The following sections are a permanent part of Maine Runner and each will appear when there is news that corresponds to that section and space is available.

1. Editor's Message
2. General Articles
3. Quotes from Runners
4. Runners Spotlight
5. Runners Write-In
6. Club News
7. Maine Road Races and Regional Marathon Schedule
8. Race Results
9. News Briefs
10. Thoughts on the Run
11. History's Corner

The following sections are directly available for reader contribution:

Sections: 3, 5, 6, 8, 9, and 10

Maine Runner
Rick Krause, Editor/Publisher
1 Summer St.
Pittsfield, Me. 04967
487-5579

Maine Runner is published 14 times a year every three weeks from mid-March to mid-December. (see back inside cover for subscription).

Current subscribers 151

Race Results this Issue

Waterboro 9.3 Mile Road Race Aug. 5th Pg. 11
Dover-Foxcroft 5 Miler Aug. 12 Pg. 8
Winthrop 9.3 Mile Road Race Aug. 13 Pg. 18
Lovell 4.5 Miler Aug. 12 Pg. 12
Presque Isle Mini-Marathon Aug. 12 Pg. 16
Auburn 5 & 10 Kilometer Races Aug. 19 Pg. 9
Falmouth, Mass. 7-Miler Aug. 20 Pg. 10
Sept. 2  Bath Road Races; 5-miler and 1.5 miler; 1:00 register at the Bath Armory, Lincoln St.; course: (5-miler) - three hills; race director: Alex Wasilewski, Assist. Rec. Director, Bath Rec. Dept., Box 281, Bath, Me. 04530

Sept. 2  Great Wayne Foot Race  7-miles; 10:30; Director: Brian Shactor, Ladd Recreation Center, Wayne, Me. 04284; phone: 684-4616 (office).

Sept. 4  Bangor-Labor Day 5-Mile Road Race  2:00; register at the Bangor Auditorium, starts at the Paul Bunyan Statue on Main St.; course: rolling and downhill, with one large hill at 1.5 miles; sponsor: Bangor Recreation Dept., Bangor, Me. 04401.

Sept. 9  1st Annual Minerva Grange 6 Kilometer Road Race; at Levant; 8:30 AM; register at the Minerva Grange, Levant; course: rolling, 1 loop; $3.00 entry; director: Earl Rafuse, 18 Mount Desert Dr., Bangor, Me. 04401; phone: 942-3689

Sept. 9  Hurricane Sail Association 1st Annual Road Race  10,000 meters; 11:00; register at the Hurricane Island Outward Bound School, Mechanic St., Rockland, Me. 04841; course: will be run in south end of Rockland and Owls Head. Director: Mary Amory, So. Freeport, Me. 04078; phone: 865-3525.

Sept. 10  Runners for Bill Cohen 4-Mile Road Race  12:30 for information, contact Brian Gillespie at 772-3617 or Gene Coffin at 772-1243. Race starts and Westbrook College, Stevens Ave., Portland.

Sept. 17  Auburn-Lewiston YMCA 4-Miler  1:00; register at the Auburn Armory, Pettengill Park; director: Peter Marczak, Auburn Parks and Rec. Dept., 24 Chestnut St., Auburn, Me. 04210.
Sept. 23  Litchfield Country Fair 6-Mile Road Race 9:00; register at school across from the fairgrounds, Litchfield; organizer: Maine Organic Farmers & Gardeners Association, Box 187, 110 Water St., Hallowell, Me. 04347; phone: 622-3118; $3.00 entry for those who want T-shirts.

Sept. 23  Bar Harbor 13.1 Miler 12:00; sponsor—Bar Harbor Chamber of Commerce; for information contact Dennis Jenkins, Chamber of Commerce; Bar Harbor, Me. 04609; phone: 288-5103; $5.00 entry, $7.00 after Sept. 16th.

Sept. 23  September Scramble— for women; at Westbrook College; 4-miles; 12:00; director: Jean Miller, Westbrook College, 716 Stevens Ave., Portland, Me. 04105; phone: 797-7216

Sept. 24  James Bailey State Cross-Country Championships 1:00; at the University of Southern Maine (formerly UMPG); course: very hilly, dirt and hard-top; director: Dave Paul, 12 Rudman Rd., Portland, Me. 04102; phone: 774-4089; register at Hill Gymnasium on campus.

Sept. 30  1st Annual Blue Ox Co-Op 5-Mile Open Road Race 12:00; Bangor; at the Bangor Armory; course: 1 loop, no hills; $3.00 entry; for information, contact John Frachella, Box 128B, Hudson, Me. 04449; phone: 947-0341 (office) or 884-7407 (home).

Oct. 1  Portland Elks 9th Annual Midi-Marathon 13 miles(?); 12:00; mostly flat with one hill at 10 miles; $2.00 entry, $2.50 post entry; entries close Sept. 29th; director: Phil Purington, 190 Ray St., Portland, Me. 04103; phone: 797-2492. Register at the Exposition Building, Portland.
Oct. 1 Bangor 10 Kilometer Road Race 9:45; at the Air National Guard Air Field, Bangor; director: Norm Boucher, 476 So. Main St., Old Town, Me. 04468; phone: 827-5418 (home), 1-800-432-7948 (work); course: flat; no entry fee.

Oct. 9 Columbus Day Road Races; So. Portland; 1-mile (11:30), 3-mile (12:00), 6-mile (1:00); register at the K of C Hall, 408 Broadway, So. Portland; course: rolling; director: Roger Legere, 89 Wildrose Ave., So. Portland, Me. 04106

* Entry fees will be listed when known.

When requesting entry forms from race directors, please include a self-addressed, stamped, envelope.

JAMES BAILEY CO.

"The Maine Tradition in Sports"

264 Middle St., Portland, Me. Phone: 774-6635


Register for the 5th Annual James Bailey Cross-Country Race (5-miler), Sept. 24th at 1:00. Hill gymnasium, University of Southern Maine (UMPG).

