

July 1992

ISSUE NUMBER 14 \$2.50

Mainely Running

Maine Endurance Sports Coverage



MAINELY RUNNING
2 Howard's Hill Road
Brunswick ME 04011

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Maine Track Club
presents

The Maine Marathon and Half Marathon

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SUNDAY, OCTOBER 4, 1992
Portland, Maine

The Event: The marathon and half marathon are part of a community-driven sports and fitness festival weekend. Activities include fitness demonstrations, physical evaluations, runners expo and carbo-loading dinner.

The Course: Start in Portland, run through flat/rolling hill course along Casco Bay, through tree-lined residential areas and farms, finishing at outdoor stadium in Portland. Course includes Portland, Falmouth, Cumberland and Yarmouth.

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For more information, please write to:
The Maine Marathon and Half Marathon
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or call 207-725-0716

EDITORIAL

With over 25 race flyers in this issue, it may well be remembered as "the issue of the flyers." Race directors of endurance sports events are realizing that having over 1000 copies of their race flyers delivered to the right people for only \$40 is a deal they can't refuse. The 76 pages (plus covers) makes this the biggest issue ever!!

* * * * *

Good news for MAINELY RUNNING readers who travel the roads (or trails) on 2 wheels. We will be providing bigger and better coverage of **bicycling** in Maine with the introduction of Kerry Keenan as MAINELY RUNNING's **bicycling** correspondent. Kerry is a top racer who travels both the road and mountain bike racing circuits, but more importantly to our readers she is a talented, motivated writer. I am extremely pleased that Carrie has accepted MR's invitation to be our cycling correspondent.

* * * * *

What about that "TEAM MAINE" women's team performance at Friehoffers? First place - WOW!! Great job Tina, Kathy, Edie, Christine and Wanda. What a way to unveil TAC's new athlete development program. (See article in this issue.) I think this program will provide Maine running with an infusion of new energy - I know that I am excited already! Many of the state's faster runners will be trying to meet the TEAM MAINE qualify standards at the 3000 meter and 5000 meter invitational events at Deering Oaks Festival track meet. A great opportunity for the rest of us to compete in the events of our choice and then sit back and watch Maine's elite compete.

* * * * *

MAINELY RUNNING takes this opportunity to thank Goldsmith's for their sponsorship of the "Athlete of the month" for the last year. Readers will miss the excitement of seeing who wins the pair of Nikes each month but hopefully we will find new sponsorship soon.



ABOUT THE COVER:

Maine's elite runner Tina Meserve discusses running with world class veteran runner Carlton Mendell.

CONTRIBUTORS

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RACE RESULTS

Bicycling

Freewheelers Trials
ME Sport Mtn Bike
Rainbow Time Trials
Streaked Mtn Classic
Westside Ride

Running

Apple Blossom
Back Bay 5K
Berwick Dare Kids
Budlite Marathon
China Youth Run
China Classic 5mi
Epsteins 5K
Georgia Pacific 5K
Hospital Week 5K
Live Your Dreams
Moosebec Rotary
Mothers Day 5k
Oakhurst
Pleasant Ridge Run
Sugarloaf 15K

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RUNNING CALENDAR

JULY

- 1 "AIR CANADA DAY 5K"-Oromocto NB-Terry Goodlad-(506)357-6566
- 1 "Maine Corporate Track Meet"-Falmouth High School-5:30pm
- 3 "PERRY TO EASTPORT 7.1 MILE ROAD RACE-5pm-Dennis Cline-853-4374-certified
- 4 "4 ON THE FOURTH"-Bridgton-8am-Jay & Loraine Spenciner-certified-flyer June
- 4 "LL BEAN 10K"-FREEPORT-7:30-1 mile Fun run 9am-Lilie Hall-865-4761 ext 2356-certified-flyer May
- 4 "FOUR ON THE 4TH"-York-4mi at 8am-roller blade at 9:30-1mi 10:30-York Recreation Dept-363-1040-certified-flyer June
- 4 "BANGOR 3K"-Bangor-Dave Jeffrey-825-3403
- 4 "INDEPENDENCE DAY 5K"-Livermore Falls-8:30-Mike Simoneau-897-4048
- 4 "HOULTON 5 ON THE 4TH"-Houlton-9am-Houlton recreation dept-532-4231
- 4 "MAINE STREET 2 MILE"-Sanford-10am-Sanford Recreation Bureau-Marcel Blouin-324-9130
- 4 "HERITAGE DAYS RACE-BATH-1.5mi-7:45 & 5mi-8:30-Kevin Shute-443-8360
- 4 "JONESPORT 5K"-Dave Alley-497-2843-Certification pending
- 4 "CUTLER HARBOR 5K"-Andy Patterson-259-4484
- 4 "Cherryfield Salmon Run"-5K-William Kearns-546-7504
- 5 "NEWPORT FESTIVAL 5K"-Newport-9am-Dave McIntyre-924-7536
- 8 "TAC DEVELOPMENT MEET"-Brewer-6pm-Dave Jeffrey-825-3403-flyer May & June
- 8 "TAC DEVELOPMENT MEET"-Bath-Ed & Muffy Tostevin-443-6281-flyer May & June
- 11 "MUSTERD MILE"-1mile-Caribou-5pm-Joe Beasley*
- 11 "OYSTER FESTIVAL 5 mile"-Damariscotta-8:30-David Briggs-563-3506-certified-flyer June
- 12 "RIVER CITY 5K RAMBLE"-Bangor-11am-Larry Dutch-942-5733-certified-flyer June
- 12 "KBIA OCEAN SIDE 5K"-Kennebunk Beach-9am-Beth Crowley-967-2073-certification pending-flyer July
- 12 "FULL CIRCLE 5 MILER"-Blue Hill-8:30am-Mike Archer 348-2871
- 13 "TAC DEVELOPMENTAL MEET"-Auburn-Don Campbell-777-1601-Jon Sinclair-780-3623-flyer May
- 15 "Maine Corporate Track Meet"-Westbrook High School-5:30pm
- 17 "TAC DEVELOPMENT MEET"-Portland Expo-Scott Segal-774-9626-flyer May
- 18 "TAC MASTERS TRACK & FIELD CHAMPIONSHIPS"-Scarborough-Ron Kelly-883-2747-flyer May
- 18 "CLAM FESTIVAL"-Yarmouth-8am-5 mile-Bill Stuart-799-5961-certified-flyer June
- 18 "POTATO BLOSSOM"-5mile-Fort Fairfield-9am-Paul Lamereau-764-6517



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Brunswick.: Cooks Corner 725-1323
No.Conway: Mt.Valley Mall 603-356-6338
Rochester: Lilac Mall 603-335-0991

JULY RUNNING CALENDAR CONTINUED

- 18 **"Mollyockett Day Classic"**-Bethel-5mile at 9am-1 mile youth 8:30-Robin Zinchuk-824-2282-flyer June
- 18 **"WOODS RUN 3 MILER"**-Crosscountry-Blue Hill-10am-Stephen Eliot-326-9097
- 18 **"SUMMER SOCIAL 24 HOUR RELAY"**-Brewer-Chuck Morris-989-1696
- 19 **"GRANT'S DAIRY MILK RUN"**-5 mile-Bangor-9am-Bangor YMCA-941-2966-certification pending-flyer June
- 19 **"BELGRADE LAKES"**-10k & 1mi Fun Run-Belgrade-8am-Geoff Hill-495-2124-flyer July
- 19 **"PHIPPSBURG FIREFIGHTER 5 MILE"**-Phippsburg-9am-Mark Wright-443-3869-flyer July
- 22 **"TAC DEVELOPMENT MEET"**-Brewer-6pm-Dave Jeffrey-825-3403-flyer May & June
- 24 **"ST MARY'S FESTIVAL 3 MILE ROAD RACE"**-Biddeford-7pm-Joel Croteau-282-2375
- 24 **"DEERING OAKS FESTIVAL TRACK & FIELD"**-Portland-6pm-George Towle-878-8419-flyer July
- 31 **"MOONLITE MADDNESS 3 MILER"**-FARMINGTON-7pm-Marty Pike-778-4866
- 25 **"OCEAN POINT 5K"**-East Boothbay-9am-Steve Jones-633-4305-flyer July
- 25 **"HANCOCK LOBSTER CLASSIC"**-10 mile-9am-kids 2.5k at 9:05-Bob Myers-244-9945-certified-flyer July
- 25 **"JOE MCGUIRE 10K"**-Woodstock,NB-10am-Joe McGuire
- 25 **"Casco Day Country Run"**-9:30-4miles-Casco-Nancy Hayward-627-4394
- 26 **"Maine Corporate Track State Championship"**-
- 26 **"BERT 'n I"**-5 Miles-East Vasselboro-9am-Mert Dearnley-445-4446
- 29 **"RALPH THOMAS MASTER'S MILE & GERRY POULIN OPEN MILE"**-Winslow-6pm-Gene Roy-465-7296
- 29 **"DYER MEMORIAL 5K"**-Winslow-Gene Roy-465-7296-certified.

AUGUST

- 1 **"TAC STATE CHAMPIONSHIPS"**-Jon Sinclair-780-3620-flyer May & June
- 1 **"FIRST CITIZEN BANK 10K"**-Presque Isle-9AM-Paul Lamereau-764-6517
- 1 **"MILBRIDGE 5 MILER"**-Janice Dyer-546-7468
- 1 **"PEAKS ISLAND 5 MILE"**-Peaks Island-10:15am-Sumner and Carol Weeks-774-3436-certification pending-flyer June
- 1 **"SHEEPSHOT RIVER 10K"**-Wiscasset-8am-Don Brewer 882-8230-certification pending-flyer July
- 2 **"Blue Hill Day"**-10k-Blue Hill-10am-Northern Bay Athletic Club-326-9097
- 2 **"LOBSTER FESTIVAL 10K"**-Rockland-8:30am-Kids 1mi at 7:30-Ken Sylvester-594-7035-certified-flyer July
- 2 **"YORK DAY ROAD RACE"**-5k-York-9am-York Recreation Dept-363-1040-certified-flyer July
- 2 **"Shop & Save 5k"**-Machias-Kevin Alley-434-5392-certified
- 8 **"SCHOODIC POINT 15K"**-Winterharbor-8:30am-Tom Severance-963-7043-certified-flyer July
- 8 **"KATAHDIN TRUST 5 MILER"**-Presque Isle-9am-Paul Lamoreau-764-6517

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AUGUST RUNNING CALENDAR CONTINUED

- 8 "JOHNSON'S 5 MILER"-Calais-John Roger-454-3843-certified
9 "SAMOSET 10K"-Bristol-8:30-1 mile fun run-?-Alan Reilly-677-3617-flyer July
9 "WARRIOR RUN"-5K-Perry-Mike Francis
15 "MACHIAS BLUEBERRY RUN"-5 Mile-9am-1mile run at 8am-Mike Carter-255-3843-certified-flyer July
15 "JOAN BENOIT MASTER'S MILE & SEB MAMO OPEN MILE"-Waterville-8am-Curtis Sears-873-7923
15 "COLBY 5 MILE CLASSIC"-Waterville-8:00am-Curtis Sears-873-7923
15 "MAC X-COUNTRY"-Cross Lake-10am-3k to 5k-also 500 meter to 4 mile walk-Mike Mendonca-493-4224
15 "JBI SPRING POINT FESTIVAL"-4mi-South Portland-8:45-Maine Track Club-certifird-flyer July
16 "ST. PETER'S ROAD RACE"-4 mile-Portland-6pm-773-0748-flyer July
16 "BOWDOIN AND BACK 10 MILE"-Brunswick-8am-Barry O'Neil-729-3980-certified-flyer July
16 "WASHBURN FUN RUN"-2.9miles-Washburn-9:30am-Richard Hartford
19 "KENNEBEC 10,000"-Madison-6pm-Bob Hagopian-696-3088-flyer August
22 "HOULTON REGIONAL"-Houlton-5k-9:30am-1 1/2 mile walk-10am-Lisa Perfitt
22 "CUTLER TOWERS 5K"-Cutler Naval Station-9am-Tom McKinney-259-8284-certified
23 "SHAWNEE PEAK GREAT MOUNTAIN CHASE"-& Family Hike-Bridgton-1350' vertical-10:15am-Amy Richardson-647-8444-flyer July & August
23 "ANGIE ABRAHAM SCHOLARSHIP RUN"-Portland-4mile-9am-Johnathan Kosnow-871-8995
25 "BodyWISE SEACOAST SHUFFLE"-5K-Biddeford-6:30pm-Marilyn Gelish-283-0171 ext307-flyer July
29 "HILLTOP 10K"-Lewiston-Bob Brainerd-786-4820
29 "DEXTERFEST 7.2 ROAD RACE"-Dexter-8am-David McIntyre-924-7536-flyer August
29 "LOG DAYS 10K"-Skowhegan-8am-Larry Leach-474-3961
29 "NORTHEAST HARBOR 5mi"-Mt Desert Island-9:30am-Jim Bright-flyer July & August
30 "RUN FOR THEIR LIVES"-5K-West Kennebunk-10am-Animal Shelter-985-3244-cert pending-flyer July
30 "CAMDEN SNOW BOWL UPHILL RUN"-1200' vertical-236-3438

WEEKLY GROUP RUNS

- Auburn-Wednesday-6pm-Track intervals-Dan Campbell-777-1601
Bangor-Y Running Club-Sundays-9am-weekdays-12:20pm from Y-Sarah Gehrt 942-9940
Brewer-Sub 5 Track Club-Monday & Thursday-6:00pm-Pendleton Street Track-varying pace-Dave Jeffrey-825-3403
Bridgeton-Sundays-9am-12-14miles-from Sports Corner-varying pace-Dennis McIver-61742
Brunswick-Brunswick Sunday Runners-Sat & Sun-8am-Jr High-slow pace-John LeRoy-725-8680
Brunswick-Lesser Durham Stiders-Saturday & Sunday 8am from Bowdoin-fast long runs-intervals-Dale Dorr-729-5731
Carmel-Caravel Middle School-Saturday-9am & Wed at 5:30-varying pace-Kevin Vickers-848-3601
Dexter-Sundays-9am-from park-Dave McIntyre-924-7536
Farmington-Saturdays-social pace-Jack Paul-778-3962
Lewiston-Wednesday-5:30-Hiltop-Bob Brainerd-786-4820
Northeast Harbor-Road Crows-Sunday-8am-Run on carriage paths-varying distances-Gary Allen-244-5712
Oakland-Sunday AM-Long runs at good pace Peter Lessard's house-465-9019
Orono-Sub 5 Track Club-Sundays-8am-7 to 8 minute miles-Giles Norton-866-3503
Portland-Early mornings-USM-8 to 10 min pace-Bill Davenny-772-1787
Portland-Rat Pack-weekdays and weekends-7 to 7:30 pace-John Gale-775-5017
Portsmouth-Tuesdays-5:30pm-6 mile runs from Judkins & Lincoln-Joe Hayes-363-6035
Sanford-Saturdays-8am-YMCA-Douneast Road Runners-324-4942
South Portland-Weekday evenings-slow paced runs-Everett Moulton-799-2894
Thomaston-Penn Bay Pacers-Sundays-Vern Demmons-273-2594
Waterville-Colby College-6pm-Gene Roy-465-7296

Know of a group run or want to start one - call MAINELY RUNNING - 725-8680



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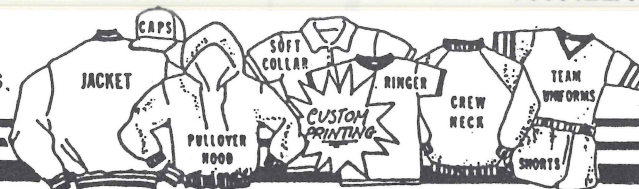
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BIKE CALENDAR

Mainely Bicycling

JUNE

- 28 "Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576-flyer April
28 Harvard 100K Classic-Sr 1,2,3,wom 3,4;citizen-(508)872-4592
28 Georgetown RR-Sr 1,2,3-Steve Puccie (617)233-2664

JULY

- 2 Exeter Crit-Sr Pro,1,2,3-Doug Dicey (603)778-0595
3-5 Fitchburg Stage Race-Pro,1,2,3,4,wom,mass 35,jr-(508)342-2267
4 "Four on the 4th"-Roller Blade Race-4 mile-York Recreation-363-1040-TAC certified-flyer June
4 "July 4th Cycle Classic"-Searsport-1pm-Bill Shorey-548-6114
11 "Rally Time Trial"-Newport-9am-10mile-Mike Avery-942-1110
11 Charemont RR-all USCF & citizens-(413-774-3491
12 "MAINE SPORT Megunticook Circuit"-Camden-9am-35mi & 12 mi novice-1-800-244-8799-flyer July
12 "County Cycle Classic"-VanBuren-24mi-11am-Caribou Recreation
12 Greenfield Crit-(413)774-3491
12 Temple Mt Coors Lt-Mtn Bike-Peterborough,NH-(603)924-6949
12 Coly-Trafton Mtn Bike-Sanford-(207)324-5426
18 Nubble Light Classic
18 Jimmie Heugas Express-MTN Bike-Stratton Vt-(800)367-3101
19 "Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576
19 "Tom Payson Race"-Yarmouth-USCF categories Sr 1,2,3 Wom-RW Laramee-363-5670-hosts-Portland Velo Club
19 Blue Hills Ride-MTN Bike-Boston-(617)326-0079
19 Tread Head Classic-MTN Bike-Wrentham MA-(401)725-2830
19 Galloping Gears Mtn Bike-Randolph VT-(802)773-4807
26 "Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576-flyer April

AUGUST

- 1 Saco Crit-Breakaway Promotions-(617)224-1577
2 Biddiford Crit-Breakaway Promotions-(617)224-1577
1&2 "Widowmaker Challenge Mnt Bike Race"-Sugarloaf USA-downhill, dual slalom, x-country-Davis Carver 442-7002
15 Nashua Trust Crit-Ron Bingham (603)882-2111
16 "Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576-flyer April
16 Manchester-Sr 1,2,3,4 master,women RR Len Gagnon (603)627-9396
29 "MS Great Bicycle Escape"-Bangor & Topsham-150miles-MS Society-1-800-322-5815-flyer July
30 "Rainbow Time Trial Series"-Augusta-9am-Larry Poulin Jr-784-7576-flyer April

GROUP RIDES

- *Auburn Wed 6pm-Rainbow Cycle-pace line riding-784-7576
*Bangor Thurs 6pm-public library-Maine Freewheelers-990-3738
*Bangor Sun 7am-brisk pace social-Bob Borok-942-2514
*Bath Tues 5:30PM and Sun 10AM-Mtn bikes on trails-Bath Cycle-442-7002
*Brewer Mon & Wed-6pm-brisk pace-Tue & Thurs-off road-Pat's Bike shop-989-2900
*Brunswick Wed-5:30pm-Center St Bike-fast pace-729-5603
*Camden Fri 6pm-social rides-Sat 8am-race training pace-Oggibike-236-3631
*Lincolntonville Mon 5:30pm-social rides-Beth Tracy-763-3205
*Orono Fri 5pm-Roses Bike-866-3525
*Portland Sat. 8AM-fast, sprints, paceline-28mile-leave from Cyclemania-Portland Velo Club-Tim Corcoran-774-2933
*Portland Sun 10am-Union Station Fitness-long rides-Tim Corcoran-774-2933
*Portland Monday 5:45-Cycle Mania-instructional rides-774-2933
*Portland Tuesday 5:45-Interval, hills,fast-CycleMania-774-2933
*Searsport Tues 6pm-Mtn bike-Wed 6pm-social road ride-Birgfelds Bike-548-2916
*Southwest Hbr.Mon. 6PM-Mtn bike rides-Southwest Cycle-244-5856
*Lewiston Thurs 5:30-Mtn Bikes on Tues-Hilltop Sports Center-Bob Brainerd-786-4820

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This quarter page space only

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\$135 - 5 issues

\$250 per year

- Call 725-8680 or write MAINELY RUNNING, 2 Howards Hill Rd Brunswick 04011

TRIATHLON, BIATHLON, DUATHLON CALENDAR

- July
- 5 Shipbuilder's Triathlon- Bath- 1mi swim, 25mi bike, 6.2mi run- Bath Area Chamber of Commerce- 443-9751
- 11 Androscoggin Fun Biathlon-Lewiston/Auburn-4pm-LA Chamber-783-2249
- 12 Androscoggin Triathlon-Lewiston/Auburn-8am-10k run, 6.4mi canoe,25mi cycle-L/A Chamber-783-2249
- 18 Hilltop Biathlon Series-Lewiston-9am-5k run-15k bike-5k run-Bob Brainerd-786-4820-flyer June
- 19 Oxford Hills YMCA Triathlon-Norway- 8am-1K swim, 30k bike, 8k run. Oxford Hills YMCA-743-7184-flyer Jul
- August
- 9 MATTANAWCOOK TRIATHLON-Lincoln ME-9am-10k run,6 mi canoe, 20 mi bike-teams and individuals- Pat Smith 794-6638 or 794-3321x136-flyer July
- 9 WESTERN MOUNTAIN BIATHLON-Wilton-9am-6mi run, 20mi bike-flyer July
- 16 THE BANGOR STRIDE AND RIDE BIATHLON (Duathlon)-Bangor ME-5mi run, 20 mi bike-8am-Mair Freewheelers and Bangor YMCA Running Club-Leon Dupuis-990-3738 or Sarah Gehrt 942-9940
- 22 Hilltop Biathlon Series-Lewiston-9am-5k run-15k bike-5k run-Bob Brainerd-786-4820-flyer June
- 23 Star City Triathlon-Presque Isle-10am-5mi run,5mi canoe,20mi bike-Dick Gardiner-764-2545
- September
- 6 MAINE SPORT TINMAN TRIATHLON-Camden-.5 mi swim, 26.5 mi bike, 6.6 mi run-MAINE SPORT-236-7120 flyer July & August

YOUTH CALENDAR

JULY

- 4 "FOUR ON THE 4TH"-York-1 Mile Fun Run-York Recreation Dept-flyer June
- 4 "LL BEAN 10K"-Freeport-1 Mile Fun Run-all ages-9am-Lili Hall-865-4761-flyer May
- 18 "CLAM FESTIVAL/OLYMPIA SPORTS KIDS"-Yarmouth-1 Mile
- 18 "MOLLYOCKET DAY"-1 Mile-8:30am-14 & under-Bethel Chamber-flyer June
- 19 "BELGRADE LAKES 1 MILE"-Belgrade Lakes-8:10am-youth age awards-Geoff Hill-287-5300-flyer July
- 24 "DEERING OAKS TRACK & FIELD"-Portland-14 & under-5pm-Kathi Foye-854-9804-flyer July
- 25 "HANCOCK LOBSTER CLASSIC KIDS RACE"-2.5K-9:05am-Bob Myers-flyer July
- 28 "NATIONAL JR OLYMPIC CHAMPIONSHIP"-Walnut California-Ron Kelly-883-2747

AUGUST

- 2 "MAINE LOBSTER FESTIVAL KIDS RUN"-1mi-Rockland-7:30am-K thru 8th grade-Ken Sylvester-flyer July
- 15 "MACHIAS BLUEBERRY 1 MILE FUN RUN"-8am-Mike Carter-255-3843-flyer July
- Don't forget the Jr Olympic T&F program for 14 & under - Call Ron Kelly 883-2747

WEEKLY GROUP RUNS

If you know of any youth running groups or races that contain youth races, let us know.

MAINELY RUNNING Classified

While I was running with Deb Merrill recently, she suggested that I include a classified section in MAINELY RUNNING. She had a racing canoe she wanted to sell and also thought other subscribers would utilize a column designed to buy and sell sports related items. Always willing to please a subscriber, I thought it would be worth a try.

How will it work??

- * No charge for ads.(Our readers tend to like anything free.)
- * Items must be sports related: camping equipment, snowshoes, skis, rollerblades, climbing equipment, (no sports cars, please!) Items must be individually owned, not part of a commercial enterprise.
- * Requests for specific items will be treated as an ad.
- * Ads should be as brief as possible and include all pertinent information (price, item description,, phone number, geographical location, etc.)
- * Send to: MAINELY RUNNING, 2 Howards Hill Rd, Brunswick ME 04011 by the 8th of the month.
- *MAINELY RUNNING reserves editing rights.

For sale- Fast racing canoe, 16 ft C-1 Wabash Valley Competition. Perfect for training or for the light weight racer. Originally \$750 now \$199. Call Deb Merrill on 721-9315, Brunswick.

For sale- Vitus 979 Bike, 56cm, Shimono 600 group, Mavic GP40 wheels, good condition, \$400 - Also, a brand new pair of Look model AP86 racing shoes, 9 1/2 clipless, carbon sole, \$95. Brian Cullen, 729-4361, Brunswick.

ESPN - TV SCHEDULE OF ENDURANCE SPORTS

MOUNTAIN BIKING: Hunter Mtn NY	July 1	Wednesday	5 to 5:30 pm
TOUR DE FRANCE SPECIAL (rerun)	July 4	Saturday	5:30 to 6am
TOUR DE FRANCE #2	July 4	Saturday	4:30 to 5:30pm
TOUR DE FRANCE #2 (rerun)	July 5	Sunday	3 to 4am
TOUR DE FRANCE #3	July 5	Sunday	4:30 to 5:30pm
TOUR DE FRANCE #3 (rerun)	July 6	Monday	4:30 to 5:30am
TOUR DE FRANCE #4	July 6	Monday	5 to 5:30pm
TOUR DE FRANCE #4 (rerun)	July 7	Tuesday	5:30 to 6am
TOUR DE FRANCE #5	July 7	Tuesday	5 to 5:30pm
TOUR DE FRANCE #5 (rerun)	July 8	Wednesday	5:30 to 6am
TOUR DE FRANCE #6	July 8	Wednesday	7:30 to 8:30am
TOUR DE FRANCE #6 (rerun)	July 9	Thursday	5:30 to 6:30am
TOUR DE FRANCE #7	July 9	Thursday	6:30 to 7pm
TOUR DE FRANCE #7 (rerun)	July 10	Friday	5:30 to 6am
TOUR DE FRANCE #8	July 11	Saturday	1:30 to 2:30pm
TOUR DE FRANCE #8 (rerun)	July 12	Sunday	5 to 6am
TOUR DE FRANCE #9	July 13	Monday	1 to 2am
TOUR DE FRANCE #9 (rerun)	July 13	Monday	5:30 to 6:30am
TOUR DE FRANCE #10	July 13	Monday	5 to 5:30pm
TOUR DE FRANCE #10 (rerun)	July 14	Tuesday	5:30 to 6am
TOUR DE FRANCE #11	July 14	Tuesday	5 to 5:30pm
TOUR DE FRANCE #11 (rerun)	July 15	Wednesday	5:30 to 6am
TOUR DE FRANCE #12	July 15	Wednesday	7:30 to 8:30pm
TOUR DE FRANCE #12 (rerun)	July 16	Thursday	5:30 to 6:30am
BICYCLING: European MT Bike World Cup	July 16	Thursday	2 to 3:30 pm
TOUR DE FRANCE #13	July 16	Thursday	5 to 5:30pm
TOUR DE FRANCE #13 (rerun)	July 17	Friday	5:30 to 6am
TOUR DE FRANCE #14	July 17	Friday	5 to 5:30pm
TOUR DE FRANCE #14 (rerun)	July 18	Saturday	5:30 to 6am
TOUR DE FRANCE #15	July 18	Saturday	5 to 6am
TOUR DE FRANCE #15 (rerun)	July 19	Sunday	5:30 to 6:30am
TOUR DE FRANCE #16	July 19	Sunday	5 to 6pm
TOUR DE FRANCE #16 (rerun)	July 20	Monday	4:30 to 5:30am
TOUR DE FRANCE #17	July 20	Monday	5 to 5:30pm
TOUR DE FRANCE #17 (rerun)	July 21	Tuesday	5:30 to 6am
TOUR DE FRANCE #18	July 21	Tuesday	5 to 5:30pm
TOUR DE FRANCE #18 (rerun)	July 22	Wednesday	5:30 to 6am
TOUR DE FRANCE #19	July 22	Wednesday	5 to 5:30pm
TOUR DE FRANCE #19 (rerun)	July 23	Thursday	5:30 to 6am
TOUR DE FRANCE #20	July 23	Thursday	6:30 to 7pm
TOUR DE FRANCE #20 (rerun)	July 24	Friday	5:30 to 6am
TOUR DE FRANCE #21	July 24	Friday	6:30 to 7pm
TOUR DE FRANCE #21 (rerun)	July 25	Saturday	5:30 to 6am
BICYCLING: Olympic Trials, Minnisota & Altoona PA	July 25	Saturday	5 to 6pm
TOUR DE FRANCE #22	July 25	Saturday	8 to 9pm
TOUR DE FRANCE #22 (rerun)	July 26	Sunday	4:30 to 5:30am
TOUR DE FRANCE #23	July 26	Sunday	3 to 4pm
TOUR DE FRANCE #23 (rerun)	July 29	Wednesday	3:30 to 4:30am

NBC Olympic Coverage

OLYMPIC PREVIEW	July 24	Friday	9 to 11pm
OPENING CEREMONY	July 25	Saturday	8 to 12pm
OLYMPIC COVERAGE	July 26	Sunday	12 to 6pm & 7 to 12
For Monday thru Friday July 27 - July 31 - 12 noon to 6pm, 7:30 pm to 12midnight & 12:35am to 2:05am			

Intervals

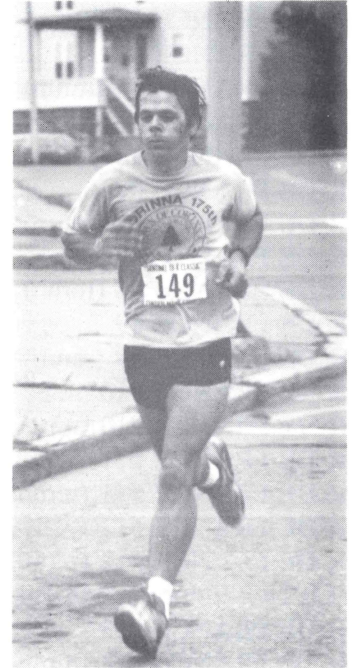
- * The Bangor Y and Fitness center now offers tests for fitness which includes percentage of body fat via body immersion in water. This capability rounds out an extensive fitness testing capability which includes treadmill testing for max VO2 uptake. If you are interested in finding out more call Paul Hammond at the Bangor Y on 941-2966.
- * I am told that one of the most thrilling races to watch was the special 5k invitation run at the 91 Deering Oaks Festival track meet. This event will be held again this year for elite male runners plus a 3000 meter event will be added for elite women. Perfect opportunity to run your favorite event and then enjoy watching the top runners in Maine compete. I understand that some will be trying to run a time fast enough to qualify for TAC's *Team Maine*. See flyer in this issue.
- * The Bangor Y Running Club is certifying the course used by the Grants Dairy Milk 5 Mile Run on July 19th.
- * The Northeast Harbor Road Race has changed the course for their August 29th event. Runners will be bussed to the new starting line. The 5 mile return trip follows the only natural fjord on the East coast. Local runner, Dave Renault said, "It is probably the most picturesque course you're ever going to run - to come right down Sargent's Drive past the summer cottages and the Northeast Harbor Fleet!"
- * The Shawnee Peak Great Mountain Chase has added a 2 mile family hike to this year's event. One of the good features of this walk is that you only have to walk up the mountain. The ski lift will be used to bring you down.

- * In the June issue one of the photos on the Boston marathon identified David Wheaton as Myles Lamieux. Both ran Boston, are from Guilford and are Central Maine Strider Members, so I tend to get them mixed up. In case anyone else gets them confused or are just confused because of MAINELY RUNNING's screw-up, here are their photos with the correct captions (I hope). Sorry Myles and David!!!

Myles Lemieux



David Wheaton, Sr.



Team Maine Women Take Championship

by Marjorie Podgajny

Congratulations are in order for Tina Meserve, Kathy Tracy, Edie Dubord, Christine Braceras and Wanda Binette, winners of the team title at Freihoffer's Run for Women 5K on June 6, 1992. The race served as the Adirondack TAC championship.

The women ran tough in spite of hot, muggy conditions and bested a team from Montreal (2nd) and the Syracuse Chargers (3rd) by over one minute in total time. The race winner was Kerry DeOliveria of Portugal in 15:38. Jill Hunter took 2nd in 15:45 with Leslie Lehane in 15:46.

Individually, Tina Meserve continues to excel, turning in a stellar

16:46 for 19th place overall. She missed making the Team Maine traveling squad by just one second! Kathy Tracy finished 27th in 17:33 confirming her 1992 Team Maine eligibility soundly. In 17:42 were both Edie Dubord and Christine Braceras with the nod going to Edie in what must have been a photo finish shared with yet a third runner with the same time. Wanda Binette finished in 18:37.

For their splendid effort, the team was awarded \$600.00 Surely this taste of victory will make those training miles seem very worthwhile! Maine TAC head, Adrian Wadsworth was ecstatic with their performance.

Current Maine women not on other sponsored teams who have met the Team Maine standards are Tina Meserve, Michelle Hallett, Kathy Tracy, and Edie Dubord. If you know of others, or are a female Maine resident who has met the standard for at least one distance on a certified course within the last calendar year please contact Marjorie Podgajny, women's long distance running coordinator for Team Maine at 725-8767. Each athlete must express interest in running for Team Maine to be offered this opportunity for athletic assistance.

* Barry O'Neil race director for the Sport's East Bowdoin and Back 10 mile race, is planning a display of past years memorabilia and is looking for additional items to display at the 15th anniversary of this event. Anyone with t-shirts trophies or other mementoes from the race should bring them on race day. Items will be returned at the end of the day.

* Ski Maine has announced the 1992 Peak to Peak series schedule with 6 uphill runs included. (flyer in this issue) Some say that these uphill runs are not for everyone, but are reserved for the exceptional runner. I suspect participants from last year are saying that to keep a "good thing" to themselves. For \$45 you get to participate in 6 runs with the usual t-shirts, food & prizes at each event. Additionally, you are eligible for the prizes given for the series. I may just see if running uphill is so tough!

* In 1991 Margaret Sawyer, of Waterford, won her age division at the Senior Games at 3 miles and at Bridgeton's Four on the 4th. In 1992 she won her age division in the "Live Your Dreams" 5 mile run. Her training? She runs 1.5 hours every other day from May 1st to September 1st. ---- Margaret was 78 on May 28th!

* A note from the April Athlete of the Month: "I received a nice surprise when I cracked open this month's issue of Mainely Running. 'Goldsmith's Athlete of the Month!' I'm very flattered by the honor and my ego didn't mind it a bit either. Did I accidently slip an extra \$50.00 in with my subscription renewal? It's a nice piece of incentive to keep plugging along. The biggest incentive that I find motivating me to participate in all of these activities is the wonderful people that I meet, along with their positive attitudes. Thank you very much for this honor and best wishes for continued success with MAINELY RUNNING." -Mike Avery

* Gerry Clapper, from Bucksport, now living in Maryland, is a name we see on many Maine course records. I thought MR readers would be interested in knowing what he is up to. A note from Gerry: "Just thought I would answer your note. There is not much happening with my running right now. I pulled a hamstring back in early April and i still bothers me somewhat. I am training, however, and hope to be in my 'consistent good shape' for july 4th. I am planning on running Bridgeton Four on the 4th, as I will be in Maine that week. This summer I will be just trying to have an injury free training season- in the fall I'll want to be racing well again. Of course wanting and actually doing are two different things. If I get some free time maybe I can put together an article for the magazine. Keep up the good work, and remember Maine running is "where it is at." I always get a special feeling when I race in Maine, and in a few years I'd like to move back (I wish)." - Gerry

* Cliff Rogers finished in 9th place in Nashville's Music City Marathon in 2:58:00

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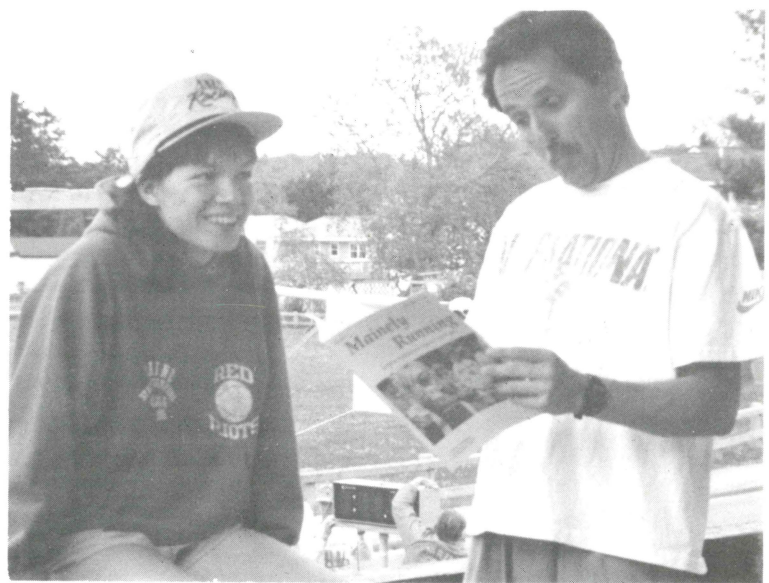
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* Portland's Run to Win Ladies Team traveled to the "Run for the Roses 5K" on May 20th in Salisbury MA. There were 376 finishers in this all women's race and the Run to Win Team took 3rd place in the open team division and 1st place Master's Team.

