

11-1986

Maine Running & Outing Magazine Vol. 7 No. 11 November 1986

Robert E. Booker

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Maine Running & Outing Magazine



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NOVEMBER 1986
VOL. 7 NO. 11



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The last marathoners of the year hit the streets in the Casco Bay Marathon. A lot of Mainers have qualified for the Boston Marathon with the new relaxed time standards.

Two well known marathoners hit the streets of Minneapolis and St. Paul in the first televised Twin Cities Marathon. Tanya, Brooke and I sat hoping to catch a glimpse of Bruce Ellis and Andy Palmer running in the cold rain along the Mississippi.

As we watched Greg Meyer cross the finish line in a disappointing 2:14:48 and then Bobby Hodge in 2:15:54, Tanya and I recalled that awful race in Virginia Beach when Andy nearly froze and finished seventh. I know how hard Andy had worked for Twin Cities this summer and I remember how Bruce had sounded over the phone a few days before he went out West. I couldn't pull myself together to call either of them to hear their stories of shattered hopes and dreams.

That's when I received a copy of the Minneapolis Star and Tribune from Marj Lee, a recent camper at our running camp in Bar Harbor.

Andy Palmer, 13th overall, 2:17:41 just 38 seconds behind Phil Coppess!

Bruce Ellis, 16th overall, 2:17:54 54 seconds ahead of Jon Sinclair!

Are they tough or what?!!!

NOVEMBER ROAD RACE CALENDAR	2
Watch for cross counrtry ski schedule in the December issue.	
MAINE RUNNING DATA CENTER	4-7
Greg Nelson opens the all new Maine Running Data Center for all our race results.	
SECOND WIND	9-10
REFEEDING SPEEDS MUSCLE RECOVERY by Anne-Marie Davee	11
MAINE'S CERTIFIED ROAD RACE COURSES	12
With the inclusion of the Great Pumpkin and at long last Kingfield	
THE PACK	13-
Aug 16 BLUEBERRY FEST 10K *TAC*	95 finishers
Aug 16 BLUEBERRY FEST 4K Race Walk	19 finishers
Aug 16 BLUEBERRY FEST ONE MILE RUN	107 finishers
Aug 23 KENNEBEC 10,000 METERS	22 finishers
Aug 24 SUGARLOAF MARATHON *TAC*	108 finishers
Aug 23 SUGARLOAF 15K '86	108 finishers
Aug 26 PINE TREE TRIATHLON 10K	71 finishers
Aug 30 SKOWHEGAN LOG DAYS 10K	35 finishers
Sep 1 BRODIE'S LABOR DAY 10K *TAC*	112 finishers
Sep 13 1986 JONESPORT 5 MILE	22 finishers
Sep 13 1986 JONESPORT ONE MILE FUN	42 finishers
Sep 14 SENTINEL 10K CLASSIC *TAC*	89 finishers
Sep 14 SENTINEL 1 MILE FUN RUN	20 finishers
Sep 14 MAINE WOMEN'S CLASSIC *TAC*	30 finishers
Sep 14 BANGOR Y'S CARDIAC RUN 5K	68 finishers
Sep 14 BANGOR Y'S CARDIAC WALK 5K	63 finishers
Sep 21 4 MILE GRAY ROAD RACE	41 finishers
Sep 27 KINGFIELD KIDS K 1 MILE	177 finishers
Sep 27 KINGFIELD 10K *TAC*	326 finishers
Sep 27 UMPI HOMECOMING 5K	77 finishers
Sep 27 SUNRISE RUN FOR CF 5K	104 finishers
Sep 28 SUGARLOAF UPHILL CLIMB	100 finishers
Oct 5 PORTLAND FIRE RUN FOR FITNESS	85 finishers
Oct 5 BENJAMIN'S 10K *TAC*	398 finishers

Cover photo courtesy of Union Mutual Complete Casco Bay results with story in the December issue of MR&O

Maine Running & Outing is published monthly in Bangor, Maine.