For further information and entry forms: contact Dave Paul, 12 Rudman Rd., Portland, Me. 04102 Phone: 774-4089

NIKE.
Sept. 4  Rochester Marathon  8:00; Rochester, N.Y.
G. Osborn, 561 VanVoorhis Ave., Rochester; 716-342-

Sept. 16  Lake Placid Marathon; starts at Paul; finishes in
Lake Placid; 26.2 miles; 12:00; Organizer; Lake
Placid Sports Office, Olympic Arena, Lake Placid, N.Y. 12946; Phone: (518)-523-3325

Sept. 17  Casco Bay Marathon; Portland, Me.; 9:00; for entries and information, P.O. Box 3172, Portland, Me. 04104; $3.50 entry.

Sept. 24  Dixville Notch Marathon; Erol, N.H.
1:00; $3.00 entry; point to point course, Erol to Colebrook; director: Rick Tillotson, Dixville Notch Marathon, Dixville Notch, N.H. 03576

Oct. 1  Dartmouth Marathon; at Hanover, N.H.; 10:30 for information: write to Marathon Director, Dartmouth Medical School, Hanover, N.H. 03755.

Oct. 1  Maine '78 Marathon - Bangor; 9:30; Registration, start, finish at the Air National Guard Air Field, Bangor; no post entries; director: Norm Boucher, 476 So. Main St., Old Town, Me. 04668; Phone: 827-5418 (home) 1-800-432-7948 (work). No entry fee.

Oct. 8  Finger Lakes Marathon; Ithaca, N.Y. 12:30 course: point to point; director: James Hartshorne, 108 Kay St., Ithaca, N.Y. 14850.

Oct. 21  Skylyn Marathon Buffalo, N.Y. 12:30; director: Frank Neal, 10 Beard Ave., Buffalo, N.Y. 14214

Oct. 29  Ocean State Marathon, Newport, R.I. Director: William McNulty, 44 Lawnwood Rd., No. Kingston, R.I. 02852; Phone: (401)295-0219

Oct. 22  New York City Marathon 10:30 Staten Island, N.Y. For information: New York Road Runners Club, P.O. Box 881, FRD Station, New York, N.Y. 10022.

Dec. 3  Jersey Shore Marathon 11:00 at Asbury Park, N.J.

Dec. 3  Ridgefield Connecticut Marathon course: single loop; director: Tom Nash, 490 Main St., P.O. Box 397, Ridgefield, Ct. 06877 Phone: 438-6000
Since the last issue went out I have been through the mill, having had both bad news and good news. The second class permit was turned down and my printer went up 30% in his rates! Up until only a day ago I thought that it was going to be back to the duplicator once again because my funds are low, and with the increased costs of printing with the last issue, I lost money.

However, I went out and contacted some prospective advertisers and if they keep their word, there will be at least a few ads in this issue. Secondly, after shopping around for more reasonable printing rates, I did find someone who could offer a low enough price to keep me at least out of debt.

Among the good news is that once I reach 200 subscribers, I can use bulk rate postage and save more than half of what I am paying now. Also, with bulk rate, there is no weight limitation and therefore, I can have as large a magazine as I like with no postage penalty. This will also mean that there will be no limit on the number of entry forms sent out through Maine Runner.

The subscriptions are at 151 presently so I will be working hard to gather up the remaining 49 needed. When that time comes, things will look a little less shaky financially.

Although this issue has yet to be typed as I write, it looks like there will be sufficient room for the Runners Write-In Column and for the Runners Spotlight Section, both of which were pushed out of the picture in the previous two issues.

With the smaller racing fields recently, it appears that some of you runners are at the stage of taking a brief rest before your final "kick" into the fall months. I'm among those and plan to run just one race between now and the Casco Bay Marathon.

On Aug. 20th I was at the Falmouth, Mass. 7-Miler where the "big-time" gather in quantity from all over the U.S. This is one of the most
competitive races anywhere in the country and Joan Benoit of Cape Elizabeth came out No. 1! She ran the 7.1 mile course in humid weather with a time of 36:50, about 25 seconds ahead of her nearest competition. Bruce Bickford of Benton, Maine, placed 6th in the open class, just 50 seconds behind winner Bill Rodgers. Check out the list of runners that Bruce left in the dust in the results section and you may be a little surprised.

Maine, thus, has two very promising prospective olympians for 1980. It made me feel good to see Joan being interviewed (TV cameras and all) by Amby Burfoot and a horde of reporters from all around the East. Several thousand cheered as she received the laurel wreath on the platform with 1st place honors.

I watched Bill Rodgers as he signed autographs at least two hours after the race and during this time I was able to chat with Burfoot, Phil Stewart of Running Times, Mike Buckley, Ken Flanders, Jim Doane, and Joan Benoit. I made the mistake of bringing only my movie camera, however, so I won't have any photos for Maine Runner concerning this event.

In early September I plan to interview Joan and report the results in the issue immediately following that interview date. Fred Judkins has already been interviewed and I hope to catch Bruce Bickford sometime before he starts back to school at Northeastern.

In final conclusion, I will be starting work with The Good Sports in Brunswick on Sept. 5th and will be moving to that area of the state. Any of you in the Brunswick vicinity can pick up a copy of Maine Runner at the store, but do stop in anyway for a little running conversation and if I can't interest you in a pair of shoes, maybe a hockey stick will do (for the dogs).

Rick Krause
Dover-Foxcroft Five Mile Road Race
Aug. 12 40 finishers

1. Fred Judkins 23:45 Waterville
2. Rick Krause 24:41 Pittsfield
3. Sheldon Booze 25:01 Ellsworth
5. Dennis Croteau 25:36 Dexter
6. Danny Buck 25:48 Hampden
7. Warren Petterson 26:17 Guilford
8. David Stratton 26:27 Bangor
9. Darrell Seekins 26:35 Searsport
10. Rick Sterling 26:36 Lewiston
11. Danny Dearing 27:02 Millinocket
12. Frank Turek 27:03 Dexter
13. John James 28:04 Skowhegan
14. Rusty Sweeney 29:08 Dover-Foxcroft
15. John Trefethen 29:11 Ellsworth
16. Kevin Kenny 29:18 Bangor
17. Mark Simpson 29:17 Farmington
18. Fergus Kenny 29:18 Bangor
19. Cliff Hatfield 29:36 Bangor
20. Stephen Kozlovich 29:56 Millinocket
21. Dave Clement 31:24 Dover-Foxcroft
22. Kirby Turner 31:55 Greenville
23. Dan Schottenfeld 32:17 Dexter
24. Ronald Locke 32:25 Dover-Foxcroft
25. David Hyde 32:53 Dover-Foxcroft
26. Loren Ritchie 33:17 Patten
27. Jerome Libby 33:23 Dover-Foxcroft
28. Jackie Trefethen 33:55 Ellsworth
29. Rick Clawson 34:15 Monson
30. Bill Freedman 34:15 Dexter
31. Matt Turek 36:07 Dexter
32. Edward O'Connell 36:13 Dexter
33. Bob Foreman 37:03 Dover-Foxcroft
34. Richard Maxell 38:13 Dexter
35. David Lagare 39:15 Waban, MA
36. Aaron Lagare 39:15 Waban, MA