3	Wanda Binette	18:24
8	Jeanne Hackett	19:09 1st 30-34
18	Carol Weeks	19:50 2nd 40-44
25	Marjorie Haney	20:24 1st 20-24
26	Nancy Lund	20:25
38	Carrie Croft	20:56
39	Brigitte Edquid	21:01



Wanda Binette and coach Brian Gillespie are moved by the June issue of MAINELY RUNNING

Club News

- * Clubs from "away" came away from the Epstein's 5K race in Brewer wearing the pants. To be specific, Levi jeans were given out to the top male and female teams. The Aroostook Mustards won the male award with the team of Greg Hale (1), Charles Violette (8), Rusty Taylor (11), Paul Lamoreau (29) & Steve McDonald (35). The women's team award was won by the Run to Win Ladies Team consisting of Wanda Binnette (4), Jeanne Hackett (6), Carol Weeks (11), Connie Hallet (12) & Erin MacLean (15).
- * The following officers were elected at the Sub 5 Track Club's annual meeting on March 22nd; President, Dave Torrey; Vice-President, Gary Higgins; Treasurer, Michael Gaige; Secretary, Susan O'Brien; Membership Director, Serena Morris; At Large, Glendon Rand (newsletter), Anne Williams and Frank Bragg.
- * Calvin Dunwoody of Kennebunk spoke at the Maine Track Club's May meeting. At age 70 he is a world class triathlete in his age group and a mountain climber. He did not start racing until he was 60, but since then he has participated in 9 Ironman Triathlons. One of Calvin's goals is to climb the highest peak in each of 50 states. His weekly training schedule: 100 miles bike, 30 miles run and 5 miles swim. He includes 1 day of rest and does 2 events per day.
- * Looking for a good vantage point to watch the Yarmouth Clam Festival (Bike) Road Race on July 19th? Here is your opportunity to watch the race and be part of the activities and get a free T-Shirt too!! The Portland Velo Club is looking for volunteers. Marshals are needed to control traffic and drivers are needed for lead vehicles and wheel vans. Call Tim Corcoran at Cycle Mania on 774-2933.
- * The Sub 5 Track Club has established a \$250 scholarship for high school students in the Penobscot Valley Conference. A winner will be selected on 7/1.
- * The newly reorganized Sunrise County Road Runners are planning a late fall "Club Challenge Relay" to take place in Machias. Plans call for 5-person teams with each member running a 5K leg. There will be male, female and mixed team categories. An open 5k race for individuals will be conducted with the team event. Sunrise County club members are planning to adopt a runner for those who need a place to throw down a sleeping bag for the night. Sounds like a fun time.
- * Steve Spence, winner of the U.S. Olympic marathon trials, was the special guest of the Sub 5 Track Club at the Terry Fox Run held on May 3 in Bangor.
- * Bill Shackelford spoke about the Okie Relays of Elkhart, Kansas and the "Bolder Boulder" 10K at the Bangor Y's March membership meeting.
- * The Sub 5 Track club is going to do some recycling. Terry Holyoke will head an effort to collect used t-shirts and running shoes for charity and Giles Norton will do the same with trophies to be donated to the Special Olympics.
- * The 1st running of the Maine Track Club's '92 Presidential Race raised \$2000 for the Kennebunk High School Track Program.

EYE ASSOCIATES



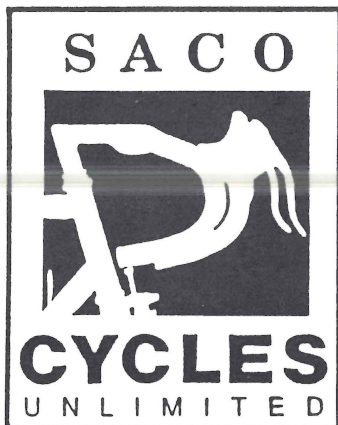
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Custom Orthotic Foodpads: Are they worth a try?

I confess I am an overpronator, but so are a lot of runners I know. Mine is a very typical story. I encountered some knee problems early in my running career, but with reasonably stable shoes I was able to progress through my first couple of years of running and racing 15 to 25 miles per week without major injuries. The problem developed when I started running heavier mileage - achilles tendinitis was my nemesis.

I had read about orthotics and talked to running partners who wore them. I knew they could do much to remedy my problems, but I also knew that the price tag could be as high as \$250 and that my medical insurance wouldn't cover the cost. The problem became an obstacle while I was preparing for Boston in 1990. I couldn't get in marathon level mileage and rest my achilles too! I broke down & spent my money for a set of orthotics. They were great! I adapted quickly to running with them in my shoes and gradually my tender achilles became stronger.

Over the past 6 to 9 months I have been experiencing a minor case of plantar fasciitis. This time I found that my orthotics and running shoes weren't the problem. The culprit was my non-running footwear and walking in bare feet. My right foot lacks the strength and normal arch height and, without adequate support, I was repeatedly tearing the fascia. Deb Merrill, my sports massage therapist of Brunswick Neuromuscular Therapy, provided me with tips on stretching and massaging my foot before getting out of bed in the morning. It occurred to me that some "running injuries" may in fact be aggravated by or even caused by non-running footwear and that orthotics used in everyday shoes may help alleviate the problems.

Most people, however, don't want to wear out their expensive orthotics by using them in their everyday shoes. After seeing Saco Cycle's ad for custom orthotic footpads for only \$39.95, I wondered if something this inexpensive could substitute for my more expensive orthotics. It didn't strain my math capabilities to conclude that it was worth a try.

The process was simple and took about 20 minutes. The custom footpads consist of a plastic support that was heated and molded to my foot while I stood on a pair of molding pillows that are part of an alignment system that assures a proper custom fit. A pair of high density foam insoles were then attached giving me a comfortable device that fitted inside my shoe. The molded plastic wasn't as thick or as stiff as my regular orthotic and, therefore, wouldn't seem to provide the same level of motion control but definitely seemed to control my pronation.

When I got home I installed them in a pair of running shoes. They were immediately comfortable, but a long run the next day would provide a better test. During the run they caused no discomfort. They were lighter than my regular orthotics and I felt were not providing as much support but during and after the run it was not noticeable.

Since then I have used them on a number of runs and have decided that because of their weight I would use them in my lighter shoes for speed work and racing (I had been racing without orthotics). I also plan to use them in my everyday footwear when my plantar fascia is acting up. A \$39.95 pair of custom molded footbeds may not compare to podiatrist fitted orthotics, but if you are looking for more motion control than your shoes are providing, these are worth a try. -John LeRoy

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ATHLETE PROFILE - DALE RINES

by Betty Barber

MR: The idea for this profile came when I saw Betty shopping for Dale's birthday present at Cyclemania and thought that a "surprise" profile would have a special effect as Dale is on the "reserved" side. While contributing to Maine's endurance sports activities, he somehow manages to stay out of the limelight. In this "quiet" way, we wish Dale a "Happy Birthday."

I first met Dale Rines at the St. Peter's 4 mile race back in August of 1991. As usual, it was about 80 degrees and 90% humidity. Dale had raced a 10k that morning, and rode into Portland on his bicycle to check out the hot afternoon road race. He was all over the course, cheering runners on, calling out names, seemingly knowing everyone running by.

Those who know Dale, know he is very involved in the running community. He runs the larger races and also enjoys traveling to "out of the way" events. He has a wealth of knowledge about the State of Maine and traveling to smaller races is an excuse to find a new "back road" and see more of our wonderful state. As one of the course certifiers for the Maine Track Club, Dale knows many of the courses, and knows them very, very well! With Dale's surveying background, he enjoys this contribution to the club. Have you noticed that there is always one good hill in most races? He runs hills very well-could there be a connection?

You can find Dale at most races, he is usually running or volunteering or both! He has the largest collection of tee shirts I've ever seen. He is quite proud of his "Bailey's X-Country Run" collection and his numerous (possibly 12) Patriots' Day shirts.



To Dale, running is like eating breakfast. It's something he has to do. Despite his busy schedule, which involves working in a family business in Gorham, he stays in good running form. He does not keep a running log and rarely wears a watch, yet, as a runner he always finishes races in the top third. How does he do this?! Dale's training method is to try and get out and do something 3 to 4 times a week. It could be running 5 to 8 miles, or getting on the bike, or going for a swim. That's it! He often quotes the infamous Carlton Mendel, "The hardest thing about training is getting out the door." Dale's philosophy is to have fun when racing and to find someone to talk with, especially in longer races. He has taught me a lot about running. I was obsessed with my times, and often disappointed with my performances. While running with Dale and attending races with him, I, too, have begun to enjoy the sport and

pleasure of running.

Dale may not walk away with an award after every race, but inside there is gratification and a sense of accomplishment. He has challenged himself and at the same time has had a "wicked good time!" Dale is a true **RUNNER**.

Happy Birthday Dale

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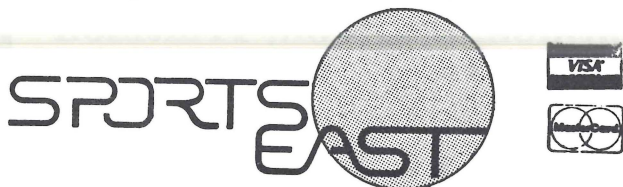
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Run with a friend!



Get to Know Your Quads!

by Deb Merrill

As runners we are all too familiar with the pre-race banter comparing aches, pains and injuries with our friends. (Whether this is to psych them out, gain sympathy or try to get some ideas for relief, is another topic). The point here is—it is rare to hear about chronic pain in the front of the thigh.

The four Quadriceps femoris muscles are among the strongest in the body and have a well developed vascular system (capillaries and blood). The worst that usually happens to them is soreness for a day or so after a major workout or race. They heal quickly (with all that fresh blood supply), stretch easily, and are powerful enough to handle most of our workouts.

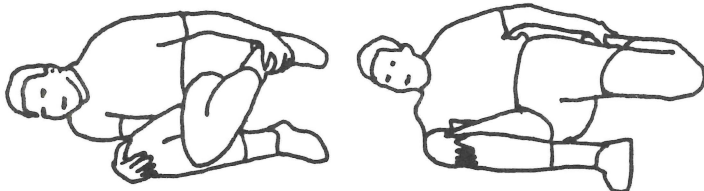
There are two less obvious conditions that involve the Quads that are worth mentioning here.

The Quadriceps group straightens the knee and flexes the thigh at the hip joint. If the group is weak, the kneecap (patella) which is embedded in the common tendon of all four muscles, can slide around instead of tracking smoothly up and down. This may eventually create pain, "runner's knee" or patellar tendonitis. Below is a Quad strengthening exercise that can greatly help that condition. Orthotics should be considered to stabilize the foot strike as pronation and supination can cause knee instability as well.

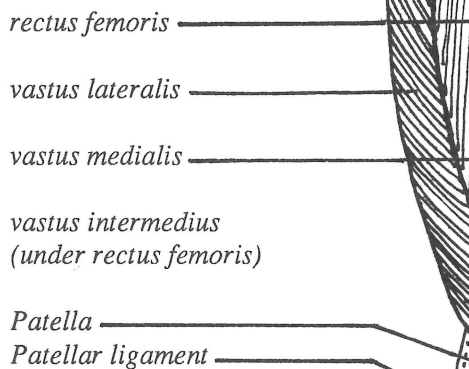


With a straight knee and a light weight around the ankle, lift leg up and down slowly. Do 10 repetitions, rest and repeat twice more. Mild discomfort should be felt at the end of the last set. Decrease or increase weight until this is the case. Repeat three times a week.

If the Quads are too tight they can pull the front of the hip downward, creating an anterior rotation of the hip and setting up potential postural and back pain problems. Below is an excellent stretch for the front of the thigh. It is safer than most because the body is only stretching—not trying to stand in an unstable position.



ANATOMY OF THE FRONT OF THE THIGH



Deb Hewson Merrill is a neuromuscular therapist in Brunswick. She is a Hawaii Ironman Triathlon finisher, has run a 1:28 half marathon and a 3:15 marathon.

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PROFILE - CAROL PIERCE

Carol Pierce was named the Maine Track Club's outstanding master runner for 1991. Does she have some training secret that MAINELY RUNNING readers could benefit from? Maybe it's her life style or what she eats that has made her such a prominent athlete. At a recent race, I asked Carol a lot of questions so that our readers could learn more about Carol and what makes her tick. I don't think I learned any of "secrets" that would provide me with a panacea for running as fast as Carol, but I did gain insight into a very intelligent and interesting person.

Profile of a middle - aged mid - master

Family: Married with one 13 year old daughter
Home: 165 acres of woods and fields in Hollis. Wood heat.
Education: M.A. French literature - Middlebury College
Hobbies: Winter: reading mindless novels by the dozens. Summer: mowing 10 acres.
Causes: Land Conservation
Peeves: Nuclear power, Boiling lobsters alive, Shopping malls, T.V.
Diet: Orange Juice, bread and potatoes, Progresso lentil soup, cookies: the 4 basic food groups.

Athletic background: Also known as "Cross-Training" in "chunks".

- 1964-65: For developing early leg speed: Right Wing for Northeast I Field Hockey Team.
- 1969 - present: For developing leg strength and the concepts of patience in training and "centering" (body balance): Train and /or rehabilitate young or problem horses for dressage and jumping.
- 1985 - 1988: For developing mental stamina and alertness: Bicycle racing in Maine and New Hampshire- criteriums, road races, time trials and one stage race in Canada. Bicycle racing requires the constant playing of intricate mind games. It doesn't allow (because of one's responsibility in the "pack" and because of the threat of "road rash") one to go "deep inside" or "way outside" of oneself as in running. Bike racing also taught me the meaning of total burn-out due to heavy duty speed work, a mistake I won't make again.



Carol Pierce

Running History: 1989 - Present - Started off in total ignorance doing a little of everything - from 100 meters to 10 miles in the first 2 years, then stretching the distances up through 25ks and marathons in the 3d and 4th years. The 100 meter is probably my best distance, but I like the long runs better - an ultra-marathoner screaming to get out of a sprinter's body! I train about 60 miles/week, totally by "feel". The only scheduled runs are the 20+ miles at 10 to 14 day intervals (depending on body "vibes"). I hate speedwork. I'll head for the hills around Hollis rather than spend time on the track. Maybe once a week in the spring and summer I'll do a bit of "speed play" during a run or a 7-10 mile tempo run at race pace (this varies according to race distance). All other workouts are governed by breathing rhythm and not by the watch. This keeps a check on overtraining. I take a day off when I need one - usually the day after a long run or hard race - sometimes because a "sloth" day seems like a good idea.

All my races (ideally one every 3-4 weeks) are fun, even the not so successful ones. I like being there and seeing my buddies Carlton Mendell, who shines with his love for what he does, and Russ Bradley who runs "tough", but always with a sense of humor. I like running with all the other superbly talented masters women who, by leaving me in their dust on a regular basis, keep me striving to reach my own potential.

A sampling of Carol's performances from the MAINELY RUNNING data base:

	1991		1992	
<i>Mid Winter Classic</i>	10 mile	72:56*	PT8K	8K 33:55*
<i>Rockland Championship Run</i>	25K	1:59:54*	Fore River	Half 1:35:00*
<i>Boy's Club</i>	5mile	34:30*	Turkey Trot	10K 46:20*
<i>LL Bean</i>	10K	43:41*		
<i>Bowdoin & Back</i>	10mile	1:11:20*	<i>Mid Winter Classic</i>	10 mile 1:15:18*
			<i>Boston Primer</i>	15mile 1:54:26

HERE'S THE SCOOP

The warm weather is upon us and so is that craving for ice cream. According to food consumption surveys, health conscious consumers have started trying other frozen dairy delights as alternatives. In fact, frozen yogurt is currently making the greatest strides.

The dairy industry has responded to this shift by providing us with a growing variety of ice cream substitutes: ice milks, frozen yogurt, sorbets and tofu-based frozen desserts. Yes, the frozen dairy section is now more tempting than ever. It's packed with varying flavors and mixtures of ingredients which are tasty, refreshing and sweet!

Just how do all these ice cream and frozen treats "melt down"? The key nutritional difference is in the FAT content - which also means calories. Healthwise, the lower the fat the better.

In all categories, the fat content varies, depending on whether it's made from skim, lowfat, or whole milk and maybe even cream. As a general rule of thumb, the fancier and most expensive brands of ice cream have the most fat. Ingredients like nuts, brownie chunks, cookie crumbles, peanut butter cups or chips of chocolate bar raise the fat-o-stat even higher.

Your best bet is to start by reading the label. Look for ingredients that sound like real food, and the shorter the list the better. If the information isn't on the label, request it.

Here's the scoop from the dairy section frozen food case:

Per 1 cup serving	Calories	Fat (grams)	Per 1 cup serving	Calories	Fat (grams)
Ice Creams:			Frozen Yougurt:		
*Ben & Jerry's	551	35	Haagen Daz, Vanilla Almond Crunch	520	34
Haagen Dazs, Vanilla	520	34	Ben & Jerry's	373	9
*Breyer's	312	17	Breyer's Vanilla	240	8
Sealtest, Vanilla	280	14	Gifford's Vanilla	200	8
Tofu-based:			Kemp's Vanilla	240	5
Tofutti, Vanila Almond Bark	400	22	Sealtest Free, Vanilla	200	0
Ice Milks:			Hood's Old Fashioned Vanilla	200	0
Breyers Ice Milk, Vanila	240	8	Sorbets and Sherbets		
Hood Light, Vanilla	220	6	*Sealtest Sherbet	260	2
Healthy Choice,			*Dole Sorbet	107	2
Fudge Brownie	280	4			

*These are averages of each brand's flavor line, taken from Nutrition Action Healthletter, June 1992.

**Every teaspoon of fat or pat of butter equals 5 grams of fat.

Now, let's put these facts into perspective. First, you must evaluate how much ice cream or frozen treat you eat at a sitting. What is your serving size? Second, how often do you eat ice cream? If the craving for ice cream hits you daily, it would be best to choose the lower fat options. If you only need a "fix" once a month, then you have a wider margin with which to indulge. As always, moderation is the key!

These frozen delights really are a wonderful treat on a hot summer's day. Whatever your fancy, daily or monthly, make every lick count!

*Anne-Marie Davee, M.S., R.D.
RR4 BOX 4135-G, Freeport, ME 04032*

ATTENTION RACE DIRECTORS



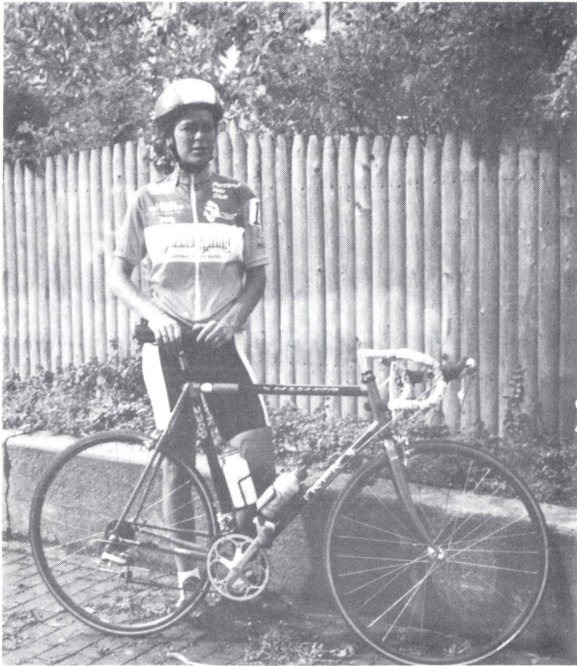
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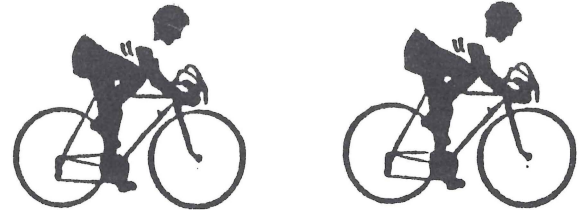
BICYCLING CORRESPONDENT - Kerry Keenan



MAINLY RUNNING announces the addition of Kerry Keenan as bicycle correspondent. She will be reporting on the cycling action occurring in Maine and New England. Her articles will include information on upcoming events: NORBA, USCF and citizen race results as well as interviews and other pertinent cycling information. Kerry is currently an active member of Portland Velo Club. She races on a weekly basis all over New England often traveling 3-5 hours to a race. After winning her first race as a citizen rider two years ago, Kerry soon decided to become a licensed USCF rider. In the past two years, Kerry has accumulated over 15 top 5 finishes including second at the District Road Race last year. Last fall she also had the opportunity to compete against some of the nations elite women riders at the 5 day Killington Stage Race in Vermont.

Kerry has recently expanded her cycling interests to include mountain bike races, placing first in the sport category at Camden Snow Bowl last month. Although her main focus is cycling, Kerry has been seen throughout the winter at several local running events. Having once been a competitive runner in college, she uses running to stay in shape during the winter. One of her goals is to be able to continue running through the cycling season with hopes of being competitive in both sports without compromising either.

In her spare time, Kerry works at L.L.Bean's and is pursuing her degree in english at USM.

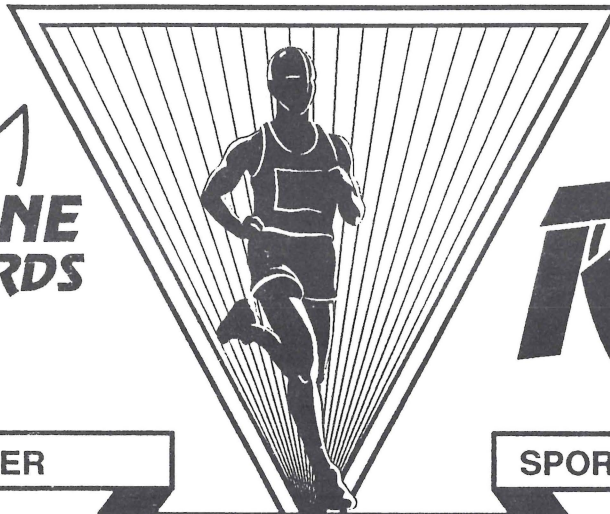


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INTERVIEW WITH SALLY ZACK

by Kerry Keenan

The buzz word in 1992 for anyone interested in any kind of athletics is the Olympics. An Olympic year can miraculously rejuvenate interest in sports on all levels, from the spectators to the athletes to the sponsors. For those involved in a specific sport, an Olympic year, in particular, provides a group of athletes by which all others set their standards. Whether our goal is for an Olympic berth or to better our 10k time, the thought of these athletes can put renewed vigor into our training. Cycling, like any other sport, has its share of icons - racers whose careers we've followed through the pages of Velo News and Winning Magazine.

Last weekend, I had the opportunity to talk with and race against one - Sally Zack. Sally is justifiably referred to as one of the fastest women in the world and is one of the strongest candidates for the women's Olympic Cycling Team. She was also in Vermont June 5th-7th, along with Jan Bolland and the men's national cycling team, showing local riders what it means to be an Olympic athlete. What that meant for local women riders was a chance to, not only see Sally in action, but to be part of the action, racing right along side her.

The nature of women's cycling dictates that while there are separate categories according to abilities and experience, the fields are never large enough to warrant separate races for each. So, unlike the men, women categories 1 through 4 race together. Disconcerting as this is for what it says about women's cycling and its lack of support, the one bright side for newer cyclists is the occasional opportunity to race with some of the best. The Vermont Race weekend in the Burlington/Stowe area afforded such an opportunity. On their way to the Olympic trials in Altoona, PA these elite cyclists participated in a Time trial, Criterium, and a Road Race (results on those three races in the next issue). After racing with Sally in the Howard Bank Criterium (where incidentally, she and Jan Bolland lapped most of the field twice) I had the chance to ask her about the Olympics.

MR: How do you feel about the level of competition for this year's Olympics - are there more women vying for those 3 spots than in the previous two years?

SZ: No, I don't think so. There was always a solid group of riders, maybe 10-15 women, who were strong enough to be in contention.

MR: What determines which 3 women will represent the US in Barcelona?

SZ: Well, the winner of the Olympic trial in Altoona will go automatically. The other two riders are selected by the coaches.

MR: Do you think past Olympic experience should be a factor? There seems to be a number of younger riders who are riding well right now.

SZ: Yes, there are, but I think experience is definitely a factor...there's no other race quite like the Olympics. There's no substitute for having gone through that process...after doing one, you learn things. You're able to see the mistakes you've made and know how to improve them.

MR: So it sounds like no matter what kind of training you do, you can't prepare for the true impact of the actual Olympic race.

SZ: Right...the women we'll be racing against will be an international field, not just teams from the U.S. That's why the coaches are placing a lot of emphasis on the spring results from the races in Europe-because that's who we'll be racing against in Barcelona.



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MR: So, how did your Spring races go?

SZ: They went well. I won a stage in the LaVuetta de Bisbre and placed 3rd in a stage in the final road race in France. I placed 11th overall.

MR: That's right, there was a write-up in Velo News about that, wasn't there?

SZ: I'm not sure....

MR: What? You mean you don't read about yourself in the magazines?

SZ: Never!

Sally Zack:

Age: 29
Home Town: North Conway NH
Training Town: Boulder, CO
Began Cycling: 1986

Recent Accomplishments

- * 1991 Ore-Ida Challenge - 1st place in 4 stages
- * 1991 World Championships - 4th RR
- * 1989 Tour de France Feminin - 3rd in final stage
- * 1988-89 National Criterium Champion
- * 1988 Olympic Team

Rainbow Cycle's Time Trial Series - Augusta

May 17

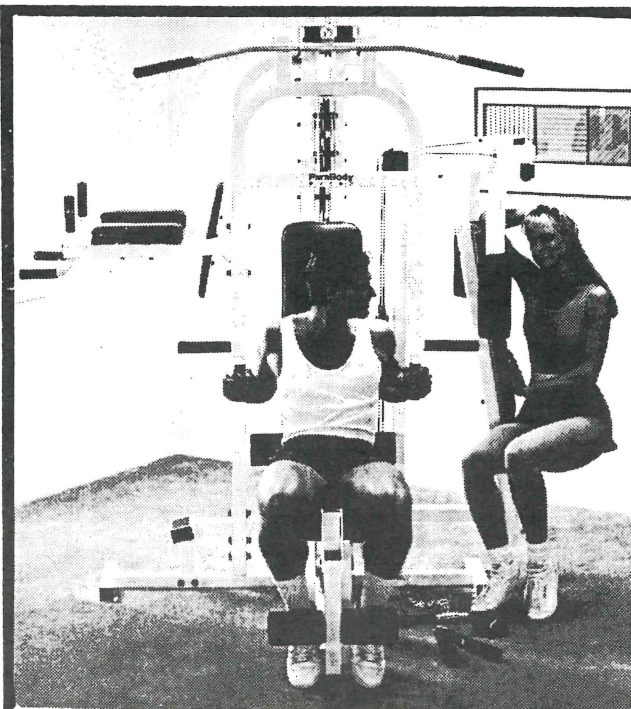
Dan Emery	41	43:29
Andy Haskell	21	43:49
Chris Kinney	38	44:36
Steve Fluet	33	45:21
Brian McLaughlin	28	45:33
Rocky Freeman	45	45:54
Jamie Brooks	14	46:18
Bill Cochran	45	46:29
Adrian Frank	15	47:13
Brian St Louis	34	47:20
Matt Gerrish	23	47:47
Ed Mendes	38	48:07
Rob Pfeiffer	46	48:29
David Herzig	26	48:41
Evan Swayze	21	48:45
Kyle Warren	17	48:59
Scott Laliberte	17	49:01
Jeff Longfellow	25	49:26
Jay Higgins	27	49:27
Chuck Hillier	40	49:38
Jon Adkins	16	50:47
Randy Olsen	35	49:50
Mark Simpson	38	50:55
Tony Mourkas	37	51:20
Doug Dolan	29	51:23
Steve Mercier	31	51:32
David Miller	38	51:33
George Walsh	69	51:38
Kevin Ross	33	51:41
Josh Freeman	16	51:59
Russ Probert	43	52:12
Jim Witherell	38	52:42
Wess Connally	38	53:17
Dave Guban	55	53:34

Jeff Brown	42	53:53
Dean Read	45	54:23
Beryle Martin	29	54:33*
Sue Butler	29	56:14*
James Flanagan	49	56:30
Ron Collier	34	57:11
Martin Naas	45	59:32
David Hatch	69	59:34
Lisa Abrams	25	59:42
Jeff Harrison	35	63:46
Deb Pluck	39	65:48*
Barbara Rattigan	34	66:41*
Eliza Kinney	14	66:49

May 31

Larry Poulin Jr	28	40:37
Dan Works	31	42:13
Bob Dubois	31	42:15
Ray Marchessault	41	43:17
James Pelletier	20	43:48
Dean Read	45	43:57
Gil Cole	32	44:00
R Marchessault	31	44:46
Rocky Freeman	46	44:53
Kirk Jurgelevich	39	44:54
Adrian Frank	15	45:39
Dave Herzig	26	45:42
Bill Cochran	45	45:42
Jeff Longfellow	25	46:13
John Levesque	29	46:27
Ed Mendes	38	46:41
Danny Smith	31	46:43
Rob Pfeiffer	46	46:44
Page Hadden	17	46:49
Jim Dowling	41	46:50
Brian St Louis	34	46:57

Dan Buck	34	47:36
David Chiapetta	32	47:36
Bob Phelps	45	48:09
Jared Johnson	17	48:19
Mark Simpson	38	48:30
David Miller	38	49:04
Paul Cain	37	49:13
D Jay Higgins	27	49:17
Marie Wade	30	49:23*
Steve Oliveri	38	49:42
George Walsh	69	50:00
Russ Probert	43	50:01
Doug Dolan	29	50:35
Tony Mourkas	37	50:45
Dave Guban	55	50:59
Kevin Ross	33	50:51
Cliff Greim	34	51:08
Beryle Martin	29	51:48*
Jim Witherell	38	52:02
Mike Lawson	33	52:24
David Rotford	44	52:52
Sue Butler	29	52:58*
Cathy Jurgelevich	28	53:13*
Keith Canning	27	54:16
Lisa Oesterling	27	54:48*
John Mauro	16	55:21
Lee Rossignol	37	55:37
Barb Rattigan	34	55:47*
Ralph Good	40	56:30
Tom Coleman	27	56:56
David Hatch	69	57:11
Jeff Harrison	35	57:23
Ken Bell	43	58:33
Deb Pluck	38	62:07*
Eliza Kinney	14	64:20



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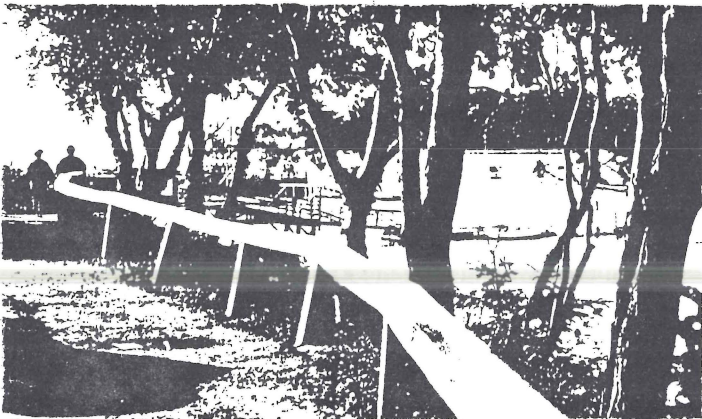
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Westside Ride Bike Race - May 24th

Mount Desert Island - 26 Miles

results courtesy Harbor House

1	Rusty Davis	Hampden	1:02:34	42	William Cannell	Camden	1:09:45
2	Jason Pettengill	Portland	1:02:36	43	Russ Probert	Wilton	1:11:05
3	Tom Brutsaert	Orono	1:02:36	44	Brian Cullen	Brunswick	1:11:36
4	Scott Seymour	Brewer	1:02:37	45	Larry Tighe	Milford MA	1:11:58
5	Adrian Frank	Vasselboro	1:02:37	46	Robert Phelps	Rockland	1:11:59
6	Rick Bodwell	Brewer	1:02:38	47	Dave Gugan	Manchester	1:11:59
7	Robert Baiguy	Portland	1:02:38	48	Shawn Whitmore	SW Harbor	1:12:02
8	Dan Emery	N Yarmouth	1:02:40	49	Jean Beaulieu	Bernard	1:13:09
9	Brian Linscott	So Portland	1:02:41	50	Marston Johnson	West Bath	1:14:41
10	Dennis Rudnicki	Bangor	1:02:42	51	Bruce Williams	Durmout	1:14:57
11	Troy Dean	Brewer	1:02:43	52	Tony Mourkas	Hampden	1:15:44
12	Peter Beckett	NE Harbor	1:02:43	53	Robert Jordan	Ellsworth	1:15:50
13	Matt Gerrish	Bar Harbor	1:02:44	54	David Miller	Newcastle	1:17:02
14	Todd Leblanc	Rockland	1:02:44	55	Harold Getchell	Stoughton MA	1:17:08
15	Hugh Caggiano	W Tremont	1:02:44	56	Aaron Churchill	Orrington	1:17:11
16	William Cochran	Bangor	1:02:45	57	Patrick Phippen	SW Harbor	1:18:34
17	Danny Smith	Buckfield	1:02:47	58	Will Haynes	Ellsworth	1:18:40
18	Matt Boobar	Rockport	1:02:57	59	Michael Daley	Bar Harbor	1:18:42
19	Douglas Herick	Newton MA	1:02:57	60	John Foley	Winterport	1:18:42
20	Jaime Brooks	Alna	1:02:57	61	Mike Macculloch	Bar Harbor	1:18:44
21	Robert Fast	Cumberland	1:02:59	62	Thomas Murley	Winterport	1:18:45
22	Mike Entwistle	NE Harbor	1:03:01	63	Barbara Rattigan	Bangor	1:18:47
23	Steve Swan	Brewer	1:03:05	64	Patrick Gordon	Bangor	1:19:58
24	Andrew Haskell	Brunswick	1:04:13	65	Lisa Oesterling	Nobleboro	1:20:54
25	Robert Remillard	N Vasselboro	1:03:35	66	Mike Phemister	Bar Harbor	1:22:02
26	Gene Lagomarsino	Portland	1:04:45	67	David Weferling	Camden	1:23:05
27	Edward Mendes	Topsham	1:04:52	68	Bentley Howard	N Sullivan	1:24:05
28	John Levesque	Lewiston	1:05:40	69	Robert Tucker	Swampscott MA	1:24:56
29	Stephen Knobel	Nobleboro	1:05:53	70	Jason Hilkovitch	Bangor	1:26:18
30	Jamie Wells	Bar Harbor	1:05:57	71	Leon Dupuis	Bangor	1:26:22
31	Robert James	Ellsworth	1:06:05	72	Nancy Herrick	Colorado	1:26:57
32	Jeremiah Boobar	Rockport	1:07:34	73	Richard Cegelis	SW Harbor	1:27:02
33	J Schwellenbach	Camden	1:07:46	74	Anthony Laroche	Orrington	1:27:08
34	Hal Stewart	Presque Isle	1:07:51	75	Steve Foley	Bangor	1:27:23
35	George Benington	So Portland	1:09:30	76	David Hatch	Nobleboro	1:29:11
36	Chris Probert	Wilton	1:09:31	77	Lisa Abrams	Turner	1:29:11
37	Jack Quealy	Bangor	1:09:32	78	Karl Johnson	Bar Harbor	1:29:54
38	Michael Talon	Old Town	1:09:33	79	Marcia MacDonald	Kingfield	1:29:55
39	Al Taber	Brunswick	1:09:36	80	Wayne Mitchell	Bar Harbor	1:42:33
40	Charles Burger	Bangor	1:09:38	81	Ed Raymaker	Ellsworth	1:50:45
41	Norman Hawes	Seal Harbor	1:09:39	82	Noel Gaiser	Bradford VA	1:50:58
				83	Lindsay Iverson	SW Harbor	1:51:00



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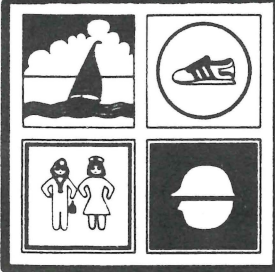
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Maine Sport Mountain Bike Spring Runoff

