314. Ron Paquette	47	1:36:13
330. Bruce Bell	49	1:37:10
338. Dick Lajoie	48	1:37:55
339. Ken Sylvester	43	1:37:57
346. Marsha Giglio	44	1:38:07*
351. Paul Waterhouse	45	1:38:25
372. Patrick Roy	39	1:40:13
380. Geoffrey Hill	41	1:40:48
383. Jerry Casey	32	1:40:59
387. John Howe	53	1:41:08
389. Thomas Caron	38	1:41:17
419. Michael Frsot	37	1:43:46
422. Vincent Ramby Jr.	41	1:44:00
425. Carlton Mendell	66	1:44:11
429. Gary Fernald	35	1:44:28
436. Chris Bradley	31	1:44:40
476. Allan Amioka	34	1:46:39
485. Mel Spelman	41	1:46:57
486. Byron Cook	41	1:46:59
509. Andy Dube	24	1:48:26
510. Ken Ahlquist	39	1:48:28
521. Robert Jones	15	1:49:26
532. Steve Collins	51	1:50:08
567. Harvey Rohde	46	1:52:33
597. Carol Weeks	34	1:54:27*
599. David Breault	44	1:54:30
631. Ralph Hughes	38	1:56:50
637. David Bacon	40	1:57:18
696. Donnajean Pohlman	37	2:02:47*
765. Dennis Connelly Sr.	40	2:16:48

801 finishers
Results courtesy of Bob Teschek
****

JBI SPRING POINT FESTIVAL
S. Portland 4M June 25

1. Jim Toulouse	20:58
2. David Crawford	21:01
3. Guy Berthiaume	21:28
4. Roland Thibault	21:34
5. Jim Brinkman	21:56
6. Bill Bristol	21:59
7. Malcom Kidd	22:22
8. Richard Mulhern	22:27
9. Timothy French	22:38
10. Travis Kinney	22:40
11. Sam Merrill	22:44
12. Craig Hatton	22:47
13. Harry Hunt	22:52
14. Greg Dugas	22:55
15. Garry Grigel	23:02
16. Bill Skerritt	23:11
17. Conrad Labelle	23:14
18. Michael Cirillo	23:23
19. Howard Chadbourne	23:25
20. Joe Richards	23:25
21. Russ Connors	23:30
22. Wanda Haney	23:31*
23. Robert Marquis	23:31
24. Steve Hightower	23:41
25. Gary Salamone	23:42
26. Michael Twomey	23:44
27. Richard Sowers	23:45
28. Scott Forbes	23:47
29. Peter Flaherty	23:49
30. Don Stowell	23:50
31. Paul Casey	23:50
32. Peter Bastow	24:13
33. Michael Cowell	24:13
34. Scott Gover	24:16
35. Roger Foster	24:17
36. Jeff Tarbox	24:18
37. Kelly Rodrique	24:18*
38. Bruce Campbell	24:19
39. Stephen Wilson	24:21
40. Thom Meschinelli	24:23

Be A Winner - Subscribe To MR & O Now

One of Maine's Most Unique Running Clubs!

FOUNDED 1975
CENTRAL MAINE STRIDERS
"WE SHARE THE ROADS"

CENTRAL MAINE STRIDERS

P.O. Box 1177
Waterville, Maine 04901

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

UPCOMING EVENTS:

December 3
11 AM
Madison HS
SEASON'S GREETINGS 5.5-MILER
(Contact Ron Paquette: 437-9237)