**RESULTS**
Arnold Poland 44:37 Dover-Fox.
Nancy Hatfield 45:48 Bangor
Betty Ellen Kiah 52:51 Dover-Fox.
Louise Clement 53:25 Dover-Fox.

Auburn 5 and 10 Kilometer Races
Aug. 19 5K (18 finishers)
10K (34 finishers)

Divisions

15 and under
Boys - Frank Turek

16-19
Girls - Jackie Trefethen
Boys - Danny Buck

20-29
Men - Warran Patterson
Women - Betty Ellen Kiah

30-39
Men - Rusty Sweeny
Women - Nancy Hatfield

40 and over
Men - Cliff Hatfield

Race director - Mike Boss
Race results - Bob Shank,
The Gazette, Dexter

5 Kilometer

1. Brad Brown 17:18
2. Ron Zorn 19:35
3. Terry Bell 20:05
4. Lee Feldman 20:46
6. Paul Ouelette 21:58
7. Christopher Kein 22:59 1st 17 & under
8. Kevin Kein 23:23
9. Peter Allen 24:25
10. Susan Edwards 24:27 1st woman
11. William Fox 24:49 1st master
12. Paul Goss 25:02
13. John Jacobs 26:08
14. Marc Morin 26:18
15. Janice Mildram 26:49 2nd woman
16. Tina Gordon 26:58 1st 30-39
17. Kris Zuckerman 28:37
18. Maureen O'Connell 28:42

10 Kilometer

1. Thomas Bell 36:18
2. Neil Lash 37:15
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<td>32</td>
<td>Ed Kroekeiki</td>
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Peter Marczak  
Race director  

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Falmouth, Mass. 7-Mile Road Race  
Aug. 20 3,500 (approx.) finishers

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<td>Mike Roach</td>
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**Rick Krause**

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**Waterboro 9.3 Mile Road Race**
Aug. 5  34 finishers

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<tr>
<td>12</td>
<td>Lloyd Slocum</td>
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<td>15</td>
<td>Willie Wall</td>
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17. Wayne Larochelle 62:34
18. Robert Lanigra  63:42
19. Lester Barry     63:42
20. Guy Furbush      64:32
21. James Kein       64:46
22. Carlton Mendell  66:07
23. David Young      66:15
24. Kim Beaulieu     66:34
25. Martin Donlon    67:29
26. Ted Perry        69:19
27. Debbie Loranger  72:39
28. Kevin Chute      73:40
29. Roland Morin     75:20
30. Allen Harrison   75:39
31. Dabra Scannel    76:21
32. Orlando Delogo   76:32
33. Anthony Cushman  77:14
34. Richard Heikkinen 78:45

Women - Open
1. Kim Beaulieu    66:34
2. Debra Scannel   76:21

Oldest Male - Carlton Mendell 66:07
Oldest Women - Debbie Loranger 72:39

Don Berthiaume
Race director

***************

Lovell 4.5 Mile Road Race
Aug. 12     126 finishers

1. Dan Barker     23:45
2. Walt White     24:07
3. Bill Hine      24:43
4. Bob Maloney    24:57
5. John Hankins   25:08
6. Kevin McDonald 25:38
7. Charlie Pratt   25:43
8. Charlie Maddaus 25:56
9. Matt Johnson   26:21
10. Lee Faubanke  26:37

Jr. Masters
1. Neil Lash      54:10
2. Wayne Clark     59:23

Masters
1. Malcom McKenzie 57:12
2. Lloyd Slocum    60:23

11. Dan McGarry    26:55
12. Mike Clark     27:14
13. Larry Gales    27:20
15. Dick Matthews  27:45
16. John Simpson   27:48
17. Lee Thibodeau  27:52
18. Alan Swan      27:53
19. Elliot Andrews 27:54
20. John Graves    28:05
Harold Hatch-Castine  John Frachella-Hudson

Peter Kelliher  Bob Booker-E. Holden
<table>
<thead>
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<th>No.</th>
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<tr>
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<td>Willard Haggett</td>
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<td>Marsha Welch Salvo</td>
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<td>Grig Connell</td>
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<td>Katherene Kendall</td>
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<td>Sandy Joly</td>
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<td>116</td>
<td>Bill Constantine</td>
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<td>Priscella Pike</td>
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<td>Kari Riggins</td>
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<td>Jean Hankins</td>
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<td>Kevin Bryant</td>
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<td>Norma Millett</td>
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<td>123</td>
<td>Pala Cardona</td>
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<td>124</td>
<td>Jimmy Slocum</td>
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<td>125</td>
<td>Mark Lewis</td>
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<tr>
<td>126</td>
<td>Buzzy Cray</td>
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</tbody>
</table>

**One-Mile, 10 & under**

1. Erik Dunham    5:39  
2. Morgan Rohde    6:17  
3. Shawn Livingston 6:22  
4. Terry Livingston 6:26  
5. Jim Bosworth    6:38  
6. Steven Bennett  6:42  
7. Alex Dalzell    watch  
8. Tara Feeney     stopped  
9. Mike Zorn       
10. Heidi Hatch    
11. Joey Connelly  
12. John Windsor   
13. Sara Seevey    
14. Curt Watson    
15. Jon Williams   
16. John Boxworth  
17. Deana Vance    
18. Dawn Mack      
19. Heather Pike   
20. Dianne Vance   
21. Michelle Grondinbefore the race and it took  
22. Corley Cunningham some fast work by myself and friends to make the repairs but we made it.  
23. Todd ?          
24. Matt George     
25. Robin Dunham    
26. Wendy Dunham    
27. Kim Riggins     
28. Dawn Vance     
29. Brian Malone   
30. Jesse Knight   

The kids really seemed to enjoy their race and I think its going to grow next year. We had a good day for racing, 68 degrees and overcast, and the rain held off until after the awards had been given out. 