Camden Snow Bowl - May 31

This challenging 3.5 mile loop seemed to favor those riders who had good technical skills as well as those who could climb. Of course, those that did both usually won. The course started at the Base Lodge and immediately turned up the mountain. This steep 1/2 mile climb had a way of organizing the racers into single file before they entered the 3mi section of single track. The next portion traversed the mountain through sections where running seemed faster, and easier, than riding. The trail's abundance of rocks, boulders, roots and mud offered no rest for the weary. It made getting into any type of rhythm near impossible. Even the short downhill with its sharp turns and washboard sections was no place to relax. The only flat part of the course was the few hundred yards through the start/finish area. This was little consolation, however, since finishing the first lap only meant you had to start the second. All classes had to do at least 2 laps with those in the sport and expert classes doing 3 & 4 laps respectively. This race is a fun, yet challenging event. The promoters do a great job of organizing everything from registration to the course marshalls so that things run smoothly. When you couple this with the races proximity to the scenic Camden/Rockland area, you have a race that's worth the drive. ---- Tim Corcoran

results courtesy Maine Sport		9	Andrew Sangalany	73:45	19	David Gardner	91:30
Senior Beginner - 7 miles		10	Eric Blouin	80:24	20	Eric Patti	93:44
1	Rick Noyes	11	?	80:59	21	Art Davis	94:30
2	Jonathan Alexander	12	Matt Page	82:32	22	Luke Labbe	94:48
3	Stephan Schneider	13	Jonathan Kelley	86:40	23	Byron Linscott	95:37
4	Chris Karam	14	Brian Arsenaunt	89:52	24	David Santomenna	97:13
5	Scott MacGregor	Veteran/Master Beginner			25	Robert Hills	98:03
6	George Bennington	1	Chris McMorow	59:56	26	Scott Burrell	98:19
7	Robert Frechette	2	Courtney Parker	60:18	Junior Sport - 10.5 miles		
8	Paul Willette	3	Jeff Bradley	64:28	1	Garth Schwellenbach	72:26
9	David Klopp	4	Bruce Gridley	66:07	2	Jeremiah Boobar	76:32
10	Scott Morse	5	Stewart Ferris	66:31	3	Jaime Brooks	85:00
11	Tom Goodman	6	Bob Chace	67:00	4	Jon Bernhard	87:00
12	Shain Clarke	7	Bill Cannell	70:02	5	Brenden Meade	95:33
13	Robert Fast	8	Dennis Bolduc	70:52	Veteran/Master - 10.5 miles		
14	Steve Mitchell	9	Donald Cutler	75:46	1	Steve Fletcher	78:56
15	Eugene Lagomarsino	10	Frank Gatchell	79:36	2	Jim Schwellenbach	79:40
16	Chris Smith	11	Dave Corwin	82:17	3	Dennis Curran	86:12
17	Scott Rainey	12	Fred Lagomarsino	84:44	4	Mike Macrum	98:37
18	Thom Morton	Women Beginner - 7 miles			Women Sport - 10.5 miles		
19	Steve Pinkham	1	Laura Longsworth	71:45	1	Carrie Keenan	98:26
20	Carl Russ	2	Lisa Abrams	75:18	2	Jennifer Miller	99:31
21	Phillip Smith	3	Barbara Parker	75:33	Senior Men Expert - 14mile		
22	Jim Costello	4	Marcia MacDonald	84:54	1	Peter Webber	1:30:04
23	Brian Johnson	Senior Sport Men - 10.5 mile			2	Mark Knighten	1:30:04
24	Joe Slowinski	1	Alex Tegellar	73:54	3	Slade Warner	1:36:00
25	Byron Griffin	2	Matt Bodziny	74:12	4	James Deneski	1:36:23
26	Bill Birnbaum	3	Gregg Moore	74:58	5	Matt Boobar	1:37:25
27	John Seegers	4	Dennis Rudnicki	75:37	6	Gary Mathis	1:37:45
28	Ron Adolf	5	Mike Dupras	76:26	7	Scott Seymour	1:39:14
29	Jeff LaRochelle	6	Tim Corcoran	76:38	8	Skip Brown	1:39:52
30	Scott Harnney	7	Scott Collins	79:35	9	Greg Cliff	1:42:47
31	David Spaulding	8	Joseph Grugino	79:51	10	Brian McLaughlin	1:43:44
32	Ken Migneault	9	William LeMay	82:30	11	Steve Ruhm	1:44:57
Junior Beginner - 7 miles		10	William Yeo	82:38	12	Matt O'Keefe	1:45:57
1	Dan LaRiviere	11	Nathan Mills	82:44	13	Lloyd Graves	1:48:07
2	Cy Perkins	12	David Rudnicki	84:07	14	Michael Barnard	1:52:22
3	Chris Jenkins	13	Dan Daigle	84:13	15	David Brink	1:58:22
4	Phillip Breton	14	Ted MacMahan	86:34	16	Ted Gravman	2:17:39
5	Bob Blunt	15	Maury Malanaphy	88:59	Women Expert - 14 miles		
6	Brian McCall	16	Rob Iserbyt	88:59	1	Carla Carver	1:57:58
7	Steve Field	17	Piper Laidlow	89:35	2	Heidi Davis	2:14:14
8	Leighton Paulson	18	Michael Sewhard	89:36			



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Streaked Mountain Classic - Bucksfield - May 3rd

This event is in its 5th year, is a USCF sanctioned event with citizens categories as well. The course consists of a 27 mile loop that repeats the last 4 miles, which is all uphill. The number of laps you do depends on your category with the maximum mileage totalling 85 miles and the minimum 31 miles. There are 3 major climbs in each lap and the remainder of the terrain is constantly rolling. Few, if any other race in New England, offer 10 major climbs (for cat 1,2 and 3) and 7 major climbs (for most other categories). It's a great training race falling early in the season and the course provides an unmatched opportunity to work on hill climbing. So if you're in the market for a good workout keep these two races in mind, Streaked Mountain Classic (in May) and the Buckfield Race (in September). ---- Kerry Keenan

USCF - CATEGORY 1&2 - Senior Men - 85 miles

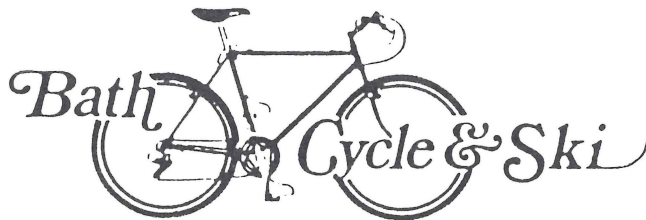
1	Bill McDonnell	4:03:39	Piermont, NH
2	Luke Rice	4:05:28	New Haven, CT
3	Dan Massucco	st	Marlboro MA
4	Joseph Bulbula	st	Cambridge MA
5	David Ricklefs	st	Seven Valleys PA
6	John Funk	4:06:25	Putney VT
7	Patrick Gray	4:09:54	Charlestown RI

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Stowe/Sachs/Garneau
Putney/West Hill
Putney/West Hill
East Bay Cycle Club

USCF - CATEGORY 3 - Senior Men - 85 miles

1	Rob O'Malley	4:21:01	Lincoln NH
2	Joseph Bucciaaglia	st	Naugatuck Ct
3	Percy Carter	st	Somerville MA
4	Graydon Stevens	st	Cape Elizabeth
5	Steve Ruhm	st	Durham NH
6	Jorge Fernandez	st	New Bedford MA
7	Mark Johnson	4:21:23	Boston MA
8	Tim Buckley	st	Concord NH
9	David Kou	st	Mystic CT
10	Glen Goodman	st	Rutland VT
11	Anselmo Ormaonde	4:21:26	Lowell MA
12	Andrew Whelan	st	Norway ME
13	David Phillips	st	Orono ME
14	Patrick Kelly	4:21:40	Plymouth MA
15	John Corse	4:22:18	Marshfield MA
16	Rich Pawlowicz	4:22:20	Falmouth MA
17	John Garfi	4:22:25	Sandown NH
18	Steve Swan	4:22:34	Sterling MA

Pemi Valley Cycling Club
Zephyr
Sunapee/Mowatt
Portland Velo/Poland Springs
Specialty Racing Team
Mass Bay Road Club
Commonwealth Road
Nashua Velo Club
Pequot Cyclist
Stowe/Sachs/Garneau
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Hours: Monday - Saturday 9:00 - 6:00, Friday 'till 8:00 pm (207)442-7002 or (207)442-7840

19	Brett Murray	4:23:10
20	Tim Corcoran	4:23:18
21	Joseph Cady	4:23:25
22	Brian Motulenski	4:23:31
23	Micheal Ward	st
24	Bob Ledwith	4:25:12
25	Ronald Garon	st
26	Frank Ramming	4:26:23
27	Chris Mullane	4:27:34
28	Ron Goodwin	st
29	Eric Marro	4:52:53

USCF - Category 4 - Senior Men - 58 miles

1	Tim McElman	2:55:20
2	Chris Munro	st
3	Andrew Kulmatiski	st
4	Ian Blue	st
5	James Pelletier	st
6	Lewis Goff	st
7	Nathaniel Hammond	st
8	Tom Liba	st
9	Curt Revens	st
10	Stephen Torchia	st
11	Jim Ortel	2:55:37
12	Matthew Jean	2:55:41

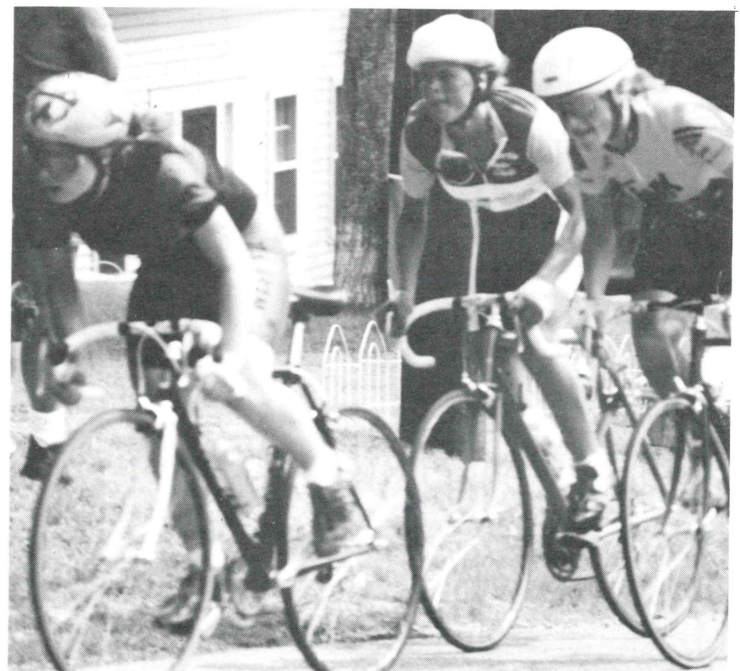
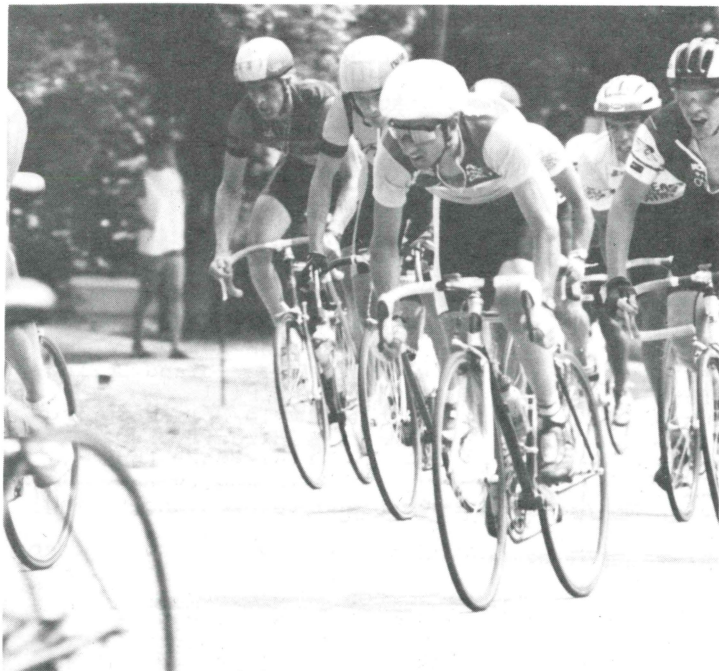
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Lincoln NH
Portland ME
Chelmsford MA
Flanders NJ
Pittsfield MA
Charlestown MA
Shirley MA
Burlington VT
N Stonington CT
Intervale NH
Nashua NH

New Hampshire Cycling Club
Portland Velo/Poland Springs
Boston Road Club
Team Somerset
Berkshire Cycling
Betro West Velo
Worcester Road
Stowe/Sachs/Garneau
Pequot Cyclist
CCB International
Missing Link/Jiffy Lube

Portland
Dalla TX
Scotia NY
Portland
Lewiston
Putney VT
Durham NH
Westport CT
Merrimack NH
Acton MA
Block Island RI
Tyngsboro MA

Portland Velo/Poland Spring
Unattached
High Speed Cycle
Portland Velo/Poland Spring
Portland Velo/Poland Spring
Putney/West Hill
New Hampshire Cycling Club
Nashua Velo Club
BCA
Block Island Velo Club
Nashua Velo Club



left - Jason Pettingill, category 5 and Ian Blue, category 4 prepare for the Burlington Crit on June 6



Mark Hewes (left) and Brian Linscott ride for the Portland Velo Club

Streaked Mountain Classic continues

13	Chris Lussier	2:55:44	Swanton Vt	Green MTN Bicycle Club
14	Geoff Wade	2:55:47	Putney VT	Putney/West Hill
15	Mark Hews	2:55:51	Scarborough	Portland Velo/Poland Spring
16	Ed Sassler	3:02:05	Belmont MA	Commonwealth Road/Ski Market
17	Russ Guertin	3:02:21	Nashua NH	Nashua Velo Club
18	Gerald Bouchard	3:02:29	Taunton MA	Unattached
19	Jeff Sampson	3:03:13	S Burlington VT	Green MTN Bicycle Club
20	Bert Hogan	3:07:15	Malden MA	Principia Cycling Club
21	Ken Himcks	3:09:58	Falmouth ME	Unattached
22	Steven Rogers Jr	3:11:48	Piermont NH	Unattached
23	Cliff Hepburn	3:16:38	Watertown MA	CCB International
24	Joel Page	3:21:08	Montpelier VT	Unattached
25	Stephen Jones	3:21:21	Melrose MA	CCB International
26	Dan Buck	3:27:24	Winthrop ME	Unattached
27	Ken Limburg	st	New London NH	New Hampshire Cycling Club

USCF - Category 5 & Citizen Men A - Senior Men - 58 miles

1	Todd McCaue	2:52:57	Keene NH	Heart of New England Cycle
2	Scott Seymour	2:53:10	Brewer ME	Pat's Bike
3	Neil Fitch	2:54:56	Portsmouth NH	Unattached
4	Tom Broderick	2:55:21	Newton MA	Boston Road Club
5	Gilman Cole	st	Hollis ME	Unattached
6	Brian McLaughlin	st	Norway MR	Art Moves/Bath Cycle & Ski
7	Jason Pettinggill	2:56:04	Pownal ME	Portland Velo/Poland Spring
8	Ken Woodard	2:57:12	Kingfield ME	Green MTN Bicycle Club
9	Luck Robbins	2:58:25	Lewiston ME	Unattached
10	Danny Smith	2:59:07	Buckfield ME	Unattached
11	Rick Grendell	2:59:31	White River JCT VT	Sunapee/Mowatt
12	Michael Yep	3:04:33	Cumberland ME	Unattached
13	Jon Gallagher	3:09:15	Brighton MA	Boston Road Club
14	Kim Ulanet	3:09:21	Medford MA	Unattached
15	Richard Spaulding	3:10:58	Manchester NH	Ventre A Terre
16	David Falkeham	3:14:25	Lancaster NH	White mountain Velo Club
17	Jim Dowling	3:21:25	Buckfield ME	Unattached
18	Larry Lackey	3:21:32	Stowe VT	Unattached
19	Rob James	3:22:08	Beverly MA	Portland Velo/Poland Spring
20	David Gilmour	3:22:32	Roslindale MA	Boston Road Club

USCF - Senior Women - 58 miles

1	Kersten Francis	3:15:36	Somerville MA	Commonwealth Road/Ski Market
2	Kathy McDonnell	3:16:43	Piermont NH	Northeast Cabinet Door
3	Kerry Kennan	st	Portland ME	Portland Velo/Poland Spring
4	Jennifer Mynter	st	E Thetford VT	Putney/West Hill
5	Linda Lampila	3:26:43	Yarmouth ME	Portland Velo/Poland Spring
6	Katherine Olney	3:30:53	Newton MA	Missing Link/Jeffy Lube
7	Melinda Wendling	3:31:37	Boston MA	Missing Link/Jeffy Lube
8	Mary Berle-Carmen	3:35:21	Belmont MA	Missing Link/Jeffy Lube
9	Marie Wade	3:35:54	Farmington ME	Portland Velo/Poland Spring

USCF - Masters 35 to 44 - 58 miles

1	Randy Martin	3:02:17	Fitzwilliam NH	Heart of New England Cycling
2	Brad Tanner	st	Hopkinton NH	Les Cyclists
3	James Lund	st	Arlington MA	Boston Road Club
4	Jim Odorisio	st	Chittenden VT	Stowe/Sachs/Garneau
5	Art lusignan	st	Riverside RI	East Bay Cycle Club
6	Eddie Quinn	st	Fryburg ME	Portland Velo/Poland Spring
7	Tom Vinson	3:06:27	Wollaston MA	Masters Velo Club
8	Steve Birnbaum	3:07:12	Watertown MA	Boston Road Club
9	Gregg Reed	3:08:58	Dunbarton NH	New Hampshire Cycling Club
10	Reed Pike	3:10:31	Saco ME	Saco Bay Cycling Club

USCF - 45+ - 58 miles

1	William Hartwell	3:02:47	Topsham ME	Portland Velo/Poland Spring
2	William Shenk	st	Clarksville MD	Century Bicycle Racing
3	Art LeBlanc	3:03:20	Concord NH	Sunapee/Mowatt
4	Richard Martin	3:15:32	Attleboro MA	East Bay Cycle Club
5	Jean-Claude LeClerc	3:17:50	Montreal Que	CC Espoirs
6	Philip Mendelson	3:22:28	Ellington CT	Unattached
7	Richard Devellian	3:37:31	Rockport MA	CCB International
8	Michael Zagachin	st	Peabody MA	CCB International

USCF - Junior Men - 58 miles

1	Mauricio Silva	3:06:50	New Bedford MA	East Bay Cycle Club
2	Addison Whitworth	3:15:24	Concord NH	New Hampshire Cycling Club
3	Alan Miller	3:17:16	Cambridge MA	Boston Road Club
4	Robert Dapke	3:20:53	Concord MA	Boston Road Club
5	Matthew Kirshner	3:48:52	Concord MA	Boston Road Club

Citizen - Men B - 31 miles

1	Nathan Mills	1:36:15	Bryant Pond ME	Unattached
2	Bob Dubois	1:36:18	Lewiston ME	Unattached
3	Chris Laverto	1:36:51	Brunswick ME	Unattached

Citizen - Junior Men - 31 miles

1	Adrian Frank	1:38:11	Vassalboro ME	Unattached
2	Matt Ouellette	1:41:31	Lewiston ME	Unattached
3	Steve Flynn	1:44:57	Lisbon CTR ME	Unattached
4	Justin Hartford	1:46:38	Turner ME	Unattached
5	Jesse Bastide	1:59:37	Falmouth ME	Portland Velo/Poland Spring
6	Robbie Jordan	2:04:47	Lewiston ME	Unattached

Citizen - Women - 31 miles

1	Ewa Karazim	na	Lewiston ME	Unattached
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Epstein's Five Aces - 5K - Brewer - May 10th

Because of the prizes, polo shirts and team competition, this race attracts some of state's best runners. Because of it's hills this is not a fast course, but the strong competition pushes times down. A wet day kept the fair weather runners away but also helped provide fast times. Repeat winner, Tina Meserve, continues to impress everyone with a performance 56 seconds faster than last year. Joanne Nealy of Lincolnville broke 18 minutes for 2nd place. Greg Hale's 14:59 is impressive even without considering the difficulty of the course. Results courtesy Tom Manship. TAC certified ME-85024-GN

1 Hale	Greg	29 14:59	Waterville	37 Santos	Matt	15 18:30	East Holden
2 Bickford	Stan	28 15:13	Augusta	38 Haward	Alan	44 18:31	Orrington
3 Wakeland	Tim	27 15:19	Dover-Foxcroft	39 Jordan	Robert	32 18:33	Ellsworth
4 McGraw	Todd	27 15:37	Waterville	40 Lyons	Rick	39 18:38	Charlston
5 Meserve	Jeff	33 15:56	Livermore Falls	41 Kasper	Gene	45 18:39	Old Town
6 Garster	Jim	25 16:02	Orono	42 Rideout	Kristopher	18 18:40	Dover-Foxcroft
7 Deering	Dan	30 16:02	Lisbon Falls	43 Herz	Greg	35 18:41	Brewer
8 Violette	Charles	21 16:03	Millinocket	44 Hawkins	Susan	36 18:43*	Little Deer Is.
9 Norton	Giles	36 16:24	Orono	45 Goodwin	Bruce	17 18:46	Bucksport
10 Churney	Pete	33 16:34	Carmel	46 Higgins	Gary	42 18:47	Bangor
11 Taylor	Rusty	40 16:52	Houlton	47 McMorro	Aaron	13 18:50	Thorndike
12 Dana	Joe	15 16:53	Old Town	48 Dauphinee	Peter	17 18:52	Brewer
13 Butterfield	Scott	17 16:53	Bangor	49 Colson	Jeremy	15 18:54	Bangor
14 Way	Kevin	23 16:55	Bangor	50 Hackett	Jeanne	33 19:02*	Portland
15 Tranchemontagn	Dennis	22 17:02	Sanford	51 Maclean	Andrew	30 19:04	Cumberland
16 Love	Awani	18 17:07	Oldtown	52 Higbee	Ethan	13 19:04	Topsham
17 Meserve	Tina	25 17:13*	Livermore Falls	53 Oplitz	HM	53 19:06	Orono
18 Gaige	Mike	39 17:21	Bangor	54 Beveridge	Jay	14 19:07	Kenduskeag
19 Rogers	Cliff	33 17:24	Ellsworth	55 Springer	Harvey	27 19:07	Sullivan
20 Renault	Dave	43 17:27	NE Harbor	56 Murphy	Chuck	42 19:14	Princeton
21 Dubord	Edie	33 17:41*	Waterville	57 Pinkham	Bill	49 19:15	Lamoine
22 Erskine	Rob	21 17:45	Dixmont	58 Whittier	Sue	34 19:20*	Watterville
23 Frank	Larry	36 17:47	Saco	59 Emery-Rappa	Robin	45 19:22*	Bridgewater
24 Esty-Kendall	Judson	42 17:49	Glenburn	60 Kerby	Tom	35 19:22	Ellsworth
25 Conner	Steve	19 17:53	Ellsworth	61 Frost	James	18 19:26	Wilton
26 Locke	Joe	17 17:56	Bangor	62 Alley	Dave	42 19:27	Jonesport
27 Saloranto	Risto	42 17:57	Troy	63 Davis	Rusty	21 19:29	Hampden
28 Nealey	JoAnne	31 17:59*	Lincolnville	64 Emery	Paula	35 19:30*	Atkinson
29 Lamoreau	Paul	31 18:02	Presque-Isle	65 Pickard	Brian	36 19:32	Augusta
30 Reid	Tim	38 18:09	Carmel	66 Deane	Eric	42 19:38	Hampden
31 Emerson	William	28 18:09	Old Town	67 Roy	Tony	21 19:40	Bangor
32 Dorr	Gregory	27 18:10	Orono	68 Carr	Matt	16 19:41	Bucksport
33 Murphy	Todd	25 18:10	Montville	69 Weeks	Sumner Jr	43 19:43	Portland
34 Payne	Bob	53 18:12	Raymond	70 Martin	Don	35 19:45	Winterport
35 McDonald	Steve	40 18:13	Houlton	71 Cummings	Dick	54 19:46	Manchester
36 Binnette	Wanda	25 18:22*	South Portland	72 Sanborn	Eddie	17 19:55	Bangor



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Princeton's Chuck Murphy leads Bill Pinkham, Sue Whittier, & Robin Emery-Rappa



Impressive lead pack! Front row l-r: winner Greg Hale, Stan Bickford & Todd McGraw



Constance Hallett, left, of Portland and Hampden's Sheila Hodges



The womens and men's fields at Epstein's are fast and deep



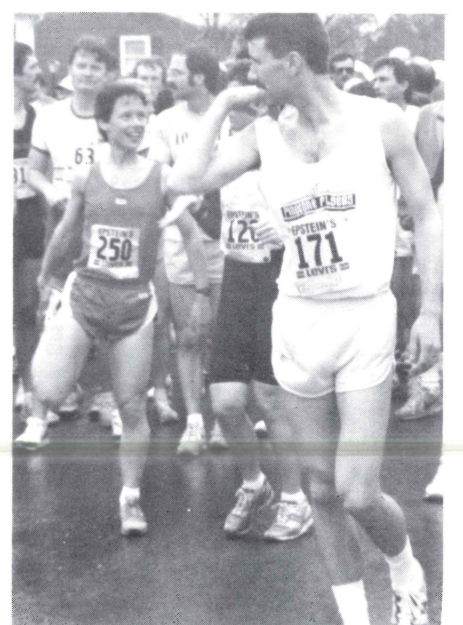
Orono's Jim Garster leads Charles Violette of Millinocket & Dan Dearing



Susan Hawkins leads Gene Kasper of Old Town



Rob Erskine of Dixmont leads Judson Esty Kendall of Glenburn



Tim Wakeland & Tina Meserve stretch at the start

73	McDonough	John	30	19:57	Bangor	177	Beal	Barbie	32	24:16*	Winterport
74	Meehan	Mary	26	19:58	Bangor	178	Widdoes	Colin	14	24:19	Readfield
75	Hildreth	Greg	50	20:01	Orono	179	Brochu	Tim	29	24:23	East Holden
76	Bragg	Frank	50	20:01	Bangor	180	Brochu	Bill	28	24:25	Oakland
77	Atlen	Martin	36	20:01	Penobscot	181	Kotredes	Art	37	24:29	Bangor
78	Weeks	Carol	43	20:04*	Portland	182	Widdoes	Cam	10	24:30	Readfield
79	Hodges	Sheila	37	20:07*	Hampden	183	Guyer	Mark	14	24:36	Bangor
80	Hallett	Constance	33	20:08*	Portland	184	Farnham	Mike	16	24:47	Bucksport
81	Smith	Gordon	33	20:09	Bangor	185	Coombs	Melvin	35	24:51	Orrington
82	Tetu	Tom	44	20:10	East Millinocket	186	Cartier	Nina	16	24:52*	Bangor
83	Ayers	Wayne	37	20:11	Crawford	187	Beatty	Lynn	34	24:53*	Brownville
84	Shaver	Jim	38	20:13	Stockton Springs	188	Sargent	Isom	40	24:54	East Sullivan
85	Hutchins	Mike	34	20:14	Brewer	189	Coston	Phil	36	25:00	Bangor
86	Barr Jr	Ben	37	20:16	Millinocket	190	Hoxie	Don	49	25:06	Old Town
87	Antone	Shelly	24	20:17*	Bangor	191	Howard	Susan	32	25:08*	Orrington
88	Conner	Paul	30	20:17	Portland	192	Jewers	Michelle	26	25:19*	Bangor
89	Dawson	Edward	32	20:18	East Millinocket	193	Wakeland	Allison	24	25:20*	Dover-Foxcroft
90	Cegelis	Rick	41	20:19	SW Harbor	194	Hankel	Raroc	46	25:37	Old Town
91	Rau	Jane	42	20:20*	Hallowell	195	Fraser	Art	54	25:42	Lincoln
92	Green	Dave	34	20:24	Bangor	196	Tableman	Eric	12	25:46	Portland
93	Breau	Frank	37	20:28	Brewer	197	Russell	Jon	14	25:46	Bangor
94	Case	Bill	33	20:33	Lubec	198	Lawlor	David	16	25:53	Bangor
95	Maclean	Erin	29	20:35*	Cumberland	199	Beveridge	Shannon	18	26:02*	Kenduskeg
96	Millard	Julie	29	20:36*	Waterville	200	Cyr	Matt	23	26:16	Bucksport
97	Rines	Dale	39	20:40	Gorham	201	Parcak	Sarah	13	26:19*	Bangor
98	Anderson	Eleanore	15	20:43*	Houlton	202	Wilkinson	Tonya	15	26:20*	South Gouldsboro
99	Morrison	Schvyler	44	20:43	Millinocket	203	Graves	Renee	23	26:21*	Bar Harbor
100	Haney	Margie	24	20:44*	South Portland	204	Pellitier	Andrea	30	26:22	Ellsworth
101	Seastead	Erik	35	20:47	Carmel	205	Lawlor	Bill	67	26:33	Brewer
102	Sequin	Brigitte	44	20:48*	Portland	206	Coombs	Shane	11	26:45	Orrington
103	Geiser	Glenn	26	20:52	Bangor	207	Gray	Allison	11	26:46*	Brewer
104	Drinkwater	Stan	51	20:55	Belfast	208	Dewsnap	Amelia	15	26:49*	Cumberland
105	Adams	Ben	18	20:57	Brewer	209	Roderick	Gil	59	26:50	Bangor
106	Widdors	Duncan	16	20:58	Readfield	210	Dewsnap	Rusty	33	26:51	Dresden
107	Michaud	Gerald	50	21:01	Patten	211	Trefethen	Lisa	17	26:56*	Bangor
108	Openshaw	Mike	22	21:04	East Holden	212	Baldwin	John	12	27:03	Harrington
109	Davis	Colan	37	21:04	East Holden	213	Boynnton	Robert	9	27:06	Brewer
110	Gelinas	Ron	44	21:06	Millinocket	214	Fish	Carolyn	38	27:10*	Orrington
111	Jones	Chris	28	21:09	Bucksport	215	Hanscom	Phyllis	42	27:27*	Orrington
112	Hooper	Ken	42	21:10	Belfast	216	Myer	Robert	35	27:30	Mt. Desert
113	Talbert	Mike	33	21:10	Hampden	217	Quimby	Julie	16	27:31*	Winterport
114	Sequin	Dana	38	21:11	Portland	218	Quimby	Ray	41	27:33	Brooks
115	Wardwell	Todd	19	21:16	Bucksport	219	MacDonald	William	48	27:43	Bangor
116	Miles	Dick	37	21:18	Bangor	220	unknown			28:04	
117	Lund	Nancy	40	21:20*	Falmouth	221	Bendure	Raymond	26	28:04	Brewer
118	Erb	Don	25	21:21	Bangor	222	Brochu	Samantha	23	28:08*	Brewer
119	Welch	Robert	35	21:22	Bangor	223	Landry	Walt	56	29:11	Millinocket
120	Swanson Jr	John	13	21:23	Bangor	224	Millay	Bill	34	28:18	Portland
121	Harper	Wendy	23	21:26*	Brewer	225	Bacon	Ann	44	28:20*	Mt. Desert
122	Baldwin	Scott	16	21:26	Harrington	226	Smith	Jessica	12	28:22*	Old Town
123	Allen	Pauline	42	21:35*	East Holden	227	Ballard	Dennis	52	28:22	Patten
124	Twitchell	Robert	14	21:37	Brewer	228	Drumkey	Tricia	11	28:27*	Brewer
125	Widdoes	Jim	42	21:37	Readfield	229	Saloranta	Mia	10	28:31*	Troy
126	Sawyer	Adam	15	21:38	Trenton	230	Russell	Charlie	34	28:38	Bangor
127	Semba	Jan	33	21:41	Brewer	231	Millay	Daphne	31	28:42*	Portland
128	Cashman	Jack	42	21:46	Old Town	232	Clark	Dave	43	28:46	Bangor
129	Myster	Craig	15	21:48	Sullivan	233	Hussey	Diane	39	28:48*	Winterport
130	Kanus	Todd	11	21:50	Belfast	234	LaChance	Dave	34	28:49	Hampden
131	White	Stacy	26	21:54*	Franklin	235	Comeau	Kate	13	28:51*	Bangor
132	Grant	Carl	20	21:54	Brewer	236	Clapper	Leona	62	29:12*	Bucksport
133	Samuelian	Dave	45	21:57	Bangor	237	Cough	Tasha	16	29:14*	Bangor
134	Ryder	Lincoln	18	21:28	Dover-Foxcroft	238	Donaldson	Frank	42	29:15	Ellsworth
135	Pottle	Andy	29	21:58	Brewer	239	Gran	Janice	52	29:27*	Winterport
136	McLellan	Glenn	14	21:58	Bangor	240	Cohen	Samantha	17	29:28*	Bangor
137	Nadew	Joel	27	21:59	Bangor	241	Billings	Delores	62	29:40*	Cape Porpoise
138	Robinson	Mark	20	22:04	Dover-Foxcroft	242	Gallagher	Charles	36	29:40	Monroe
139	Smith	Peggy	44	22:08*	Old Town	243	Pooler	Mary-Ellen	35	29:57*	Brewer
140	Green	Vonnie	29	22:09*	Island Falls	244	Weidner	Lori	32	30:02*	Bangor
141	Barber	Betty	35	22:09*	Limerick	245	Cross	Brent	34	30:29	Bangor
142	Erskine	Regina	27	22:12*	Portland	246	Hertig	Adam	12	31:15	Hampden
143	Bathanger	Nish	24	22:19	Brewer	247	LaBossier	Carolyn	50	31:21*	Old Town
144	Joaquin	Arthor	39	22:20	Old Town	248	Pasternak	Leila	55	31:26*	Bangor
145	Boyle	Janet	26	22:23*	Bangor	249	Dede	Stacie	11	31:37*	Ellsworth
146	Wellman	Dennis	35	22:24	Bangor	250	Fredenburgh	Matt	11	31:39	Hampden
147	Sargent	Cole	43	22:24	Bangor	251	Hertig	David	10	31:45	Hampden
148	Sweeny	Rusty	46	22:26	Dover-Foxcroft	252	Lawlor	Ellen	31	31:52*	Bangor
149	Baldwin	Dave	49	22:27	Harrington	253	Dede	Bethany	13	31:59*	Ellsworth
150	Smith	Trina	15	22:29*	Old Town	254	McKinnon	Don	30	33:27	Bangor
151	Scribner	Richard	40	22:32	Gorham	255	Brochu	Joe	30	33:39	Brewer
152	Berube	Roland	42	22:33	Orrington	256	Polk	Jeremy	18	33:40	Bangor
153	Pasternak	Irwin	56	22:33	Bangor	257	Polk	Peter	50	34:13	Costigan
154	Guyer	Rick	40	22:34	Bangor	258	Clapper	Charles	62	35:34	Bucksport
155	Remson	Eric	13	22:35	Bangor	259	Gregory	Natalie	49	35:37*	Brewer
156	Sprague	Richard	36	22:36	Blue Hill	260	Cummings	Susan	44	35:43*	Manchester
157	Remson	Ken	42	22:36	Bangor	261	Drucker	Allen	45	35:54	Orono
158	Merriam	Joan	43	22:56*	Bucksport	262	McKinnon	Beverly	70	37:24*	Bangor
159	Adams	Ron	42	23:03	Brewer	263	Brochu	Chris	26	37:58	Brewer
160	Lloyd	Gary	32	25:06	Bangor	264	Pelkey	Norman	76	39:11	Old Town
161	Foster Jr	John	48	23:07	Brewer	265	Fisk	Angel	19	39:11*	Dover-Foxcroft
162	Merrick	Perley	44	23:08	Lamoine	266	Sevey	Jessica	11	39:36*	Oakland
163	Cyrus	Tony	29	23:08	Veazie	267	Paulson	Paul	67	40:05	Brewer
164	Mapleton	Tom	41	23:09	Prospect Harbor	268	Baxter	Gerry	62	40:J0*	Bucksport
165	Hartford Sr	Richard	47	23:17	Washburn	269	Creth	Gail	33	40:19*	Brewer
166	Kinney	Brian	44	23:19	Gray	270	Armes	MaryLou	43	41:29*	Brewer
167	Ryder	Howard	43	23:27	Dover-Foxcroft	271	Merrill	Dreht	7	41:30	Stockton Springs
168	Parcak	Aaron	11	23:33	Bangor	272	Merrill	Daniel	39	47:11	Stockton Springs
169	Coombs	Sean	13	23:39	Orrington	273	Bolstridge	Teresa	33	47:43*	Carmel
170	Askren	Bob	45	23:40	Houlton	274	Ekberg	Mary	26	48:06*	Avon
171	Kotredes	Jon	10	23:40	Bangor	275	Brown	Debbie	40	48:29*	Cumberland
172	Tableman	Patty	33	23:46*	Portland	276	Brown	R.O.	40	50:00	Cumberland
173	Epstein	Carol	37	23:53*	Brewer	277	Mertig	Marilee	45	50:00*	Hampden
174	Parsons	Hannah	16	23:54*	Bucksport	278	Forni	Mary	76	56:00*	Hancock
175	Jeffrey	Mike	40	24:05	Bangor	279	Cyphers	Patricia	70	65:16*	Hancock
176	Aubin	Joe	64	24:11	Hampden						

Moosebec Rotary - Jonesport - April 26

results Sunrise County Road Runners

5K		
1 Rogers	Cliff	17:18
2 Alley	Braden	18:39
3 McKinney	Tom	19:04
4 Alley	Dave	19:24
5 Ohmeis	James	19:33
6 Carter	Mike	19:38
7 Beal	Travis	19:45
8 Francis	Mike	19:48
9 McFadden	Bion	19:49
10 Ganiel	Gadys	19:52
11 Abrams	Bobby	20:01
12 Ayers	Wayne	20:23

13 St Pierre		
14 Francis		
15 Case		
16 Stuart		
17 Sprague		
18 Brennan		
19 Kelley		
20 Alley		
21 Auerbach		
1 Sprague		
2 Davis		
3 Libby		
4 Alley		

Phil	20:27
Noel	20:30
Billy	20:55
Phil	22:54
Tommie	23:03
Tom	23:19
Darrell	23:59
Colon	23:59
Sam	24:33
1 Mile	
Josh	6:07
Seth	6:48
Glenn	6:51
DR	6:55

5 Pollard	Josh	7:04
6 Alley	Mattie	7:18
7 Carver	Chelsie	7:29
8 Alley	Michele	7:44
9 Alley	Sheldon	7:50
10 Stuart	Lance	7:51
11 Stuart	Phil	7:52
12 Quint	Arnie	8:03
13 Reynolds	Chris	9:17
14 Alleyu	Hayley	10:15
15 Fenton	Linda	10:19
16 Smith	Tommie	11:37
17 Smith	timmie	11:38

Berwick Dare 1 Mile Youth Run - May 3rd.

results courtesy Kathy MacDonald

1 Prince	Brian	6:23
2 Fox	Derek	6:28
3 Liberty	Evan	
4 Watson	Ryan	
5 Kane	Derrick	
6 Cunningham	John	7:22
7 Whitney	Kenneth	7:32
8 Carlisle	Jamie	8:09
9 Beaman	Michael	8:14
10 Iavoie	Hayley	8:19
11 Kane	Jared	8:21
12 Widholm	Julie	8:28
13 Harris	Kristy	8:30
14 Jenkins	Andy	8:46