41. John Cyr Jr. 24:25
42. Donald Wilson 24:2543.
Bob Provost 24:26
44. Jim Chapman 24:27
45. Sumner Weeks 24:30
46. Robert McCarthy 24:30
47. Craig Kinney 24:41
48. Bob Jolicoeur 24:48
49. David Butler 24:50
50. Rick Strout 24:51
51. Stewart Jordan 24:53
52. Gerard Salvo 24:56
53. Roy Morejon 24:56
54. Ray Shevenell 24:56
55. Doug Beauparlant 24:57
56. Erika Maddaleni 24:58*
57. Bruce Lane 24:59
58 Martin Barrow 25:12
59. Michael Spadinger 25:23
60. Dennis Slatton 25:24
61. Carl Comstock 25:28
62. David Wooley 25:30
63. Rick Fontaine 25:32
64. John Balicki 25:34
65. Rhonda Prime 25:36*
66. Kevin Gribbin 25:41
67. D.J. Davis 25:45
68. Carol Weeks 25:46*
69. Scott Hinckley 25:46
70. William Davenny 25:49
71. Barbara Sullivan 25:57*
72. Barry Howgate 25:58
73. Leslie Couture 26:05*
74. Brian Mercer 26:07
75. Herb Strom 26:10
76. Peter Serunian 26:14
77. Chris Newell 26:14
78. Jeffery Sloan 26:15
79. Bob Hazzard 26:15
80. Brain Alward 26:16
81. Jane Dolley 26:16*
82. Phil Laclaire 26:18
83. Kathy Jenkins 26:19*
84. Tom Gadbois 26:20
85. Bruce Little 26:21
86. Chris Godin 26:23
87. Art Marcoux 26:24
88. Kirk Jurgelevich 26:27
89. Cathy Jurgelevich 26:28*
90. Carl Goshee 26:35
91. Greg Hagerman 26:39
92. Shaun Fecteau 26:40
93. Dale Rines 26:42
94. Jim Gwilym 26:46
95. Richard Stott 26:52
96. Catherine McGuire 26:52*
97. Larry Barker 26:53
98. Mark Margerum 26:55
99. Greg Young 26:57
100. Joan Lavin 27:00*
101. Peter Holloway 27:01
102. Warren Foye 27:02
103. Tom Parker 27:05
104. Laurie Allard 27:06*
105. John Kane 27:09
106. Paul McDonough 27:24
107. Ralph Harris 27:25
108. Dick Fedlon 27:26
109. Louie Ludakaos 27:28
110. Brigitte Edquid 27:31*
111. Linda Thayer 27:44*
112. John Plante 27:46
113. Philip Bartlett 27:46
114. Jeri Schroeder 27:51*
115. Rob Foley 27:54
116. Brian Kinney 27:55
117. Ron Turcotte 27:57
118. Robert Laux 27:58
119. Doug Baird 28:01
120. Lee Akerley 28:05
121. Denise Ramsdell 28:07*
122. Ken Peterson 28:08
123. James Legere 28:09
124. David Conley 28:10
125. Richard Chammings 28:20
126. Richard Downs 28:24
127. Greg Rogers 28:25
128. Daniel Conley 28:26
129. Andrew Haslam 28:26
130. Frank Morang 28:28
131. Bill Benner 28:29
132. Peter McDonald 28:30
133. Brent Woodhouse 28:31
134. B.J. Broder 28:31
135. Kristi Huard 28:32*
136. Henry Wolstat 28:37
137. Dana Sequin 28:38
138. Bob Perkins 28:39
139. George D'Alessandro 28:40
140. Kathleen Perkins 28:43*
141. Gerald Cecil 28:45
142. Robert Reed 28:50
143. S.M. Hall 28:51
144. John Kazilionis 28:53
145. Fred Stone 28:55
146. Lisa Warren 28:56*
147. Peter Adams 29:00
148. Tom Kinney 29:01
149. Robert Conveny 29:11
150. Don Peters 29:16
151. Mark Carrier 29:17
152. Kelly Schnson 29:18*
153. Roger Dutton 29:18
154. Paul Crimmin 29:19
155. Glenn Morin 29:20
156. Jane Rasmussen 29:25*
157. John Rasmussen 29:28
158. Maureen Sproul 29:35*
159. Fred Thompson 29:35
160. Ralph Baxter Sr. 29:40
161. Justin McCarthy 29:43
162. Russ Bradley 29:43
163. Sandy Utterstrom 29:45*
164. Brandon Reynolds 29:48
165. Carol Weeks 29:56*
166. Cush Anthony 29:57
167. Jay Evans 30:01
168. Barry Young 30:02
169. Bruce Gwinnld 30:20
170. John Yohe 30:47
171. Susan Davenny 30:50*
172. Jim Temple 30:50
173. Don Penta 30:52
174. Marla Keefe 30:53*
175. Greg Carbone 30:56
176. Anne Marie McGovern 30:59*
177. Bill Deetjen 31:04
178. Shaun Kieran 31:14
179. unknown 31:17
180. Aletha Devos 31:30*
181. Chris Payne 31:44
182. David Brann 31:46
183. Walter Merchant 31:46
184. Jill Dolby 31:48*
185. Carol Ann Yerden 31:52*
186. Sheryl Kieran 32:02*
187. Richie Ashley 32:03
188. Diane Carbone 32:04*
189. Stanley Harmon 32:05
190. Steven Brann 32:15
191. Albert Brann 32:53
192. Hiram Burke 33:10
193. Stan Piawlock 33:13
194. Ida Bilodeau 33:14*
195. Joe Bennett 33:19
196. Clark Reynolds 33:21
197. Dale Eichorn 33:42*
198. Ed Devine 34:06
199. Charlotte Rosenthal 34:31*
200. Anne Hazzard 35:06*
201. Doug Patenaude 35:11
202. Ellen Della Torre 35:24*
203. Jennifer Johnson 35:34*
204. J.R. Reynolds 35:37
205. Susan Clauson 35:50*
206. James McCarthy 35:58
207. Alan Nason 36:00
208. Stanley Block 36:21
209. Jill Morejon 36:28*
210. Ruth Hefflefinger 37:00*
211. Julie Wilson 37:05*
212. Dory Hagan 37:23*
213. Ashley Ryder 37:35*
214. Marlene Russell 37:50*
215. Deborah Labelle 37:51*
216. Roxanne Pizzuto 37:54*
217. Wayne Nickerson 38:18
218. Nick Patenaude 38:40
219. James Carroll 38:44
220. Mike Daley 39:01
221. Tisha McDonald 39:14*
222. Paul Marchwat 39:16
223. Roy Morejon Jr 39:32
224. Susan Morejon 39:47*
225. Stephany Ruminsky 39:48*
226. Neil Yahn 39:48
227. Frank Long 39:50
228. Bonnie Frustaci 39:53*
229. Greg Newell 40:18
230. Lucila Cidre 40:25*
231. Paul Gurney 40:28
232. John Patenaude 41:16
233. William Clark 43:08
234. Walter Burke Jr 47:29
235. Joe Wildman 47:29
236. James Greene 54:12
237. Toni Brand 70:03*
238. Jackie Ryan 70:03*
239. Sharon Burtchell 70:04*
240. Bob Brudevold 72:29
241. Galena Wilson 72:30*
242. Louise Sidelinger 72:30*
243. Ben Sidelinger 72:31
244. Vicky Lloyd 72:31*
245. June Ventura 72:32*

Results courtesy of Maine Track Club

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BLUEBERRY FESTIVAL 10K
Wilton **Aug. 13**

---

1. Jeffrey Meserve 34:39
2. Bill Hine 36:56
3. Glenn Whichard 37:15
4. Russell Chretien 37:46

5. Tina Meserve 37:57*
6. Phil Stuart 38:18
7. Randy Easter 38:33
8. Greg Dugas 39:48
9. Stephen Friel 40:14
10. Mike Simoneau 40:20
11. Phillip Dugas 40:30
12. Scott Guyer 40:35
13. John Bean 40:56
14. Brian Kelly 41:05
15. Wayne Newton 41:12
16. David Morris 41:25
17. Linda Larue-Keniston 41:36
18. Nathaniel Mason 42:08
19. Jim Mack 42:39
20. Michael McLain 43:17
21. David Mason 44:36
22. Byron Cook 44:49
23. Lynn Gentling 45:08*
24. Raymond Bryant 45:30
25. Kelly Reynolds 45:51*
26. Russell Callen 46:06
27. Carlton Mendell 46:08
28. Clifford Hall 46:27
29. Chris Record 47:33
30. George Bleyle 47:41
31. Mike Farnham 47:51
32. Kelly Simoneau 47:54*
33. Alan Kelsey 48:16
34. Steve Stephens 48:58
35. Daniel Labbe 49:32
36. Susan Kolakonski 49:55*
37. Mike Spiotta 50:26
38. Paul Page 50:53
39. Mike Carlson 51:03
40. Denny Morrill 51:04
41. Joe Aubin 51:35
42. Donald Spear 51:46
43. Andrew Henry 51:59
44. Bill Clardy 52:01
45. Joyce Sheridan 52:05*
46. Ellery Borow 52:13*
47. Gary Palman 52:20
48. Marie Crocker 52:32*
49. Lamons Warren 52:36
50. Andrea Warren 53:11*
51. Greg Bengston 53:22
52. James Frost 54:01
53. Bob Merrill 55:11
54. Susan Boothby 57:36*
55. Cathy Howe 57:36*
56. Meg Gould 58:20*

Results courtesy of W.T. Yates

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BLUEBERRY FESTIVAL 1-MILE
Wilton Aug. 13