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E. Holden, ME 04429

Telephone: (207) 843-6262

Road Race Calendar

- November 2 FALMOUTH LIONS 10K. *ME-85010-GN* Maine's 16th fully certified 10K of the year. MTC event. Contact Maine Track Club, PO Box 8008, Portland, ME 04104
- November 2 T.A.C. CROSS COUNTRY. Middle School, Court St., Auburn. 3K through age 12; 4K for 13-14 year olds; 5K for 15 and up. \$.50 for T.A.C. members. Join at the event. Register at 12:30; race at 2 p.m. Contact Valerie Beaulé 783-3135 or 784-0191
- November 8 T.A.C. STATE CHAMPIONSHIP and REGION I JUNIOR OLYMPIC QUALIFYING MEET. Pine Tree Recreation Area, West River Rd., Waterville. Park at Junior High. Registration begins at 8:30 a.m. Entry fee \$2.00 for T.A.C. members. Join day of the event. Top 25 will advance to the Region I meet in each age group up to age 18. (see Nov 23) Contact Steve Clark 872-8774 or Ron Kelly 883-2747. Open and Master's Division 19 and over 5K at 11 a.m. Write Ron Kelly, 105 Maple Ave., Scarborough, ME 04074
- November 9 VETERANS MEMORIAL ROAD RACE. 4.5 mile run preceded by a 1 mile fun run for ages 12 and under. 1 p.m. start from Wiscasset High. See flyer in October issue or contact Wiscasset Rec Dept, Municipal Bldg., Wiscasset, ME 04578
- November 9 3RD ANNUAL KATAHDIN REGIONAL FAMILY Y 5K. 2 p.m. from the Stearns High Gym in Millinocket. Contact Gina Nadeau, 51 River Dr Pk., Millinocket, ME 04462 723-6680
- November 11 VETERANS DAY ROAD RACES. Half marathon *ME-85018-GN* and 5K *ME-85017-GN* 10 a.m. at Hodgkins School, Augusta. Free luncheon at Augusta Elks afterwards. Races benefit the American Heart Association. Contact Greg Nelson, 138 Maine Ave., Gardiner, ME 04345 582-5607
- November 16 NINTH ANNUAL CAPE COD MARATHON. 11 a.m. from downtown Falmouth, MA. Contact Cape Cod Marathon PO Box 699, West Falmouth, MA 02574
- November 16 GREAT OSPREY OCEAN RUN PART V. 10K from Wolf's Neck Park, in Freeport. See ad in October issue or contact Freeport Community Education, Holbrook St., Freeport, ME 04032 865-6171
- November 22 5TH ANNUAL TURKEY TROT 5K ROAD RACE. 10 a.m. from Brewer High School. See flyer and Gambino's ad.
- November 23 REGION I JUNIOR OLYMPIC QUALIFYING MEET. Albany State University, Albany, N.Y. Jim Eagen 518-473-8989. Must qualify at the Maine State T.A.C. meet on the 8th of November. Nationals will be held December 13 in Irvine, California.
- November 23 18TH ANNUAL TURKEY TROT. 1 p.m. from Cape Elizabeth High. All new 6.2 mile course!!! See flyer. One of Maine's oldest and finest road racing traditions.
- November 27 SHAW'S 4 MILER. 8:30 a.m. at the Portland Expo. Contact George Towle, Portland H.S., 284 Cumberland Ave., Portland, ME 04101 775-5631 or 761-2197 evenings.
- November 27 GASPING GOBBLER ROAD RACES. *ME-85012-GN* 10K and 2 mile. Maine's last certified 10K of the season. 10 a.m. at Augusta Civic Center. Contact Walt Taylor, RFD 2, Box 7850, Winthrop, ME 04364

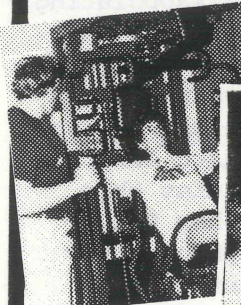
Sukanya Csenge wanted me to remind you that the RUNNERS ARE SMILERS 2 MILE RACES are still being held every Saturday at 8 a.m., rain or shine. Registration at 7:45 a.m. at the starting area, Brunswick Variety & Deli, corner of Harpswell and McLellan Streets, Brunswick. Fee \$1. Lots of fun and delicious prizes! For information, call the Sri Chinmoy Marathon Team, 729-5825.