15 Parker	Jessica	8:47
16 Watson	Crystal	9:15
17 Parker	Maureen	9:23
18 Birenbaum	Joshua	9:28
19 Jenkins	Ellen	9:31
20 Greco	Adam	9:51
21 Parker	Bryan	10:00
22 Sproul	Rebecca	10:13
23 Parker	Steven	10:16
24 McHugh	Eric	10:41
25 Cynewski	Jason	10:44
26 Jansen	Stephanie	10:55
27 Bemis	Chelsea	11:10
28 Wilson	Quinn	11:16
29 Birenbaum	Trista	11:34

30 Riendeau	Katie	11:42
31 Young	MacKenzie	11:55
32 McHugh	Jason	11:58
33 McCarthy	Johnny	11:59
34 Beaman	Mary	12:05
35 Euler	Richard	12:07
36 Euler	David	12:24
37 Knight	Amelia	12:45
38 McCarthy	Kyle	12:51
39 Doiron	Travis	12:55
40 Johnson	Adrien	13:13
41 Forbes	Kelsey	13:31
42 Boston	Steven	15:17
43 Payne	Timothy	16:46
44 Donovan	Ryan	

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Pleasant Ridge Run - 5 Mile - Sabbatus - May 9

Small turn out for this first time event due to weather (dreary) and lots of other races on the same weekend. The only mistake that race director Jon Mennealy made was to include the course map on the application. This must have scared away all the runners from the L/A area who know how hilly Pleasant Ridge is. The small all male field developed a strange camaraderie as the cheering and encouragement exchanged on the out and back course and at the finish line far exceeded the norms. This is how it must have been when the running pioneers like Rollie Dyer, Dick Goodie and Brian "Ziggy" Gillespie were conducting races back in the 70s.

results courtesy Jon Mennealy

1	Lovering	Mitch	32	31:02
2	Beauperlant	Doug	20	31:53
3	Trytek	Tom	20	33:26
4	Bonderud	Mark	33	36:10
5	Marquis	Bob	53	36:12
6	Hodgkins	Doug	52	37:09
7	LeRoy	John	55	37:19
8	Rancourt	John	32	39:47
9	Zorn	Ron	56	42:03

Race finishers: L to r - front row; Tom Trytec, Ron Zorn, Mark Bonderud, Mitch Lovering. Back row; Doug Hodgkins, Bob Marquis, Doug Beauperlant, John Rancourt



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CHINA CLASSIC - May 9th

results - race	director Jane Rau											
1 MILE YOUTH RUN												
1 Wildes	Tim	5:20	96 Cashwell	Julie	11:26	33 Brown	Larry	33:56				
2 Rau	Cody	5:35	97 Bauman	Zaccary	11:35	34 Verrill	Scott	33:57				
3 Reitchel	Dicky	6:05	98 Bachman	Jim	11:35	35 McCracken	Karen	34:31*				
4 Taylor	Nathan	6:19	99 Smith	Rose Marie	11:40	36 Weymouth	Charles	34:35				
5 Hall	Evan	6:25	100 Zimmerman	Rachel	11:42	37 Hapworth	Stephen	34:44				
6 York	Jason	6:27	101 Mazerolle	Sybil	11:42	38 Mason	David	34:44				
7 Allard	Matt	6:28	102 Pellerin	Nicholas	12:16	39 Dixon	Doug	34:45				
8 Mason	Nathaniel	6:30	103 Gunning	Steve	12:23	40 Sylvester	Ken	34:46				
9			104 Hoague	Amy	12:37	41 Mawhonrey	Tammy	34:51*				
10 Chappell	Jason	6:32	105 Gunning	Steve	12:23	42 Rau	Cody	34:58				
11 Blackwell	Joel		106 Reny	William	12:43	43 Alex	Mark	34:59				
12 Beliveau	Conor	6:39	107 MacFarland	Michelle	13:08	44 Bates	Robin	34:59				
13 Pooler	Dana	6:45	108 MacFarland	James	13:08	45 Benn	David	35:02				
14 Brosius	Ember	6:46	109 Breton	Megan	13:23	46 Fellingwood	Ken	35:11				
15 Trafton	Sam	6:49	110 Stevens	Haley	13:23	47 Clark	Fernie	35:11				
16 Whitney	Kenneth	6:57	111 Garrity	Meg	13:37	48 Williams	David	35:30				
17 Booth	Jimmy	7:09	112 Mazerolle	Dulcey	13:42	49 Moore	Chris	35:31				
18 Ferran	Shawn	7:20	113 Blais	Nick	13:48	50 Moore Jr	Jim	35:50				
19 Brosius	Andy	7:21	114 Carter	Kellen	14:42	51 Gordon	Bill	35:59				
20 Payson	Alexander	7:24	115 Allard	Zachary	14:44	52 Miles	Dick	36:06				
21 McCormick	Patrick	7:35	116 Krummel	Rachel	14:47	53 Hill	Debi	36:11				
22 Blackwell	Steve	7:36	117 Siedsma	Ben	15:10	54 Smith	Clif	36:23				
23 York	Erin	7:37	118 Siedsma	Ben	15:10	55 Smith	Tim	36:49				
24 Tilton	Dan	7:44	119 Smith	Amber	15:55	56 Cunningham	Julia	36:59				
25 Blackwell	Rick	7:45	120 Coull	Shawn	17:45	57 Weymouth	Melissa	37:00				
26 Meehan	Lilly	7:46	121 Coull	Gary	17:45	58 Spring	Ellen	37:05				
27 Pfeiffer	Andrew	7:47	122 Emery	Michael	18:55	59 Anderson	Wyatt	37:15				
28 Smith	Patrick	7:48	123 Fortin	Ryan		60 Smith	Gregor	37:33				
29 Pooler	Annalisa	7:52	5 MILE CLASSIC									
30 Oliver	Kelly	7:55	1 Lessard	Peter	26:10	61 Cornelio	Steve	37:42				
31 Klein	Ben	8:07	2 Frontin	Ronald	28:09	62 Moore	Travis					
32 Bennett	Chris	8:08	3 Dyer	Teague	28:30	63 Dunlop	Louisa	37:58				
33 Oliver	Stacy	8:09	4 Berthume	Guy	28:35	64 Wiand	Fred	38:47				
34 Chappell	Jessica	8:10	5 Deroche	Norman	28:55	65 Ellingwood	Cindy	38:50				
35 Swanson	Danny	8:11	6 Morris	Chris	29:44	66 Atlee	Ed	39:21				
36 Thibodeau	Jennie	8:12	7 Thompson	Michael	29:51	67 Walker	Race	39:26				
37 Seekins	Kiera	8:12	8 Burke	Alan	30:04	68 Fessler	Gary	39:26				
38 Edward	Jenny	8:12	9 Johnson	Ray	30:22	69 McLaughlin	Sara	39:35				
39 Ellingwood	Abby	8:16	10 Meehan	Joe	30:53	70 Carter	Brent	39:46				
40 Krummel	Luke	8:16	11 Caron	Carroll	31:10	71 Boatner	James	39:49				
41 Davis	Dan	8:19	12 Chapin	Jon	31:23	72 Yasinski	Arnie	39:57				
42 Studholme	Aaron	8:20	13 Gagne	Glenn	31:30	73 Daul	Paul	40:37				
43 Chappell	Crystal	8:21	14 Manzer	John	31:36	74 Trafton	Barbara	40:49				
44 Pooler	Cassandra	8:22	15 Williams	Bruce	31:42	75 Knapick	Veronica	40:55				
45 Whitney	Ellen	8:22	16 Preble	Jeffrey	31:47	76 McFarland	Paul	41:06				
46 Evers	Travis	8:28	17 Quimby	Ray	32:03	77 Tobey	Nolan	41:17				
47 Scates	Jennie	8:29	18 Stewart	Darryl	32:14	78 Burke	Dianna	41:19				
48 Mason	Steven	8:30	19 MacFarland	Raymond	32:31	79 Hyer	Al	41:20				
49 Kennedy	Ryan Lynn	8:30	20 Gillespie	Robert	32:31	80 Blackwell	Joe	42:25				
50 Studholme	Shawn	8:31	21 McLaughlin	Frank	32:31	81 Johnson	Nancy	42:32				
51 Soifer	Cody	8:34	22 Sanborn	Donald	32:41	82 Spicer	Jim	43:07				
52 Memmer	Maribeth	8:40	23 McLaughlin	Mark	32:55	83 Giddinge	Harry	43:26				
53 Stout	Bradley	8:40	24 Komulainen	Craig	32:57	84 Mason	Deborah	46:25				
54 Carter	Brian	8:43	25 Mason	Nathaniel	32:59	85 Mason	Sarah	47:55				
55 Haworth	Brecon	8:50	26 Cummings	Dick	33:00	86 Mason	Harvey	51:43				
56 Gillcash	Casey	8:55	27 Trafton	Richard	33:05	87 Payson	Alexander	53:12				
57 Stout	Evan	8:59	28 Roy	Gene	33:07	88 Zink	Homer	54:10				
58 DeMerchant	Jason	9:09	29 Pickard	Brian	33:10	89 Shed	Nat	54:12				
59 Haworth	Meneah	9:13	30 Schwerdel	John	33:23	90 Benn	Linda	54:20				
60 Bauman	Joe	9:16	31 Brosius	Bob	33:39	91 Paulson	Paul	65:10				
61 Smith	Katie	9:19	32 Jacques	Jim	33:40	92 Gould	Rani	79:58				
62 York	Adam	9:26				93 Gould	Debbie	79:59				
63 Ellingwood	Eric	9:27										
64 Bennett	Nan	9:28										
65 Soifer	Tyler	9:30										
66 Trafton	Maggie	9:30										
67 Michael	Brown	9:32										
68 Cashwell	Morgan	9:32										
69 Bauman	Sam	9:36										
70 McCormick	Molly	9:42										
71 Davis	Sarah	9:52										
72		9:55										
73 Moore	Travis	9:55										
74 Carr	Amber	10:07										
75 McCormick	Dori	10:08										
76 MacFarland	Martha	10:17										
77 Torrey	Sarah	10:22										
78 Smith	Daniel	10:23										
79 Feigon	Gera Star	10:27										
80 Morgan	Justin	10:32										
81 Zimmerman	Sarah	10:34										
82 Carr	Crystal	10:41										
83 Sproul	Rebecca	10:42										
84 Nilles	Angela	10:43										
85 Nixon	Allie	10:46										
86 Tobey	Deidre	10:46										
87 Blackwell	Marion	10:48										
88 Hotham	Heath	11:10										
89 DeMerchant	Joey	11:12										
90 Janosky Jr	Charles	11:12										
91 Plaisted	Benjamin	11:15										
92 Smith	Denis	11:19										
93 Cashwell	Mollie	11:26										
94 Klein	Mike	11:26										
95 Klein	Nathan	11:26										

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Thanks to Maureen Sproul for the great photos!



l-r: Brad Stout, Matt Allard, Nolan Tobey, Jimmy Booth, Patrick Smith & Payson Smith



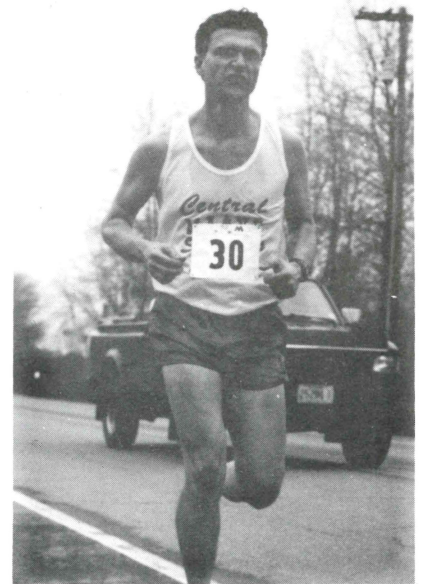
After the youth 1 mile race the adults gather for the 5 mile Classic



Teague Dyer finished 3rd



l-r: Amy Hoague & Jenny Johnson



Clif Smith



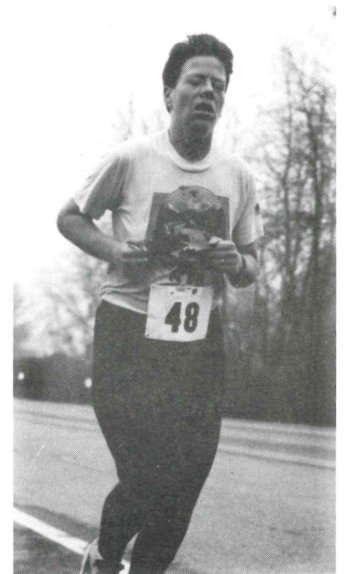
Chris Morris



Nathaniel Mason



Julie Cunningham



Karen McCracken

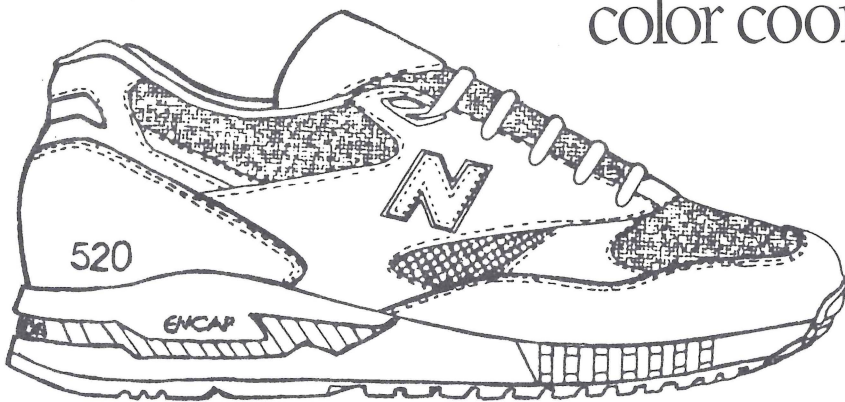
MOTHERS DAY 5K - Rockland - May 10th

results coutesy Coastal Day Care														
1	Reilly	Alan	38	16:43	32	Taylor	Donna	42	22:43*	65	Allen	Graham	9	30:26
2	Wilbes	Tim	14	17:30	33	Bean	David	35	22:44	66	Allen	Lynn	42	30:30*
3	Olivas	David	42	17:35	34	Schwellenbach	Lorry	41	22:49*	67	Shotwell	Jennifer	26	32:18*
4	Matheson	Charly	30	17:41*	35	VanDerVon	Simon	31	22:52	68	Seekins	family	0	32:19
5	Ferguson	Chris	29	18:13	36	Sayres	Bill	60	22:53	69	Nolan	Bev	49	33:16*
6	Libby	Mahlon	18	18:14	37	Hilt	Truman	52	22:54	70	Guptill	Diane	35	33:23*
7	McGurn	Joe	43	18:25	38	Senders	Kathy	45	22:57*	71	Guptill	Brittany	0	35:43*
8	Horne	Brian	36	18:37	39	Kintner	Jen	27	23:03*	72	Moody	Joshua	12	36:35
9	Komulainen	Craig	29	18:46	40	Senders	Jack	45	23:07	73	Eischens	Mae	36	36:36*
10	Sprague	Forrest	42	18:52	41	Hilton	Debi	35	23:10*	74	Jameson	LeRoy	0	37:57
11	Swan	Becca	33	19:10*	42	Bean	Kathy	34	23:11*	75	Cole	Stephen	11	37:13
12	Saxr	David	31	19:12	43	Brandt	Elena	37	23:15*	76	Rossignol	Sarah	10	38:28*
13	Rossignol	Lee	37	19:38	44	Sprague	Terry	41	23:20*	77	MacMillan	Celia	26	38:28*
14	Allen	Charles	42	19:49	45	Bowen	Terry	28	23:41*	78	McNeilly	Elaine	0	39:23*
15	Berg	Rachie	30	19:56*	46	Rossignot	Terri	36	24:13*	79	Carlton	Buckly	33	39:25
16	Jones	Dara	35	19:57*	47	Sayres	Wendy	58	24:28*	80	Larrabee	Brittney	10	39:59*
17	Tapley	Lance	47	20:06	48	Rochester	Martha	28	24:29*	81	Dow	Maxine	56	40:00*
18	McRea	Carol	37	20:09*	49	Palka	Keith	10	24:37	82	Snow	Lyn	50	40:20*
19	Crichlow	Beth	33	20:20*	50	Leavell	Virginia	9	24:40*	83	Hunt	Raymond	38	40:58
20	Withee	Theresa	0	20:36	51	Amory	Thomas	0	24:54	84	Hunt	Cynthia	37	40:57*
21	Dean	Bob	55	20:42	52	Amory	Lucy	0	24:58*	85	Hunt	Justin	11	41:57
22	Olivas	Julia	30	20:45	53	Bass	Scott	19	24:59	86	Holm	Jeri	40	42:38*
23	Palka	Fred	54	20:54	54	Guyer	Neal	38	25:05	87	Dyer	Dyan	0	42:59*
24	Cunningham	Julia	25	21:05*	55	Sampson	Sarah	23	25:06*	88	Dyer	Oakley	0	43:00
25	Scribner	Richard	40	21:06	56	Jameson	Anthony	18	25:16	89	Dyer	Eva	0	44:18
26	Palka	Paula	31	21:12*	57	Coombs	Martha	33	26:33*	90	Barthdette	Katie	11	44:21*
27	Spring	Ellen	39	21:13*	58	Hills	Lorna	46	27:03*	91	Spring	Fern	75	44:22*
28	Rossignol	Jarod	15	21:21	59	Moody	Tobey	16	27:39	92	Prescott	Dorothy	0	48:56*
29	Delehanty	John	11	21:39	60	Cole	Micki	15	27:40*	93	Mazzeo	Emma	0	48:56*
30	Dunlap	Louisa	51	21:46*	61	Nolan	James	49	27:39	94	Smith	Jennifer	6	48:56*
31	Taylor	Larry	46	22:15	62	McNeilly	Alvin	11	27:52	95	Stone	Mary	58	48:57*
32	Mazurek	Cameron	2	22:15	63	McNeilly	Katie	13	27:54*	96	Taylor	Linda	32	51:56*
					64	McNeilly	Alvin	43	29:03					



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Georgia Pacific 5K - Woodland - May 16th

results courtesy Sunrise County Road Runners							
1	Aretakis Jon	16:52	Youngs Cove	24	Hamilton Joanna	23:59	Woodland
2	Rogers Clif	17:13	Ellsworth	25	Parker Josh	24:05	Princeton
3	McFadden Halbert	18:44	West Lubec	26	Parker Joel	24:49	Princeton
4	Murphy Chuck	18:49	Princeton	27	Churchill John	25:10	Robbinston Ridge
5	McDonald Steve	18:58	Houlton	28	Huwa Jessica	28:00	Woodland
6	Ganiel Gladys	19:04	Harrington	29	Howard Lisa	28:21	Woodland
7	Lamoureux Rick	19:13	Columbia Falls	30	Sepik Emily	30:57	Woodland
8	Leighton Johnnie	19:19	South Princeton	31	Cox Gerry	31:30	Woodland
9	St Pierre Phil	19:20	Woodland	32	Harris Doug	32:02	Woodland
10	Kneeland Bronson	19:24	Princeton	33	Kneeland Ashlee	32:03	Princeton
11	Stuart Phil	19:36	Machias	34	Kneeland Lisa	32:30	Woodland
12	Ayers Wayne	19:40	Crawford Center	35	Kneeland Tyson	32:30	Woodland
13	Abrams Bobby	19:46	Wells NY	36	Kneeland Debra	32:33	Woodland
14	Carle Ernest	19:52	Princeton	37	Sowers Mark	34:31	Woodland
15	Lamoureux Spud	19:56	Columbia Falls	38	Emery Lori	35:14	Looks Point
16	Buehner Morgan	19:56	Crows Neck	39	Parker Dickie	35:14	Princeton
17	Case Billy	19:59	Spruce Point	40	Carter Cathy	35:16	Bog Lake
18	Carter Mike	20:20	Bog Lake	41	Huwa Kristina	41:58	Woodland
19	Howard Derek	21:04	Woodland	42	Day Matt	42:53	Woodland
20	Cannizaro Anne	21:05	Calais	43	McIver Kelly	43:38	Woodland
21	Bonstein Ryan	21:28	Grand Lake Stram	44	Gallant John	43:40	Woodland
22	Beal Scottie	21:45	Woodland	45	Day Amy	49:05	Woodland
23	Brennan Tom	23:40	Robbinston	46	Crosby Beth	49:53	Woodland

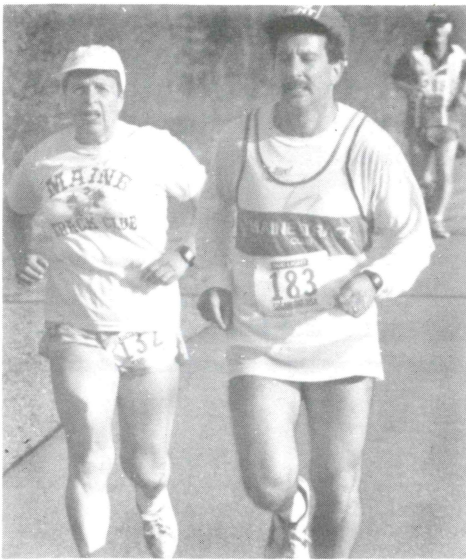
Hospital Week - 3 Miles - York - May 16th

results courtesy of York Recreation Dept								
1	Winn Bob	33	13:59	Ogunquit	55	Smith Joel	10 22:15	Cape Neddick
2	Noel Joe	35	15:04	South Berwick	56	Knowles Davis	13 22:23	York Beach
3	Wanamaker Bob	33	15:13	South Berwick	57	Knowles Dana	10 22:27*	York Beach
4	Hill David	33	15:30	Newmarket NH	58	Breault Anne	25 22:32*	Springvale
5	Noyes Lawson	50	16:28	Kennebunk	59	Breault David	47 22:32	Springvale
6	Gierie Robert		16:30	Springvale	60	Knight Karen	31 22:39*	Rye NH
7	Dubois John	31	16:42	Portsmouth NH	61	McDonald Peter	42 22:41	Canterbury NH
8	Bartlett Randy	36	16:50	Eliot	62	Grutchfield Doug	53 22:47	Fitchburg MA
9	Erickson Victoria	29	17:04*	Portsmouth	63	Darr David	45 22:51	Cape Neddick
10	Hayes Joe	43	17:14	York	64	Martin David	39 22:52	Newmarket NH
11	Carrier Robert	47	17:21	Durham NH	65	Brillon Dan	10 22:56	Cape Neddick
12	Keaze Dale	31	17:31	Dover NH	66	Bryer Anne	41 23:03*	Kittery
13	Lane Michael	33	17:43	Kittery	67	Burris Beth	32 23:16*	Lee NH
14	Snow-Reaser Christine	26	17:46*	OOB	68	Jones Charles	34 23:17	Eliot
15	Pullax Charlie	32	18:17	North Berwick	69	Caverly Beverly	25 23:23*	Somersworth NH
16	St Hilaire Dennis	47	18:22	Rollinstord NH	70	Goodwin Cheryl	25 23:36*	Portsmouth
17	Maynard Martin	35	18:34	Fitchburg MA	71	Lachance Bonnie	31 23:41*	Rochester NH
18	Burris Steve	43	18:36	Lee NH	72	Hillman Stephen	31 23:42	Dover NH
19	Rohr Gary	41	18:41	Stratham NH	73	Hedges-Olsen Maureen	37 23:51*	Portsmouth
20	Dufour Charles	48	18:59	Durham NH	74	Cooper Cecil	44 23:52	Sanbornville NH
21	Henson Elizabeth	13	19:03*	Portsmouth	75	Woodbury Celeste	24 23:53*	Durham NH
22	Masi Michael	11	19:06	York	76	St Hilaire Shannon	12 23:53*	Rollinsford NH
23	Fernald Richard	48	19:17	York	77	Thaler Jesse	11 23:56	York
24	Dunfey Robert	40	19:21	York	78	Estes Alicia	13 23:57*	Kittery
25	McShane Tom	30	19:25	Dover NH	79	Kubera Jeannette	28 23:59*	Portsmouth
26	Nye James	46	19:32	Dover	80	Bowen Robert	34 24:05	Gonic NH
27	Goss Gary	46	19:39	York	81	Burkhard Jade	12 24:31*	Rollinsford NH
28	Barrows Everett	47	19:42	Somersworth NH	82	Pelletier Ryan	6 24:33	York
29	Foster Adam	13	19:51	Eliot	83	Pelletier Steve	6 24:38	York
30	Scontras Peter	63	20:08	Kittery	84	Creteau Frank	53 24:47	Hampton
31	Liberty Evan	9	20:17	Rochester NH	85	Keyes George	50 24:50	North Berwick
32	Clark Alison	38	20:20	York	86	Packard Wayne	47 24:59	East Lebanon
33	Dubois Laurie	28	20:32*	Portsmouth	87	Thomas Chris	9 25:29	York
34	Beaman Bill	43	20:36	York	88	Masi Eric	9 25:30	York
35	Liberty Debra	37	20:37*	Rochester NH	89	Mahaffey James	32 25:53	Dover NH
36	Butdorf William	32	20:38	Teuesta FL	90	Gurtman Carl	49 26:07	York
37	Foster Jerry	39	20:44	Eliot	91	Curley Bob	39 26:29	York Beach
38	Graziano Mark	41	20:55	York	92	Henson Michael	16 26:41	Portsmouth
39	Mendell Carlton	70	21:11	Portland	93	Melanson Angela	12 26:42*	South Berwick
40	Foley Bob	44	21:17	Fitchburg MA	94	McAbee Sarah	11 26:42*	York
41	Masi Joseph	13	21:19	York	95	McAbee Ed	47 26:43	York
42	Flynn James	44	21:23	Portsmouth	96	Melanson Earl	42 26:44	South Berwick
43	Masi Bob	37	21:25	York	97	Thaler Aaron	9 26:46	York
44	Martel Dan	13	21:26	Wells	98	Thaler Freda	41 26:47	York
45	Martin Tom	42	21:40	Spring Valley OH	99	Daigle Donna	38 26:48*	Rochester NH
46	Donahue Paul	13	21:41	Durham	100	Beedy Kim	42 26:48	Rochester NH
47	Locklin Jason	13	21:42	North Berwick	101	Cole Patti	34 26:51*	Dover NH
48	Lane Rebecca	26	21:50*	Kittery Point	102	Knox Lara	8 26:56*	York
49	Maynard Michelle	31	21:52*	Pitchburg MA	103	Knox Jud	42 26:57	York
50	Henson Elizabeth	13	21:56*	Portsmouth NH	104	Browning Linda	39 27:06*	Kittery
51	Losier Martin	69	22:06	York	105	Medimaneck Jerry	51 27:15	Portsmouth
52	Couture Joanne	30	22:11*	Somersworth NH	106	Doremus Ann	12 27:26*	South Berwick
53	Ziraks Wendi	32	22:14*	Dover NH	107	Doremus Mark	36 27:27	South Berwick
54	Estes David	11	22:14	Kittery	108	Shaw Robin	50 28:46*	Portsmouth

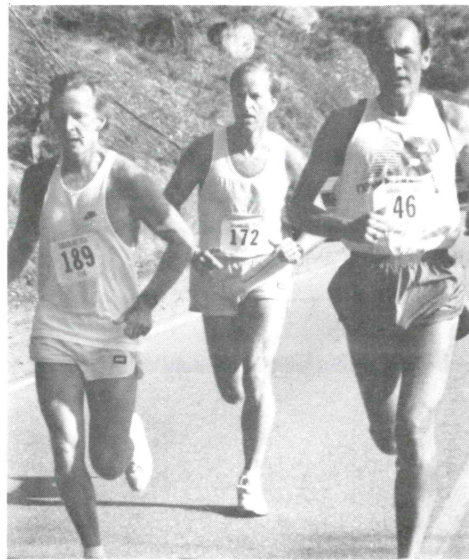
Sugarloaf 15K - Kingfield - May 17

This race becomes more popular every year - and for good reason. This is a well run race in an idyllic setting, and best of all it is a "boost your ego" course. Most of the course is a gradual downhill. Peter Lessard's fine performance was a surprise since he is still recovering from last year's foot injury. Three of the first 4 masters finishers were age 53. Results Sugarloaf USA

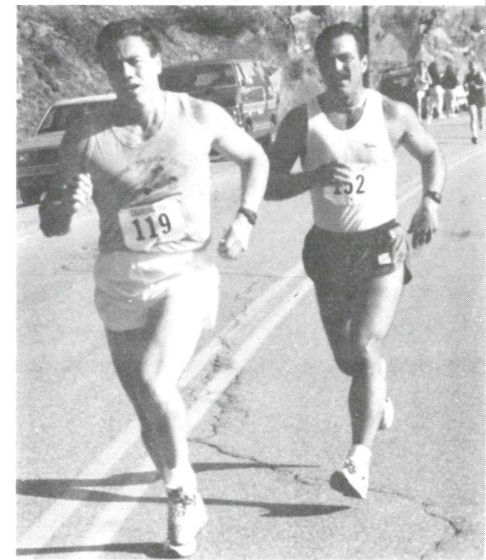
1	LESSARD	PETER	0	49:30	OAKLAND	88	JOHNSON	LORI L.	33	1:08:33*	PORTLAND
2	GAIGE	MICHAEL	39	52:23	BANGOR	89	CARON	TOM	42	1:08:35	CAPE ELIZABETH
3	HOISINGTON	RICHARD	37	52:50	WEST FARMINGTON	90	KAY	MIKE E.	42	1:08:55	SKOWHEGAN
4	KEENAN	SHAUN	30	53:18	JEFFERSON	91	HOLMAN	ANDREW	26	1:09:09	LEWISTON
5	JOHNSTON	RONALD E.	39	55:10	SACO	92	BERGERON	JAMES	31	1:09:13	BIDDEFORD
6	MCCREA	BRIAN L.	32	55:24	FREEPORT	93	MEEHAN	CAROLINE A	24	1:09:13*	POWNAL
7	REILLY	ALAN	38	55:34	NEW HARBOR	94	LUDEWIG	DOUGLAS C.	52	1:09:17	MONMOUTH
8	BROSNAN	MICHAEL A.	37	55:52	UNION	95	BOISVERT	JAMES F.	35	1:09:20	OLD ORCHARD BEACH
9	CROSSMAN	DAVID	35	56:09	LAC-MEGANTIC	96	MILLS	JEFFREY	45	1:09:24	SKOWHEGAN
10	DEANS	LARRY	0	56:17	WATERVILLE	97	HAGGETT	CRAIG	37	1:09:26	WISCASSETT
11	ERSKINE	ROB H.	21	56:34	DIXMONT	98	DAYS	CAROL-ANN	28	1:09:28*	FARIHAVEN
12	MACDONALD	KENT	37	57:22	SO PORTLAND	99	DUFFY	NANCY	39	1:09:30*	WISCASSETT
13	PAYNE, SR.	BOB A.	53	57:43	RAYMOND	100	DWYER	DANIEL J.	39	1:09:42	EAST WINTHROP
14	GREGOIRE	CLAUDE	30	58:02	LAC MEGANTIC	101	CAMPBELL	DICK	41	1:09:55	SOUTH PORTLAND
15	SPENCER	RANDY	30	58:06	AUGUSTA	102	CONRAD	JOSEPH P.	42	1:10:00	DRYDEN
16	HIBBEN	EDWARD	33	58:30	CAMBRIDGE	103	HOLMQUIST	SHELLY	27	1:10:03*	GRAY
17	SMITH	RICHARD	34	58:44	FARMINGTON	104	PELTON	RONALD	38	1:10:16	YARMOUTH
18	ROY	GAETAN X.	38	58:50	ST. PROSPER BCE	105	FINKELS	GEOF	36	1:10:27	NEW SHARON
19	REALI	MICHAEL S.	38	59:16	CAPE ELIZABETH	106	RINES	DALE S.	39	1:10:29	GORHAM
20	BUTLER	ALBURN	38	59:17	PORTLAND	107	HURVITT	MARK	33	1:10:35	KINGFIELD
21	COOLIDGE	CLYDE R.	53	59:25	SOMERSWORTH	108	DEHART	JOHN	51	1:10:45	FALMOUTH
22	CLARK	TERRY	47	59:29	WINDHAM	109	COUGHLIN	DANIEL	31	1:10:46	OAKLAND
23	COUGHLIN	BOB	53	59:32	SCARBORO	110	LANIGRA	BOB M.	49	1:10:50	SOUTH PORTLAND
24	DUDDY	TERRY	40	59:38	FALMOUTH	111	COOK	BYRON	45	1:10:51	LIVERMORE
25	JAMES	JOHN	39	59:53	AUGUSTA	112	SMITH	DELINDA	0	1:10:57*	KINGFIELD
26	REID	TIMOTHY M.	38	1:00:01	CARMEI	113	SMITH	PETER	0	1:10:57	KINGFIELD
27	NICHOLS	CHARLES	43	1:00:05	FREEPORT	114	BARBER	BETTY A.	35	1:11:17*	LIMERICK
28	MERRILL	SAM	41	1:00:17	PORTLAND	115	SALSBURY	KAREN	23	1:11:23*	OLD TOWN
29	PARLIN	GREG	39	1:00:25	NEW VINEYARD	116	SOUZA	MICHAEL	34	1:11:26	SACO
30	SIMONEAU	MIKE R.	44	1:00:41	JAY	117	MENDONCA	MICHAEL	35	1:11:27	CARIBOU
31	GILLESPIE	ROBERT	53	1:01:10	BENTON	118	SPRING	ELLEN R.	39	1:11:48*	THOMASTON
32	HILTON	CHRISTOPHE	38	1:01:14	SKOWHEGAN	119	GOODENOW	CLINT A.	53	1:11:51	FREEPORT
33	PAVLISKO	BILL J.	42	1:01:27	GRAY	120	AVERY	DAVID E.	41	1:12:34	STRONG
34	LAGASSE	ALBERT G.	45	1:01:36	NORTH ANSON	121	WITHERSPOON	JOHN	35	1:13:00	KINFIELD
35	SANBORN	DONALD E.	47	1:01:41	THOMASTON	122	RITZO	JOHN	0	1:13:00	KINGFIELD
36	TAYLOR	LARRY	0	1:01:47	THOMASTON	123	ATCHISON	TOM	43	1:13:21	GORHAM
37	SCHIFF	MARTIN L.	53	1:02:02	NEW FAIRFIELD	124	ENORY	DENNY	43	1:13:38	WILSON
38	CUMMINGS	TIM L.	41	1:02:21	FARMINGTON	125	ANDERSON	WYATT L.	34	1:13:43	ROCKLAND
39	ANDRUS	DON	44	1:02:26	ROCKLAND	126	BOUDREAULT	JESSICA	22	1:13:47*	BETHEL
40	VERONNEAU	EDMOND	48	1:02:41	COATICOOK	127	BREWER	DON I.	37	1:14:33	WISCASSETT
41	LIMING	GEORGE L.	40	1:02:45	PORTLAND	128	MCDONALD	HEIDE A.	29	1:14:51*	SCARBOROUGH
42	HODGES	SHEILA M.	37	1:02:51*	HAMPDEN	129	BROWN	KATHRYN K.	27	1:14:51*	NAPLES
43	ROY	GENE S.	45	1:03:04	OAKLAND	130	GAGNE	KATHLEEN J	0	1:14:54*	BIDDEFORD
44	MCDONALD	PETER R.	32	1:03:06	SCARBOROUGH	131	LORDEN	MAUREEN T.	33	1:15:01*	LEOMINSTER
45	MCCREA	RHONDA P.	27	1:03:06*	FREEPORT	132	MERRAIN	JOAN	43	1:15:19*	BUCKSPORT
46	LAFOUNTAIN	LLOYD P.	30	1:03:11	BIDDEFORD	133	COUGLIN	BARBARA W.	49	1:15:24*	SOUTH PORTLAND
47	LAVANGIE	PAUL E.	34	1:03:14	SOUTH PORTLAND	134	CHAMPAGNE	MARILYN J.	33	1:15:26*	KENNEBUNKPORT
48	ATHERTON	HOWIE	43	1:03:22	HUNTINGTON	135	DALL	PAUL	50	1:15:27	WATERVILLE
49	GRIGEL	ANDY J.	32	1:03:39	JACUSON	136	KOLAKOWSKI	SUSAN	34	1:15:34*	KINGFIELD
50	RYAN	GEORGE	41	1:03:45	CONWAY	137	GREENER	RICHARD	43	1:15:35	BRUNSWICK
51	BRIGHT	JIM R.	42	1:03:46	NORTHEAST HARBOR	138	BRENNAN	ERIN	26	1:15:37*	PORTLAND
52	TURNER	DAVID W.	28	1:03:46	ANSON	139	DORTAN	PATRICK M.	40	1:15:39	GREENVILLE
53	DOIRON	BRYN H.	30	1:03:53*	EAST WILTON	140	RAMSDELL	CATHY L.	36	1:15:40*	BANGOR
54	MCCARTHY	BOB	29	1:03:55	FREEPORT	141	GLOVER	CHARLES E.	54	1:15:40	KENNEBUNK
55	ELLIS	JAMES	42	1:03:59	DOVER-FOXCROFT	142	WHITON	CRAIG A.	41	1:15:41	PORTLAND
56	SPURRIER	ROBERT D.	44	1:04:05	EXETER	143	MCCOURT	CATHERINE	28	1:16:16*	SOUTH PORTLAND
57	TAPLEY	ROBERT M.	38	1:04:12	BLUE HILL FALLS	144	ROSSMAN	DENNIS	45	1:17:03	BOSTON
58	CROVO	CHRIS	33	1:04:20	LEWISTON	145	WHITTEN	ROBERT P.	58	1:18:59	SALEM
59	HAZELTON	SID	31	1:04:20	EAST LIVERMORE	146	WOOD	MARGOT	23	1:19:33*	KINGFIELD
60	PRICE	NATHANIEL	20	1:04:31	LEWISTON	147	CAREY	NANCY	0	1:19:40*	KINGFIELD
61	DWYER	LARRY A.	42	1:04:33	KINGFIELD	148	SOUZA	SUZANNE	34	1:19:48*	SACO
62	JACKSON	COLEEN	31	1:04:59*	WEST FARMINGTON	149	FESSLER	GARY W.	47	1:19:49	BANGOR
63	ANDRUS	SARAH L.	37	1:05:03*	ROCKLAND	150	GARNIER	JANET	46	1:20:56*	SANDWICH
64	ROLFE	CHRISTOPHE	29	1:05:07	FALMOUTH	151	BROWN	ELIZABETH	23	1:21:55*	CLINTON
65	SPENCER	RONALD	33	1:05:14	CENTRAL SQUARE	152	WALLEN	ANNE A.	38	1:22:23*	EAST GREENWICH
66	WEBSTER	ERIC F.	25	1:05:39	KINGFIELD	153	MORRIS	JOHN	44	1:22:32	BATH
67	ROSSIGNOL	LEE D.	37	1:05:39	JAY	154	EMMONS	SUSAN C.	38	1:23:23*	ATLANTA
68	KELLY	BRIAN J.	49	1:05:40	OSTERVILLE	155	NEWTON	WARREN K.	24	1:23:56	AUGUSTA
69	BEDARD	MADELEINE	34	1:05:41*	BERLIN	156	GAIGE	BETH	32	1:24:53*	BANGOR
70	ALEX	MARK	32	1:06:02	WEST ROCKPORT	157	ALLEN	COLLEEN R.	31	1:24:58*	CRANBERRY ISLES
71	SEEKINS	DARRELL L.	37	1:06:06	SEARSPORT	158	CARR	MAUREEN	27	1:25:43*	BANGOR
72	CUSICK	JENNIFER K	27	1:06:15*	LITTLETON	159	FRIEDRICH	ROBERT T.	38	1:26:23	GORHAM
73	REILLY	CARL E.	39	1:06:17	PEMAQUID	160	ROSSMAN	MICHELLE	47	1:26:28*	BOSTON
74	MCREA	CAROL S.	37	1:06:24*	WASHINGTON	161	MCCALMON	BILL	50	1:26:31	FALMOUTH
75	BROGIUS	BOB	39	1:06:31	WAYNE	162	CHAPLIN	STODDARD	52	1:27:11	BIDDEFORD
76	MCEWAN	VINCENT	43	1:06:34	LANCASTER	163	MCFARLAND	PAUL O.	48	1:27:11	LINCOLNVILLE
77	GOBEIL	ROGER	46	1:06:45	SACO	164	FINEBERG	MELVIN A.	56	1:27:27	PORTLAND
78	ALPHAND	LIONEL	0	1:06:46	CARRABASSETT VALLEY	165	GRASSI	JUDY E.	33	1:29:10*	PORTLAND
79	DRINKWATER	STANLEY R.	51	1:07:24	BELFAST	166	LANE	MATTHEW R.	31	1:30:06	STRONG
80	NASSE	HARRY F.	58	1:07:25	STARKS	167	SAWYER	JULIE J.	37	1:30:56*	WILTON
81	MATLOCK	ROSS	26	1:07:26	KINGFIELD	168	UTTERSTRON	SANDY L.	48	1:31:42*	WEST FALMOUTH
82	VICKERS	KEVIN H.	0	1:07:34	CARMEI	169	ROBISON	PETER J.	36	1:31:54	KINGFIELD
83	BRADLEY	RUSSELL V.	68	1:08:03	CAPE ELIZABETH	170	WEBSTER	ANGELA K.	28	1:35:02*	KINGFIELD
84	DAVIS	COLAN G.	37	1:08:07	EAST HOLDEN	171	HERBST	DIXIE A.	35	1:35:02*	HOLDEN
85	DEAN	BOB	55	1:08:10	ROCKPORT	172	TURNER	JILL	44	1:41:25*	ALPHARETTA
86	MOSSSELIN	CONRAD	49	1:08:21	WOBBURN	173	TANINO	KEN	70	1:41:28	OTTAWA
87	GLASS	MARC	26	1:08:26	FARMINGTON	174	MCCALL	MAMIE	50	1:41:32*	SARATOGA SPRINGS