A note of humor, now that its over, the State tore a wooden bridge out the day before the race and it took some fast work by myself and friends to make the repairs but we made it.

Kevin McDonald  
Race director

***************
Spudland Natural Light Mini-Marathon 13.1 miles
Aug. 12 81 finishers

1. Andy Palmer Mars Hill 1:11:24
2. Greg Wardwell Caribou 1:12:32
3. Bill Pike Calais 1:13:16
4. Sam Pelletier Fort Kent 1:14:33
5. Ralph Thomas Gardiner 1:15:07
6. Frank Thiboudeau Fort Fairfield 1:15:44
7. Danny Paul Farmington 1:16:08
8. Dan Bondeson New Sweden 1:17:55
10. Gary Wakeland Loring 1:20:22
11. Bob Thomas Bangor 1:21:06
12. Mike Cyr Fort Fairfield 1:21:38
13. Frank Wilcox Hampden 1:23:13
14. Tim Michalka Oxbow 1:24:28
15. Stephen Brown Presque Isle 1:26:00
16. Bill Gayton Topsham 1:26:03
17. Micheal Simmons Fredericton, NB 1:26:30
18. Wally Babbage Limestone 1:26:40
19. John Frachella Hudson 1:26:48
20. Joe Pickens Caribou 1:27:20
22. Paul Libby Presque Isle 1:29:49
23. Dave Plourde Caribou 1:30:59
24. Sam Hamilton III Caribou 1:31:16
25. Gary Quimby Hampden 1:32:34
26. Matt Nightengale Fairfield 1:33:25
27. Marc Delong Frigewater 1:33:29
28. Myron Whipkey Washburn 1:34:10
29. Paul Raymond Caribou 1:34:11
30. Steve Porter Presque Isle 1:34:55
32. Mark Bouchard Caribou 1:35:34
33. Roger Pelletier NB 1:35:45
34. John Lisnik Presque Isle 1:35:46
35. Ben Watters Loring 1:36:15
36. Ray Quimby Brooks 1:36:45
37. Andrew Wylie Frenchville 1:37:25
38. Tony Prest Bridgewater 1:37:38
39. Ed Slavens Loring 1:38:01
40. John Craig NB 1:38:05
41. Dave Campbell Caribou 1:38:27
42. Barbara Hamaluk Bangor 1:38:32
43. Alvan Pelletier Ashland 1:42:58
44. Larry Lunn Bangor 1:43:07
45. Anthony Mulvey Bangor 1:43:08
46. Byron Wickham Loring 1:43:52
47. Martin Donlon Portland 1:44:07
48. Dwight Pickens Caribou 1:44:22
49. Lawrence Whipkey Washburn 1:44:54
50. Bill Green        Bangor        1:45:02
51. Ed Fenlon         Mass.         1:45:38
52. Mickey Buckingham Blaine 1:46:00
53. John Balicki      Caribou       1:46:22
54. Thomas McDonough  Presque Isle 1:46:26
55. Dick Harshmann    Bangor        1:52:14
56. Norman Carlisle   Bangor        1:53:10
57. Kathy Smith       Presque Isle 1:59:15
58. Max Werner        Caribou       1:59:15
59. Jane Cyr          Madawaska     1:59:36
60. Charles Cyr       Ft. Fairfield 1:59:48
61. Ernesto Martinezz Loring    1:59:49
62. Andy Buckley      Presque Isle 1:59:52
63. Paula Kneeland    Mars Hill     2:00:25
64. Ann Hale          Madawaska     2:00:49
65. Keith Schacter    Conn.         2:02:08
66. Bob LaPointe      Presque Isle 2:03:09
67. Sally Jaime       Mars Hill     2:03:48
68. Paul Sharock      Loring        2:05:45
69. George Higgins    Presque Isle 2:06:09
70. Jim Hawks         Caribou       2:11:16
71. Nate Lowrey       Caribou       2:11:19
72. Susan Jaime       Mars Hill     2:17:00
73. Mitzi Kopteros    Sheridan      2:18:26
74. Carol Belanger    Caribou       2:19:19
75. Peter Buckley     Presque Isle 2:27:54
76. Nancy Schneider   Millinocket   2:33:16
77. Gary Langley      Caribou       2:41:11
78. Mildred Merchant  Presque Isle 2:43:12

80. Marie Martin      Presque Isle 2:55:50
81. Lloyd Sutherland  Houlton      3:10:00

Team Winner - Caribou Joggernauts
Andy Palmer       1st
Greg Wardwell     2nd
Dan Bondeson      8th
Gary Wakeland     10th
21 pts

Junior Division
1. Matt Nightingale  Ft. Fairfield
2. Paul Raymond     Caribou
3. Greg Hale        Madawaska

Masters Division
1. Waldron Babbage  Limestone
2. Lefty Johnson    New Sweden
3. Sam Hamilton III Caribou

Womens Division
1. Barbara Hamajuk  Bangor
2. Kathy Smith      Presque Isle
3. Jane Cyr         Madawaska

Conrad Walton
Race director

**********************
A 6.2 mile road race will be sponsored by Hurricane Sail Association open to any interested persons over the age of 12.

DATE: Saturday, September 9, 1978

REGISTRATION: By mail before September 6, or at the start from 9:45 - 10:45.

STARTING TIME: 11:00. Numbers will be distributed at the Registration Table.

FACILITIES: Bathrooms and showers will be provided in the buildings of the Hurricane Island Outward Bound School, beside the parking area. Food will be for sale after the race.

ENTRY FEE: $1.00 will be the entry fee payable to Hurricane Sail Assoc. at registration.

DIRECTIONS: Take U.S. Rt. #1 to Rockland. Where Rt. #1 turns left to become Main St., take a right on Rt. 73. Follow 73 until just after Curtis Market. Turn left on Mechanic Street. School is on right.