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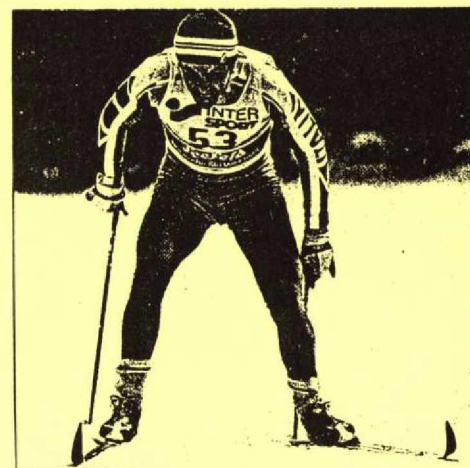
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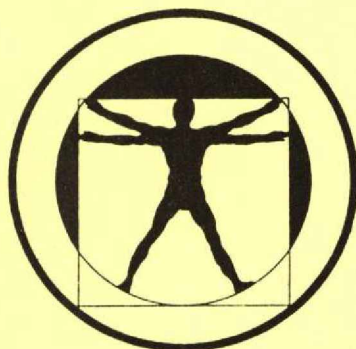


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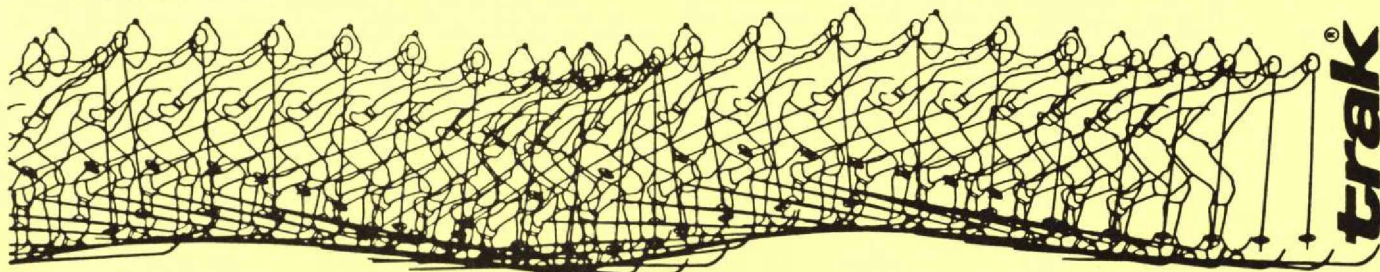
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MAINE RUNNING DATA CENTER

Maine Running Data Center - That's right, Maine has now got it's own Running Data Center. Greg Nelson, the director of the state center, has sent out notification to all directors of certified races in Maine and sometime in 1987 hopes to publish the all-time records.

Greg's package to the race directors is quite long and covers many details that needn't concern the average runner out there, but much of the information is quite exciting and fascinating and I'll try to paraphrase much of it for you.

Greg writes, "I have been authorized to develop a system for maintaining records for road race performances similar to those that have been kept in recent years by the National Running Data Center (NRDC) which has consisted of the husband-wife team of Ken and Jen Young. The Youngs have decided to retire at the end of 1986 after many years of dedicated service to the nation's long distance runners. Recognizing that running has become so popular that no one organization can handle the massive amounts of data required to keep accurate records, the NRDC and the Athletics Congress (TAC) have begun establishing a network of state running data centers in addition to the national successor to the NRDC. I have volunteered to establish the center for Maine.

"In 1986 I hope to accomplish with your help the following:

1. Compile records for 1986 performances on certified courses within Maine. Only races run on certified courses will be accepted for records.
2. Pass on records of national interest to the NRDC and its successor.
3. Publish a summary at the end of the year listing the top performances in all age groups - Open (20-34), 7 and under, 2-year age groups from 8 to 19, and 5-year age groups from 35 on up. The number of records published will depend on the popularity of the distance and age group, but will probably be at least five in any group at any distance. This summary should be published in Maine Running & Outing Magazine, club newsletters, and the better performances will also be published as part of a New England list in Boston Running News.
4. Obtain records of performances from past years with the aim of publishing all-time records in 1987. These past records will come from two sources: first, those which were previously submitted to the NRDC and those that race directors submit to me. The NRDC will be sending me material that they have received over the years from Maine races.

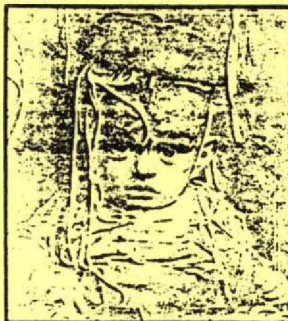
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"When I say 'authorized' to do this, I mean that I have the permissions of the NRDC and the Maine Association of The Athletics Congress. The authorization by the NRDC includes the responsibility of collecting data for them. That is, what race directors ordinarily would send to them, they should send to me, instead."

Greg goes on to tell the race directors of certified races exactly what is expected of them. After all, they went to the trouble of certifying their courses so why shouldn't they accept the responsibility to report the statistics properly so the racers get credit for outstanding performances?