National class age group runner Jean Thomas & Gerald Sulvo of Leominster MA



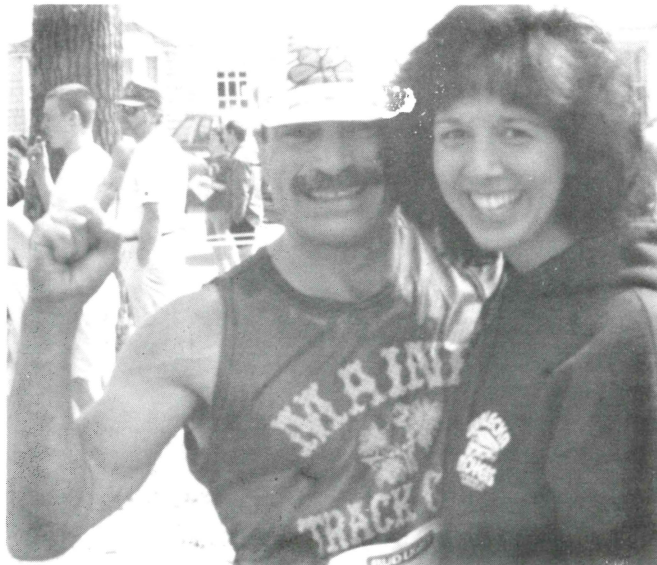
l-r: Freeport's Charles Nichols, Portland's Sam Merrill & Terry Duddy of Falmouth



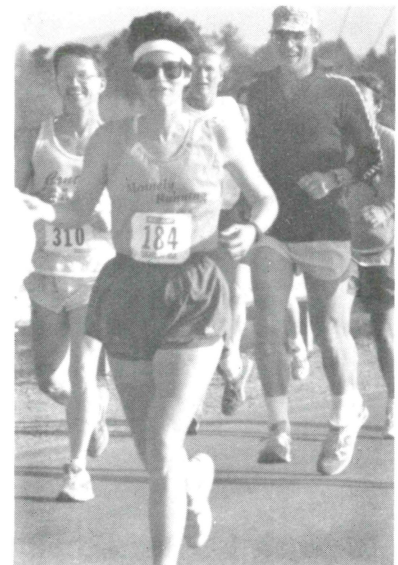
Mike Reali of Cape Elizabeth leads Al Butler of Portland's "Hair Affair"



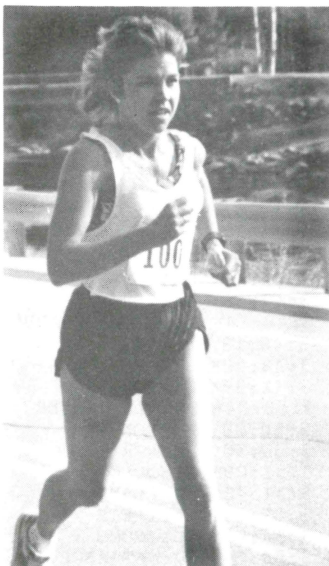
Nancy Lagin preparing for the Marathon start



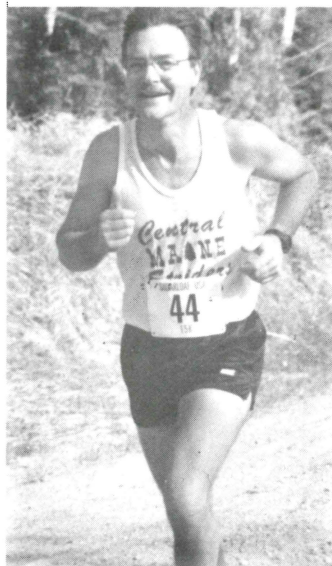
Marathon winner Paul Merrill & fiancée Carol-Ann Days showed their happiness



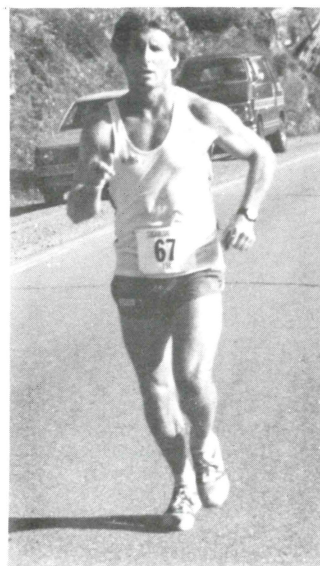
Diana Laskey savors the marathon's early miles



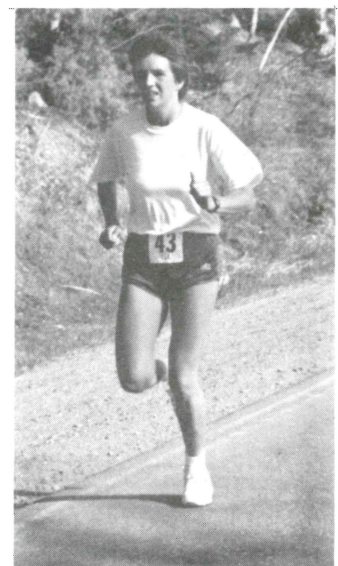
Bryn Doiron



Bob Brosius



Ron Johnston



Jennifer Cusick

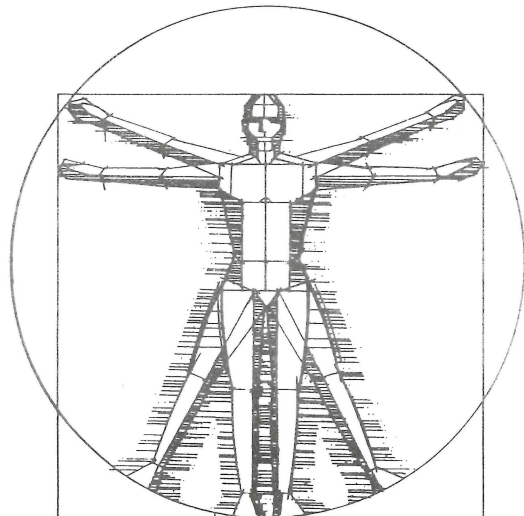
Bud Light Marathon - 26.2 miles - Kingfield - May 17

It was a little cool in the shade of the large pines at the starting line but temperatures quickly rose on the course. The "slightly warm" temperatures weren't as bothersome as the strong head winds which seemed to affect everyone. Winner Paul Merrill had a real incentive to perform well at this race as his bride-to-be, Carol Ann Days ran the 15k and was waiting for him at the finish line. Paul and Carol won the Bud Light cup team award. Carlton Mendell, age 70, continues to do the unbelievable. After a difficult marathon at Boston he ran the Ottawa marathon just the week before the Bud Light. He should have been resting or at least, made this a training run. But not Carlton - he ran a 3:37. Giles Norton, who has been running well all spring, said that this was his worst race ever (and he looked it), but he was able to gut it out and finish second.

TAC certified ME-89004-GN
results courtesy Shelly Blood

1	MERRILL	PAUL	37	2:35:45	PORTLAND	73	RAU	JANE	42	3:25:19*	HALLOWELL
2	NORTON	GILES	36	2:39:56	ORONO	74	STEVENS	RICHARD	0	3:25:58	
3	MENARD	RICHARD	41	2:41:33	STE-FOY	75	MOORE	RANDY	38	3:26:38	GORHAM
4	REED	STEPHEN	44	2:47:24	WISCASSET	76	DAVIS	SCOTT	42	3:26:42	BUCKFIELD
5	ALLEN	GARY	35	2:47:55	CRANBERRY ISLES	77	AUSTIN	HADLEY W.	33	3:26:51	WISCASSET
6	WESTPHAL	MICHAEL	0	2:48:41	CRANBERRY ISLES	78	HAGERTY	PAULA	42	3:26:53*	ABINGTON
7	SOULE	STAFFORD	39	2:50:03	SO FREEPORT	79	HUTCHINGS	ROBERT	36	3:27:19	BANGOR
8	KAISER, JR	JOSEPH	35	2:52:16	HOPKINTON	80	STAPLETON	FRANK	45	3:27:38	FREDERICTON
9	GAGNON	JOHN	25	2:53:14	LEWISTON	81	SEAMANS	JONATHAN	30	3:27:38	LISBON FALLS
10	GUILLOT	GERVAIS	36	2:53:21	BEAUPORT	82	RICKARD	DAVID	21	3:28:43	MIDDLEBURY
11	PELLETIER	CLEMENT	50	2:53:41	RIMOUSKI	83	LIGIN	NANCY	42	3:28:50*	STARKS
12	HERTFORD	STEVEN	31	2:55:12	KENNEBUNK	84	DAVIS	BRADFORD	37	3:28:51	PORTLAND
13	RING	GARY	42	2:56:52	LEICESTER	85	MORANEAU	RONAIM	0	3:29:27	QUEBEC
14	FLEWELLING	WAYNE	37	2:57:55	PITTSFORD	86	HWALEK	JOHN	37	3:29:33	BANGOR
15	ROYAL	KENNETH	41	2:58:29	NEW MILFORD	87	SCOTT	MIKE	36	3:29:39	STERLING
16	SCHLEMMER	ALAN	31	2:58:37	SOMERWORTH	88	JEROME	SCOTT	22	3:29:49	BETHEL
17	MCNAUGHT	BOB	43	2:59:23	BOSTON	89	DUNLAP	BEN	20	3:29:50	LEWISTON
18	CHALMERS	RICK	30	3:00:03	ORONO	90	ARSENAULT	REAL	44	3:30:01	POINTE-AU-PERE
19	FERGUSON	DARRYL	45	3:00:14	BROADALBIN	91	TREMBLAY	RICHARD	38	3:30:02	RIMOUSKI
20	BOURGAIN	BRYANT	41	3:00:21	WINSLOW	92	FONE	SCOTT	32	3:30:17	BATH
21	LECHTENFELD	OLAF	32	3:00:36	PRINCETON	93	BARD	JEFFREY	35	3:30:18	ROWLEY
22	CLEMENCE	THOMAS	0	3:00:46	FALMOUTH	94	DOYLE	GERARD	40	3:30:44	HAWORTH
23	EDWARDS	JOHN	38	3:01:42	SCARBOROUGH	95	WASHBURN JR	MALCOLM	38	3:31:06	PORTLAND
24	COHEN	RICHARD	43	3:02:38	NEW CASTLE	96	LUHMANN	MARTIN	50	3:31:51	ROCHESTER
25	ZELTEN	PETE	28	3:02:47	MALDEN	97	BARKER	LARRY	43	3:32:02	SO PORTLAND
26	TORREY	DAVID	45	3:03:20	VEAZIE	98	MENDONCA	CONNIE	41	3:32:07*	CARIBOU
27	LAMBERT	PAUL	43	3:04:18	LEOMINSTER	99	STRINGER	PETER	50	3:32:15	OSTERVILLE
28	STRICKLAND	JAMES	43	3:04:19	NO. BERWICK	100	SVED	BILL	44	3:32:41	MARQUETTE
29	POIRIER	BOB	37	3:06:27	MECHANIC FALLS	101	MCKENDY	MICHAEL	38	3:32:51	FREDERICTON
30	ORNI	PETER	49	3:08:14	FITCHBURG	102	HOOPER	KENNETH	42	3:33:20	BELFAST
31	CARON	CARROLL	34	3:08:24	OAKLAND	103	BOUOTTE	RAYMOND	46	3:34:07	FITCHBURG
32	GUY	JEAN	54	3:08:25	LEVIS	104	DOW	ROBERT	47	3:34:28	LINCOLN
33	REIN	DAVID	43	3:08:28	BEVERLY	105	GAGNON	SUZANNE	31	3:34:53*	ST-GERVAIS
34	MEEHAN	JOE	45	3:08:52	BEARDNER	106	DENNINGER	MICHAEL	45	3:36:33	FRANKLIN
35	LETOURNEAU	CLAUDE	45	3:09:31	BEAUPORT	107	D'ENTREMONT	DAN	41	3:37:10	LYMAN
36	JORDAN	ROBERT	32	3:10:37	ELLSWORTH	108	LABBE	CARL	33	3:37:38	SO PORTLAND
37	YATES	PETER	40	3:10:44	SOUTH HERO	109	BENNETT	JOE	34	3:37:42	BANGOR
38	LORDEN	MARK	35	3:10:52	LEOMINSTER	110	MERCIER	MANON	33	3:37:45*	CHARLESBOURG
39	BUTT	EDWARD	41	3:11:32	BROOKFIELD	111	MENDELL	CARLTON	70	3:37:59	PORTLAND
40	KINNER	LARRY	42	3:11:37	OOB	112	BOUCHARD	RENALD	46	3:38:02	BEAUPORT
41	PIERCE	PHILIP	50	3:12:32	FALMOUTH FORESIDE	113	HARRISON	ROBERT	33	3:38:18	FREDERICTON
42	RUSSELL	HEIDI	30	3:12:42*	HINGHAM	114	WORCESTER	FELICE	39	3:38:26*	SOUTHWEST HARBOR
43	MEEHAN	MARY	26	3:12:48*	NORTH YARMOUTH	115	WILSON	DAVID	48	3:38:39	STOCKTON SPRINGS
44	WIELAND	KENNETH	41	3:12:51	NEW HARTFORD	116	KENNEDY	KIMBERLY	22	3:39:20*	WATERVILLE
45	SCOTT	STEPHEN	45	3:13:08	FREDERICTON	117	LAMB	ROBERT	57	3:40:08	GLENFIELD
46	MILLS	MARK	37	3:13:11	ALTON BAY	118	BAUERSFELD	KEVIN	25	3:40:29	PORTLAND
47	GOULET	ROGER	50	3:14:11	ST-JEAN CHRYSOSTOME	119	BERNARD	SERGE	44	3:40:43	RIMOUSKI
48	MATTISON	KEITH	35	3:14:35	S ATTLEBORO	120	BRANTNER	KARL	37	3:41:21	LISBON
49	DECKER	SCOTT	34	3:14:38	WINCHESTER	121	TOLFORD	KATHRYN	0	3:42:34*	FALMOUTH
50	HARTNETT	DICK	46	3:15:15	DROMCTO	122	NADEAU	PATRICE	39	3:43:28	RIMOUSKI
51	TROTT	WALTER	33	3:15:41	RICHMOND	123	FRIEDRICH	STEVEN	32	3:43:39	BROOKLINE
52	SARGENT	BARRY	47	3:15:43	W. BUXTON	124	CORSETTI	ROCCO	44	3:44:23	WESTBROOK
53	PEPE	STEVE	35	3:15:46	BEDFORD	125	FEDION	RICHARD	58	3:44:37	DANVERS
54	CHENEY	PETER	47	3:16:15	YARMOUTH	126	DUNLAP	LOUISA	51	3:44:53*	BELFAST
55	BRANDON	THOMAS	34	3:16:38	DEDHAM	127	CAPLETTE	JACQUES	45	3:45:24	ANJOU
56	FECOWICZ	RICK	37	3:16:42	FREEPORT	128	DAVENNY	BILL	47	3:45:33	PORTLAND
57	RICHMOND	GARY	39	3:16:49	NEWBURYPORT	129	STEFANOWSKI	JROBERT	29	3:45:36	DRYDEN
58	SILK	DAVID	34	3:17:06	PORTLAND	130	SALVO	GERARD	37	3:45:42	PORTLAND
59	MCDERMOTT	PAUL	57	3:17:20	FITCHBURG	131	DAIGLE	PETER	44	3:47:58	BANGOR
60	GARIEPY	DEBORAH	28	3:17:25*	SO. ATTLEBORO	132	VENDRELL	VICKY	42	3:48:14*	SOUTHWEST HARBOR
61	FARONE	FRANK	32	3:18:27	CHARLESTON	133	FITZSIMONS	DANIEL	36	3:48:18	TURNER
62	ROY	JEAN	43	3:18:49	STE-FOY	134	BOUCHARD	SOPHIE	25	3:48:32*	STE-FOY
63	MARCHETTI	JO	49	3:18:57*	NEWINGTON	135	RUNSTEIN	KAREN	31	3:48:39*	CANTON
64	PAE	DANIEL	30	3:19:33	CHARLESBOURG	136	PIERCE	CAROL	45	3:50:24*	HOLLIS CENTER
65	MCINTYRE	TERRY	39	3:19:35	FREDERICTON	137	CROWLEY	TIMOTHY	35	3:50:38	BOSTON
66	CONNER	BILL	40	3:19:37	GREENSBORO	138	LUFKIN	STEVE	29	3:50:50	BREWER
67	EVERETT	WILLIAM	40	3:19:39	ESSEX JUNCTION	139	GAGNE	CLAIRE	32	3:51:09*	RIMOUSKI
68	LEWEY	NEWELL	33	3:20:18	VEAZIE	140	ERSKINE	REGINA	27	3:51:42*	PORTLAND
69	HARRISON	DAVID	26	3:20:28	FREDERICTON	141	FORGUES	JEAN-LOUIS	52	3:52:49	JOLIETTE
70	DUBOIS	ROLAND	49	3:20:59	ANCIENE LORETTE	142	RUSSELL	AMANDA	33	3:54:02*	EDGEComb
71	PINKHAM	BILL	49	3:23:06	LAMOINE	143	EVERETT	STEPHEN	39	3:54:24	E. WATERBORO
72	RAPPOCCIO	PETER	40	3:23:19	RIDGEFIELD	144	MORGAN	IKE	35	3:55:05	EXETER
73	AUSTIN	DENNIS	40	3:25:09	ATTLEBORO	145	LASKEY	DIANA	31	3:55:24*	BRUNSWICK
						146	HOLTAN	REX	40	3:56:22	PORTLAND
						147	FOSTER	SUSAN	33	3:56:35*	BAR HARBOR

148	GOLBITZ	PETER	37	3:56:51	BAR HARBOR
149	DYER	LAUREN	33	3:57:02*	BRAINTREE
150	MCGINNIS	JOSEPH	34	3:58:15	KING OF PRUSSIA
151	RICHARD	SERGE	46	3:58:15	STE-FOY
152	GIGLIA	MICHAEL	33	3:58:32	DAMARISCOTTA
153	AUSTIN	DAVID	37	4:00:24	EASTPORT
154	CORSANO	JOANNE	38	4:01:03*	SO YARMOUTH
155	SHUTTLEWORTH	WILLIAM	44	4:02:38	PORTLAND
156	MURRAY	PATTY	36	4:03:26*	NEW SHARON
157	BERG	RACHEL	30	4:03:34*	BELFAST
158	ROWLAND	HARRY	53	4:03:48	PHILADELPHIA
159	VERRILL	SCOTT	47	4:03:52	CHINA
160	TREMBERTH	JOAN	47	4:04:54*	SCARBOROUGH
161	EMMONS	PETER	37	4:04:56	ATLANTA
162	LAGOMASINO	ADOLFO	41	4:04:57	OCEAN
163	MEINKING	RICK	31	4:05:07	PORTLAND
164	PROFENNO	DANIEL	32	4:06:32	PORTLAND
165	LYNCH	KIM	32	4:06:34*	WISCASSET
166	ASSANTE	STEPHEN	40	4:07:47	SEBAGO LAKE
167	KELLY	PATRICK	51	4:08:35	CAPE ELIZABETH
168	LETTENBERGER	JEFF	34	4:10:10	OAKLAND
169	THOMAS	JEAN	56	4:10:25*	PORTLAND
170	MENT	LAURA	43	4:12:46*	NEW HAVEN
171	LANGEVIN	JEAN	43	4:16:08	STE-FOY
172	DUDDY	KATHLEEN	40	4:21:53*	FALMOUTH
173	KELLY	MARK	33	4:22:22	YORK BEACH
174	CLARK	LEONARD	34	4:22:38	WEST NEWTON
175	KELLY	MICHAEL	47	4:24:42	LOUVILLE
176	MALLER	ISABELLE	38	4:27:11*	BAR HARBOR
177	GALVIN	JAMES	37	4:28:47	TEWKSBURY
178	JARNAGIN	KEVIN	35	4:28:48	TEWKSBURY
179	BODY	DAVID	54	4:31:38	PORTLAND
180	BENN	DAVID	46	4:32:20	WATERVILLE
181	FOWLES	BRUCE	52	4:32:44	MORRILL
182	FLANAGAN	RODY	40	4:32:44*	FREEDOM
183	YOUNGDAHL	KIM	55	4:41:12	SO PORTLAND
184	KLINGENBERG	CAROL	45	4:44:36*	ATLANTA
185	GLASS	ANNA	0	4:48:30*	BRUNSWICK
186	CAPLETTE	PIERRE	45	4:51:02	ANJOU
187	WANJEK	CHRISTINE	28	4:53:08*	PHILA
188	POLLIER	PHILIP	34	5:22:11	RUTLAND



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Oakhurst Dairy Milk Run - South Portland - May 24th

The rain held off until after the race. Cloudy and cool conditions made for fast times. A large group of walkers were in this years event. Joan outdistance the field with a time 1 second slower then last year. Kathy Tracy improved her time by 26 seconds while Christine Braceras was 48 seconds of her 91 mark! Lawson Noyes turned 50 in January and is rewriting the book. John Sullivan's 26:09 was impressive in winning the age 60 division as was Faye Gagnon and Sally Amory in winning their divisions.

TAC certified ME-90003-GN		91 Thibeault		Paul		183 Irish		Ormond	
1 Winn	Bob	33 19:36	92 Gordon	Bernard	37 27:34	184 Kennett	John	51 32:03	
2 Brown	Scott	33 20:41	93 DiVirgilio	James	35 27:41	185 Wing	Ellen	28 32:04*	
3 Bockus	George	25 20:59	94 McCorkle	James	37 27:42	186 Gooley	Kathleen	21 32:05*	
4 Weatherbie	David	24 21:13	95 Skerritt	Michael	36 27:47	187 McKeen	Nikki	25 32:18*	
5 Libby	David	26 21:26	96 Mitchell	Jeff	12 27:53	188 Johnson	Julie	35 32:21*	
6 Thibault	Roland	24 21:32	97 Wirth	Theodore	31 27:56	189 Anthony	Cush	52 32:24	
7 Samuelson	Joan	35 21:40*	98 Deane	Ron	35 27:59	190 Gleason	Jack	48 32:32	
8 Toulouse	Jim	43 21:55	99 Kenison	Paul	49 28:03	191 Nadeau	Gisele	37 32:32*	
9 Kinnaly	Ed	27 22:21	100 Crowley	Michael	41 28:04	192 Brechting	Alice	29 32:33*	
10 Barker	Dan	38 22:40	101 Lowery	James	47 28:06	193 Walker	Cheri	29 32:35*	
11 Gile	Kevin	34 23:10	102 Todd	David	48 28:09	194 Little	Sandra	33 32:37*	
12 Tracy	Kathy	25 23:12*	103 Cook	Joseph	42 28:13	195 Brown	Dana	17 32:40*	
13 Noyes	Lawson	50 23:18	104 Dyer	Nanette	29 28:15*	196 Andrews	Cindy	40 32:43*	
14 Thompson	Larry	38 23:23	105 DeSaulnier	Ted	45 28:17	197 Kent	Don	39 32:44	
15 McCann	Ryan	18 23:26	106 Young	George	30 28:19	198 Hewitt	Bill	34 32:45	
16 Flanders	Brian	30 23:28	107 Dehart	John	51 28:19	199 Titcomb	Patty	34 32:54*	
17 Spencer	Randy	30 23:37	108 Cavallaio	Rocco	24 28:19	200 Soloway	Marshall	27 32:57	
18 Wilson	Area	33 23:47	109 Ridlon	Bill	43 28:33	201 Morrill	Dennis	52 33:10	
19 Licht	Rick	32 23:47	110 Gelish	Marilyn	38 28:36*	202 Collar	Ken	38 33:13	
20 Spear	Bob	35 23:52	111 Hazzard	Jim	30 28:38	203 Conley	Susanne	30 33:14*	
21 Braceras	Christine	29 23:53*	112 Reno	Richard	43 28:38	204 Reinold	Jeffrey	44 33:16	
22 Devou	Bill	43 23:57	113 Mayberry	Warren	34 28:39	205 Maheux	Danny	13 33:17	
23 Wilson	Jason	25 23:59	114 Morse	Bruce	31 28:40	206 Nappi	James	44 33:19	
24 Bartlett	Randy	36 23:59	115 Nilsen	Thor	44 28:40	207 Anderson	David	49 33:21	
25 Jordan	Stewart	35 24:04	116 Messier	Donald	46 28:41	208 Hancock	Migs	41 33:24*	
26 Jurgelevich	Kirk	39 24:10	117 Ziemann	Melissa	37 28:42*	209 Pettingale	April	26 33:24*	
27 Cochrane	Gary	50 24:22	118 Bies	Stephen	39 28:44	210 Crosby	Michael	23 33:33	
28 Allen	Tom	36 24:40	119 Chandler	John	65 28:48	211 Richards	Linda	29 33:33*	
29 Morse	Ben	20 24:47	120 French	Robert	56 28:49	212 Hall	St. John	31 33:35	
30 Kiermaier	Lock	39 24:47	121 Atchison	Tom	43 28:51	213 Newton	Warren	24 33:42	
31 Cox	Jake	15 24:49	122 Cote	Eric	44 28:54	214 O'Donnell	Michael	56 33:44	
32 Coughlin	Bob	53 24:49	123 Gooch	William	24 28:58	215 Denning	Michael	46 33:47	
33 Philbrick	Carlos	39 24:50	124 Hearl	Gerald	52 28:59	216 Mickeriz	Sandy	37 33:49*	
34 Towle	Haydn	34 24:52	125 Yates	Paul	41 29:03	217 Kendall	John	41 33:51	
35 McCormack	Bob	40 24:54	126 Mickeriz	Mark	39 29:04	218 Thompson	Rita	36 33:57*	
36 Dugas	Greg	37 24:58	127 Wiley	Terry	32 29:05*	219 Brown	Sandy	45 33:58*	
37 Nadeau	Daniel	31 25:00	128 Smith	Dennis	41 29:13	220 Demers	Lori	26 34:08*	
38 Richards	Joe	48 25:01	129 Gavin	Robert	36 29:14	221 Smyth	Susan	45 34:11*	
39 Gashlin	Robert	31 25:01	130 Jewell	Richard	49 29:15	222 French	Shirley	59 34:18*	
40 Peterson	David	37 25:01	131 Hillman	Chris	39 29:15*	223 Jewell	Lorna	47 34:19*	
41 Chong	Yun	31 25:02	132 Tarbell	Becky	29 29:16*	224 Merrill	Robert	52 34:20	
42 McCann	Dennis	24 25:08	133 Nemi	Ann	37 29:24*	225 Roy	Jennifer	9 34:25*	
43 Pavlisko	Bill	42 25:09	134 Spear	Howard	42 29:25	226 Roy	Ronald	42 34:28	
44 Messier	Brad	17 25:15	135 Campbell	Dick	41 29:29	227 Kosnow	Joanathan	37 34:28	
45 Maloney	Patrick	17 25:16	136 Cavanaugh	Michael	41 29:30	228 Spreirs	Sandra	38 34:29*	
46 Smith	Philip	37 25:23	137 Therrien	Marcus	30 29:31	229 MacDougal	Dawn	14 34:30*	
47 Bastow	Peter	55 25:25	138 Kelley	Chip	30 29:36	230 Loring	Sabrina	35 34:30*	
48 Grady	Gary	43 25:28	139 Wood	Bill	39 29:37	231 Peters	Don	50 34:30	
49 MacFarland	Raymond	27 25:31	140 Nobile	Michael	40 29:39	232 Kenniston	Polly	55 34:57*	
50 Jenkins	Kathy	32 25:32*	141 Beaulieu	Vince	30 29:40	233 Amory	Sally	66 35:00*	
51 McFaule	Dick	47 25:33	142 Tran	Bi	40 29:41	234 Paterson	Sally	50 35:03*	
52 Doane	Joseph	31 25:34	143 Smith	Rodger	46 30:04	235 Gauthier	Joyce	26 35:11*	
53 Giroux	Mark	23 25:43	144 Daley	Diane	36 30:10*	236 Hemphill	Mary	25 35:19*	
54 Hutchins	Daniel	32 25:43	145 Custeau	Rene	29 30:11	237 Morin	Michelle	38 35:21*	
55 Cate	David	42 25:47	146 Gayton	Vicki	30 30:12*	238 D'Entremont	Danielle	13 35:22*	
56 Hinckley	K Scott	34 25:49	147 Labelle	Eric	28 30:14	239 D'Entremont	Daniel	41 35:23	
57 Kelly	Michael	37 26:01	148 Sirois	Joe	50 30:17	240 Vallee	Pierre	49 35:28	
58 Nevers	Eric	27 26:02	149 Call	Karol	28 30:22*	241 Matthews	Larry	48 35:29	
59 Jurgelevich	Cathy	28 26:06*	150 Larochele	Jeannine	29 30:25*	242 Guillardault	Sue	37 35:40*	
60 Burkhardt	Doug	35 26:07	151 Abrams	Donald	58 30:30	243 Edwards	Mary	43 35:50*	
61 Sullivan	John	60 26:09	152 Axelson	Chris	34 30:38	244 Messier	Eileen	44 36:09*	
62 Coolidge	Clyde	53 26:18	153 Hillman	David	40 30:40	245 Poore	Deborah	42 36:19*	
63 Chamberlain	Jamie	27 26:18	154 Oliver	James	47 30:41	246 Mooers	Carl	39 36:23	
64 Touchette	Tony	32 26:19	155 Mitchell	Andrea	17 30:42*	247 Gagne	Marianne	51 36:48*	
65 Mills	Randy	27 26:29	156 Flynn	John	54 30:43	248 Clapper	Leona	62 36:50*	
66 Gordon	Kevin	37 26:32	157 Akerley	Lee	56 30:45	249 Braun	Carol	29 37:12*	
67 Cowell	Michael	54 26:34	158 Pelletier	Millie	32 30:47*	250 Williams	Rosie	13 37:22*	
68 Robinov	Richard	32 26:35	159 Hutchins	Ryan	19 30:48	251 Getchell	Teresa	55 37:26*	
69 Cyr	John	44 26:40	160 Bartlett	Nancy	35 30:49*	252 Burke	Joseph	57 37:27	
70 Ouellette	Robert	37 26:41	161 Whitten	Robert	58 30:50	253 McIntyre	Sara	21 37:34*	
71 Crosby	Ron	20 26:42	162 Robert	Susan	38 30:54*	254 Opper	John	59 37:35	
72 Rines	Dale	39 26:44	163 Cornelio	Steven	36 30:58	255 Thelin	Abbey	13 37:44*	
73 Hebert	Joel	35 26:45	164 Blanchard	Ann	34 30:59*	256 Ryder	Ashley	62 37:47*	
74 Hamilton	Scott	35 26:49	165 Dunn	Stephen	24 31:00	257 Bennett	Joseph	72 37:49	
75 Welch	Stuart	46 26:50	166 Brooks	Paul	34 31:02	258 Carll	Sherry	45 38:03*	
76 Neill	Tim	41 26:52	167 Massey	Melissa	27 31:06*	259 Delehanty	Ann	34 38:27*	
77 Gifford	Richard	45 26:53	168 Gleason	Tim	18 31:08	260 Fitzgerald	Candace	37 38:30*	
78 Carll	Thomas	47 26:54	169 Sargent	Reggie	46 31:10	261 Andrews	Bert	39 38:31	
79 Washburn	Malcolm	38 26:55	170 Holloway	Peter	49 31:12	262 Martin	Frances	45 38:56*	
80 Lagios	Eric	32 26:57	171 Tees	James	36 31:13	263 Christiansen	Paula	49 39:00*	
81 Meinking	Rick	31 27:09	172 Feener	Richard	43 31:17	264 Foley	Daniel	58 39:01	
82 Smith	David	50 27:12	173 Feenstra	Mark	29 31:24	265 Newick	Jeff	49 39:08	
83 Scontras	Chris	35 27:12	174 Myer	Peter	42 31:25	266 Holmes	Lloyd	65 39:25	
84 Morse	John	47 27:14	175 McCourt	Paul	56 31:29	267 Frederick	Nancy	42 39:26*	
85 Nappe	Gayle	40 27:15*	176 Ginn	Rosemary	38 31:29*	268 Penta	Donald	45 39:36	
86 Boisvert	James	35 27:21	177 Nacelewicz	Tess	39 31:36*	269 Stetson	Nora	64 41:04*	
87 Haney	Marjorie	24 27:24*	178 Bolles	Steven	30 31:51	270 Christensen	Heather	17 41:39*	
88 Haskell	Dave	45 27:25	179 Drew	Charles	49 31:53	271 Long	Frank	74 41:45	
89 Gagnon	Faye	47 27:27*	180 Nugent	Catherine	23 31:54*	272 Quint	Laurie	31 41:45*	
90 Finkels	Geof	36 27:29	181 Mathews	Marybeth	37 31:55*				
			182 Picard	Ron	39 31:56				



D A I R Y

and the Race Directors

"Salute"

THE 1992 OAKHURST MILK RUN FINISHERS



The 1st Maine Regiment started the race



Overall winners Bob Winn & Joan Samuelson

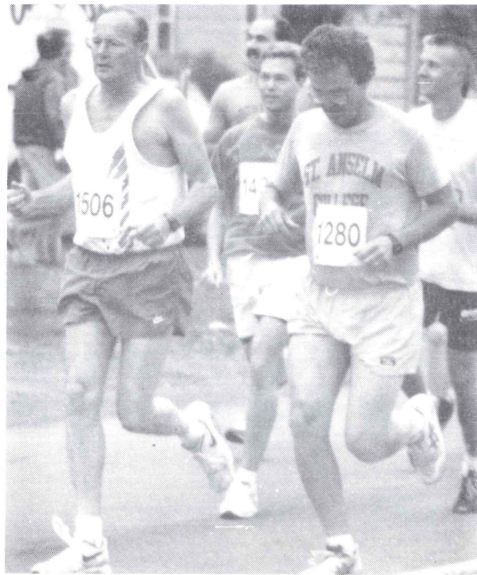
*Thank You
Maine Track Club Volunteers & Southern Maine Technical College
for making this year's race a success.*

In conjunction with the Milk Run, Oakhurst Dairy has made a \$1000 donation to the Southern Maine Committee on the Aging.