---

ENTRY FORM

Please Print

Name ______________________________________________________ Age ______

Address ______________________________________________________

In consideration of this entry being accepted, I hereby for myself and my heirs, executors or administrators waive and release all rights and claims for damages I may have against the towns of Rockland and Owls Head, and the sponsors of this race for any and all injuries that may be suffered by me before, during and after the First Annual Hurricane Sail Association Road Race.

________________________
signature
The Portland Midi-Marathon!!

A 13 MILE RUN SPONSORED BY:

The Portland Lodge of Elks masters-open

IN CONJUNCTION WITH:
The MAINE MASTERS TRACK CLUB

The course follows the rim of Portland's Peninsula – jutting into picturesque Casco Bay and finishes through Longfellow's "shadows of Deering's Woods."

PORTLAND, MAINE — SUNDAY — OCTOBER 1, 1978
12:00 Noon in front of Portland Exposition Building

MERCHANDISE AWARDS:
The First Fifteen To Finish:
The First Four 30-39; 40-49
50-59; 60-up; First Four Women.
First Woman Over 40

RECORDS:

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<tr>
<th>Category</th>
<th>Name</th>
<th>Time</th>
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<tr>
<td>Open</td>
<td>Bill Rodgers</td>
<td>1:04:16</td>
</tr>
<tr>
<td>30-39</td>
<td>Ralph Thomas</td>
<td>1:06:38</td>
</tr>
<tr>
<td>40-49</td>
<td>Ralph Thomas</td>
<td>1:09:34</td>
</tr>
<tr>
<td>50-59</td>
<td>Bill Tribou</td>
<td>1:21:46</td>
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<tr>
<td>60-up</td>
<td>Johnny Kelley</td>
<td>1:23:26</td>
</tr>
<tr>
<td>Women</td>
<td>Charlotte Lettis</td>
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PREVIOUS WINNERS

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<td>Pat McMahon</td>
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<td>1971</td>
<td>Ralph Thomas</td>
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<td>1973</td>
<td>Ralph Thomas</td>
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<td>1974</td>
<td>Ralph Thomas</td>
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<tr>
<td>1975</td>
<td>Chris Chambers</td>
<td>1:05:54</td>
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<tr>
<td>1976</td>
<td>Bill Rodgers</td>
<td>1:04:16</td>
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<tr>
<td>1977</td>
<td>Dan Paul</td>
<td>1:09:47</td>
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OFFICIAL ENTRY FORM

THE PORTLAND MIDI-MARATHON
PORTLAND, MAINE — OCTOBER 1, 1978

In consideration of this entry being accepted, I, for myself, heirs and assigns waive and release any and all rights and claims for personal damages I may have against the sponsors of this race or the AAU and its officials.

Signature ___________________________ Club or School ___________________________
Name (print) _________________________ AAU-RRC Number _________________________
Address ___________________________ Date of Birth ___________________________
Age (on Oct. 1st ) __________________

ON BACK SIDE OF THIS FORM NOTE RECENT CREDITABLE PERFORMANCES FOR PUBLICITY REASONS.
MAIL ENTRY PLUS $2.00 ENTRY FEE TO: Phil Purington
190 Ray Street
Portland, Maine 04103
Tel: 797-2492
Common Ground Country Fair

10 KILOMETER FOOT RACE

Saturday, September 23rd, 9am
Litchfield Fairgrounds, Litchfield, Maine

$3.00 entry fee for those who want T-shirts and free entry to the Fair; those who pay no entry fee are eligible only to run

Trophies: First MORGA finisher
Last Place
1st thru 5th finisher
1st boy/girl under 18
1st woman/man 30-39, 1st woman/man 40-49
1st over 50, 1st Litchfield resident
Team Award

The race is being held in conjunction with the Common Ground Country Fair, a real family fair. The Litchfield Fair Grounds are a short distance southwest of Augusta, in beautiful running country. Registrations will be taken up to 8:45, with pre-race instruction following. Race begins at the school across from the fairgrounds, out the dirt road to Huntington Hill Road, left to Rte. 197, left again to Hallowell Road, left again and into the Fairgrounds, ending at the exit gate. Bring the whole family for a really fine day. SEND ENTRIES TO: Skip Howard, P.O. Box 562, Bangor, ME 04401.

THIS IS YOUR FREE ENTRY TO THE FAIR—-HOLD ON TO IT!

ENTRY FORM

NAME________________________________ AGE________

ADDRESS____________________________________________

TEAM_________________________________________________

ENTRY PAID
YES NO

T-SHIRT SIZE
S M L XL

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against the organizations holding this event for any injuries suffered by me at said event. SEND ENTRIES TO: Skip Howard, PO Box 562, Bangor, ME 04401 207-622-3118

Maine Organic Farmers & Gardeners Association
Box 187, 110 Water Street, Hallowell, Maine 04347
Winthrop Lions 9.3 Mile Road Race  
Aug. 13 44 finishers

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<td>2. Bill Sayres Jr.</td>
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<td>3. Tom Bell</td>
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<td>4. Rick Krause</td>
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<td>5. Rick Wells</td>
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<td>6. George Liming</td>
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<td>7. Tom Doyle</td>
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<td>8. Cliff Hatfield</td>
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<td>9. Jim</td>
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<td>10. Mike Dailey</td>
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<td>11. Peter Kelliher</td>
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<td>12. Allen Pierce</td>
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<td>13. Bill Sayres</td>
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<td>14. Chris Jones</td>
<td>1:00:13</td>
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<td>15. Bryant ?</td>
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<td>16. Dick MacDonald</td>
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<td>17. John Trefethen</td>
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<td>18. Dana Maxim</td>
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<td>20. Cliff Hopkins</td>
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<td>24. John Linscott</td>
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<td>25. Andrea Hatch</td>
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<td>26. Carlton Mendell</td>
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<td>27. Marty Thornton</td>
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<td>29. Charles Gordon</td>
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<td>30. Dick Spires</td>
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<td>10. Scott Sullivan</td>
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<td>20. Leona Clapper</td>
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<td>22. Charles Clapper</td>
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<tr>
<td>23. Karen Perry</td>
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George Maxim  
Race director
It was June, 1974, and the occasion was the Cape Elizabeth 9-Mile Road Race. In the hallway of the high school before the race, I saw a face which I'd seen at many races before. Dennis Morrill had already become a noticeable figure in Maine road racing. He inserted his sense of humor into it as he mixed with many of the top runners in the state.