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1. Ben Yates 5:30
2. Charles Spence 5:51
3. Arnold Henry 5:58
4. David Chamberlain 6:00
5. Leah Yates 6:13*
6. Christopher Probert 6:23
7. Robert Flottemesch 6:24
8. Albert Smith Jr. 6:27
9. Greg Friel 6:28
10. Deven Morrill 6:30
11. Lenny Kennedy 6:31
12. Timmy Simoneau 6:39
13. Jaclyn Ouillette 6:45*
14. Marc Hand 6:48
15. Jesse Haeger 6:50
16. John Black 7:05
17. Tommy Amburg 7:07
18. James Black 7:08
19. Greg Dalot 7:15
20. Seth Landry 7:18
21. Anna Yates 7:21*
22. Michelle Probert 7:22*
23. Tim Callahan 7:28
24. Gregory Sawyer 7:31
25. Justin Easter 7:44
26. Jesse Morrill 7:45
27. Patrick Liddy 7:45
28. Sarah Bleyle 7:46*
29. Tiffiny Parker 7:49*
30. Nathaniel Mason 7:49
31. Sarah Corey 7:52*
32. Molly Barker 7:54*
33. Leah Ouillette 7:55*
34. Amy Dodge 7:55*
35. Sarah Haeger 7:55*
36. Sarah Paul 7:59*
37. Betsy Upham 8:14*
38. Katie Gallagher 8:21*
39. Carrie Black 8:28*
40. Sarah Mason 8:38*
41. Eric Willett 8:38
42. Steven Mason 8:42
43. Brooks Landry 8:49
44. Martha Yates 8:55*
45. Fred Ames 9:10
46. Cedric Simpson 9:10
47. Melinda Ames 9:25*
48. Ben Corey 9:30
49. Hannah Corey 9:39*
50. Matthew Simoneau 9:39
51. Peter Brown 9:54
52. Marcus Corey 9:54
53. Geroge Hand 9:57
54. Jonathan Parker 9:58
55. Amanda Henry 10:00*
56. Scott Baxter 10:05
57. Michael Kennedy 10:10
58. Scott Stevens 10:12
59. Travis Vining 10:17
60. Kelly Roy 10:24*
61. Casey Philbrick 10:24*
62. Michael Davis 10:29
63. Ryan Beisaw 10:59
64. Jessica Vining 11:11*
65. Sam Whitley 11:45
66. Jenessa Bogue 11:46*
67. Rachel Hurlbert 11:46*
68. Mindy Amburg 11:55*
69. Jennifer Trask 11:58*
70. Sarah Hand 12:00*
71. Erin Crockett 12:28*
72. Megan Davis 12:41*
73. Eric Mason 12:54
74. John Hinman 12:55
75. Brandon Hobbs 13:10
76. Kayla Bogue 13:11*
77. Becky Corey 13:22*
78. Kaitlin Quinn-Kelly 13:24*
79. Sam Tucker 13:34
80. Ellie Hurlbert 13:42*
81. Ricky Sears 13:44
82. Amanda Guptill 14:56*
83. Hillary Easter 15:12*
84. Erin Willett 15:37*
85. Deidre Bogue 15:42*
86. Shawn Ragsdale 15:42
87. Meaghan Brown 15:52*
88. Hannah Hinman 16:50*
89. Amanda Plummer 18:07*
90. Joshua Vining 18:10
91. Bradley Ragsdale 18:12
92. Dennis Sills 21:06

Results courtesy of W.T. Yates

****

MAC CROSS COUNTRY 10K AND PEE WEE RUNS
Guerrette Aug. 13

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500 METERS

1. Christian Ramsay 2:20
2. Craig Olsen 2:23
3. Heather Ramsay 3:21*
4. Diana McElwain 3:30*
5. Jean Guy Pelletier 3:41
6. Dustin Pinette 4:26
7. Amy Walkowiak 5:41*

1,000 METERS

1. Matt Cyr 4:02
2. Scott St. Peter 4:03
3. Danny Benner 4:18
4. Jamie Benner 4:19
5. Jules St. Peter 4:39
6. Chris Mendonca 4:48
7. Cara Olsen 4:57*
8. Shawn Michaud 5:29
9. Hope St. Peter 5:30*
10. Melissa Ouellettte 5:36*
11. Nicholas St. Peter 5:38
12. Jennifer Mendonca 5:50*
13. Casie Ouellettte 6:11
14. Kate Pinette 6:30*
15. Missy Johnson 8:01*

10K

1. Richard Hartford Jr. 35:18
2. Rod Furr 35:56
3. Sam Ramsay 36:32
4. Frank Frost 36:50
5. Dan Harrigan 37:01
6. William Walkowiak 38:23
7. Lloyd Smith 42:04
8. David Belyea 43:21
9. Robert Cleaves 43:46
10. Rod Odea 43:54
11. Connie McLellan 44:20*
12. Philip Cyr 45:02
13. Ron Dorn 46:49
14. Eileen Jordan 47:36*
15. Lars Olsen 47:57
16. Mary Jordan 51:09*
17. Don Peters 51:49
18. Monica Belyea 53:25*
19. Ted Pierson 53:26
20. Ralph McElwain 55:15
21. Ted St. Peter 59:09
22. Denise Rose (W) 81:53*
23. Cynthia Harvey (W) 84:04*
24. Sara Holmes (W) 84:05*
25. Christine Olsen (W) 87:16*
26. Brenda Felch (W) 89:20*

Results courtesy of Mike Mendonca

****

PATTEN PIONEER DAYS 3M
Patten Aug 13

1.	Rusty Taylor	36	14:35
2.	Steve Emery	33	16:25
3.	Joe Dahl	42	16:54
4.	Steve McDonald	37	17:33
5.	Sharon Pratt	22	20:36*
6.	Mary Nottress	34	21:07*
7.	Michael Record	14	21:33
8.	Benita Qualey	39	21:36*
9.	Annette Dubois	17	24:02*
10.	Clyde Haire	18	24:36
11.	Martena McAvoy	39	25:09*
12.	Brian Record	11	27:11
13.	Dana Pierce-Hedge	37	27:15
14.	Jessica Palmer	38	27:19
15.	Linda Lyons	38	29:56*
16.	April Bates	27	31:04*
17.	Ann Morse	44	31:05*
18.	Donald Michaud	41	34:00
19.	Jed Blum-Evitts	7	34:44
20.	Ron Blum	43	34:45

Results courtesy of the Flying Maddogs
****

C'EST SI BON ROAD RACE
Lewiston 4.5M Aug. 14

1.	Andy Palmer	23:00
2.	Ron Newbury	23:37
3.	John Kelsey	24:14
4.	Jim Brinkman	24:37
5.	Bernarol Boisvert	25:36
6.	Tom Swan	25:45
7.	Kelly Rodrigue	26:02*
8.	Dan Quagle	26:05
9.	Robert Marquis	26:27
10.	Mark Lee	27:00
11.	John Gagnon	27:14
12.	Val Hodgkin	27:20
13.	Chase Pray	27:40
14.	Don Stowell	27:43
15.	Doug Hodgkin	28:16
16.	Marc D'Amour	28:20
17.	Jeff Poulin	28:30
18.	Eric Larue	28:59
19.	Brian Covell	29:27
20.	Mike Lee	29:30
21.	Robert Pressey	29:31
22.	Shawn Fecteau	30:01
23.	Bryan Dench	30:12
24.	Dean Gillett	30:44
25.	Art Marcoux	30:49
26.	Herb Robertson	30:55
27.	Jennifer Towle	30:59*
28.	Deanna Hodgkin	31:45*
29.	Bill Johnson	31:47
30.	Craig Canady	32:52
31.	Tim Amero	34:36
32.	Larry Gilbert	35:02
33.	Craig Heindel	37:01
34.	Joe Bennett	37:19
35.	Tom Pare	39:04
36.	John Clark	41:23
37.	Albert Giasson	43:22