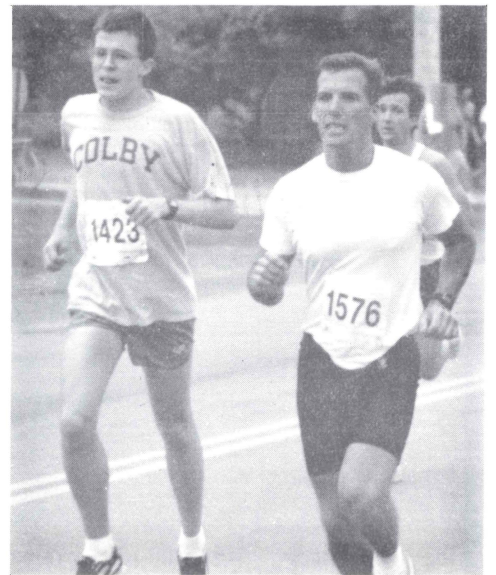
Oakhurst Photos



At the starting line Joan Samuelson chats with Dick McFaul (left) & Bob Coughlin



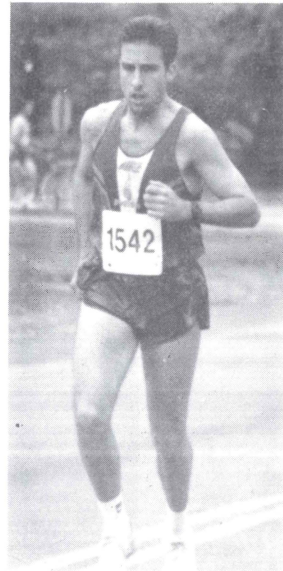
David Anderson (1506) of Falmouth & Charles Drew (1280) of Yarmouth



Ben Morse (left) of Bath & Eric Nevers



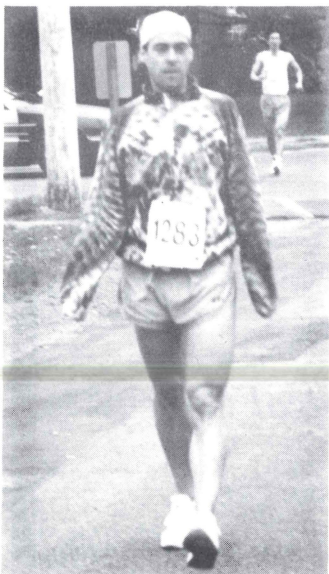
l to r: John Chandler of Laconia, Vicki Gayton & Rodger Smith of Scarborough



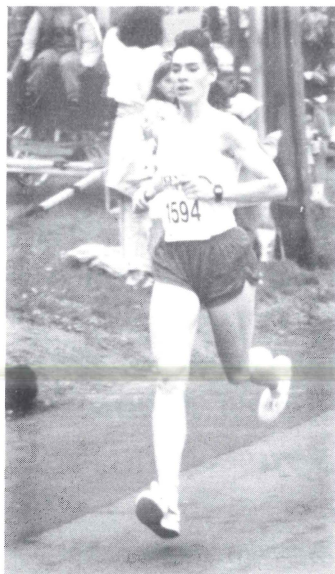
Ed Kennaly of Westbrook



Kirk Jurgelevich (1545) and Randy Spencer



Portland's Richard Robinov



Kathy Tracy finished 2nd



Jeff Mitchell age 12



Laurie Quint of Windham

Back Bay 5K - Portland - May 29th

course is TAC certified		results courtesy Ruth Hefflefinger	
1	Meserve	Jeffrey	33 16:07
2	Dauler	Kam	20 16:54
3	Meserve	Tina	25 17:11*
4	Gagnon	John	25 17:19
5	Flanders	Brian	30 17:37
6	Murphy	Todd	25 17:42
7	Bristol	Bill	35 17:46
8	Noyes	Lawson	50 17:49
9	Wight	Barry	33 17:50
10	Frank	Larry	38 17:51
11	Lowering	Mitch	32 17:53
12	Labelle	Conrad	37 17:55
13	Gile	Kevin	34 18:06
14	Roberge	Guy	40 18:07
15	Smith	Dennis	42 18:08
16	Devou	Bill	43 18:11
17	Mangone	Joe	35 18:12
18	Nielsen	Kurt	37 18:13
19	Bunnell	Jim	34 18:19
20	Spencer	Randy	30 18:20
21	Herzig	David	26 18:30
22	Campbell	John	31 18:31
23	Slajus	Paul	26 18:36
24	Jurgelevich	Kirk	39 18:37
25	Clark	Terry	47 18:38
26	Allen	Tom	36 18:45
27	Bean	John	34 18:45
28	Maynes	Joel	15 18:52
29	Richards	Joe	48 18:54
30	Moore	Randy	38 18:55
31	Francoeur	Gregory	29 18:56
32	Harmon	Jim	32 18:56
33	Wilson	Jason	25 18:57
34	Binette	Wanda	25 18:59*
35	Clapper	Margaret	28 19:08*
36	Gilbert	Scott	22 19:10
37	Barker	Larry	43 19:17
38	Burkhardt	Doug	35 19:29
39	Nevers	Eric	27 19:31
40	Grady	Gary	43 19:34
41	Davis, Jr.	Bradford	37 19:35
42	Deschaine	Jason	19 19:38
43	Oickle	Brian	15 19:42
44	Osterri	Christopher	19 19:45
45	Jackson	Dana	34 19:47
46	Jenkins	Kathy	32 19:49*
47	St. Hilaire	Joe	45 19:51
48	Washburn, Jr	Malcolm	38 19:57
49	Walden	Larry	39 20:00
50	Berry	Les	44 20:02
51	Cummings	Dick	54 20:03
52	Weeks, Jr.	Sumner	45 20:06
53	Dunfey	Eileen	36 20:07*
54	Weeks	Carol	43 20:10*
55	Lagios	Eric	32 20:17
56	Jurgelevich	Cathy	28 20:19*
57	Pratico	Michael	26 20:20
58	Holmes	Darrell	39 20:24
59	Jordan	Rod	36 20:26
60	Hebert	Joel	35 20:28
61	Rines	Dale	39 20:30
62	Chamberlain	Jamie	27 20:32
63	Haggett	Craig	37 20:35
64	Iretton-Hewitt	Jack	54 20:36
65	Butterfield	Keith	22 20:46
66	Mitchell	Jeff	12 20:47
67	Myrick	Michael	46 20:51
68	King	Jody	31 20:53*
69	Oickle	Bob	40 20:56
70	Bragdon	Fred	31 20:58
71	D'Entremont	Dan	41 21:01
72	Morse	Bruce	31 21:07
73	David	Todd	48 21:08
74	DeSaulnier	Ted	45 21:09
75	Meinking	Rick	31 21:10
76	Scontras	Chris	35 21:11
77	Rines	Robert	37 21:17
78	McLean	John	42 21:20
79	Smith	Clif	41 21:32
80	Robinson	Lissa	31 21:36*
81	Robinson	William	34 21:37
82	Ziemann	Van	35 21:39
83	Nilsen	Thor	44 21:40
84	Reno	Richard	43 21:41
85	McGuire	Catherine	33 21:43*
86	Lilly	Jack	48 21:49
87	Barber	Betty	35 21:50*
88	Key	Kimberly	27 22:04*
89	Ziemann	Melissa	37 22:06*
90	Downs	Richard	46 22:12
91	Tozer	Hugh	33 22:15
92	Dunfey	Maryanne	31 22:18*
93	Haney	Marjorie	24 22:38*
94	Gavin	Rob	36 22:40
95	Mendell	Carlton	70 22:42
96	Ellis	Eric	39 22:46
97	Freeling	Thomas	54 22:54
98	Rundlett	Derry	46 22:58
99	Tableman	Eric	12 22:59
100	Gardner	Liz	28 23:00*
101	Dietz	Jonathan	45 23:01
102	Farrell	Dennis	22 23:03
103	McDonald	Michael	41 23:05
104	Waters	Gene	56 23:11
105	Callahan	Liz	30 23:15*
106	Sargent	Reggie	46 23:19
107	Guerrette	Troy	22 23:37
108	D'Alessandro	George	47 23:39
109	Gorham	John	47 23:40
110	Nacelewicz	Tess	39 23:41*
111	Dunton	Mark	33 23:43
112	Tableman	Pattie	33 23:45*
113	Garrett	Richie	43 23:47
114	Turgeon	Donna	32 23:48*
115	Evitt	Natasha	18 23:50*
116	Talbot	Matthew	11 23:52
117	Coughlin	Barbara	48 23:52*
118	Chamberlain	Paul	41 23:54
119	Tully	Paul	45 23:56
120	Dyer	Larry	48 24:04
121	Tibbetts	Kathy	42 24:07*
122	Swennes	Robin	28 24:10*
123	McLean	George	48 24:11
124	Stratton	Gary	38 24:13
125	Champagne	Marilyn	33 24:14*
126	Snyder	John	37 24:15
127	McCourt	Paul	57 24:21
128	Nguyen	Mia-Jo	25 24:25*
129	Titcomb	Patricia	34 24:26*
130	Walker	Cheri	29 24:27*
131	Akerley	Lee	56 24:29
132	Brechtling	Alice	28 24:30*
133	Peters	Don	52 24:30
134	Cloutier	Julie	30 24:31*
135	Costello	Carie	25 24:32*
136	Pailthorp	Mary	41 24:32*
137	Strnad	Lou	49 24:34
138	Nadeau	Gisele	37 24:34*
139	Lovetere	Nancy	48 24:38*
140	Anley	Dave	52 24:40
141	Nappi, Jr.	Philip	33 24:41
142	Fox	Catharine	39 24:43*
143	Owen	Peter	35 24:45
144	Burgess	Stan	48 24:46
145	Flint, Jr.	Walter	36 24:49
146	Kennett	John	51 24:52
147	Meinking	Ricky	9 24:54
148	Collar	Ken	38 24:59
149	Turner	Adrienne	33 25:00*
150	Coyne	Joe	42 25:01
151	Richards	Linda	28 25:02*
152	Pettingale	April	26 25:23*
153	Perry	Elisabeth	31 25:24*
154	Chadbourne	David	25 25:28
155	Littlefiel	Kimberly	19 25:34*
156	Gilbert	Cheryl	43 25:37*
157	Speirs	Sandra	38 25:38*
158	Vercoe	John	28 25:39
159	Lockwood	Carolyn	25 25:49*
160	Kusche	Ray	37 25:50
161	Thompson	Beth	32 25:53*
162	Mooney	Erin	24 25:55*
163	Lathrop	Renee	14 26:03*
164	Lathrop	Loren	43 26:03
165	Utterstrom	Sandy	48 26:13*
166	Schlosser	Cathy	26 26:19*
167	Brown	Sandy	45 26:22*
168	Hedlock	Susan	35 26:25*
169	Kennedy	Beth	30 26:27*
170	Kenniston	Polly	55 26:28*
171	Geradi	Mark	32 26:31
172	Monaghan	Liz	29 26:49*
173	Ingalls	Terry	46 26:52
174	Ingalls	Susan	42 26:53*
175	Littlefield	Sherry	53 26:58
176	Smith	Janet	34 27:18*
177	Dall	Paul	50 27:19
178	Griffin	Diane	25 27:38*
179	Lilly	Margit	46 27:39*
180	Hayes	Jessica	42 27:43*
181	Edwards	Mary	43 27:44*
182	Corsetti	Talya	16 27:45*
183	Grassi	Judy	33 27:46*
184	Paterson	Sally	50 28:35*
185	Cimino	Lisa	28 28:38*
186	Murray	Kirsten	24 28:52*
187	Dubois	Elizabeth	29 28:54*
188	Bowden	Steven	36 28:58
189	Parvin	Tony	48 29:06
190	Robinson	Cindy	31 29:10*
191	Drumme	Tricia	11 29:37*
192	Hannigan	Sue	26 29:38*
193	Millay	Daphne	31 30:00*
194	Penta	Donald	46 30:20
195	Alpern	Jennifer	9 30:58*
196	Alpern	Deborah	42 30:59*
197	Cross	Virginia	49 31:40*
198	Donnelly	Bobby	7 32:27
199	Corsetti	Marisa	9 32:30*
200	Donnelly	Katie	5 32:36*
201	Webb	Kathy	40 35:25*
202	Vezina	Judy	31 35:27*
203	Hochadel	Betsy	9 36:58*
204	Hochadel	Jimmy	6 38:03
205	Corsetti	Dimitra	5 39:02*
206	Barker	Pam	44 42:11*
207	Hojio	Ruth	37 42:19*
208	Wain	Linda	44 42:39*
209	Vose	Aaron	29 42:39

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Apple Blossom 15k & 4.5 miler - May 25

Temperatures in the low 50s & sunny. This race was dedicated to Ben Chick, founder of Chick Orchards, the sponsor of the race, who passed away in May. The apple trees were in full bloom and made it a beautiful but hilly run. The hill at mile 6 (some of the names I heard this hill called are not printable in this magazine) is a monster. To give you an idea of the length and steepness of the hill, I saw many of the veteran runners ahead of me walking. Winner, Dennis Croteau, didn't walk, but he had to stop at the top with stomach problems. Some schedules released early listed a 9:00 am start for this race instead of the correct 8:00 am. Of course some runners including last years winner Roz Randall showed up at 9:00 am. As I always say, once incorrect information is out, you can't take it back.

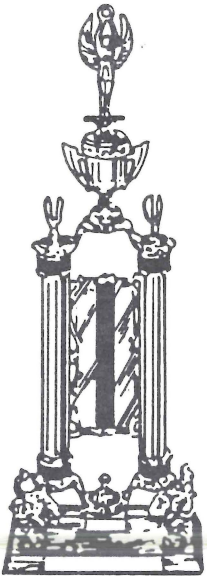
results courtesy Doug Ludwig

15K		
1 Croteau	Dennis	41 55:01
2 Lovering	Mitch	32 57:50
3 Thibeau	Tom	34 59:02
4 Spencer	Randy	30 59:21
5 McGuire	Tom	45 62:03
6 Quimby	Ray	41 62:19
7 Gillespie	Robert	53 63:45
8 Hodgkins	Nick	26 63:59
9 McGee	Julie	32 64:37*
10 Fone	Scott	32 64:54
11 Antone	Shelley	24 65:12*
12 Brantner	Karl	37 65:16
13 Ludewig	Douglas	52 65:25
14 Preble	Jeffrey	38 65:36
15 Schwerdel	John	45 66:49
16 Ireton-Hewitt	Jack	54 67:30
17 Bonderud	Mark	33 67:51
18 Greegis	Peter	38 67:59
19 LeRoy	John	55 68:05
20 Paquette	Ron	51 68:55

21 Davis	Scott	42 69:19
22 Benn	David	46 69:43
23 Hess	Tony	41 69:48
24 Zillman	Don	48 70:24
25 Demmons	Vern	46 70:34
26 Marquis	Robert	51 70:41
27 DeHart	John	51 70:59
28 Mendell	Carlton	70 71:12
29 Atlee	Ed	52 71:50
30 Smith	Tim	45 71:58
31 Hill	Geoffrey	45 72:34
32 Merrill	Deb	36 73:21*
33 Scribner	Richard	40 73:25
34 Dunlap	Louisa	51 75:32*
35 Pohlman	Donnajean	41 79:28*
36 Knapick	Veronica	46 82:43*
37 Beaufait	Henrietta	38 89:56*
4.5 mile Apple Bud		
1 Murphy	Todd	25 26:37
2 Morris	Chris	21 27:25
3 Burke	Alan	28 27:32
4 Johnson	Ray	44 28:54
5 Cummings	Tim	41 30:07

6 Cummings	Dick	54 30:44
7 Drew	David	27 31:24
8 Atlee	Chris	21 32:40
9 Gagnone	Brian	33 32:47
10 Cobb	Risa	32 32:46*
11 Allen	Peter	38 33:08
12 White	Stacy	26 33:28*
13 Kenney	Matthew	32 33:28
14 Smith	Clif	41 33:48
15 Dalheim	Demis	45 35:38
16 Ruopp Jr	Paul	44 36:16
17 Chamberlain	Chris	39 36:54*
18 Hyer	Al	44 37:49
19 Clinch	Mark	36 37:58
20 Burke	Dianne	27 38:19*
21 Melkman	Sharon	43 38:23*
22 Pelletier	Andrea	30 40:18*
23 Saint Amand	Jerry	48 40:46
24 Giddinge	Harry	59 43:28
25 Ruman	Linda	36 44:49*
26 Mason	Harvey	58 46:24
27 Foley	Mike	40 49:28
28 Benn	Linda	44 51:48*

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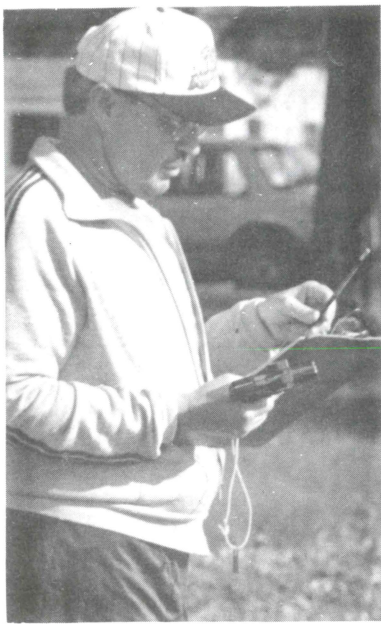
Robinson, Kriger, McCallum & Greene is a full service law firm representing clients throughout the state. The firm numbers 15 lawyers, with a support staff of over 30, including paralegals, law clerks and legal assistants. Its members practice in state and federal courts in all 16 counties.

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Our offices are located on the Portland Waterfront at 12-22 Portland Pier. Please call 772-6565 for more information or a consultation with an attorney.

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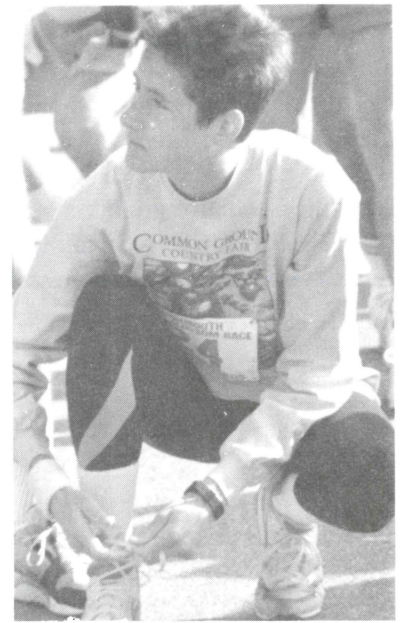
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Mr Chick of Chick Orchards was the starter



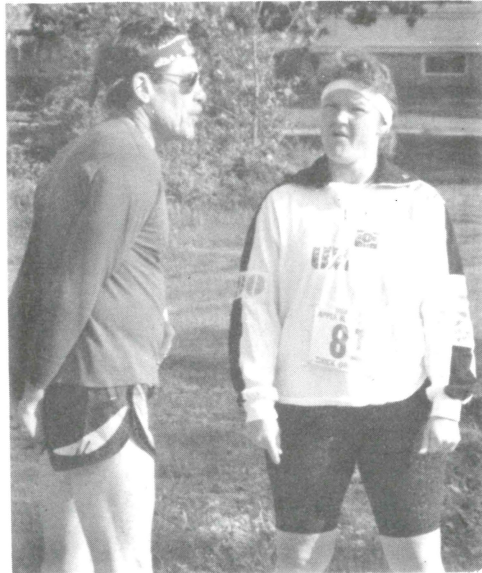
l-r: Andrea Pelletier, Mark Clinch, Stacey White & John Scherdel listen to starter



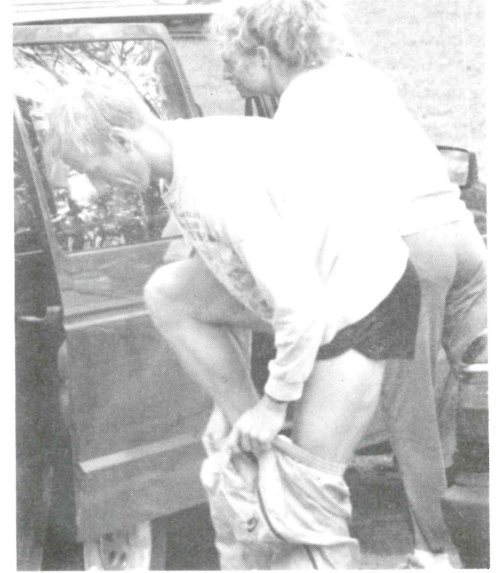
15K winner Julie McGee from South Harpswell



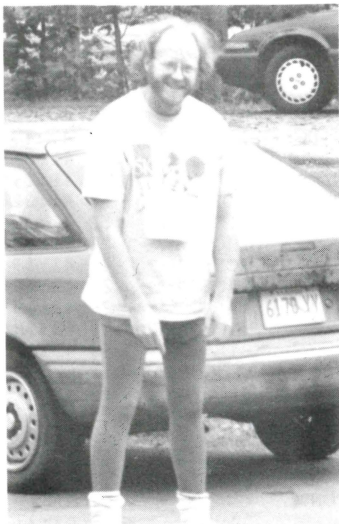
Tom Thibeau & Mitch Lovering



Harry Giddinge, Linda Auman



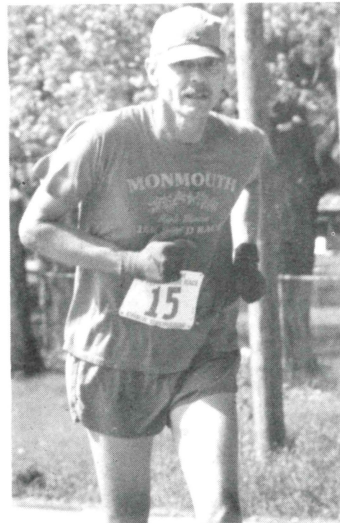
15K Winner Dennis Croteau



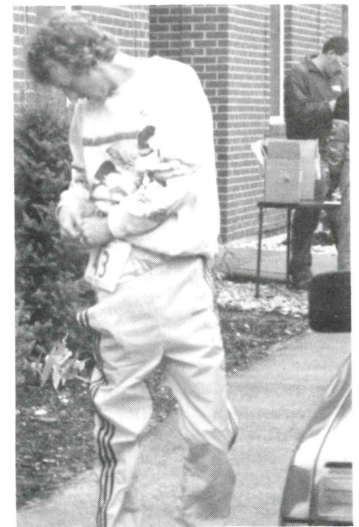
Todd Murphy



Tony Hess



Ed Atlee

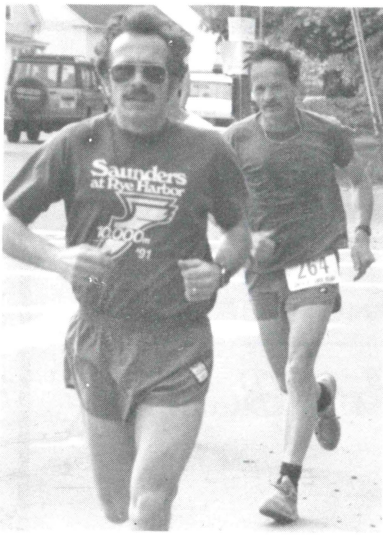


Jack Palmer

Live Your Dreams - 5 Mile - Kennebunkport - May 31

Big turn out for the first running of this race and for good reason. Lots of attributes: flat, certified course which skirts the ocean for most of the way and everything was on schedule (including the award ceremony). The major intersection in town was closed for the race. As a runner, it made me feel important! Bob Winn beat his "best best of 91" 8K/5mile time by 2 seconds. Special invitations were made to the "over 50" runners and over 52 showed up. Look at the number of 50+ in the top 72! Director Rob Spaulding did a fine job with this run. TAC course certification is pending.

results - Bay State Race Services														
1	WINN	BOB	32	24:26	78	HOOPER	KENNETH	42	33:52	156	GUILLEMETTE	ELAINE	42	38:18*
2	MURPHY	WALTER	38	25:06	79	WRIGHT	ARCHER	47	33:53	157	PECK	MARY	34	38:22*
3	DANN	TOM	35	25:08	80	GALLUPE	THERESA	30	33:54*	158	WINSTANLEY	CARTER	22	38:25
4	DECKER	BYRNE	25	25:14	81	MCDONOUGH	PAUL	41	33:56	159	FRANZ	LISA	23	38:25*
5	SOLIMINE	BILL	32	25:18	82	LAVIN	JOAN	44	34:02*	160	MEYER	JIMMY	38	38:26
6	BARNES	JASON	29	25:23	83	BURRIS	STEVE	43	34:02	161	MCCOURT	PAUL	57	38:36
7	WETTLAUFER	KIM	35	26:28	84	MYRICK	MICHAEL	46	34:03	162	AKERLEY	LEE	56	38:38
8	NEWBURY	RON	42	26:31	85	KNEELAND	NANCY	37	34:06*	163	EVERETT	KATHERINE	28	38:40*
9	HOGAN	STU	30	26:36	86	GIFFORD	RICHARD	45	34:06	164	WIBBY	TRICIA	27	38:48*
10	SHOLL	BOB	45	26:47	87	HILL	JOHN	43	34:08	165	TURCOTTE	RAY	50	38:49
11	WU	KEELYN	24	27:16	88	BEARD	RON	31	34:12	166	MATHEWS	MARYBETH	37	38:54*
12	HOULE	KEN	45	27:17	89	MORIN	ROLAND	30	34:20	167	DISANZA	BETTY	43	38:58*
13	DAULER	CAM	20	27:19	90	BELLEMARE	RICK	34	34:21	168	MCCOURT	CATHERINE	28	39:00*
14	LIBBY	DAVID	26	28:00	91	PARKER	JOHN	60	34:28	169	BERSIN	AARON	12	39:00
15	WATKINS	THOMAS	34	28:03	92	MATHEWS	ROBERT	36	34:39	170	BIRSN	BOB	39	39:01
16	MCDONALD	KEVIN	42	28:23	93	SAGRANS	HOWARD	44	34:42	171	PURINTON	KRISTA	19	39:06*
17	GAGNON	JOHN	25	28:38	94	MAYNARD	JOSEPH	41	34:42	172	DOANE	STEPHEN	46	39:11
18	NOYES	LAWSON	50	28:51	95	ELDRIDGE	DAVID	27	34:44	173	REID	KATHERINE	16	39:12*
19	HERTFORD	STEVEN	31	29:18	96	COLLITON	JULIE	30	34:46*	174	PLUNKETT	KEVIN	29	39:12
20	DWIGHT	DONALD	29	29:23	97	GERRY	SCOTT	32	34:54	175	BEAULIEU	CAREY	32	39:16
21	SCIANNA	JOANNE	38	29:29*	98	DOW	JOE	33	34:57	176	MCDONALD	PETER	43	39:21
22	JOHNSTON	RONALD	39	29:38	99	DOWN	RICHARD	46	35:14	177	McMahon	Gerard	33	39:29
23	PAYNE	BOB	53	29:39	100	BENNETT	PAUL	27	35:17	178	EVITT	NATASHA	18	39:33*
24	PRAY	CHASE	48	29:44	101	STROM	HUBERT	62	35:20	179	BEAULIEU	PATRICIA	30	39:37*
25	DINEHART	MICHAEL	35	29:53	102	BURNE	JOHN	30	35:21	180	MERRILL	GEORGE	61	39:39
26	MCCANN	RYAN	18	30:11	103	DEHART	JOHN	51	35:23	181	ROY	RONALD	42	39:40
27	KIMBALL	GREGG	42	30:14	104	EMMONS	WILLIS	38	35:27	182	WIEWEL	LINDA	30	39:46*
28	SWAN	TOM	42	30:22	105	MERRY	JOEL	34	35:31	183	LABBE	MARION	30	39:47*
29	DANIELS	COREY	40	30:39	106	GAUDREAU	LAURA	27	35:35*	184	GILLILUC	WILLIAM	28	39:52
30	LEVINE	GARY	43	30:43	107	CROOK	TIFFANY	19	35:35*	185	HILL	BRUCE	36	39:53
31	MONIER	ROBERT	36	30:48	108	PARKER	GREG	34	35:42	186	COMERFOR	MARGUERITE	52	39:56*
32	COOLIDGE	CLYDE	53	30:52	109	TWEEDY	SAMUEL	41	35:44	187	WORMWOOD	BRIAN	40	39:58
33	NOWINSKI	JOHN	28	30:57	110	ALPERT	PAUL	57	35:46	188	THOMAS	JEAN	56	40:05*
34	LUDEWIG	DOUG	52	30:58	111	LESSARD	RAYMOND	15	35:50	189	FITZSIMMONS	PAT	46	40:06*
35	PPAFF	DAVID	31	30:59	112	FEENSTRA	MARK	29	35:57	190	FITZSIMMONS	BILL	48	40:07
36	BUZZELL	KEN	34	30:59	113	NEAL	NED	55	36:01	191	COPPENRATH	MICHELLE	38	40:07*
37	COUGHLIN	BOB	53	30:59	114	MENDELL	CARLTON	70	36:02	192	SANTIN	FRANK	37	40:08
38	BELL	JON	53	31:11	115	DANYLIK	TOM	46	36:06	193	BERGEN	BRUCE	50	40:08
39	HUTCHINSON	SCOTT	30	31:13	116	GOODENOW	CLINT	53	36:07	194	WOODMAN	ROBERT	45	40:11
40	MCCORMACK	ROBERT	40	31:19	117	AHLIN	PHILIP	37	36:10	195	HORTON	PETER	51	40:12
41	RUSHLAU	GEOFF	39	31:27	118	SOLIMINE	MARTHA	30	36:13*	196	ANDERSON	DAVID	49	40:17
42	GILLESPIE	ROBERT	53	31:34	119	TRIBOU	BILL	71	36:17	197	SHARLOW	DOUG	42	40:29
43	HUPPE	MARC	31	31:37	120	MICKERIZ	MARK	39	36:22	198	BURNE	RICK	29	40:31
44	BASTOW	PETER	55	31:40	121	HENDERSHOT	SALLY	32	36:25*	199	KENNETT	JOHN	51	40:34
45	GALLUPE	GLEN	32	31:42	122	THOMPSON	KATHRYN	32	36:33*	200	STEWART	EDMUND	70	40:39
46	TEDFORD	SAMUEL	0	31:52	123	MULCAHEY	JUDE	31	36:39	201	BLOOM	SUSAN	25	40:40*
47	MALONEY	PATRICK	17	31:55	124	REDSTONE	ROD	38	36:41	202	EAGLESON	D	47	40:43
48	JACOBSEN	STEVE	42	31:59	125	DOWN	GARY	60	36:43	203	LAMARRE	PETER	41	40:47
49	DANIEL	RICK	37	32:02	126	SCONTRAS	PETER	63	36:48	204	FRANCO	JOHN	43	40:50
50	PARKER	CLYDE	40	32:03	127	REED	DAN	31	36:49	205	AUBIN	JOSEPH	64	40:51
51	KNOX	DAVID	51	32:09	128	HAZZARD	JIM	30	36:53	206	MAGNANT	MICHAEL	35	41:03
52	CUMMINGS	DICK	54	32:09	129	NILSEN	THOR	44	37:01	207	DWIGHT	MARGO	28	41:04*
53	MCDONALD	PETER	32	32:25	130	YOUNG	DAVID	34	37:02	208	ABEL	LINIDA	49	41:06*
54	BERMAN	KYM	32	32:31	131	REID	ROBERT	45	37:07	209	WELZEL	HANK	65	41:08
55	HAZZARD	HAP	60	32:35	132	NEVILLE	D	37	37:08	210	NEE	DAVID	45	41:16
56	RADER	BRIAN	24	32:37	133	HODNETT	SANDRA	44	37:10*	211	REED	DIANE	26	41:18*
57	THOMPSON	KEN	46	32:56	134	ROCKET	ROCKET	0	37:11	212	STOCKBRIDGE	DOUGLAS	37	41:19
58	PODGAJNY	MARJORIE	39	32:56*	135	WOOD	BILL	39	37:11	213	KARY	CANDACE	39	41:23*
59	COOPER	GEORGE	36	33:05	136	PERRY	RON	54	37:12	214	JOHNSON	KAREN	40	41:29*
60	WATKINSON	LANCE	28	33:09	137	POWERS	GARY	31	37:25	215	COMERFORD	JOE	55	41:32
61	STEARNS	DAVID	43	33:10	138	ERRICO	THOMAS	30	37:30	216	CHAPLIN	STODDARD	52	41:38
62	JACOVINA	NANCY	36	33:10*	139	PALMER	JACK	35	37:35	217	ZOTTI	THOMAS	28	41:50
63	COHEN	IRA	39	33:13	140	COMERFORD	MOLLY	25	37:36*	218	CROWLEY	ROBERT	45	41:59
64	COOK	BUZBY	29	33:14	141	BOISVERT	JAMES	35	37:37	219	PLUMMER	PAMELA	20	42:10*
65	FRANCO	JANINE	37	33:20*	142	COLLETTE	RON	43	37:38	220	CONNOLLY	MARC	29	42:19
66	RANDALL	ROBERT	55	33:23	143	ELDRIDGE	DONNA	28	37:39*	221	GRANT	MARYJANE	38	42:28*
67	MILLS	RANDALL	27	33:26	144	MCDONALD	HEIDI	29	37:41*	222	VALLEE	PIERRE	49	42:32
68	DUMONT	HARRY	37	33:26	145	SUTCLIFFE	PETER	42	37:42	223	HILL	VICTORIA	33	42:39*
69	LINDHOLM	KRISTIN	19	33:28*	146	MCCALMON	LILLIAN	50	37:55	224	MCDONOUGH	TOM	39	42:41
70	COWELL	MICHAEL	54	33:31	147	WALLACE	REBECCA	19	37:55*	225	COUGHLIN	DEE	45	42:52*
71	HOFFMAN	JACOB	22	33:41	148	FOX	KATJA	26	37:59*	226	GRANT	NORA	35	42:55*
72	LEROY	JOHN	55	33:42	149	WALKUP	DANA	36	38:01	227	MOKROS	JANICE	43	42:56*
73	LAPREL	JIM	38	33:43	150	CUSHMAN	BOB	54	38:03	228	OSBORNE	DON	70	43:02
74	BROOKS	ALAN	45	33:46	151	ARTHERTON	PETER	45	38:04	229	STAPLETON	CRAIG	47	43:13
75	PETTORINI	JOHN	43	33:48	152	COLLINS	TOM	48	38:05	230	RAND	DAVE	38	43:27
76	HARMON	BRIAN	22	33:49	153	THOMPSON	ERIN	16	38:06*	231	GILBERT	CHERYL	43	43:39*
77	CAMPBELL	GEORGE	45	33:51	154	CRANDALL	DENNIS	99	38:12	232	ROY	JENNIFER	9	43:44*
					155	CHRUSZ	MARK	40	38:12	233	HUNT	LINDA	45	43:45*



Master's winner Ron Newbury & Chase Pray - both from L/A



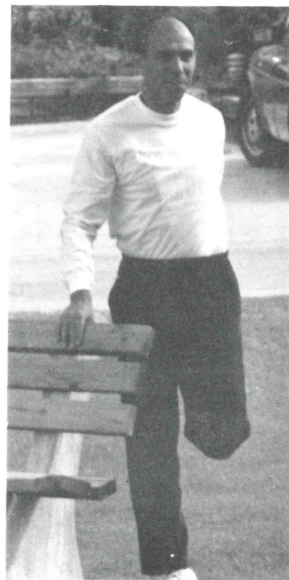
l-r: Joseph Bennett of Lewiston, Summersworth's Clyde Coolidge, Robert Gillespie & Manchester's Dick Cummings



Biddiford's Paul McDonough & James Boisvert of OOB



l-r; Clyde Parker, Steve Jacobsen & Peter Sutcliff



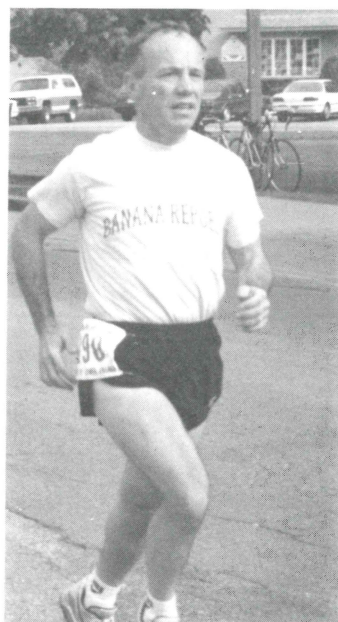
... Ira Cohen of Bath



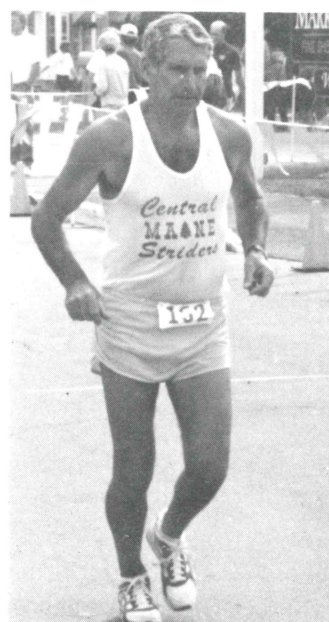
Joan Lavin stretches her hamstrings



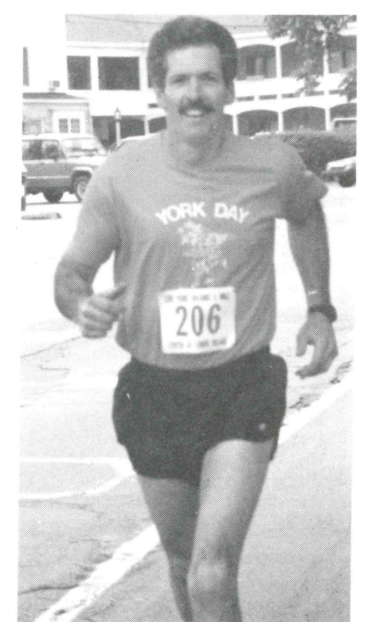
Kittery's Peter Scontras, age 63



George Campbell of Portland



Jon Bell of Farmingdale



John Pettorini of Kennebunk

"Live Your Dreams" results continued at top of next page

234 HANNON	KAREN	45 43:52*
235 FARRELL	JANNINE	32 44:04*
236 NUNAN	NORMAN	65 44:30
237 REGAN	ANTHONY	52 44:54
238 ROHDE	MARY	39 44:56*
239 EDWARDS	MARY	43 45:02*
240 WHITE	JOHN	58 45:03
241 GAYNOR	BILL	40 45:18
242 HERTFORD	JOANN	32 45:23*
243 PARKER	JESICA	9 45:34*
244 MCCANN	CHRISTINE	32 45:42*
245 NORTON	MARTIN	41 45:43
246 STEWART	BARBARA	48 45:50*
247 MACAULY	KENNETH	49 45:52
248 BUINS	AMY	29 46:08*
249 HAZEN	BETH	39 46:44*
250 AMENDOLARA	LISA	28 46:51*
251 DECKER	THOMAS	48 46:51
252 GAGNO	MARIANNE	51 47:03*
253 BENNETT	JOSEPH	72 47:33
254 MASON	HARVEY	58 47:38
255 NICHOLS	DEBORAH	45 47:50*
256 STAPLETON	DOROTHY	45 48:14*
257 BROWN	KATHY	43 48:18*
258 TROWBRIDGE	HANNAH	51 48:31*
259 AHERN	DANIEL	47 48:43
260 FECTEAU	JANE	31 49:10*
261 CURRAN	JACK	50 50:26
262 HEFFLEFINGER	RUTH	63 50:39*
263 JOHNSON	HOLLY	40 50:42*
264 MCKIERNAN	ROB	46 51:10
265 BURNE	KATHY	27 53:29*
266 CHICK	PATRICIA	66 59:54*
267 SAWYER	MARGARET	78 60:17*



DR. ROBERT P. LYNCH, JR.