For quite some time I saw only the humorous side of this runner because that seemed to be predominant. As the years passed by, however, and I got to know him better, it was obvious that Dennis, then an English teacher, was not only quite intelligent but had a real serious interest in the welfare of road racing in this state. He was then and still is one of the handful of individuals who has an opinion on all issues of LDR and does not hesitate to make his views known. It is because of people like this, that the sport has survived and continues to grow with that one important characteristic-quality.

Thus, like Dick Goodie, Dick MacDonald, Brian Gillespie and others who have an interest and have made their feelings known, Dennis, who is now 38 and lives in So. Portland, has become a respected member of the team that gets things done. He is a member of the state-wide committee which chooses the Maine Runner of the Year and other distinguished awards that are presented at the year's end Cape Elizabeth Turkey Trot (a race you won't want to miss.)

If you run the opening race of the season in mid-March at Riverside in Portland, you will see the subject of this article there - director of the race, one of many races that the Maine Masters sponsors.

Here are some of Dennis' "opinions" and personal philosophies about his own running and LDR in general. When asked what he liked most about running, he responded, "Running is a tension reducer. One feels relaxed after a workout and the shower or sauna after. One feels more secure as an individual- no one but
yourself can control where you will go and for how long."

How did he get started into running? Here is how he put it. "Well, it was not because I wet the bed and my mother hung the sheet out the window to show the world, as shown in a recent TV movie. As a kid I enjoyed running the woods trails around Sebago in North Windham. I still love to do it."

His personal goals as a runner/racer/race director are expressed as follows: "In my dreams I have beaten Ziggy Gillespie although in reality never. But not even in my dreams has my subconscious allowed me a peek at beating Ralph Thomas. One goal as a race director has been trying to convince a fellow runner to take over my directorship. Most complainers never directed nor intend to direct a race. One of my goals is not to run the Boston Marathon or any distance over ten miles if I can help it. Some of the people who run the marathon should not be there. It seems as if its a rite of passage to say (1) I ran Boston in 19__ or (2) I finished Boston in _____."

Dennis says this about Maine road racing: "Maine road-racing has flowered greatly in the last decade. Of course I cannot say what Rollie Dyer would think now especially since Rollie was a straight AAU man. But he might not have approved of the recent AAU reluctance to accept responsibility. Road racing's future will not depend on AAU acceptance or not. It will depend on the general publics acceptance as more and more people gather together to join the fun. The road should be free for runners as long as the runners share the road with others."

On Memorial Day this year at Gorham an incident occurred which was mentioned briefly in an earlier issue. If you don't recall it, here it is once again. As it turned out, when it came near time for the race to start on this scorching hot day, the race director had not yet arrived and it looked as if he wouldn't be coming at all. About ten minutes before the start (scheduled start), a voice awoke the large group that had gathered and it was Dennis Morrill. Even though he'd come there to race, as did the others, he was ready to help
the runners in the way that he knows best - by doing something. In ten minutes, we were on the run as if nothing had ever gone wrong to begin with. Dave Paul of Portland came by to help out as well, and even without competitors numbers to record, they got the name and time of every last finisher. I doubt if anyone cared or even noticed the absence of the awards in this race. They'd come there to race.

Rick Krause

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Classifieds

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Pre-payment required on ads and race entry-form inserts

COMMERCIAL

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Diane Fournier - Orrs Island

John Trefethen - Ellsworth  Rick Sterling - Auburn
Ron Zorn writes:

One half mile into my morning run, I nearly stepped on the crushed corpse of a large snake, flattened by some highway car at some point during the night. I stopped observed then ran on. It was only a curiosity.

A long exhilarating run ensued. I'd started at daybreak, and now as I loped past Middle Range Pond, returning towards home, I knew most area persons were still sleeping or readying for breakfast or the job. What a wonderful start to my day!

But, then right in from of me, near a hole in the sandy shoulder of the road only a few feet from the marsh-like edge to the lake—was a giant turtle. My foot nearly landed on top of it and I came to a stop. I kept looking at it, but it was inert. I dared to pick it up, and I needed both hands to do it. It was alive, it barely moved. What a problem for me! If I just let it stay there, where I know many cars pull in and out for fishing, wouldn't someone take it home, away from its environment, or perhaps even unknowingly run over it?

I dropped it into the dark edge of the water and it sank like a stone. I watched for bubbles but there weren't any. This worried me. I wondered—don't turtles send out bubbles? Should I have left it alone—not interfered? Was it a tortoise, not a turtle? Did I read somewhere that a tortoise will drown in water?

I felt guilt and remorse and suspected that I'd interfered with the natural desires of the turtle. If only I had another chance to make
right my wrong!

Then I say it. About six feet away was another large hole, and the body of another huge turtle-tortoise was extended out of it, head-first towards the hot rising sun. Who could believe such a thing, such a second chance! This one was fully as large as the first. I wondered: should I take this monster home with me? How could I run the remaining miles with a turtle under my arm? Don't turtles bite? Was this one doomed without my help? Is exposure to whimsical man a suicidal gesture? A mistake of nature?

Confronted with choices, and with this second chance, I lifted up the turtle-tortoise just as I'd done for its companion, and I placed it carefully into the wet brush. It would be hidden there and could decide to go the few feet back out again where I'd found it, or if it wished, it could slither down into the water just to the other side.

I started off jogging again, and once more as I neared my house passed by the partially flattened body of that unlucky snake.

************

from Ken Remsen:

I have just started a new job as Health Center and Fitness Program Director at the Bangor YMCA and I would like to see this Y get more involved with runners. Along this line I thought about organizing a "Do Something Good for your Body on New Year's Eve" Race. I am thinking about having a 3 – 5 mile race around Bangor to bring in the new year. This race would start about 11:30 PM, December 31st.

As I said it's just a crazy thought but if you threw out the suggestion people could contact me at the Y with their thoughts.