1-Mile Fun Run

1.	Eric Larue	6:10
2.	James Jaworski	6:29
3.	Gerg Marcote	6:59
4.	Luke Myers	7:06
5.	Julie Johnson	7:16*
6.	Paula McVergh	7:28*
7.	Steve Mason	8:12
8.	Jeff Charette	9:04
9.	Charles Waschuk	9:32
10.	Jessica D'Amour	9:33*
11.	Rachel Myers	10:22*
12.	Eddie Waschuk	10:36
13.	Scott Bolduc	11:04
14.	Nicole Bolduc	11:05*
15.	Gary Drew	11:30
16.	John Myers	13:39

Results courtesy of Kim Wettlaufer
****

OLD BRISTOL DAYS 4 MILER
Pemaquid Aug. 14

1.	Peter Lessard	21:17
2.	Tony Anderson	22:55
3.	Tom McCarthy	23:01
4.	Jim Costis	23:10
5.	Gene Roy	24:21
6.	Dod Andrus	24:51
7.	Jim Orr	24:59
8.	Neill DePaoli	25:13
9.	Don Reimer	25:20
10.	Dick Orr	25:22
11.	Anne Flynn	25:44*
12.	Roy Morejon	26:06
13.	Hap Davis	26:07
14.	Detmar Schnitker	26:09
15.	Dick Cummings	26:10
16.	Carl Reilly	26:18
17.	Peter O'Dwyer	26:36
18.	Willie Steward	26:39
19.	Fred Angier	26:41
20.	Tom Abello	26:58
21.	Sky Ip	27:30
22.	Ron Gifford	27:37
23.	Joseph Crooker	27:51
24.	Sarah Andrus	28:03*
25.	Dara Jones	28:30*
26.	Skip Battaglia	28:44
27.	Max Popowicz	29:00
28.	Curtis Sears	29:10
29.	Paul Yates	30:12
30.	Fran Biennan	30:38
31.	Tugendhat Gilles	31:04
32.	David Schneidner	31:23
33.	Alex Dobrowolski	31:47
34.	Mark Catalini	32:24
35.	Scott Conner	32:24
36.	Peter Abello	33:15
37.	Hope Angier	33:18*
38.	Tina Dobrowolski	33:42*
39.	David Cappella	33:43
40.	Richard Hanor	35:06
41.	Mary Newcomb	35:29*
42.	Doug Rowan	35:35
43.	Andrew Mocarski	35:50
44.	Daniel Mocarski	35:50
45.	Allison Fontain	35:56*
46.	John Angier	36:07
47.	Lee Delaware	37:30
48.	Sue Morejon	38:11*
49.	Daniel Schneidner	39:08
50.	Tugendhat Zoe	39:52
51.	Michael Schneidner	41:23

Results courtesy of CMS
****

THE BLUEBERRY RUN
Machias 5M Aug. 20

1.	Bruce Bridgham	26:04
2.	Michael Gaige	26:15
3.	Jon Didriksson	26:46
4.	Robert Ashby	27:25
5.	Stephen Carle	27:40
6.	Guy Martin	27:51
7.	Peter Millard	28:38
8.	Steve Harding	28:51
9.	Anson Chinosiyani	29:06
10.	Newell Lewey	29:08
11.	Jeff Larsen	29:14
12.	Robert Payne	29:17
13.	Philip Stuart	29:18
14.	David Alley	29:22
15.	Ed Mosel	29:24
16.	Ric Lamoureux	29:39
17.	Mark Hardison	29:48
18.	Vern Cunningham	30:03
19.	Larry Alley	30:42
20.	Chip Howe	30:44
21.	R.J. Harper	30:54
22.	Stephen McGinley	30:58
23.	Dale Lincoln Jr.	31:05
24.	Franklin Smith	31:15
25.	James Ohmeis	31:22
26.	Barry Sargent	31:24
27.	Stephen Cates	31:43
28.	Bruce Lindamood	31:55
29.	George Fountas	31:58
30.	Andrew Patterson	32:11
31.	Ken Sylvester	32:17
32.	Frank Brume	32:19
33.	Larry Kaiser	33:24
34.	Julie Millard	33:28*
35.	Bill Flahive	33:37
36.	Ronald Brokaw	34:02
37.	Gary MacDougall	34:15
38.	Mark Fochesato	34:39
39.	Bruce Johnson	34:40
40.	RoaLnd Cate	34:55
41.	Carol Mosel	34:56*
42.	Tterry Rowden	35:09
43.	Sandra Wyman	35:27*
44.	David Paul	35:30
45.	Vaughn Holyoke	35:43
46.	Donald O'Brien	35:49
47.	Jan Vienot	36:18*
48.	Peter Callender	36:18
49.	Michael Morgan	36:32
50.	Michael Reisman	36:33
51.	Steve Lamoureux	36:34
52.	Kevin O'Shea	36:42
53.	Robert Myers	36:43
54.	Jose Macias	36:45
55.	Jeffrey Thorn	36:58
56.	Susan Blasidell	37:00*
57.	Robert Jung	37:09
58.	Ronald Boesgaard	37:22
59.	Wayne Hol,den	37:34
60.	Joan Merriam	37:41*
61.	Robert Johnston	37:42
62.	Cecil McDonald	37:44
63.	Tom Lavinski	37:45
64.	Charles Mitchell	37:51
65.	Richard Jung	37:53
66.	Sam Auerbach	38:04
67.	Henry Keller	38:09
68.	Mary Jane Ackley	38:21*
69.	Deborah Wilson	38:22*

70. Rebecca Doucette 39:01*
71. Paul Paradis 39:17
72. Butch Phillips 39:47
73. Kim Weiland 40:12*
74. Lori Holyoke 40:21*
75. Dana Urquhart 40:29
76. Richard Larsen 40:47
77. David Erickson 41:07
78. Luke Erickson 41:07
79. Troy Rothwell 41:16
80. Jodi Hiland 41:36*
81. Jean Iannitelli 41:40*
82. Peter Lund 41:42
83. Richard Pooler 41:59
84. Wayne Ayers 42:13
85. Susan Morris 42:15*
86. Charles Koch 42:32
87. Jon Veinot 43:05
88. H.W. Gifford 43:08
89. David Norling 43:15
90. Ann Bacon 43:20*
91. Susan Woods 43:26*
92. Leona Clapper 43:42*
93. Ambrose Berry 43:48
94. M.S. Didriksoon 44:20
95. Millard Crowley 44:55
96. Debbie Mattson 46:09*
97. Charles Clapper 46:09
98. Robert D'Arcy 47:24
99. Mary Ellen Pooler 47:37*
100. Kathleen Thomas 47:37*
101. Paula Fontaine 48:21*
102. Paulette Sylvester 49:06*
103. Jerry Hiland 49:27
104. Dawn Lamoureux 49:32*
105. Chris Smith 49:36
106. Patricia Delohery 50:34*
107. Gilda McCurdy 57:39*
108. Linda Daley 60:48*
109. Elizabeth Grant 63:19*
110. Eilean MacKenzie 69:05*
111. Mary Anderson 69:06*
112. Ray Beal 69:15
113. Christine Dolman 73:02*
114. Janice Wilson 73:23*
115. Sally Chamberlain 76:02*
116. Gabrielle Legere 76:05*
117. Maggie L'Heureux 76:05*