Lynch Chiropractic Arts Building

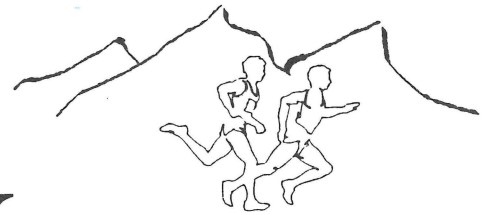
OFF: (207) 799-7112
RES: (207) 883-9281

1200 BROADWAY
SO. PORTLAND, MAINE 04106

FAMILY CRISIS SHELTER - Portland - May 9

results courtesy Don Penta								
1 Wettlaufer	Kim	15:34	52 Smith	Bruce	20:50	104 Sobel	Dan	23:38
2 Muir	Allan	15:52	53 Gordon	Bernard	20:51	105 Holloway	Peter	23:39
3 Botting	Ken	16:06	54 Mathews	Robert	20:51	106 McDevitt	Margaret	23:41*
4 Thibault	Roland	16:16	55 Gorman	Michael	20:53	107 Scribner	Richard	23:46
5 Sullivan	Patrick	16:20	56 Nason	Brian	20:55	108 McCourt	Paul	23:47
6 Paul	Merrill	16:39	57 Finkels	Geof	20:56	109 Good	David	23:48
7 Fluet	Stephen	16:49	58 Lusignan	Marc	20:57	110 Voisine	Normand	23:58
8 Smith	Dennis	17:24	59 Morse	Bruce	20:58	111 Anderson	David	24:01
9 Hoover	Robert	17:26	60 Downs	Richard	20:59	112 Nicklas	David	24:02
10 Johnston	Ronald	17:38	61 Randall	Rosalyn	21:07*	113 Wing	Ellen	24:07*
11 Ploude	Ronald	17:39	62 Lathrop	Loren	21:10	114 Mathews	Marybeth	24:10*
12 Noyes	Lawson	17:40	63 Kirchner	Ted	21:11	115 Walker	Cheri	24:11*
13 Lane	Matthew	17:48	64 Nilsen	Thor	21:12	116 Titcomb	Pat	24:19*
14 Deprez	Ron	17:53	65 Yorty	Arley	21:15	117 Hall	St John	24:22
15 Lamade	Rusty	17:53	66 Kenney	Patricia	21:16*	118 Wespi	Scott	24:26
16 Clark	Terry	18:14	67 Houser	Suelene	21:22*	119 Wespi	George	24:27
17 Snow-Reaser	Christine	18:22*	68 Bell	Richard	21:24	120 Flint	Walter	24:28
18 Richards	Joe	18:25	69 Kenison	Paul	21:27	121 Osgood	Ronald	24:34
19 Harmon	James	18:34	70 Fitzgerald	Bill	21:31	122 Isherwood	Thomas	24:36
20 McCormack	Robert	18:36	71 Campbell	Richard	21:32	123 Chadbourne	David	24:39
21 Herzig	David	18:42	72 Smith	Dennis	21:37	124 Boyer	David	24:40
22 Coolidge	Clyde	18:43	73 McMahon	David	21:40	125 Nichols	Marie	24:48*
23 Allen	Lee	18:50	74 Chasse	Sandra	21:41*	126 Conley	David	24:49
24 Chong	Yun	18:54	75 Dyer	Nanette	21:43*	127 Leslie	Dean	24:54
25 Hinckley	Scott	19:04	76 Belanger	Robert	22:01	128 Kosnow	Johnathan	24:57
26 McCann	Dennis	19:11	77 Feenstra	Mark	22:04	129 Kennett	John	25:14
27 Bastow	Peter	19:12	78 Reno	Richard	22:06	130 Ciraldo	John	25:20
28 Cox	Jake	19:17	79 Cushman	Robert	22:08	131 Richards	Linda	25:22*
29 Cate	David	19:18	80 Burke	Kevin	22:11	132 Jerome	Jerome	25:28
30 Grady	Gary	19:18	81 Dietz	Jonathan	22:17	133 Kenniston	Pauline	25:45*
31 Nevers	Eric	19:22	82 Wyman	Sandra	22:25*	134 Burgess	Stan	25:57
32 Lamontagne	Jeanne	19:23*	83 Berry	Ambrose	22:27	135 Handcock	Migs	26:12
33 Daniel	Rick	19:32	84 Akerley	Lee	22:38	136 Ingallis	Terry	26:26
34 Burkhardt	Douglas	19:35	85 Reggie	Sargent	22:40	137 Ingalls	Susan	26:27*
35 Works	Norman	19:43	86 Hews	Charles	22:45	138 Hunt	Linda	26:43*
36 Moyer	Robert	19:44	87 Kelly	Patrick	22:47	139 Daniels	James	26:44
37 Spear	Chuck	19:47	88 McKeen	Nikki	22:48*	140 D'Entremont	Danielle	26:49*
38 Berry	Les	19:52	89 Lausier	Joan	22:52*	141 D'Entremont	Dan	26:50
39 Washburn	Malcolm	19:57	90 Spear	Howard	22:58	142 Burke	Joseph	26:55
40 Jurgelevich	Cathy	19:58*	91 Littlefield	John	23:08	143 Harmon	Stanley	26:57
41 Walden	Larry	20:00	92 Drew	Charles	23:12	144 Kendall	John	27:02
42 Sisk	Adam	20:03	93 Willisms	Wendy	23:16*	145 Hastay	Adam	27:47
43 Martin	Neil	20:04	94 McCourt	Catherine	23:19*	146 Dubois	Elizabeth	27:57*
44 Rolfe	John	20:06	95 Ciraldo	Julie	23:20*	147 Cusack	Jim	28:04
45 Sawyer	Scott	20:11	96 Palmer	Jack	23:23	148 Turner	Betsy	28:09*
46 Boisvert	James	20:13	97 Johnson	Joe	23:25	149 Gross	Gunhilde	28:43
47 Smith	David	20:14	98 Ciauson	Susan	23:27*	150 Batson	Art	30:15
48 Ryland	Thane	20:16	99 Dearborn	Larry	23:28	151 McDouch	Ed	30:17
49 McDonough	Paul	20:20	100 LaRochelle	Jeannine	23:31*	152 White	Christine	31:21*
50 Nicholas	Laurie	20:21*	101 Strand	Stephen	23:32	153 Penta	Donald	31:22
51 Higgins	Timothy	20:32	102 Chitwood	Michael	23:33	154 Long	Frank	31:32
			103 Clinch	Mark	23:34	155 Strout	Rose	32:10*

4th
ANNUAL



PEAK TO PEAK MAINE ALPINE RUNNING SERIES

KEY BANK, America's Neighborhood Bank, in conjunction with the **SKI MAINE ASSOCIATION** is proud to present the 1992, "KEY BANK PEAK TO PEAK, MAINE ALPINE RUNNING SERIES".

The KEY BANK Peak to Peak, was established in 1989 and takes runners to six of Maine's ski areas during the summer and fall foliage seasons. Each event is designed to challenge runners with a three to four mile race which is mostly uphill. This year's series will take runners to:

SHAWNEE PEAK

August 23, Bridgton
1350 vertical, 647-8444

CAMDEN SNOW BOWL

August 30, Camden
1200 vertical, 236-3438

SADDLEBACK

September 5, Rangeley
1800 vertical, 864-5671

SUGARLOAF/USA

September 27, Carrabassett
Valley, 2600 vertical, 237-
2000

LOST VALLEY

October 4, Auburn
525 vertical, 784-1561

SUNDAY RIVER

October 10, Bethel
1850 vertical, 824-3000

Winners will be determined by high place points of their best four races. The high point scoring system allows runners to compete for series prizes without running all races. Runners may use finishes from one to four races for series points as well as the opportunity to use their best four finishes if they run five or six races. 1st-35pts, 2nd-30pts, 3rd-26pts, 4th-23pts, 5th-21pts, 6th-20pts, 7th-19pts, 8th-18pts, and so on through 25 places.

Age categories include male and female divisions in Junior(17 and under), Adult(18-39) and Masters(40 and over). Awards will be given to the top three finishers in each division. First place winners in each division will receive a \$100 Savings Bond & Special lift ticket packet. Second place winners will receive a \$50 gift certificate to the Skier's Choice. Third place winners will receive a \$25 gift certificate to the Skier's Choice. Each mountain will also offer individual awards.

All races are community events that together make up the Peak To Peak series. To find out about running individual races please contact the ski area for more information.

FULL RACE RESULTS WILL APPEAR IN "MAINELY RUNNING".

KEY BANK PEAK TO PEAK REGISTRATION; Series Fee: \$45 before August 23, \$50 after.

Make Check Payable & Mail to: Ski Maine Association, PO BOX 991, Portland, ME, 04104.

Special Note: Please read carefully and PRINT all information clearly.

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____ Age _____ Sex _____

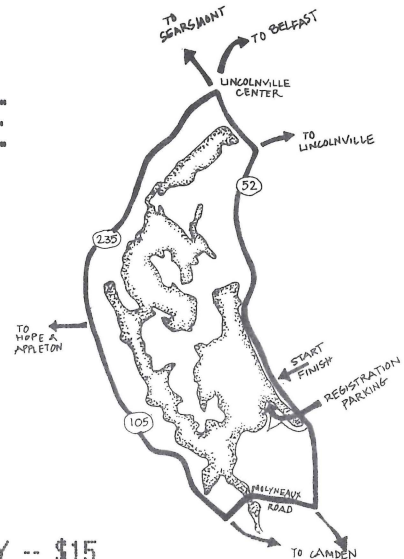
Entry Release

In consideration of your accepting this entry, I, understanding this is a demanding activity, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages I may have against the race committee, any sponsor, their representatives, successors, and assigns for all injuries suffered by me at any of the above races or events, even if it is caused by negligence on the part of the race committee.

Runners Signature _____

Parent's Signature(if under age 18) _____

MAINE SPORT CIRCUIT BICYCLE RACE



DATE : SUNDAY, JULY 12, 1992
 START : 9:00 A.M. SHARP
 COURSE : 3 LAPS AROUND LAKE MEGUNTICOOK
 1-LAP FOR NOVICE FUN RIDE
 1-LAP = 11.7 MILES
 REGISTRATION : 7:30 - 8:30 A.M. ON RACE DAY AT BARRETT'S
 COVE, RT. 52, CAMDEN
 RACE FEE : PREREGISTER BEFORE JULY 10 -- \$12, RACE DAY -- \$15
 T-SHIRTS : TO FIRST 100 ENTRANTS

FOR ADDITIONAL INFORMATION CALL 207-236-7120

----- HELMET REQUIRED TO RACE -----

-----REGISTRATION AND RELEASE FORM-----

The undersigned does hereby release and forever discharge the race organizers, their agents, representatives, heirs, successors and assigns and any other bodies, corporations, firms, associations or persons connected with this race of and from all claims, demands, damage, actions, or causes of actions that the undersigned may have for, or by reason of, or arising out of, personal bodily injury sustained by the competitor or property damage sustained to the equipment of the competitor during the said race. The undersigned does attest and verify that he or she is physically fit and has sufficiently trained for this event.

Signature of the Participant

Date

Guardian Signature (if participant is under 18)

Date

NAME _____ AGE _____

MAILING ADDRESS _____

CIRCLE AGE CATEGORY :

MEN
 17 & under
 18 - 29
 30 - 39
 40 - 49
 50 & older

WOMAN
 17 & under
 18 - 29
 30 - 39
 40 - 49
 50 & older

SEND SIGNED RELEASE WITH CHECK PAYABLE TO:
 MAINE SPORT, P.O. BOX 956, ROCKPORT, MAINE, 04856

Oxford Hills YMCA

10th Annual TRIATHLON



ENTRANT INFORMATION

Race: JULY 19, 1992
 Application Deadline: JULY 8, 1992
 Shirt Pre-registration: JULY 3, 1992 (POSTMARK)
 Fees: INDIVIDUAL - \$20. TEAM - \$50.

REGISTRATION & CHECK-IN

6:00 - 7:00 a.m. at the Y-Building near
 Pennesseevassee Park parking area.
 YMCA - (207) 743-7184

BRIEFING: 7:40 a.m. SHARP at the Park Beach.

START: 8:00 a.m.

FEATURES: Free Refreshments; Free massages by certified therapists; Computer generated results by *Stone Lantern Consulting*; Awards Ceremony. Water stations available; Emergency Services will be present and on call.

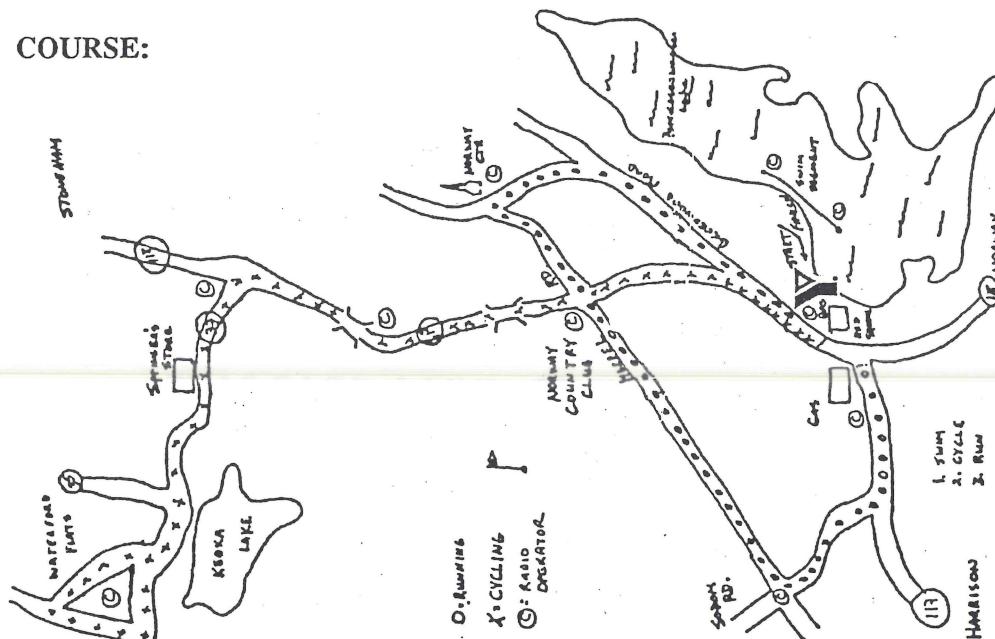
TRAFFIC: At no time will the road segments of the race be closed to traffic.
RACERS MUST YIELD TO MOTOR VEHICLES.
SPECTATORS MUST STAY CLEAR OF TRAFFIC AND RACERS.

SWIM: 1 Kilometer starting at the Park Beach; swim to the mark and return.
For safety reasons, florescent bathing caps are required.

BIKE: Painted arrows and Race Officials will direct Racers west on Rt. 118 to Rt. 37; South on Rt. 37 to, and around, the Green at Waterford Flat; and, return to the intersection of Rt. 117 and Rt.118 at Norway Lake. *Hardshell Helmets are required!!!*

RUN: Painted arrows and Race officials will direct racers South on Rt. 117 to right turn onto Sodom Rd; then right onto Morrel Rd. to Norway Ctr; right from Norway Ctr. to Greenwood Rd.; then right onto Greenwood Rd. to Rt. 118 and return to Park and YMCA.

COURSE:



Sponsored by:



and



8th Annual Belgrade Lakes 10K and One Mile Fun Run In Memory of Marie MacArthur

When: Sunday, July 19, 1992

Where: Belgrade Lakes, Maine
Start at The Village Inn

Time: Race Time 8:00 a.m. 10K
8:40 a.m. 1 mile run

Entry Fee: \$7.00 10K if pre-registered by July 15
\$8.00 10 K day of race
\$4.00 1 Mile Fun Run

Registration: Entrants may pre-register prior to July 15th by sending the completed application and entry fee to **Belgrade Lakes 10K, P.O. Box 515, Belgrade, ME 04917**. Registration will be held at The Village Inn in Belgrade Lakes the day of the race from 7-7:50 a.m.

Divisions:

10K:	19 and under 20-29 30-39 40-49 50 & over	Male and Female Male and Female Male and Female Male and Female Male and Female	1 mile:	5-8 Boys & Girls 9-11 Boys & Girls 12-14 Boys & Girls 15-17 Boys & Girls
-------------	--	---	----------------	---

Prizes: Special T-Shirts will be given to the first 100 entrants. Gift Certificates will be given to the overall winners and division winners in the 10K and 1 Mile Fun Run.

Refreshments: There will be **3 water stops** along the 10K course and water hoses. Refreshments will be served at the finish line. Swimming available after the races.

Information: More information about the Belgrade 10K can be obtained by contacting Geoff Hill, Race Director, P.O. Box 515, Belgrade, ME 04917 or calling (207) 495-2124 or 287-5300.

Sponsored by: THE VILLAGE INN in Belgrade Lakes.

Co-Sponsored by the **Belgrade Regional Health Center** and the **Central Maine Striders.**



ENTRY FORM

Mail this form to: **Belgrade 10K Race, P.O. Box 515, Belgrade, ME 04917**

In consideration of this entry being received, I for myself, my heirs, and assigns hereby waive and release any and all rights and claims I may have against the officials and sponsors of this race.

Name _____

Address _____

M/F _____ Age _____ 10K _____ 1 mile _____

Signature _____

Signature of parent or guardian if under 18 years of age

Tee Shirt Size:

- Small
- Medium
- Large
- Extra Large

14th ANNUAL PHIPPSBURG FIREMAN'S 5 MILER

SUNDAY July 19 at 9 AM

Phippsburg Fire Station - Route 209
South from Bath about 5 miles

THE COURSE: Slightly hilly out & back;
wheel measured; traffic controlled;
splits; water & aid stations.

AWARDS: valuable awards in a full
range of categories including
1st FIREFIGHTER!



RACE FOLLOWED BY FIREMAN'S FIELD DAY!

Preregister 443 3869

TRACK & FIELD CLASSIC

"UNDER THE LIGHTS"

Rain or Shine

JULY 24, 1992

FITZPATRICK STADIUM

PORTLAND, MAINE



You can count on what we know.

14 AND UNDER:

AWARDS: RIBBONS TO ALL PARTICIPANTS
T-SHIRTS TO FIRST 50 ENTRANTS

EVENTS:

5:00PM LONG JUMP
5:30PM 100M DASH ON TIME
5:45PM 400M DASH ON TIME

ENTRY FEE 14 AND UNDER \$2.00 ALL CHECKS PAYABLE TO
THE MAINE TRACK CLUB

FAMILY SPECIAL (2 ADULTS, 2 CHILDREN) ONE CHILD FREE!

15 & OVER

AWARDS TO EVENT WINNERS
RIBBONS TO TOP 6/EVENT
T-SHIRTS TO FIRST 100 ENTRANTS

ENTRY FEE AGE 15 TO 19 \$3.00 AGE 20 & OVER \$4.00
ALL CHECKS PAYABLE TO THE MAINE TRACK CLUB

SPIKES 1/8" MAXIMUM

EVENT LIMITS: 3 INDIVIDUAL EVENTS PLUS 1 RELAY

WITH THE EXCEPTION OF THESE EVENTS (100M, 400M, MILE & SHOT
PUT) ALL EVENTS ARE OPEN EVENTS.

AGE DIVISIONS: OPEN

APPRENTICE 15-19 MASTER 40-49
JOURNEYMAN 20-29 SENIORS 50-59
SUB-MASTER 30-39 VETERANS 60 & OVER

APPRENTICE, SUB-MASTER, MASTER, SENIOR & VETERAN AGE GROUPS
MAY ALSO COMPETE IN OPEN EVENTS.

THERE WILL BE:

A 3000M INVITATIONAL RUN FOR ELITE WOMEN AT 8:30PM
A 5000M INVITATIONAL RUN FOR ELITE MEN AT 8:45PM



KATHI FOYE
GEORGE TOWLE
SANDY UTTERSTROM

854-9804
878-8419
797-4710

ENTRY FORM



NAME _____ SEX _____ AGE _____
STREET _____
CITY/STATE/ZIP _____
PHONE # _____

EVENTS ENTERED

1. _____
2. _____
3. _____
4. _____



ATHLETES RELEASE: IN CONSIDERATION FOR MY ENTRY BEING
ACCEPTED, I OR AS THE GUARDIAN OF THE APPLICANT, RELEASE THE
MAINE TRACK CLUB, AND THE CITY OF PORTLAND FROM ANY AND ALL
RIGHTS AND CLAIMS FOR DAMAGES. I STATE THAT I AM/MY CHILD IS
SUFFICIENTLY TRAINED FOR THIS EVENT AND IS PHYSICALLY FIT. I
WILL BE RESPONSIBLE FOR ANY INJURIES WHICH ARE SUFFERED IN
THIS EVENT.

ATHLETE'S SIGNATURE _____ DATE _____
(PARENT IF UNDER 18)

RETURN ENTRY FORM TO: WARREN FOYE
212 PROSPECT STREET
WESTBROOK, ME 04092

RUNNING EVENTS:

6:00PM	5000M RUN	OPEN	ON TIME
6:45PM	400M HURDLES	OPEN	ON TIME
	100M DASH	AGE GROUP	TRIALS/FINALS
	MILE RUN	AGE GROUP	ON TIME
	400M RELAY	OPEN	ON TIME
	400M DASH	AGE GROUP	ON TIME
110/	100M HURDLES	OPEN	TRIALS/FINALS
	800M RUN	OPEN	ON TIME
	200M DASH	OPEN	ON TIME
	1600M RELAY	OPEN	ON TIME

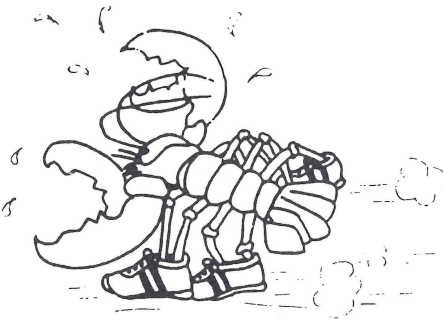


FIELD EVENTS

6:00PM	SHOT PUT	AGE GROUP	MALE/FEMALE
6:00PM	LONG JUMP	OPEN	MALE/FEMALE
6:00PM	TRIPLE JUMP	OPEN	MALE/FEMALE
6:00PM	HIGH JUMP	OPEN	FEMALE/MALE
6:00PM	JAVELIN	OPEN	FEMALE/MALE
	*DISCUS	OPEN	FEMALE/MALE

*DISCUS FOLLOWS JAVELIN

RESULTS WILL BE PUBLISHED IN MAINELY RUNNING



15th ANNUAL HANCOCK LOBSTER CLASSIC ROAD RACE

★ OFFICIAL ENTRY BLANK ★

BDN CHARITIES RACE #5

TAC-CERTIFIED 10-MILER #89-001-GN

Place: Starts and finishes at the Hancock Town Hall, nine miles downeast of the Ellsworth Triangle, just off U.S. Route 1.

Date: Saturday, July 25

Time: 9:00 a.m. — 10-miler

9:05 a.m. — Kids' Race — 2.5K

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Age _____ Male Female

Division (age): High School (19 & under) 20-29 30-39 40-49 50-59 60 & over

T-shirt size: S M L XL

Entry Fee: Classic \$8.00
Kids \$4.00

New Course Record (10 mile): M — Hiram Cuevas, New York 51:33 (1989)
F — Marcie Thomas, Vermont 66:05 (1989)

In consideration of this entry being 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 risks in this event and I am physically fit to participate in this event. I hereby release the Town of Hancock and all others assisting with the Hancock Lobster Classic Road Race from any liability for any injury or accident occurring as a result of my participation in this race.

Signature _____ Date _____

If under 18, parent or guardian's signature _____ Date _____

Check here for Kids' Race How did you find out about this race? _____

RACE INFORMATION

Starting Time: Kids' Race: 9:05 a.m. 10-miler: 9:00 a.m. TAC #89-001-GN

Registration: 7:30-8:45 a.m., Hancock Town Hall, or by mail before July 20th. All runners should report to the start early to avoid any delay in starting.

Course: See map on reverse. Time given at the 1 mile and halfway (5.0 mile) marks. Aid stations at 3, 5, 7 & 9 miles.

Facilities: Restrooms only, in Town Hall. Water available at start & finish.

Awards: Lobsters awarded to 1st & 2nd place finishers in each division. Raffle drawing for chicken BBQ and merchandise prizes.

T-shirts: First 100 runners will receive Lobster Classic T-shirts.

MAIL ENTRY AND FEE:

Make check payable to Lobster Classic Road Race, and mail to:
Bob Myers · Mt. Desert 04660

Complete results published in *MAINELY RUNNING*

★ SEE MAP ON REVERSE ★

The York Parks & Recreation Department Presents . . .

THE ELEVENTH ANNUAL

SUNDAY
AUGUST 2, 1992

YORK HIGH SCHOOL
YORK, MAINE



YORK DAY ROAD RACE

COURSE — 5k Certified by the Athletics Congress
START — 9:00 a.m., York High School
ENTRY FEE — \$7 pre-registration, \$8 race day
CHECK-IN & REGISTRATION — Opens 7:00 a.m. on race day
T-SHIRTS — To the first 300 registrants
PLUS — Water, mile markers, splits, professional timing,
police and ambulance
PRIZES — Awarded to all division winners

REGISTRATION FORM

"York Day Road Race"
Please Print Clearly

NAME _____ AGE _____ SEX _____

ADDRESS _____ TOWN _____

STATE _____ ZIP _____ TEL # _____

Men's: 12 & under 13-17 18-29 30-39 40-49 50-59 60 & over

Women's: 12 & under 13-17 18-29 30-39 40-49 50-59 60 & over

WAIVER *(must be signed)*

In signing this entry, I for myself, my heirs, executors and administrators, release the manager of the race, all sponsors and promoters and the Town of York for any and all liability in case of death or injury received during participation in this race. In the case of a minor, this entry must be signed by parent or guardian of entrant.

Signature _____ Parent or Guardian _____

Make checks payable to: York Recreation Department

Mail application to: York Parks & Recreation Department, P.O. Box 9, York, Maine 03909

For information or applications, call the York Parks & Recreation Department at 363-1040, Mon.-Fri., 9-4:30.

Would you like to be included on next years race mailing list. Yes No.

MAINE LOBSTER FESTIVAL

10K Road Race

WHEN: Sunday, August 2, 1992

WHERE: Rockland, Maine
at The Public Landing

10K - 6.2 Miles

COURSE: 10K ME - 84001-GN CERTIFIED
3 Water Stops & Splits

TIME: 8:30 A.M.

REGISTRATION: Fee is \$ 7.00 for
Pre-registration.
\$ 8.00 day of race.

DIVISIONS: Men's and Women's Ages:
Open - First In
14 & Under 30 - 39
15 - 19 40 - 49
20 - 29 50 - 59
WHEELCHAIR 60 & Up

AWARDS: Prizes to 1st and 2nd
places in each age group
T-SHIRTS TO ALL FINISHERS

MAIL TO: Ken Sylvester
109 Talbot Avenue
Rockland, Maine 04841

MAKE CHECKS PAYABLE TO:
Rockland Festival Corp.

KIDS FUN RUN

COURSE: 1 Mile, Wheel
Measured.

TIME: 7:30 A.M.

REGISTRATION: Fee is
\$1.00. Limited to
school grades,
Kindergarten through
8th grade in Sept. 1992

AWARDS 1st place Boy
& Girl.
1 winner in each grade,
K - 8

**SPECIAL TROPHY TO FIRST
PROFESSIONAL FISHERMAN
FROM KNOX COUNTY**

**GIANT PRIZE DRAWING AFTER
THE RACE**

Complete results will
be in Mainely Running

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

NAME: _____

() KIDS RACE: _____
Grade Sex

ADDRESS: _____

() 10K: _____
Age Sex

T-SHIRTS SIZE: M L XL

() PROFESSIONAL FISHERMAN
FROM KNOX COUNTY

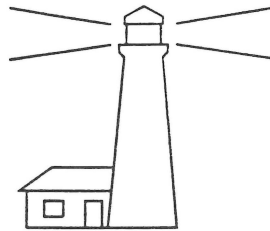
() WHEELCHAIR

SIGNATURE: _____
(PARENT OR GUARDIAN IF UNDER 18)

20 YEARS

1972

1992



Winter Harbor 5 & 10

SCHOODIC POINT 15K ROAD RACE

- PLACE:** Schoodic Point parking lot, Schoodic section of Acadia National Park, Winter Harbor.
- DATE:** Saturday, August 8, 1992
- TIME:** 7:00 A.M. to 8:00 A.M. PACKET PICK-UP • 8:30 A.M. Start.
- COURSE:** An out and back course, start and finish at Schoodic Point parking lot. 15K wheel measure, fairly flat along shore, cool and view of pounding surf. All miles clearly marked. TAC CERTIFIED.
- ENTRY FEE:** \$9.00 pre-registration — (Must enclose self-addressed, stamped envelope - NO EXCEPTIONS) — Limit 200 runners. Registration by August 4th.
- AWARDS:** 1st Male and 1st Female Overall
 2nd Overall
 3rd Overall
 1st Male and 1st Female for Each Category
 14 - Under
 15 - 19
 20 - 30
 31 - 39
 40 - 49
 50 - 59
 60 - over
 One Grand Raffle Prize; All finishers eligible.

- RACE FEATURES:**
1. Digital finish clock.
 2. Hot showers and changing facility.
 3. Time splits: all miles and 1/2 way.
 4. Water stations: 2 mile, 4.65, 7.3, finish.
 5. Restrooms: start and finish.
 6. T-shirts to all runners.
 7. Post race refreshments.
 8. LOBSTERS TO ALL FINISHERS.
 9. Free camping: same site as previous years.

Complete race results in
Mainly Running

Make Check Payable To: Schoodic Peninsula Chamber of Commerce Race Fund
C/O Tom Mapleton
P.O. Box 39
Winter Harbor, ME 04693


OFFICIAL ENTRY FORM


In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any and all rights and claims I may have against the sponsor of this race.


Name _____ Address _____

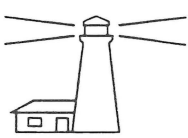
Age _____ School or Club _____ Male _____ Female _____ Shirt Size: S M L XL

Signature _____ Parents Signature if under 18 _____










Winter Harbor 5 & 10



Fine Line Press
 Quality Offset
 Printing, Design
 & Illustration

MATTANAWCOOK TRIATHLON

SUNDAY, AUGUST 9, 1992

The following are all out and back courses beginning and ending at Prince Thomas Park in downtown Lincoln:

6.2 Mile Run 6 Mile Canoe 20 Mile Bike

Registration: 7:30 - 8:30 AM

Pre-race Meeting: 8:30 - 9:00 AM

Race Starts: 9:00 AM

Registration Fee: \$10. (US) per person, Pre-Race

\$15. (US) per person, Race Day

T-Shirts to first 100 registrants.

**EVERYONE ELIGIBLE TO WIN DOOR PRIZES & SPECIAL AWARDS
FOR INDIVIDUAL TIMES**

A Sports Massage Team from the Maine Chapter of American Massage Therapy Association will be available following each event for post-race massage to help recovery and cool-down.



*Sponsors: Greater Lincoln Area Chamber of Commerce
Lincoln Pulp & Paper Co. Penobscot Valley Hospital
Staples Insurance Agency Irving Oil Fleet Bank Unicef*

For Further Information contact:

Paul Smith, RR1 Box 187, Lincoln Ctr, ME 04458

Tel: (207) 794-3321, ext 136 (Weekdays); 794-6638 (Home)

Trophies will be awarded to each individual in the 1st three places in each of the following categories:

- | | | |
|----------------------------|-----------------------------|-----------------------------|
| 1. Individual Male | 5. 4-Person Male, 35 & Over | 9. 3- or 4-Person Mixed |
| 2. Individual Female | 6. Corporate | 10. 2-Person Mixed |
| 3. 4-Person Male, Under 35 | 7. 2-Person Male | 11. Individual Masters, 40+ |
| 4. 4-Person Female | 8. 2-Person Female | 12. 4- Person Recreational |
- (Any age or sex, rec canoe)

I (We), the undersigned, know that as a participant in the Mattanawcook Triathlon, that I (we) should not enter and compete unless I (we) am (are) medically able and properly trained. I (we) assume all risks associated with the event including, but not limited to, falls; contact with other participants; effects of the weather (including high heat and/or humidity); traffic and conditions of the roads; all such risks being known and appreciated by me (us). Having read this waiver, and knowing these facts, and in consideration of acceptance of my (our) entry, I (we) for myself, and anyone entitled to act on my behalf, waive and release the Greater Lincoln Area Chamber of Commerce, the Town of Lincoln, and all sponsors, volunteer helpers, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event.

Please enter me/us in Category # ____.

T-Shirt Sizes (50/50 Blend): M L XL XXL

R: ____ B: ____ C: ____ C: ____

Runner: _____
Mailing _____
Address _____
(Please Print)

Paddler _____
Mailing _____
Address _____
(Please Print)

Signature: _____

Signature: _____

Biker: _____
Mailing _____
Address _____
(Please Print)

Paddler _____
Mailing _____
Address _____
(Please Print)

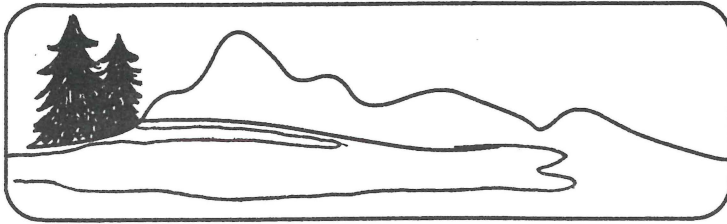
Signature: _____

Signature: _____

MAIL ENTRIES TO:

Greater Lincoln Area Chamber of Commerce, PO Box 164, Lincoln, ME 04457

(Make Checks Payable to Greater Lincoln Area Chamber of Commerce)

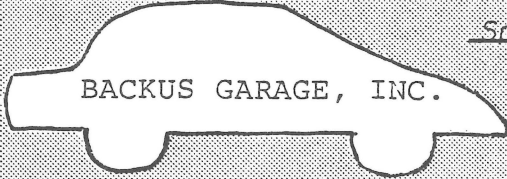


WESTERN MOUNTAIN BIATHLON


August 9, 1992 9:00a.m.
Wilton, Maine


RUN / BIKE

Sponsored By




BACKUS GARAGE, INC.