************
Some familiar surnames with feminine forenames are beginning to edge into the various newspaper and Maine Runner race and fun-run results of late, and there's bound to be more. These are the names of the women, and in some cases daughters and mothers (have there been any grandmothers?) who are the wives of many of the consistent male runners in Maine. As they discover the joys of running, as they see the general positive results of running on their mates, friends and relatives, these women are starting their own running programs. After giving years of support to another's running, they're now saying: "Well, why not me?". And why not indeed! The joy of running is something to be shared; its physical benefits, its playful disciplines, attendant positive effects of stopping smoking, losing weight, eating better are all things that bring us to another dimension in our lives. What has been a male domain for several years, however, is now gaining female converts. Though some are dragged kicking and screaming, some brow-beaten, it is always finally a personal decision to run regularly, and those women who are now venturing out to join Robin Emery, Barbara Hamaluk, Diane Fournier, Joan Westphal and others on the roads and tracks. These women put in many years ALMOST ALONE as runners, joined later by a new wave of women such as Anne Norton, Andrea Hatch and Philomena Baker. Now these familiar names are appearing: Wendy Sayres, Faye Gagnon, Connie Howell, Nancy Hatfield, Joyce Howard, Linda Seekins, Susan Farlow, Mary Lou Morong, and Mary Schulien. These are the people who have often run the races you've attended from the other side of the table or behind the stop-watch or writing furiously on paper or handing out numbers or water. So some are making a big step in their lives and pulling on their running shoes and
joining the fun. And as the women's ranks swell with people like Mary-Margarter Roseberry, Marty Mulvey, Marta Corbin, and younger runners Karin Judkins, Mary Lyn Cyr, Margaret Clapper, Fawn Jones, one can only begin to wonder: when will there become a spokeswoman in print? Or two or more? And when will the women develop their own races, women only and open, on a regular basis? Currently, Anne Norton and Mary Schulien are race directors, but one suspects proliferation. And it will be fun to watch, for a change, which is not meant to be a completely sexist remark. To be sure, not all women and wives are going to take up running (as Judy Judkins says: "I'm not pushing Fred to take up painting classes), but one can think of few better combinations than women and running. Which is meant to be a completely sexist remark.

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Eldon Collins: Five Years at the Top
by
Dennis Morrill

Although Eldon Collins has retired from running, for over half a decade during the early seventies he was the best master runner in the state of Maine. Eldon won the masters division and set many records in dozens of long distance races and did likewise at the faster paced mile runs.

A rhythm runner, Eldon would start slowly but gathering speed his pace became a relentless one. He never slowed. Rather the pace always became faster until the end. This pace was not a natural gift but a hard wrought skill based on hour after hour of practice.

Practice was part of the Collins philosophy. I never knew Eldon to enter a race unprepared, and he never gave anything but his utmost. No wonder Eldon was respected and even feared by runners of all ages.

Suddenly a few years ago Eldon quit running
races while at his peak. Many have speculated as to why. But the real answer is simple. Eldon followed the dictate of his own philosophy. In other words since he no longer had the time to adequately practice because of various substantial reasons, well, he was not going to race again.

A Portland native, Eldon is still a member of the Maine Masters Track Club. He has helped the Maine Masters by directing the annual fall race at Falmouth High School. His wife Rita and his three sons have helped him to keep this race on the books.

Recently I learned that Eldon has moved to Central Florida with his family soon to follow. Of course I was hoping Eldon might decide to make a com-back with the racing revolution on. Actually I would just love the chance to get even or at least to see that Collins style which I could never overcome. You just should have seen it. Such concentrated, determined effort I have rarely seen.

It is true most of Eldon's records have been swept away but for a time... A good long runner's time of five years...Eldon ran the point as Maine's finest master runner.

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News Briefs

One of my subscribers wrote to me about a month ago concerning organizing a club and he requested some information about the procedures involved. I don't recall the name of this person and I somehow lost the letter. Therefore, would this runner please send me a second note and I will get right on it.

(cont.)
As mentioned in the Runners Spotlight article, several awards are given out by the Maine Masters at the Cape Elizabeth Turkey Trot in November. Among these awards are Maine Runner of the Year (male and female), High School Runner of the Year, and an award for the person who has contributed the most to Maine long-distance running in the current year. These selections are made by a four-member state-wide committee, three of whom are Anne Norton, Dick Goodie, and Dennis Morrill. A new member, yet unknown to me at this time, will be joining the committee. This year, I have been told that the award, "Most Improved Runner", will not be given, but that it was suggested by Dennis Morrill that each club choose its respective "most improved", basically because there are so many deserving candidates each year and a choice by the committee in selecting one runner from the entire state is a difficult, if not impossible, choice. Lloyd Ferris of Richmond was selected in 1977.

Another issue which is upon us already is whether Mike Buckley, a Lawrence, Mass. resident should be considered for Maine Runner of the Year. This is an issue which may have no solution that pleases everyone and one which you can make your own feelings know through the Runners Write-In Column.

Cliff Hopkins, director of the Running School at Brunswick, is sponsoring a weekend clinic in New Hampshire on Oct. 27, featuring Bill Rodgers. There will be an all-New England club invitational race along with this weekend clinic. Anyway, it looks like an excellent opportunity for our clubs to compete with other southern New England clubs. For further information, contact Cliff at the Running School, Sports ETC Club, Route 1, Brunswick, Me. 04011.
The organizers of the Casco Bay Marathon, headed by John Noyes of Yarmouth, seem to be approaching this event with caution and intelligent planning. All entrants receive in the mail a wealth of information on the precautions to take when preparing for and running a marathon. The information assured the runners that competent medical personnel and aid-stations would be available at specific points along the route, and they even went as far as to say that water would be in the clear or white cups while ERG and Gatoraid would be in the colored cups at the water-stations (better than finding out by trial and error). Recommendations concerning fluid intake were given in the literature as well.

The course miles would be marked and times given at intervals throughout, with the last 6.2 miles being marked as follows: -6, -5, etc. A professionally drawn map was included with the material and according to the way the map was drawn, the race will start on the wide street in front of the Exposition Building and will finish on the 440 yard track just below the starting point. All in all, the organizers are earning the respect of the runners by this meticulous, educational approach to the event and more than one person has mentioned this to me.