Greg writes:



Running records will be kept for the following road race distances and long distance track events in the listed age groups for both sexes. State Records will be kept at all distances with active races. Records that may qualify for national recognition will be passed to the National Running Data Center. Performances will be listed for Maine residents with lists also for out of state and Foreign runners who race in Maine (all-comers). There will be three types of lists: All-Time Rankings, Annual Rankings, and single year age records.

Distances: (Active Certified races in Maine as of 9/20/86 in [])

National Record Distances

5 kilometers [3]	10 miles [1]
8 kilometers (5 miles also used) [6]	20 miles [0]
10 kilometers [18]	50 miles [1]
12 kilometers [0]	half marathon [3]
15 kilometers [3]	marathon [3]
20 kilometers [0]	one hour run [0]
25 kilometers [0]	two hour run [0]
30 kilometers [0]	24 hour run [0]
50 kilometers [0]	
100 kilometers [0]	<u>Maine Only:</u> 4 miles [4]

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Age Groups:

7 & under	16-17	45-49	70-74
8-9	18-19	50-54	75-79
10-11	Open (20-34)	55-59	80-84
12-13	35-39	60-64	85-89
14-15	40-44	65-69	

Data Required for each runner:

Essential - Name, Age, Sex, Home town, State, Time.

If available - address and date of birth. These can be separate lists.

You might not think that all of this pertains to you, but check out the age groups that will be reported on above. The youngsters in your family have an excellent chance of cracking that top 5 at least in the annual rankings and if you just keep plugging there has to be a chance for all of us up there in the late seventies and eighties. (I can't wait to see the number of state records with Carlton Mendell's name next to it!)

Greg wants race directors of races that didn't report their results according to the new guidelines to resubmit them for consideration. He plans on being "reasonable since many Race Directors were unfamiliar with these requirements until receipt of this package".

He goes on to say...

RACES PRIOR TO 1986

Certified races held prior to 1986 are eligible for All Time State Records which will hopefully be published in 1987. However, these races have to meet certain distance requirements to be eligible for records. These requirements are explained below.

RACE DATE

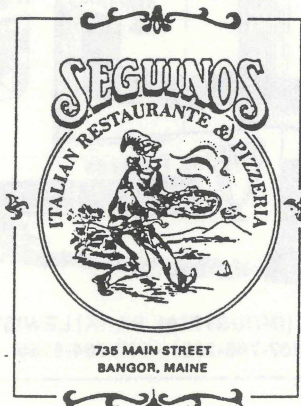
Prior to April 1, 1981
April 1, 1981 - Dec 31, 1983
Jan 1, 1984 - Dec 31, 1984
After January 1, 1985

ACCEPTABLE IF REMEASUREMENT:

not shorter than 0.5% of distance
not shorter than 0.2% of distance
not shorter than 0.1% of distance
at least stated distance

Mon. - Fri.
11 a.m. - 10 p.m.

Sat. - Sun.
4:30 p.m. - 10:00 p.m.



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Thus, all races are subject to remeasurement and have to meet certain criteria depending on when they were measured and run. If they do not meet the criteria they can not be used for records as was the case for Alberto Salazar's 1981 New York Marathon mark.

The table below shows those Maine Races that were certified prior to Jan. 1, 1985. It shows what years they were certified, what years they were run (to the best of my knowledge), and what years results for them are eligible for records. Several courses have been found short when they were remeasured for the Short Course Prevention Factor. Most courses that are eligible now were remeasured either in 1985 or 1986, but some were measured in 1983 or 1984 using the Short Course Prevention Factor making them eligible for use after Jan. 1, 1985.

If you directed one of these races please submit the same material as requested above under the 1986 races. If complete results are not available send what you can. If you didn't direct one of these races please pass on this request to your predecessor. These past results are needed to insure that runners prior to 1986 also receive their deserved recognition.