Results courtesy of Mike Carter

****

9TH ANNUAL NORTHEAST HARBOR ROAD RACE

Northeast Harbor 5M Aug. 20

1.	Daniel Quinn	29	26:22
2.	Tom St. Germain	21	26:34
3.	James Newett	30	26:56
4.	Rolf Westphall	24	27:42
5.	David Renault	39	28:05
6.	Chris Jones	25	28:26
7.	Cliff Rogers	29	28:36
8.	William Beckman	45	29:31
9.	Brian Bell	18	30:13
10.	Gene Kasper	41	30:14
11.	Greg Gustafson	19	30:35
12.	Norm Hawes	47	30:53
13.	Robin Emery Rappa	41	31:01*
14.	Bill Pinkham	45	31:29
15.	Dick Miles	33	31:33
16.	Tom Kirby	32	31:54
17.	Henry Williams	45	31:49
18.	Glenn Darden	31	32:18
19.	David Orsmond	48	32:41
20.	Kevin Richards	23	32:53
21.	Jim Sullivan	29	32:56
22.	Tim Klosten	30	32:59
23.	C. Pomroy	46	33:07
24.	Cliff Olsen	45	33:09
25.	Allen Jones	18	33:19
26.	Arthur Gilkes	13	33:19
27.	Jim Blood	30	33:28
28.	Mark Harris	31	33:33
29.	David Orsmond	18	33:37
30.	Waynes Long	44	33:51
31.	Richard Russell	47	33:54
32.	Larry Rich	40	33:59
33.	Andrew Catanese	13	34:03
34.	Gordon Cole	43	34:11
35.	Brian Covell	28	34:22
36.	Kevin Pottle	32	34:27
37.	Owen Jackson	44	34:35
38.	Scott Findley	38	34:48
39.	Gehrig Jonhson	40	34:54
40.	Fred Schmidt	41	35:02
41.	Joesephine Cooper	36	35:12*
42.	Chris Brown	29	35:32
43.	Cole Sargent	39	35:33
44.	Mark Fernald	35	36:31
45.	Jim Bright	38	37:08
46.	Richard Davis	46	37:09
47.	Karl Schnell	29	37:37
48.	Heather Jones	20	37:55*
49.	Mary Divine	20	37:56*
50.	Diane Phelps	36	37:57*
51.	Ginger McGee	31	38:53*
52.	Thomas Goode	41	38:53
53.	Jack Richards	62	39:02
54.	Walter Sullivan	22	39:15
55.	Dianna Beckman	42	39:18*
56.	Bill Arata	45	39:27
57.	C.H. Smith	43	40:17
58.	Ron Schaeffner	41	41:09
59.	Debbie Schaeffner	34	41:19*
60.	Jessica Catanesse	14	41:39*
61.	Allen Kleinman	42	41:49
62.	David Cannon	48	42:29
63.	Bruce Kelley	27	42:41
64.	Maria Bilancia	23	42:42*
65.	Barbara Attarch	45	43:06*
66.	William Tozier	60	43:25
67.	Joan Kleinman	42	44:21*
68.	Jane Joseph	30	44:29*
69.	Joan Leslie	42	44:30*
70.	Abigail Kennedy	11	45:11*
71.	W.T. Kennedy	40	45:12
72.	Phyllis Monroe	44	45:58*
73.	Holly Maddocks	12	46:37*
74.	Priscilla Kennedy	41	47:03*
75.	Art Gilkes	45	47:51
76.	Scott Williams	38	48:01
77.	Sandra McIlhenny	37	49:10*
78.	Erica Bronstein	39	49:16*
79.	Frank Donaldson	38	49:17
80.	Tim Bornstein	54	55:00
81.	Linda Ferraai	41	62:38*
82.	Paul Paulson	61	63:57
83.	Suzanne Catanese	39	72:40*

Results courtesy of David Renault

****

FALMOUTH

Woods Hole 7.1M Aug. 21

1.	Mark Curp	32:22
2.	Steve Spence	32:27
3.	Keith Brantley	32:37

MAINE FINISHERS

77.	Joan Samuelson(4th W)	37:13*
151.	Gordon Hartwell	39:31
242.	Lee Stover	42:00
754.	James Patterson	49:12
835.	Vin Skinner	49:51
845.	Dave McManus	49:54
1002.	Ernie Henderson	51:19
1017.	Charles Cheevers	51:31
1161.	Scott Samuelson	52:34
1545.	Marion Bouchard	55:23
1560.	Steve Malloy	55:33
1587.	Barbara Coughlin	55:50*
1621.	John Millington	56:07
1659.	Gary Barrett	56:22
2111.	Raymond Hager	58:53
2781.	Rob Laskey	63:41
2804.	Len Pichini	63:49
3318.	Nancy Kettle	68:10*
3569.	Tim Holand	70:12
3598.	Diana Laskey	70:32*
3929.	Richard Boudreau	76:00
4097.	Sheila Millington	78:55*

Results courtesy of G. Hartwell, et. al.

****

10TH "KENNEBEC 10,000"

Madison Aug 24

1.	Phil Dugas	37:02
2.	John Manzer	37:22
3.	Alan Freese	37:30
4.	Bob Farmer	37:36
5.	Duane Blomerth	37:55
6.	Clint Foxwell	38:25
7.	Gene Roy	39:53
8.	Bryant Bourgoin	41:21
9.	Clifton Hall	43:14
10.	Ron Paquette	44:54
11.	Walter Viles	49:20
12.	David Benn	52:09
13.	Richard Sabol	53:03
14.	Donna Jean Pohlman	53:03*
15.	Jim Garland	53:09

Results courtesy of CMS

****

WOODLAND LABOR DAY 5K

Woodland Sept. 3

1.	Robert Ashby	16:37
2.	Joe Dahl	17:15
3.	Sheldon Ashby	17:49
4.	Steve McDonald	18:05
5.	Phil St. Pierre	18:15
6.	John Donato	18:26
7.	Chuck Murphy	19:11
8.	John Leighton	20:16
9.	Robert Brown	20:55
10.	Ernest Carle	21:38
11.	Chris Manza	22:51
12.	Krista Hill	23:02*
13.	John Bell	23:08