When I spoke to Mike Buckley at the Falmouth, Mass. 7-Miler on Aug. 20th, he said that he would be running this marathon. Fred Judkins told me the same, and that he would be trying to improve upon his 2:28 effort recorded at Boston this past spring.

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Bob Hillgrove, 1977 Maine Runner of the Year selection, and a long-time veteran of Maine road racing, has had a serious injury this year which has kept him out of racing since his record-shattering wins last season. Bob, a native of Rockland where he still lives, has had trouble with the arch of one of his feet. He started out in the Bangor Red Cross 10 Miler.
in May and had to pull out of the race. Upon talking to him on the phone recently, Bob said that he was planning to go out-of-state to look for a physician and that he would not rule out surgery if it was required to get him back into racing once more. At age 33, he has many years of good competitive racing left.

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**HISTORY'S CORNER**
(taken from Roland Dyer's Newsletter)

May 24, 1969

4.1 Mile Race - So. Portland, Me.

Course included a short stretch of beach running.

1. Rick Rowley Unat. 19:27 Record
2. Lloyd Slocum Unat. 19:30
3. Ralph Grant WAC 19:56
4. Steve Jaynes Unat. 20:04
5. Brian Gillespie GPAC 21:22
6. (Unknown)
7. Ken Flanders GPAC 21:53
8. Ed Ricker SMVTI 21:55
9. Richard Krause USN 22:00
10. Mike Kazillionis Unat. 22:17
11. Jim Gillen SMVTI 22:34
12. George Dick SMVTI 22:50
13. Dennis Bishop Unat. 23:50
15. Dave Adams Unat. 24:43
17. Dr. Jim Dempsey Me. Masters 25:27
18. Peter Poulin SMVTI 25:37
19. Ray Heffelfinger Me. Masters 26:19
20. Dave Gardner SMVTI 26:36
23. Tom Miller Me. Masters 27:48
25. Ed Shepard Me. Masters 31:02
Early this summer I began to notice a new name among the results of the races - a woman who was obviously experiencing some success at the sport. Her name is Evelyn Hewson, and I wanted to learn more about her and eventually present her to the runners of the state. I contacted Evelyn through the mail and received back responses to the several questions which I'd asked. An interview was to follow and this was done at Bowdoin College which she attends, after the Bowdoin 10-Mile Road Race on July 30th.

The photo of Evelyn which was in Maine Runner earlier this year (taken at the Gorham Memorial Day 6-Miler) did little justice to her appearance. In that photo, she appeared short and as if someone had whipped a gallon of black paint in her face. The Evelyn who I walked with around the Bowdoin track after the competitors and spectators had gone home, was a far cry from the picture in the June 28th issue. She was a big, tall, strong girl with long legs. She kidded about her big feet as we walked along the grass on the infield of the all-weather track, and mentioned quite seriously that those feet may be to her benefit in getting her to the finish tape faster. I've often wondered about this myself, as I personally sprout a size 12D. Evelyn also said that she felt strange running beside most women runners because her one stride equalled about two of theirs.

Not being as new to the sport as I'd expected, I found this 20-year-old to have been involved in long-distance running for seven years, competing for six of those. She lives in South Casco and attends Bowdoin College, currently in her junior year. The school must have high hopes for a person with her running ability. She had finished second among the women in today's Bowdoin and Back 10-Mile Run to the Coast.
When questioned about her reasons for running, Evelyn said, "I enjoy running because it is a fun kind of exercise that I can do any day regardless of the weather or the situation. Whenever I travel and spend time in a new place I learn about the spot by running. I've met some interesting people because of running and competing in races."

It was her grandfather who initially inspired her to enter athletics. (he recommended high jumping and long-jumping because of her long legs) but she didn't pursue either with great interest. Rather, she found her real friend - long distance running.

At Bowdoin, she competes on the women's cross-country and track teams which now have their own coach and regular schedule. Her views on women's races are stated as follows. "I enjoy women's races though I find that they are generally much more serious and competitive than co-ed races. Girls can be pretty stiff competitors when they are only racing other girls. Guys tend to relax the situation and make more fun of it though I am sure that when they race alone they are pretty tough competitors too."

Her favorite racing distance is three miles, but she feels confident running between two and six. According to her, "two miles is still a sprint and five miles is a little bit longer and slower." She didn't run too slow in today's 10-miler. Who's she kidding?

When asked about her immediate goals, she said, "I presently have one goal in mind. I would like to race in a marathon sometime this year, maybe the Casco Bay Marathon. Last year I cross-country skied in the Hennessy Classic Marathon and found it to be quite a challenge. I'm hoping the running marathon will be equally enjoyable. The Hennessy Classic Cross-Country Race is, by the way, a 50-miler, in which she placed 6th. Continuing on, she mentioned,"One thing I enjoy about running is that the harder and longer I train, the better I feel afterwards. Sometimes on the worst
races I just feel super when I am done! I like to race a lot, the more the better. Each race is just like a hard workout for me and seems to improve my speed and endurance a little more each time. Also it's fun to meet other runners at the races and compare training schedules."

Evelyn has no definite long-term plans for racing beyond her college years. She just wants to take her athletic interests one step at a time and yield to her own feelings about competing in the present tense as each year unfolds. She had this to say about her future running, "I do hope to run most of my life. I think it is great that so many older people are still running or are starting to run for the first time."

About her training, she had the following comments. "I try to run 35 to 40 miles a week. Most days I run longer distance but now and again I run speed workouts. I would much rather forget the speed workouts and go for a nice slow distance run. When I can I go hiking or swimming to give some variety to my training. I think that any kind of exercise will help to improve my running."

In past years, Evelyn said that she did little running during the mid-summer months because she kept herself so active at their summer camp with swimming and hiking. Judging by her condition on this date (July 30th) I'd say that those activities got the back seat this summer!

Like many long-distance runners, she spends her winters cross-country skiing. She continues running, however, during the winter because she admitted that this was her favorite activity. When I asked her if she liked running on the Bowdoin (somewhat cramped) indoor track, I thought she was going to take a swing at me! But she does run track outdoors and has recorded a 5:20 mile which she'd like to improve upon by about three seconds or thereabouts in the future.
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