Wilton CHAMBER OF COMMERCE



Franklin Memorial Hospital
Sports Medicine Clinic

Course: 6 mile run / 20 mile bike. Rolling hills on country, paved roads. Race starts at the top of High Street, near St. Mary's Catholic Church. The exchange area and finish line are at Bass Park.

Registration: Pre-Entry forms must be postmarked by August 1, 1992 to receive a T-shirt. Race-Day check-in and registration at Bass Park from 7:00-8:00a.m. (no T-shirt).

Awards: Prizes awarded to the top three finishers in each category
Age groups: 19 & under, 20-39, 40 & over.
Classes: Men & Women individual, Mixed teams, Jr.(under 19) - Sr.(over 40) team, & Open.

Helmets: ANSI or SNELL Approved helmets are required

RAFFLES & REFRESHMENTS FOR ALL PARTICIPANTS

Fee: \$10.00 / person. Make check payable to: WMMCC Biathlon

Send Entry Forms To: Western Maine Mountain Chamber of Commerce
P.O. Box 934

Post-Race Messages
Available

Wilton, Maine 04294

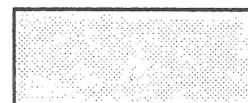
water stops and cool
down spots on course

cut along line before mailing

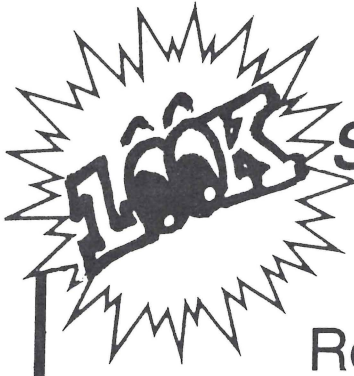
RUNNER _____ Registration Form _____ BIKER _____
 NAME _____ AGE _____ SEX _____
 ADDRESS _____
 PHONE _____ TEAM MEMBER _____

In consideration of this entry, I waive any and all claims for myself and my heirs against the officials, volunteers, and sponsors of the "Western Mountain Biathlon" for any injury which may result from my participation. NO HEADPHONES, NO STROLLERS, NO REFUNDS

SIGNATURE _____



OFFICIAL
USE
ONLY



JBI/Citibank Run Spring Point Festival at SMVTC

South Portland, Maine
Saturday, August 15, 1992

Registration 7 AM, Race Starts 8:45 AM

Sponsored by: Jackson Brook Institute & Citibank (Maine)

The Course

Starting at the SMVTC Campus, the course follows Fort Road to Willard Square, continues down Preble Street to Cottage Road, to Richland, to Broadway, then along Broadway to Pickett Street to the finish line at SMVTC.

Grand Prize

- 2 Round-Trip tickets between Portland and Bermuda, one each for a male and female (courtesy of Jackson Brook Institute and Citibank). Winners determined by lottery. Only registered finishers are eligible.

Additional Prizes to Males and Females in the following categories:

I First and Second in the following age groups:

7 thru 10	30 thru 34	50 thru 54
11 thru 14	35 thru 39	55 thru 59
15 thru 19	40 thru 44	60 and over
20 thru 29	45 thru 49	

Also Prizes and Trophies

- A Father and daughter with the lowest combined time
- B Mother and son with the lowest combined time
- C Largest family of finishers, i.e. parents, children and grandchildren
 - Youngest, oldest and the last ten finishers
 - Trophy for the business with the greatest number of registrant/finishers

Special Features

- Lapse Time Clock
- Water Stops
- Refreshments
- Shower and Locker Facilities

*First 125 finishers receive
Limited Edition Tee Shirts!*

Make checks payable to JBI/Citibank Run, P.O. Box 8008, Portland ME 04104

ENTRY FORM

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

NAME (print) _____

TELEPHONE _____

ADDRESS _____ CITY _____ STATE _____

SIGNATURE _____

If you are a member of a business team,

please indicate name: _____

Male Female Age _____ Entry fee \$8.00 Pre Registration
\$9.00 Race Day

If you are entered as part of a family team (categories A, B or C) you will only be considered for prizes in those categories, not in the age group category. You will be eligible for the grand prize Bermuda trip. Applications for family teams must be received together, with a clear indication of who the team members are, and which category they are in.

CATEGORY I A B C (circle one category only.)

Sunday, August 16, 1992

Picturesque course around the Eastern Prom,
starting and finishing at St. Peter's Church,
72 Federal Street (behind Levinsky's).

Race off at 6:00 PM

ST. PETER'S



ROAD RACE

Portland, Maine

Special thanks to our sponsors



**THERE'S NOTHING
LIKE A REAL ITALIAN.**



6th Annual Fun Run

Sponsored by

St. Peter's Italian Street Festival

Date: August 16, 1992

Time: Race off at 6 PM
Please arrive at 5 PM for numbers
and late entries.

Where: St. Peter's Church, corner of Federal
and India Streets in Portland,
Maine. Behind Levinsky's.

Course: Interesting and scenic 4 miles
around Eastern Promenade section
of Portland. Split at 2 miles.

Facilities: Come ready to run.

Special Race

Features: Medals awarded to *each* finisher.

Awards: Commemorative medals to:
First 3 finishers, male and female.
First male and female finishers of:
Italian Origin and
St. Peter's Parishioners
All runners are eligible for random
drawing in the church hall after
the race.

Race Director: St. Peter's Church - Father Edward
Ansaloni, Joe Discatio

Entry Fee: \$9.00 'till August 8. Thereafter fee
will be \$10.00.

Mail entries with

entrance fee to: St. Peter's Church Run for Fun
72 Federal Street
Portland, ME 04101
Tel. 773-0748
Checks payable to St. Peter's Church.

Bring your entire family and stay to enjoy games,
pizza, fried dough, spaghetti dinners, sausage sand-
wiches and games of chance for all. Watch the young
people attempt to climb the grease pole and listen to
the sounds of live music from a local popular band.

Course Records: Men's, Rick Garcia 19:57, Women's, Veronica Knight 23:02

OFFICIAL ENTRY FORM

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

NAME _____ TELEPHONE _____

ADDRESS _____ CITY _____ STATE _____

AGE _____ SEX _____ ZIP _____

ITALIAN ORIGIN YES NO ST. PETER'S PARISHIONER YES NO

SIGNATURE _____

(parent or guardian if under 18)



SHAWNEE PEAK GREAT MOUNTAIN CHASE Uphill Run & Family Hike

Sunday, August 23 at 10:15am

Uphill Run: Test your endurance while you chase competitors over a 3 mile course climbing 1300 vertical feet up Shawnee Peak at Pleasant Mountain. The first mile of the race will be on a paved road, followed by 2 miles of steep, mountainous terrain. Enjoy spectacular views of the western mountains and lakes.

Age Categories: Junior- 18yrs & under; Adult- 19-39yrs; Masters- 40+ yrs

Awards: Chuck Roast Jackets will be awarded to the top male & female finishers in each category. Shawnee Peak gift certificates will be awarded to the top three finishers in each category.

The Shawnee Peak Uphill Run is the first race in the "Key Bank Peak to Peak Maine Alpine Running Series". The series combines runs up six of Maine's ski areas. Each of the races can be run individually or as part of the series. For more information on the "Peak to Peak" series, contact the Ski Maine Association at (207) 761-3774.

New

Family Hike: New this year, Shawnee Peak has added a non-competitive, 2.0 mile family hike. This challenging hike will climb the slopes of Shawnee Peak, with the only goal being to reach the peak - at your own pace - while you enjoy the spectacular views and the company of family and friends. The hike is appropriate for active members of the whole family. (In the spirit of keeping this family hike non-competitive, prizes will not be awarded.) Chairlift rides down the mountain will be available for participants only; refreshments will be served.

T-shirts awarded to all registrations received prior to August 14th. To register fill out the following form and enclose a check for \$10.00 made payable to: Shawnee Peak, RR#1 Box 734, Bridgton, Maine 04009. Or register the day of between 9:00 and 9:45am.

For more information contact Shawnee Peak at (207)647-8444.

Please complete a separate registration form for each participant.

I wish to participate in the (circle one): 3 mile "Uphill Run" 2 mile "Family Hike"

Last Name: _____ First Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Age: _____ Sex: _____

Entry Liability Release

In consideration of your accepting this entry, I, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims or damages I may have against the race committee, any sponsor, their representatives, successors, and assigns for any and all injuries suffered by me at said race or event, even if it is caused by negligence on the part of the race committee. Both of these events are physically demanding.

Signature _____

Parent's Signature (if under 18) _____

Sponsored By:



chuck roast





BodyWISE SEACOAST SHUFFLE

AUGUST 25, 1992 - TUESDAY EVENING

5K RUN AND 2 MILE FUN WALK

Beautiful scenic coastal route complete with sea breeze and ocean spray.

BOTH EVENTS OPEN TO PARTICIPANTS OF ALL LEVELS AND ABILITIES

WHERE: UNIVERSITY OF NEW ENGLAND, CAMPUS CENTER
HILLS BEACH ROAD, BIDDEFORD, MAINE
(207)283-0171 EXT. 307

TIME: 6:30 PM (WALK AND RUN) **ENTRY FEES:** \$7.00 Pre-registration
\$9.00 Day of Race

REGISTRATION: 5:00 p.m. to 6:15 p.m. at the Campus Center

AWARDS: PRIZES AWARDED TO 1st & 2nd MALE & FEMALE FOR DIVERSE AGE DIVISIONS

SHIRTS: TO FIRST 250 ENTRANTS

RAFFLE PRIZES AND FOOD FOR ALL ENTRANTS AT THE END OF THE RACE!!!

1992 BodyWISE SEACOAST SHUFFLE WAIVER & ENTRY FORM

I hereby, for myself, my heirs, my executors and administrators waive and release any and all claims for damages against the sponsors and directors of the BodyWISE Seacoast Shuffle as well as their heirs and representatives for any injuries and illnesses which may result directly or indirectly from my participation in this race. I hereby certify that I am physically fit and have sufficiently trained for this event.

NAME _____

MAILING ADDRESS _____

SIGNATURE: _____

PARENT SIGNATURE: (If under 18) _____

AGE _____ SEX _____

THANKS TO OUR AREA SPONSORS AND



MAKE CHECK PAYABLE TO: UNIVERSITY OF NEW ENGLAND
MAIL ENTRY FORM AND FEE TO: MARILYN R. GELISH, BodyWISE SEACOAST SHUFFLE
UNIVERSITY OF NEW ENGLAND, BIDDEFORD, MAINE, 04005 **BY AUGUST 11, 1992**

NORTHEAST HARBOR ROAD RACE 1992

Northeast Harbor Road Race has a new look

With a new scenic course that winds along the banks of Somes Sound, race promoters hope this will be the best year yet for the 13th annual Northeast Harbor road race.

The race, sponsored by Pine Tree Redemption Center will be held on Saturday, August 29 with the start scheduled for 9:30 am. Proceeds from the race benefit the Northeast Harbor Fire Company ambulance fund.

This year, organizers decided to change the course of the race to take advantage of the beauty that surrounds the small village of Northeast Harbor. Runners will register at the Great Harbor Museum, from 8:00 to 9:10am and then be transported to the starting line near the head of Sargent drive which follows the only natural fjord on the east coast. Sargent Drive offers stunning views of facing mountains and quarries as it cuts through statuesque trees, past towering faces of granite. It is not uncommon to spot sailboats floating on the waves of the sound, or to watch a lobsterman hauling in his traps. The race will conclude back in town at the Great Harbor Museum (the old firehouse).

"It will be a good test for everybody from back of the pack to the top runners," says local running enthusiast Dave Renault. "It is probably the most picturesque course you're ever going to run to come right down Sargent's Drive past the summer cottages and the Northeast Harbor Fleet."

Cool ocean breezes should make for pleasant running conditions on even the hottest August day. Mount Desert Spring Water, a local bottler, will also provide refreshment with a water station along the route.

Prizes will be awarded to the first man and woman across the finish line and to the top two finishers in six classes.

The fee for the Race is \$8.00. Registration will take place at the Great harbor Museum on Main Street in Northeast Harbor. T-shirts are available to the first 75 entrants.



Date: August 29, 1992

Time: 9:30am

Registration: 8:00 to 9:10am at Great Harbor Museum,

Fee: \$8.00

Main Street, Northeast Harbor

Distance: 5 miles

Categories:

Boys 13 and under

Girls 13 and under

High School Boys

High School Girls

Men 19 - 29

Women 19 - 29

Men 30 - 39

Women 30 - 39

Men 40 - 49

Women 40 - 49

Men 50 and over

Women 50 and over

Awards:

1st place overall Men and Women

2nd place overall Men and Women

1st place in category, 2nd place in category

Oldest runner, Youngest Runner

1st 75 entries receive t-shirts

Rest rooms at Great Harbor Museum

Finish computed by automatic timer

Race to benefit Northeast Harbor Fire Company Ambulance Fund

Sponsored by:

The Pine Tree Redemption Center

Entry Form

In consideration of acceptance of this entry, I hereby waive and release any and all rights and claims for damages I may have against sponsors and officials for any and all injuries suffered by me in the 1992 Northeast Harbor Road Race.

Name _____

Age as of 8/22/92 _____

Address _____

Category _____

Signature _____

(parent if under 18)

Mail Fee to:

Northeast Harbor Fire Co., Northeast Harbor, ME 04662

REGISTRATION

1992 MS Great Bicycle Escape
August 29 & 30, 1992

Complete this form and return it with your \$25 registration fee to: MS Society, P.O. Box 8730, Portland, ME 04104

Name _____ Age _____ M _____ F _____

Address _____

City _____ State _____ Zip _____

Telephone: Home _____ Work _____

Employer _____

T-shirt/jersey size _____S _____M _____L _____XL

- Enclosed is my \$25 registration fee (\$30 after July 27). Send my pledge forms now!
- Please send extra brochures; I'll distribute them at work.
- I would like to ride on behalf of an MS client of the Maine Chapter. Please contact me with details.
- I will be riding on a Challenge Team.
Team Name _____
Team Members _____
- Please send me an "In-Training" shirt. Enclosed is an extra \$6.50.
Route: _____Southern (Topsham) _____North/Central (Bangor)
Roommate preference (name(s)) _____
1992 Pledge Goal \$ _____
- I rode in the MS 150 in _____'86 _____'87 _____'88 _____'89 _____'90 _____'91
- I can't ride in the bike tour, but would like to volunteer.
Other potential volunteers _____

(Name and telephone #)

Indicate where you first heard about the MS Great Bicycle Escape:

____Bike Shop ____Direct Mail ____Health Club ____TV
____Bike Club ____Friend ____Radio ____Work
____Other

- I would like to receive the MS 150 Training Log Book.

In signing this release, I acknowledge that I understand the intent thereof, and I hereby agree and will absolve and hold harmless: National Multiple Sclerosis Society, Maine Chapter, corporate sponsors and cooperating organizations, and any other parties connected with this event in any way, singly or collectively, from and against any blame and liability for any injury, misadventure, harm, loss, inconvenience or damage hereby suffered or sustained as a result of participation in the MS Great Bicycle Escape or any activities associated herewith. I also hereby consent to and permit emergency treatment in the event of injury or illness. I hereby agree to wear a helmet at all times during the ride. I grant full permission for organizers to use photographs of me for promotion of this event.

Signature _____ Date _____

Signature of parent/guardian (if under 18)

Children under 16 years of age must be accompanied by an adult.

Feeling good
is the fun of it.



**8th Annual MS 150
Great Bicycle Escape
August 29 & 30**

- Exciting 2-day adventure that covers 150 miles of Maine's back roads.
- Rides start in Topsham and Bangor.
- Tour includes all meals & snacks as well as an overnight stay at a beautiful camp on one of the Belgrade Lakes.
- \$25 Registration fee and a minimum of \$200 in pledges.
- Fantastic incentive prizes for pledge dollars earned.
- REGISTER TODAY!!! (See back for registration form)

Call us now for more information!
761-5815 or 1-800-639-1330*

DOING GOOD IS WHAT IT'S ALL ABOUT



NATIONAL MULTIPLE



SCLEROSIS SOCIETY



RUN FOR THEIR LIVES

to benefit The Animal Shelter

DATE: Sunday, August 30
TIME: 10 AM Sharp
ENTRY FEE: \$8; \$9 day of race
START: Elmina B. Sewell Animal Shelter
Holland Road
West Kennebunk, Maine
COURSE: Flat & Fast
DISTANCE: 5K (certification pending)
FACILITIES: Come prepared to run.
Restrooms available at Shelter
AWARDS: Top Male & Top Female
Courtesy TOM's OF MAINE

REFRESHMENTS: . . . will be served
to runners at end of race

RESULTS: . . . will be published in
Mainly Running Magazine

FOR FURTHER RACE INFORMATION, CALL
JANE REAGAN, ANIMAL SHELTER MANAGER
207 985-3244



SPONSORED BY



Fine Handmade Candies
Main Street
Ogunquit, Maine

Candy Shop

ENTRY FORM FOR THE 1992 ANNUAL 5K RUN FOR THEIR LIVES

Please Print

Name _____

Address _____ Zip _____ Phone _____

Shirt Size S _____ M _____ L _____ XL _____

Please mail \$8 check to:

ANIMAL WELFARE SOCIETY, P.O. BOX 43, WEST KENNEBUNK, MAINE 04094

NO BABY STROLLERS OR RADIO/TAPE HEADSETS ALLOWED

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

SIGNATURE _____ DATE _____ PARENT SIGNATURE
IF UNDER 18 YEARS _____

MAINE SPORT

PRESENTS 13TH ANNUAL

TINMAN TRIATHLON

.5 - MILE SWIM 26.5 - MILE BIKE 6.6 - MILE RUN

Sunday, September 6th, 1992, 9:00 A.M. START

Barrett's Cove Beach at Megunticook Lake, Route 52, Camden, Maine.

For more information call 207-236-7120

RACE FEE:	Preregister by September 3rd	Race Day
	Individual \$15	\$20
	Team \$30	\$36

AWARDS FOR ALL GROUPS BASED ON THE NUMBER OF PARTICIPANTS
FIRST PLACE AWARDED IN THE TEAM CATEGORIES
T-SHIRTS AWARDED TO THE FIRST 100 ENTRANTS

----- REGISTRATION AND RELEASE FORM -----

The undersigned does hereby release and forever discharge the race organizers, their agents, representatives, heirs, successors and assigns and any other bodies, corporations, firms, associations or persons connected with this race of and from all claims, demands, damage, actions, or causes of actions that the undersigned may have for, or by reason of, or arising out of, personal bodily injury sustained by the competitor or property damage sustained to the equipment of the competitor during the said race. The undersigned does attest and verify that he or she is physically fit and has sufficiently trained for this event.

Signature of Participant

Date

Guardian Signature (if participant is under 18)

Date

NAME _____

AGE _____

MAILING ADDRESS _____

(Each member of a team must fill out a separate entry form!)

CATEGORY :	MEN	WOMAN	TEAM
(please circle)	18 & under	18 & under	men
	19 - 29	19 - 29	women
	30 - 39	30 - 39	mixed
	40 - 49	40 - 49	
	50 & over	50 & over	

Send signed release with check payable to
Maine Sport, P.O. Box 956, Rockport, Maine 04856





15th Annual BAR HARBOR 13 MILER

New England's Most Scenic Road Race

SPONSORED BY: BAR HARBOR BANKING AND TRUST COMPANY 
 BAR HARBOR • BLUE HILL • DEER ISLE • ELLSWORTH • LUBEC • MACHIAS
 MILBRIDGE • NORTHEAST HARBOR • SOUTHWEST HARBOR • WINTER HARBOR
 Member FDIC



WHEN: Saturday, September 19, 1992. 10:00 a.m.

WHERE: Bar Harbor, Maine, located on scenic Mount Desert Island, home of famous Acadia National Park, a runner's Mecca, with 52 miles of carriage paths winding through forests, mountains, ponds and surrounded by the Atlantic Ocean.

DISTANCE: TAC Certified 13.109 miles - 1/2 marathon.

COURSE: A challenging TAC Certified loop course, with start and finish at the athletic field. Nine miles of the course is on vehicle prohibited carriage paths, offering an excellent running surface. Race monitoring done by the Bar Harbor Police Dept. and Acadia National Park Rangers. All participants and spectators are reminded to help keep Acadia National Park pristine.

PRESENTED BY: Mount Desert Island YMCA

— AWARDS —		Divisions	Awards
		Men's Open	1-3
		Men's (30-39)	1-3
		Men's (40-49)	1-3
		Men's (50-59)	1-2
		Men's (60 & over)	1-2
		Women's Open	1-3
		Women's (30-39)	1-3
		Women's (40-49)	1-3
		Women's (50-59)	1-2
		Women's (60 & over)	1-2
		Under 16	1
	} Year Round Residents	1st MDI Man	1
		1st MDI Woman	1

— Award Ceremony To Follow Race —

Race # 8 in the Bangor Daily News Charity Road Race Series

ENTRY FEE: \$12.00 (Pre-Registration) \$15.00 (Day of Race)

Registration Time: 8:00 - 9:45 (Day of Race)

FEATURES: Cash Prizes for the First Three Places in the Men's and Women's Open Division
 \$300.00, \$175.00 and \$100.00 respectively
 \$50.00 RANDOM CASH DRAWING

Prizes By Local Merchants • Post Race Pasta Buffet
 Free T-Shirt For Each Racer

Aid Stations • Splits • Finish Times • Mile Markers
 Chronomix Timer • Showers Available (YMCA)
 Accommodations: Motels - Off Season Rates

Full Results published in Mainely Running.

ENTRY FORM

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

Signature _____

If Under 18 Parent Or Guardian Must Also Sign

Print Name _____

Address _____

Age _____ Sex _____ T-Shirt Size _____

Where did you hear about the race? _____

— Please Print Carefully —

RETURN ENTRY FORM WITH REMITTANCE TO:
 MDI YMCA • Bar Harbor 13 Miler • Box 51, Bar Harbor, ME 04609
 Tel: 207/288-3511 for more information.

ENTRY FEE	\$12.00 (Pre-Registration) \$15.00 (Race Day)		\$
POST RACE PASTA BUFFET*	\$6.00 (Adults) (\$7.00 At Door)		\$
		NO. IN PARTY	
	\$3.00 (Children) (Under 12) (\$3.50 At Door)		\$
		NO. IN PARTY	
TOTAL ENCLOSED			\$

*Held at Athletic Field weather permitting, or in case of rain held at YMCA, Immediately Following The Race
 Pasta dinner includes: Salad, Bread, Beverage & Dessert

Run The Race of Your Life

BAYSTATE MARATHON HALF-MARATHON

(FORMERLY THE LIFETIME MARATHON)

**Sunday
October 18, 1992**

Start 8:00 AM

Greater Lowell Vocational High School
Rte 113, Tyngsboro, MA

TAC certified flat fast two loop course along the scenic Merrimack River. This course is designed to get you a fast qualifying time. It is almost like running on a 13.1 mile oval track.

Registration Information

Marathon \$20 before 10/15/92 (\$25 after)
Half-Marathon \$15 before 10/15/92 (\$20 after)
T-Shirts to the first 1000 entrants

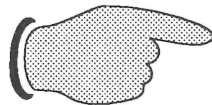
Make checks payable to: GLRR

Mail to: BayState Marathon, 9 Thomas St.,
Windham, NH (include a business size SASE)
For more information call: 603/434-8201 Bill
Gibney

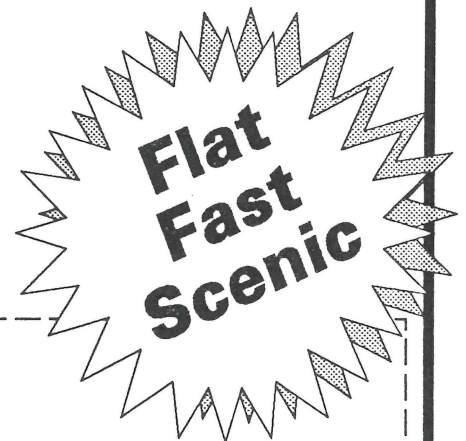
Hosted by



Check here for information on
joining the GLRR



**51% of Last Year's
BayState Marathon
Finishers Qualified
for the Boston Marathon**



Marathon/Half-Marathon Entry Form



First Name

Last Name

Age

Sex

Address

Town

State

Zip Code

Phone Number

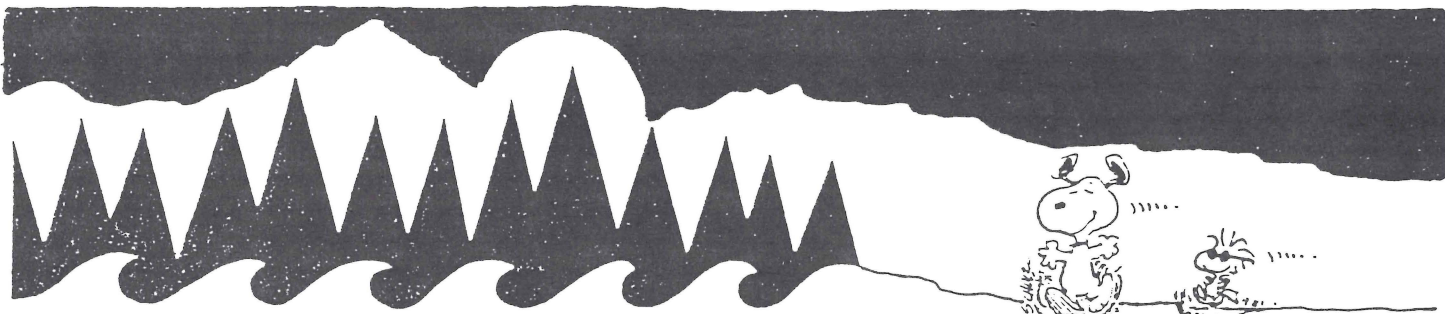
Please Check One

Marathon

Half-Marathon

In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Greater Lowell Road Runners, City of Lowell, Town of Chelmsford, Town of Tyngsboro, and any sponsors, coordination groups, and any individuals associated with the event, their representatives, successors and assignees, and will hold them harmless for any and all injuries suffered in connection with this event, including those which may be attributable to weather conditions. I attest that I am physically fit to compete in this event, and have sufficiently trained for the completion of the event, including hydration. Further, I hereby grant full permission to any and all of the foregoing to use my photographs, videotapes, motion pictures, recordings, or any other record of this event.

Signature (Parent if under 18)



4th
ANNUAL

PHYSICAL THERAPY 8-K

SPONSORED BY: *Maine Physical Therapy Association,
Mid-Coast Health Services, and MAINELY RUNNING Magazine*

Saturday, October 3rd

Brunswick High School

Registration 7:30 to 8:30am - Stretching Clinic 8:30 - Race Start 9am "Sharp"!!

FEATURES:

- * FAST, FLAT and TAC CERTIFIED #ME-91013-GN. 8 kilometers is a world wide recognized distance & is 39 yds shorter than the less popular 5 mile distance. Results will qualify for State records at 8k/5mile.
- * Substantial merchandise prizes for both the raffle and race awards for all categories
- * Guaranteed long sleeve T-shirt - if preregistered by Sept 18
- * Proceeds to benefit SADD (Students Against Drunk Driving)
- * Refreshments and Bill Audet music entertainment following race
- * Full results and photos published in MAINELY RUNNING and submitted to TACSTATS/USA
- * Pre-race stretching clinic
- * Time splits and all miles marked
- * Rest rooms and showers available
- * Post-race Physical Therapy Sports Massages.
- * Race managed by the Maine Track Club
- * Water at start, finish and on course



AWARDS:

- * First 6 finishers in male and female open categories
- * 1st, 2nd & 3rd place male and female in age divisions:
under 19, 40-49, 50-59, 60+
- * 1st all-male & all-female 3 person teams

ENTRY FEES:

- * To receive long sleeve T-shirt -
Pre-register before Sept 18: \$8
- * Pre-register without T-shirt: \$5
- * Race Day Registration: \$6

For more information call race directors: Dan Sullivan, 729-1641 x293, or John LeRoy, 725-8680. Make Check payable to: Maine Physical Therapy Association. Mail Check & form to: Dan Sullivan, PT, Parkview Hospital, Maine St. Brunswick ME 04011

PRINT NAME: _____ AGE: _____ MALE ___ FEMALE ___

ADDRESS: _____ PHONE: _____

T-SHIRT SIZE (before Sept. 27) S ___ M ___ L ___ XL ___ Entry Fee/Check One: \$8. \$5. \$6.

NO BABY STROLLERS OR RADIO HEADSETS ALLOWED

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

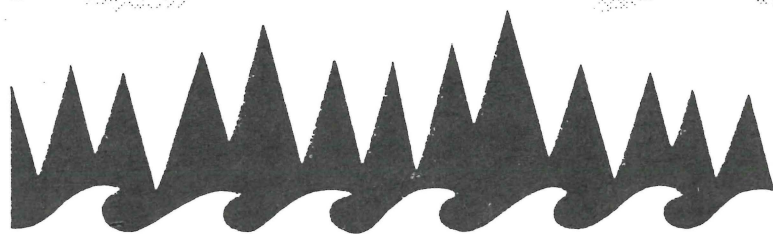
SIGNATURE _____ DATE _____ PARENT'S SIGNATURE IF UNDER 18 YEARS _____

*We thank our Sponsors for helping us celebrate October as
National Physical Therapy Month!!*

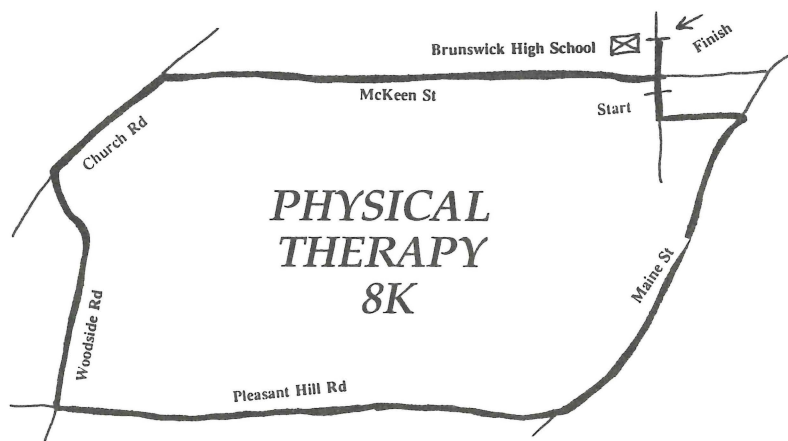
*Mainely
Running
Magazine*



Mid Coast
Health Services



MAINE CHAPTER
AMERICAN
PHYSICAL THERAPY
ASSOCIATION
INCORPORATED



DIRECTIONS:

From north: RT 95 exit 24 at Topsham, proceed East on RT 196 through Topsham and over bridge into Brunswick. Proceed south on Maine St through Town and turn right on McKeen Street. Brunswick High is 2 blocks on right. Parking behind school.
From South: Rt 95 exit 22 on RT 1 north (Pleasant St). Proceed straight through 3 traffic lights. At the 3rd light, Rt 1 makes a left, but you continue straight for 1 more block, then turn right on Spring St. High School is 4 or 5 blocks on right.

Sports and Fitness Festival events:

Saturday Oct 3 --

9am	Start Physical Therapy 8K Race	Brunswick High School, Brunswick
noon-7	Health & Fitness Festival	One City Center, Portland
1 to 4	Seminars on Fitness & Health	One City Center, Portland
5 to 7	Carbo-loading dinner	One City Center, Portland

Sunday Oct 4 --

8am	Maine Marathon & Half Marathon	University of Southern Maine, Portland
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..... For more information contact Dave & Sandra Shennan at 725-0716

Race Directors Race Flyer Fees

For only \$40.00 per page, MAINELY RUNNING will print your flyer in the body of the magazine. This saves you printing and mailing expenses. Flyers must be 8 1/2 x 11. Send one **GOOD** black & white copy with payment to MAINELY RUNNING by the tenth of the month prior to issue date.

Advertising Rates

	Single Issue	Five Issues	One Year
1/4 Page	\$ 30	\$135	\$250
1/2 Page	50	220	380
Full Page	80	355	620
Covers	Call	Call	1000

These prices are for camera ready ads, with additional charges for ad layout.

For More Information Call: 725-8680

Mainely Running is available at the following Advertisers

- o Bath Cycle & Ski
 - o Cadillac Mtn. Sports
 - o CycleMania
 - o Fort Western Sports
 - o Goldsmith's
 - o Life Sports
 - o Maine Sport
 - o Northern Lights
 - o Olympia Sports
 - o Rainbow Cycle
 - o Sports East
 - o Yankee Sports
- Woolwich
 - Bar Harbor
 - Portland
 - Augusta
 - Auburn
 - Bangor
 - Presque Isle
 - Scarborough
 - Ellsworth
 - Rockport
 - Farmington
 - Bangor
 - South Portland
 - Newington, NH
 - Auburn
 - Topsham
 - Auburn
 - Brunswick
 - South Portland
 - Windham
 - No. Conway, NH
 - Rochester, NH



MAINELY RUNNING MAGAZINE

Subscription Form and Maine TAC Memberships

Name _____

Address _____

Telephone _____ Sex _____ US Citizen _____

Check Applicable Sport(s) T&F _____ LDR _____ RW _____

(Track & Field-Long Distance Running-Racewalking)

Date of Birth _____ Club _____

I certify that in accordance with the rules of TAC and the IAAF, I am eligible to compete in the indicated sports.

Signature _____

Today's date _____ check the applicable box

One year subscription (10 issues) \$17.50

Subscription for TAC members \$15.00

TAC membership \$10 youth \$8

Subscription & TAC \$25 youth \$23

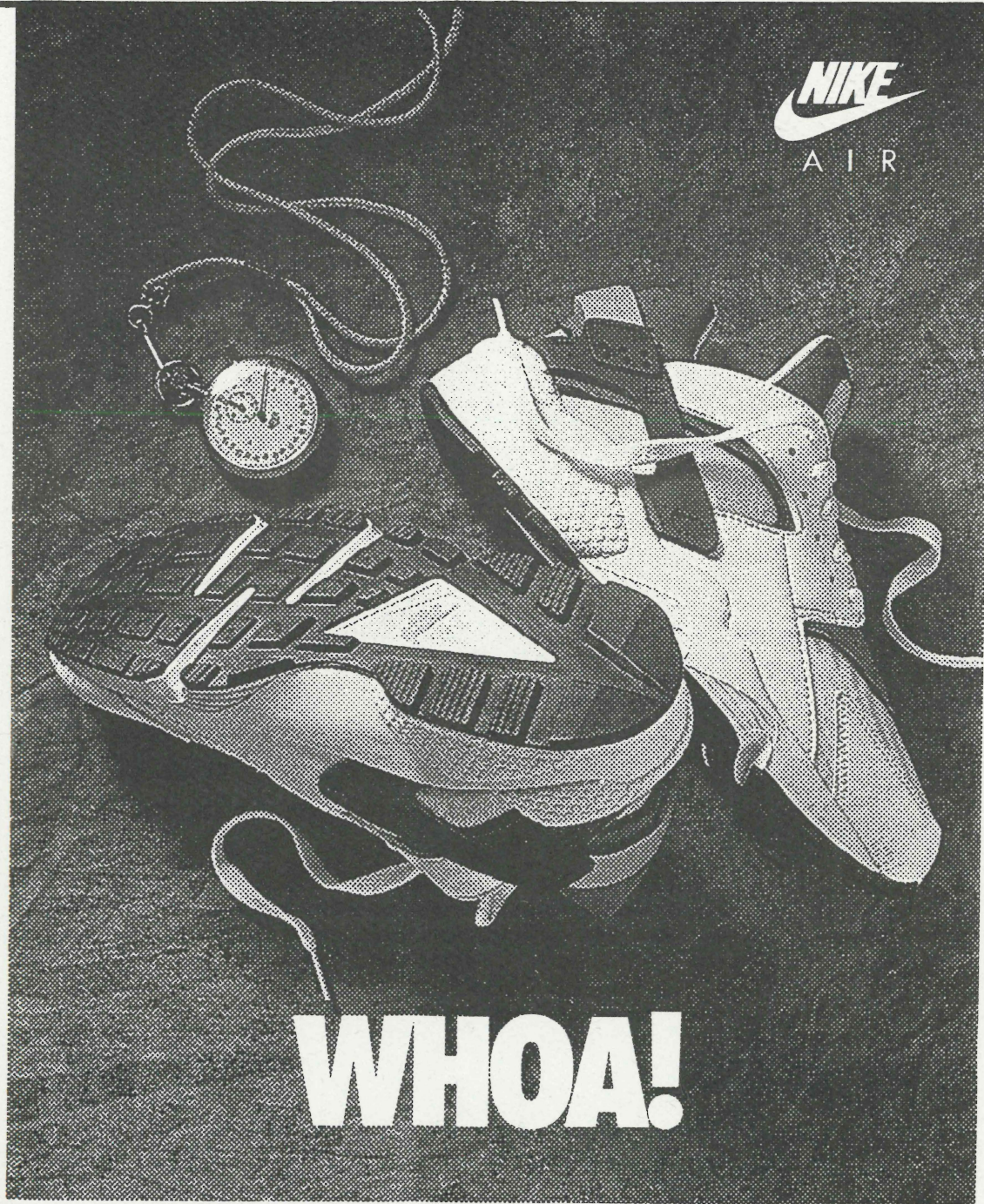
TAC memberships are from January 1 through December 31.

For information call MAINELY RUNNING at 725-8680

(For TAC only memberships, send with check to Maine Association of TAC, PO BOX 69, HALLOWELL ME 04347)

Send with check to: MAINELY RUNNING, 2 Howards Hill Rd, Brunswick ME 04011 (207)725-8680

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