14. Jodi Hiland	23:33*	
15. Bob Norman	25:16	
16. Jerry Jiland	25:36	
17. Libby Morrill	27:38*	
18. Marty Richards	29:32	

Results courtesy of the Flying Maddogs

****

BANGOR LABOR DAY RR

Bangor **Sept. 5**

1. Gerry Clapper	24:22
2. Tim Wakeland	24:30
3. Todd McGraw	24:38
4. Dan Dearing	25:54
5. Bruce Bridgham	26:14
6. Mike Gaige	26:17
7. Jim Newett	26:51
8. S. Mornay	27:27
9. Gary Allen	27:41
10. Steven Carle	27:47
11. Chris Jones	27:55
12. Dave Renault	28:02
13. Brent Leighton	28:30
14. Cliff Rogers	28:42
15. Robert Ashby	28:53
16. Hugh McLain	28:57
17. Gerry Sibley	29:07
18. Gary Larsen	29:15
19. Steven Holmbraker	29:22
20. Newell Lewey	29:32
21. Harold Hatch	29:45
22. Paul Comeau	29:50
23. James Henry	29:51
24. Mark Beecham	30:06
25. Chip Howe	30:08
26. Biff McGilpin	30:13
27. Mark Hardison	30:19
28. Ron Pelletiier	30:22
29. John Mills	30:26
30. Don Goodness	30:31
31. Claude Degrace	30:42
32. Mike Doore	30:58
33. Scott Guyer	31:17
34. Dave Torrey	31:21
35. Robin Emery Rappa	31:23*
36. Jeff Harrsion	31:25
37. Robert Jordan	31:36
38. Bill Pinkham	31:38
39. Bob Wight	31:41
40. Sarah Gehrt	31:53*
41. Dwight Brown	32:02
42. David Green	32:09
43. Gary Wakeland	32:12
44. Mike Thompson	32:15
45. Nate Tennett	32:25
46. Larry Frank	32:27
47. Mike Hutchins	32:34
48. Craig Boyd	32:36
49. Tom Kirby	32:41
50. Myles Lemieux	32:45
51. Robert Faucher	32:50
52. Todd Clement	33:00
53. Frank Ireland	33:03
54. Gerald Michaud	33:09
55. Scott Hinckley	33:12
56. John Green	33:16
57. Sam Brown	33:17
58. Walt Luro	33:21
59. Bill Shuttleworth	33:29
60. Ed Rice	33:31
61. John Shirrefs	33:32
62. Wade Boggs	33:32
63. Jon Foley	33:39
64. Lee Edick	33:45
65. Jon Hoogensen	33:51
66. Cliff Hatfield	33:52
67. John Hwalek	34:07
68. Larry Rich	34:10
69. Ann Blummer	34:11*
70. Mike LaChance	34:15
71. Robert Hayes	34:20
72. John DeHart	34:23
73. Ernie Henderson	34:32
74. Steven Connor	34:39
75. John Merritt	34:41
76. Fred Schmidt	34:45
77. Gehrig Johnson	34:53
78. Roland Walker	34:55
79. Joe Savage	34:59
80. John Poirier	35:05
81. Kevin Pottle	35:08
82. Andrea Hatch	35:27*
83. Steve Brennan	35:34
84. Rusty Sweeney	35:35
85. Serena Pottle	35:38*
86. Jeff Sexton	35:39
87. Cole Sargent	35:40
88. Steve Deabay	35:46
89. Mike Clark	35:48
90. Kelly Hinckley	35:56*
91. Joan Merriam	36:10*
92. Joe Bennett	36:15
93. Allen Hebert	36:16
94. John Rubino	36:19
95. Larry Grace	36:25
96. Jorma Kurry	36:33
97. David Samuelian	36:40
98. Kathy Dearing	37:09*
99. Richard Davis	37:16
100. Ann O'Leary	37:28*
101. Jim Nichols	37:40
102. Sam Auerbach	37:48
103. Dan Lafayette	37:52
104. Joe Aubin	37:55
105. Deb Wilson	38:15*
106. Eldon Winston	38:22
107. Steve Buchanan	38:25
108. Thom Johnston	38:26
109. John Goldfine	38:39
110. Paul Roy	38:42
111. Bernard Kubetz	38:56
112. Harriet Seekins	39:00*
113. Jack Richards	39:17
114. Bill Arata	39:19
115. Chris Arata	39:20
116. Martin McCrea	39:59
117. Derwin Emerson	40:05
118. Jerry Saint Amand	40:08
119. Gary Sessler	40:12
120. Van Raymond	40:22
121. Gil Roderick	41:03
122. Connie Hallett	41:12*
123. Don Osborne	41:56
124. Steve Lovel	42:05
125. Morgan Wren	42:12*
126. Rae Fournier-Wren	42:12*
127. Jean Goldfine	42:29*
128. Bryan Yates	42:38
129. Bob Steele	42:40
130. Judy Doore	43:12*
131. Warren Wilson	43:13
132. Amy Harper	44:13*
133. Bruce Munger	44:13
134. Thad Dwyer	44:13
135. Shawna Hebert	44:29*
136. Robert Connor	44:46
137. Mike Rice	44:53
138. David Kull	44:56
139. Jake Gilbert	45:03
140. Gary Larkin	45:44
141. Sheila Lynch	46:01*
142. Patricia Kennedy	46:25*
143. Ray Bussiere	47:31
144. Joan Farrington	47:35*
145. Frank Farrington	47:37
146. Kim Malcolm (W)	47:51*
147. Priscilla Dorman	48:19*
148. Cllvin McFarling	48:27
149. Moshe Myerowitz (W)	48:38
150. Mary Ellen Pooler	48:59*
151. Ron Cote	48:59
152. Frank Donaldson	49:00
153. Aurele Ouellett	49:18
154. Kathy Thomas	49:48*
155. Maria Bilancia	50:04*
156. Caskie Lewis-Clapper	50:04*
157. David Lindberg	50:42
158. Brian Gilliss	51:18
159. Stephanie Goff	59:25*
160. Sharon Hummels	60:42*
161. Paul Paulson (W)	61:50
162. Margaret Sawyer	63:43*

Results courtesy of Joe Gallant

****

LABOR DAY 5K

Norridgewock **Sept 5**

1. Barry Fifield	16:35
2. Gordon Hartwell	16:47
3. Steve Russell	17:33
4. Phil Dugas	17:43
5. John Manzer	17:48
6. Duane Blomerth	17:52
7. James Derbyshire	17:53
8. David Barker	18:12
9. Alan Burke	18:21
10. Karen Rapallo	18:28*
11. Andy Abrams	18:31
12. Paul Abrams Briggs	18:32
13. Brook Merrow	18:41*
14. David Benn	18:44
15. Ed Worcester	19:02
16. Geoffrey Hill	19:30
17. Hector Cusado	19:36
18. Kenton Viles	19:44
19. David McManus	19:56
20. Ron Paquette	20:13
21. John Keister	20:39
22. Jack Paul	20:47
23. Michael Swan	21:08
24. John Belanger	21:11
25. Jim Devlin	21:45
26. Bryan Hagopian	21:53
27. Bob Hagopian	21:54
28. Bryn Doiron	22:02*
29. John Chamberlain	22:12
30. Walter Viles	22:24
31. Les Worthley	22:39
32. Roger Staples	22:42
33. Susan Morris	22:44*
34. Donald Abrams	22:51
35. Marsha Giglio	23:44*

36.	Karen LaCasse	24:20*
37.	Dianna Burke	24:49*
38.	Chris Keister	25:5
39.	Sue Newkirk-Sanborn	24:59*
40.	Bruce Parker	25:28
41.	Drew Ketterer	25:50
42.	Linda Benn	29:10*
43.	Mary McCan Baker	33:52*