Maine Races Certified Prior to Jan. 1, 1985

<u>Dist.</u>	<u>Town</u>	<u>Name of Race Course</u>	<u>Years Certified</u>	<u>Years Held</u>	<u>Years Eligible</u>
5 km	Brunswick	Sri Chinmoy	83-	83-?	83-
4 miles	York	Four on the Fourth	84-	84-	84-
8 km	So. Portland	Stroh's	84-	84-85	84-85
	So. Portland	Maine Milk Run (uses Stroh's)	85-	85	85
5 miles	Augusta	Ft. Western Twosome	83-	83	83-
10 km	Augusta	Gaspig Gobbler	81-	81-	81-
	Bangor	Benjamin's	81-	81-83,85-	81-
	Falmouth	Sri Chinmoy	83-	83-?	83-
	Kingfield	Kingfield	82-	82-	82-
	Portland	Bob Rice Memorial	80-84	80-?	80-84
	Rockland	Maine Lobster Festival	84-	84-	84-
	Saco	Great Pumpkin	81-84,86-	81-	81-84,86-
	Wilton	Blueberry Festival	84-	84-	84-
	York	Run Away	83-84,86-	83-	83,86-
	10 miles	Brunswick	Good Sports	83-84,86-	83-
Half-Mar.	Augusta	Kennebec River Run	81-84	81-83	81-83
	Augusta	Veterans Day	82-	82-	82-
	Portland	Celebration 350	82-84	82-?	82-?
Marathon	Bangor	Great Downeast Maine	83-84	83-84	83-84
	Biddeford	Maine Coast	80-	80-	?, 85-
	Kingfield	Sugarloaf	83-	83-	83-
	Portland	Casco Bay	78-	78-	?, 85-

Years Certified - Years that the course was certified.

Years Held - Years during which the race was run.

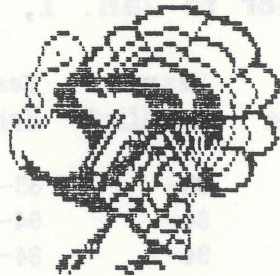
Years Eligible - Years when the course distance met TAC Rule 185.3.

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PAPA GAMBINO'S

5th Annual TURKEY TROT 5K Road Race

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It's time again for our annual TURKEY TROT. You are invited to come join the fun of our five kilometer road race. End the season with us!

Saturday, November 22, at 10:00 A.M. Registration at Brewer High starting at 8:30 A.M. Pre-registration is encouraged as only the first 100 runners will receive T-shirts.

WHERE: The five kilometer out and back course starts at Brewer High School. (3.106 miles)

AGE GROUPS: 13 and under
14-18
19-29
30-39
40-49
50-over

ENTRY FEE: \$5.00

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

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

- A 1st Brewer High faculty/staff member (M & F)
- B 1st high school student -- Class of '87 (M & F)
- C 1st high school student -- Class of '88 (M & F)
- D 1st high school student -- Class of '89 (M & F)
- E 1st high school student -- Class of '90 (M & F)
- F 1st parent of a Brewer High student (M & F)
- G 1st racewalker (M & F)

Plus: Random drawings for additional prizes (one prize per runner)

Complete results published in "Maine Running Magazine"



PAPA GAMBINO'S

Second Wind

Rick Gilde of Damariscotta wanted me to let you know about a runners' workshop to be held November 21 from 8 to 10 p.m. at the Holiday Inn By The Bay, 88 Spring St., Portland. The workshop is part of the 4th Annual American Massage Therapy Association's New England Conference. Carol Kresge, a nationally reknowned Sports Massage Therapist, will present a self-help program designed to give runners specific techniques and understanding in order to prevent injuries, relieve soreness or tension, or recover more rapidly and completely from injury. A nominal fee will be charged. Contact Joan Himmen, 75 Pequot Road, Southhampton, MA 01073 (413) 538-8745 or Rick at 563-1757.

Tanya and I regretted not being able to attend the surprise 40th birthday party of Robin Emery Rappa at Kebo Valley Golf Club in Bar Harbor following the Benjamin's 10K. All of Maine's master women must have regrets of another sort as well!! The state's leading point scorer on the MR&O Road Race Point System will now take a late shot at catching all of the state's master women as well.

The September issue of Harrier magazine has a cover story on Joan Benoit and another on new Bowdoin Cross Country coach, Bob Sevene. Iowa State University, led by Dover-Foxcroft's Tim Wakeland, was picked to win the Big Eight and finish 14th in NCAA Division I this fall. Harrier writers also predicted that Yale, featuring "Kinney finalist, Susannah Beck" would win the Heptagonals. Great magazine, see the flyer in the October issue of MR&O. Speaking of great magazines, Phil Stuart was just jabbed by editor, Peter Wallan for being the latest Maineiac to subscribe to the Hockomock Swamp Rat. He suggests there ain't nothing to read in Machias.

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Bob Jolicoeur informs us that eight Maine Track Club members completed the Montreal International Marathon this past September 28. Cool temperatures and overcast skies with some drizzle in Montreal, provided ideal weather for the 10,000 or so runners.