Results courtesy of Jerry Saint Amand

****

SHRINE DAY 5 MILER

Windsor **Sept 3**

1.	Tom Thibeau	27:33
2.	Guy Berthiaume	28:01
3.	Mitch Lovering	28:39
4.	Brian Ladner	28:54
5.	Stephen Reed	28:58
6.	David Barker	29:26
7.	Doug Ludewig	30:03
8.	Kevin Dunn	30:32
9.	Deborah Potter	30:42*
10.	Peter Heslam	31:11
11.	Alan Burke	31:41
12.	Ray Quimby	32:12
13.	Jack Wallace	32:15
14.	Mert Dearnley	32:17
15.	Dennis Pease	32:20
16.	Steve Pinkham	33:02
17.	Dick Cummings	33:15
18.	Ron Paquette	33:56
19.	Mark Johnston	34:37
20.	Joe Macomber	34:39
21.	Frank Lorey	34:54
22.	David Shorey	35:05
23.	John Merrill	35:38
24.	Curtis Sears	35:53
25.	James Comeau	36:01
26.	Clough Toppan	36:25
27.	Norman Arbour	36:35
28.	Gary Barrett	36:42
29.	Raymond Arbour	36:43
30.	Ed Atlee	36:51
31.	Rich Abramson	37:24
32.	Roger Mills	37:24
33.	Bill Downing	38:02
34.	Ellen Spring	38:04*
35.	Mary Rossi	38:08*
36.	Jason Deschaine	39:44
37.	Blane Fenderson	39:58
38.	Chris Atlee	40:01
39.	Donna Jean Pohlman	40:03*
40.	Fred Wiand	40:37
41.	Al Godfrey	40:39
42.	Barbara Godfrey	40:39*
43.	James Breslin, Jr.	41:27
44.	Cliff Fletcher	41:51
45.	Mike Levey	42:14
46.	Chris Quimby	43:51
47.	Carol Linker	43:57*
48.	Julie Johnson	45:04*
49.	William Tozier	45:25
50.	Jerry Saint Amand	45:26
51.	Harvey Mason	50:02
52.	Billy Cooper	52:43
53.	Michelle Mason	53:57*
54.	Mardie Brown	63:54*

Results courtesy of Jerry Saint Amand

****

PINE TREE RUN

Orono **5K** **Sept. 10**

1.	Rusty Taylor	16:29
2.	Bruce Freme	17:02
3.	Sean Bears	17:35
4.	Mark Costello	17:36
5.	Scott Gould	17:39
6.	Judson Esty-Kendall	17:51
7.	Alan comeau	18:10
8.	Rron Pelletier	18:19
9.	Paul Comeau	18:24
10.	Robert Jordan	18:32
11.	Dawn Goodness	18:42*
12.	David Green	19:07
13.	Colleen Skelley	19:20
14.	Tom Kriby	19:22
15.	William comeau	19:28
16.	Nick Pearce	19:45
17.	Dick Miles	19:46
18.	Edward harrow	20:07
19.	Mary Meehan	20:11*
20.	Jim Kloster	20:16
21.	Jeff Hrrison	20:18
22.	John Shirrefs	20:18
23.	Linda Hovencamp	20:30*
24.	Annie Blummer	20:40*
25.	Al Powell	20:51
26.	Paul O'Brien	21:15
27.	Mike LaChance	21:15
28.	Ron Cote	21:21
29.	Kevin Vickers	21:30
30.	Bruce Mitchell	21:44
31.	Brett Baber	21:49
32.	Tim Doughty	21:58
33.	Billy Jasper	21:59
34.	John O'Dea	22:00
35.	Jack Cashman	22:06
36.	Rebecca Knight	22:08*
37.	Cole Sargent	22:09
38.	David Samuelian	22:19
39.	Kim Miliano	22:20*
40.	Kyle McPherson	22:22
41.	Ann O'Leary	22:41*
42.	Susan O'Brien	22:50*
43.	Jim Wholly	22:51
44.	Gwen Seager	23:00*
45.	Rick Pooler	23:15
46.	Bob Wyeth	23:18
47.	Derwin Emerson	23:20
48.	Pamela O'Neal	23:32*
49.	Bill Lawla	23:50
50.	Tad Johnston	23:56
51.	Bob Broadbent	23:58
52.	Stacie Smith	24:07*
53.	Wendy Greany	24:36*
54.	Thomas Chittick	24:50
55.	Don Osborne	24:56
56.	Mary Hobgood	25:48*
57.	Steven Gehrt	26:21
58.	Kathy George	26:41*
59.	Francis McMahon	27:01
60.	Juergen Homann	27:21
61.	Kathleen Roope	27:21*
62.	Debra Small	27:24*
63.	Patricia Kennedy	27:27*
64.	Alisa Harris	27:46*
65.	Bill Kelsey	28:44
66.	Mary Ellen Pooler	29:26*
67.	Bob Perkins	29:28
68.	Vicki Sparks	29:50*
69.	Pameala Proulx-Curry	29:57*
70.	Paul Tomlinson	30:00
71.	Norman Pelkkey	30:08
72.	Frank Donaldson	30:08
73.	David Gould	30:30
74.	Paul Smith	31:15
75.	Molly Connor	33:09*
76.	Peter Curran	36:41
77.	Beth Gould	36:42*
78.	Bob Soulas	36:42
79.	William Holsomback	56:17

Results courtesy of Sean Faircloth

****

1ST ANNUAL HUSKY 5 MILER

Pittsfield **Sept. 18**

1.	Bruce Bowden	32	32:08
2.	John Belanger	37	35:38
3.	Jerry Saint amand	45	42:21
4.	Mary Mixer	36	45:57*

Results courtesy of CMS

****

CHUBB LIFE RUN

Concord, NH **5K** **Sept. 18**

1.	Paul Cole (WC)		15:20
2.	Charles Cleveland	28	15:35
3.	George Frost	34	15:47
MAINE FINISHERS			
8.	Joe Noel	31	17:01
167.	Paul McCourt	53	22:41
189.	Robert Wyman	51	23:14
292.	Angela Phung	24	25:46*
333.	Matthew Sauvageau	9	26:55
497.	Michael Sauvageau	37	34:43

Results courtesy of Granite State Race Services - 815 finishers

****

CHUBB LIFE RUN

Concord, NH **10M** **Sept. 18**

1.	Paul Hammond	28	50:55
2.	Art Sorrell	28	51:56
3.	Dan Benson	25	53:15
MAINE FINISHERS			
12.	Ron Newbury	38	55:29
38.	David Lucas	25	62:05
42.	Peter Whitney	27	63:41
55.	Jennifer Rood	27	66:52*
70.	Chris Hilton	34	67:58
77.	David Trussell	45	68:42
219.	Robert Wyman	51	1:43:18

Results courtesy of GSRS-222 finishers

****

CLARENCE DEMAR MARATHON

Keene, NH **Sept. 25**

1.	Celio Hernandez	2:33:41
2.	Vincent Connelly	2:36:07
3.	Mike Costigan	2:36:57
MAINE FINISHERS		
9.	Bryant Bourgoin	2:45:00
14.	Harry Nelson	2:47:19
37.	Ed Miller	3:01:26
40.	Tom Littlefield	3:02:42

48.	Michael Cowell	3:03:28
49.	Alburn Butler	3:03:36
53.	Ron Cedrone	3:05:59
60.	Bob Jolicoeur	3:08:12
76.	Michael Reali	3:15:27
103.	Bill Skerritt	3:25:08
114.	Jeff Timm	3:32:48
124.	Ken Newsome	3:38:17
134.	Kim Konieczny	3:47:47*

Results courtesy of Bob Jolicoeur

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THE FIELDCREST FOOT RACE
Waldoboro 10K Sept. 25

1.	Hugh McLean	34:21
2.	Daniel Williams	35:13
3.	Phil Stuart	35:37
4.	Alan Reilly	36:06
5.	Deborah Potter	36:40*
6.	Michael Thompson	37:13
7.	Scott Guyer	37:55
8.	Nadia White	38:25*
9.	Etienne Perret	38:54*
10.	Steve Pinkham	39:12
11.	Rusty Dewsnap	39:18
12.	Susan Lundquist	40:55*
13.	Sarah Andrus	41:33*
14.	Andrew Henry	42:26
15.	Maureen Sproul	43:08*
16.	Dick Cummings	43:18
17.	Carlton Mendell	43:47
18.	Gary Barrett	44:31
19.	Stanely Drinkwater	45:51
20.	Curt Bernard	46:00
21.	Dale Turner	46:12
22.	Jeanne Lamontagne	46:20*
23.	Henry Welzel	46:33
24.	Arnold Henry	47:08
25.	Kim Tarnower	48:48*
26.	Linda Manmaney	48:54*
27.	Jerry Saint Amand	49:11
28.	John Carroll	51:08
29.	Betsy Berry	55:03*
30.	Tammy Prince	55:48*
31.	Margaret Sawyer	64:45*

1-Mile Fun Run

1.	Angela Clark	7:01*
2.	Curt Bernard	7:02
3.	John Clark	7:45
4.	Andy Bernier	9:22
5.	Amanda Henry	9:31
6.	Danielle Potter	13:55*
7.	Patty Bernier	15:00

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COLUMBUS DAY 5K
Farmington Oct. 8

1.	Paul Arsenault	15:15
2.	Randy Hastings	16:15
3.	Cliff Rogers	16:47
4.	James Flagg	17:15
5.	John Manzer	17:24
6.	John Moore	17:40
7.	Jamie Frost	17:43
8.	John Bean	18:03
9.	Mike Simoneau	18:09
10.	Brian Kelly	18:13
11.	Denis Poulin	18:40
12.	Dick Miles	18:48
13.	Byron Cook	18:52
14.	Troy Morgan	19:27
15.	Bill Yates	19:47
16.	Roland Aiken	20:00
17.	Harry Nasse	20:19
18.	Jack Paul	20:20
19.	Joan Merriam	20:26*
20.	Jeremy Howard	21:09
21.	Mary Poulin	21:10*
22.	Nancy Lagin	21:16*
23.	Walter Viles	21:25
24.	Susan Kolakowski	21:31*
25.	Cynthia Smith	21:38*
26.	Kristen Cook	21:41*
27.	Beth Bois	22:23*
28.	Ron Howard	22:44
29.	Leah Yates	24:08*
30.	Bruce Parker	24:15
31.	Leona Clapper	25:08*
32.	Charles Clapper	25:45

Results courtesy of CMS

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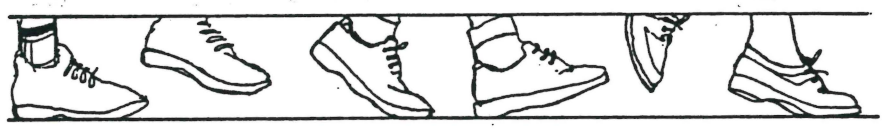

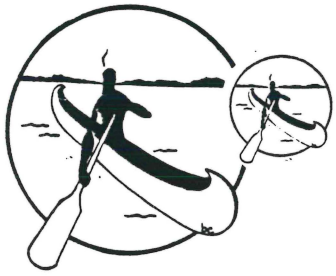

HOW DO I SUBSCRIBE TO MAINE RUNNING & OUTING MAGAZINE? All you need to do is send the bottom part of this page to MR&O, PO Box 3399, Brewer, ME 04412 along with a check for $15.00 and you'll receive the magazine for one full-year.

NAME:_____

ADDRESS:_____

TOWN:_____ STATE:_____ ZIP:_____

MAKE CHECKS PAYABLE TO:

The Sophomore class of Brewer High School Presents:

7th Annual

Turkey Trot

5k Road Race

Co-Sponsored by Campbell's Construction

When: Saturday, 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 runners will recieve T-shirts

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

Age groups: 13 and under
14-18
19-29
30-39
40-49
50-59
60-over

Entry Fee: $5.00

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

Plus: Merchandise and gift certificates will be awarded to the following categories

A 1st Brewer High faculty-- Staff member (M & F)
B 1st High School student -- Class of '89 (M & F)
C 1st High School student -- Class of '90 (M & F)
D 1st High School student -- Class of '91 (M & F)
E 1st High School student -- Class of '92 (M & F)
F 1st Parent of a Brewer High Student (M & F)
G 1st Racewalker (M & F)

Plus: Random Drawings for additional prizes. We've had over 100 of these in each of the last the last 4 years. (one prize per runner)

Complete results in "Maine Running and Outing Magazine"

Official Entry Form

Name_____Age_____Category_____
Address_____Sex_____

In consideration of this entry form being accepted, I for myself, my heirs and assigns, hereby waive and release all rights and 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 yrs) (circle one)

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

WARREN BISHOP MEMORIAL RUN

Race Date: November 26, 1988

Starting Time: 1:00 p.m.

Place: Hampden Academy, Hampden, Maine

Distance: 5k (3.1 miles)

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.

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The Revolution Is Over!

While Nike is singing the praises of their revolution, let us introduce you to something that really deserves the term.

The Energy Return System from Reebok. ERS.®

This system actually saves a significant amount of the energy you put into running. . .and then returns it to you just when you need it most.

No other shoe has ever been designed to do this. That's why Reebok® World Trainer with ERS actually returns up to 30% more energy per millimeter of compression than either the Nike Air Max or the Tiger Gel.

What's more, this energy return is accomplished with no loss in either cushioning or stability. In fact, the World Trainer surpasses most shoes on *both* counts.

Lots of everyday objects have natural energy return systems. Springs. Pogo sticks. Diving boards. But no running shoes did.

The challenge was to put such a system into a running shoe that would propel the runner on his way.

Our Energy Return System is basically a series of tubes in the midsole. Six tubes under the ball of your foot. Four under your heel.

These tubes are made of one of the most resilient materials on earth. DuPont Hytrel.® It's the same stuff they make car bumpers out of.

When your foot strikes the ground, the Hytrel tubes store up the energy. As your fot rolls forward, the tubes return to their original shape and release the energy.

Kinds of like a spring being sprung!

athletic attic®

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