- | | | | |
|------------------|---------|----------------|---------|
| 1. Russ Connors | 2:57:30 | 5. Al Butler | 3:07:31 |
| 2. Bob Jolicoeur | 3:01:32 | 6. Ron Cedrone | 3:15:30 |
| 3. Carol Weeks | 3:06:00 | 7. Mike Reali | 3:15:42 |
| 4. Herb Strom | 3:07:28 | 8. John Gale | 3:39:10 |

Mike Sargent pointed out that I missed Joan Benoit Samuelson's performance in the L.L. Bean race when I compiled the Best of Times in the September issue of MR&O. He suggested that I'm not used to looking for women in third place in open races. He's right!!! That has got to be the best place performance by a woman in Maine road race history. Her 34:48 coupled with her 34:53 "fun run" at Kingfield nail down the top two spots on the listing. Joanie gets our "Bill Buckner Award" this month for overcoming adversity. I hope your jam's back on the shelves in a hurry. All of us should buy a dozen or so jars for Christmas presents.

The "Dave Henderson Award" this month goes to Bob & Pam Cuthbertson who managed to put out the October Pen Bay Pacer Bulletin from their new home in Azusa, California. I hope that doesn't make the president-in-exile an Angels fan.

Ed Malone gets the "Tom Seaver Award" as he steps down as editor of the Aroostook Joggnauts Newsletter. Peter Cuff will be taking over Ed's duties with the November issue. Hey, there were some Musterd's in Montreal along with those MTC runners. The amazing Joe McGuire finished 4th master in 2:29!!! while Connie McLellan was the 7th woman in 3:09. Where did that leave Carol Weeks? Joggnaut Dan Harrigan of Caribou ran an outstanding 2:54:02 in his second marathon at the Nova Scotia Marathon. On to Boston!!

St. Joseph's College cross country team finished 8th in the National Catholic Cross Country Championships held at Notre Dame. Scott Roberts led the North Windham Monks to a second place finish among the college division. Twenty-seven schools took part this year.

I'd like to thank Bob Haskell and Ed Rice for their very kind words written in the Bangor Daily News about the Bangor Labor Day Road Race. Maybe Tom Civiello and the rest of the Bangor Parks & Rec folks will keep me on one more year to direct the Twenty-Fifth running of Maine's second oldest race. We are planning a special celebration as we reach the quarter of a century mark. Yes, I did run in the Fiftieth Portland Boys Club event. Where did you think I stole the idea?



THE BEST
COMBINATION FOR
CROSS COUNTRY SKIING

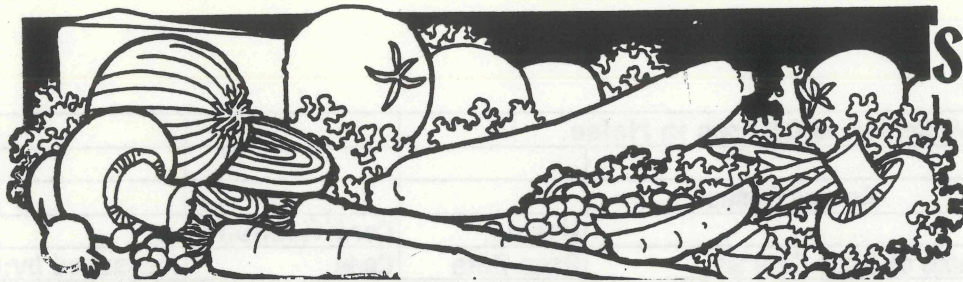


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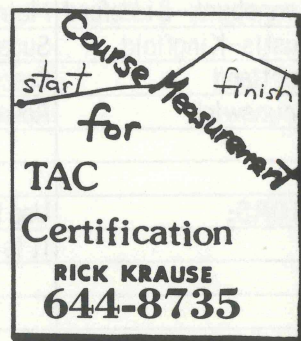
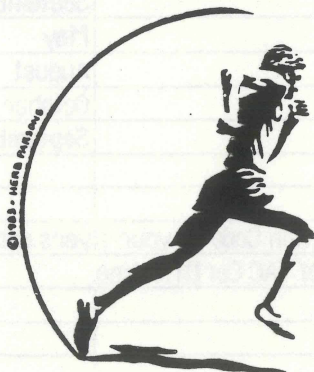
by Anne-Marie Davee

One of the newest developments in the field of sports nutrition is recognition among experts that a high carbohydrate diet following competition speeds an athlete's recovery time. Much of the post competition soreness or end of the week "drag" is due to reduced energy stores or glycogen levels in the working muscles. Depletion of these high energy stores results in muscle fatigue and poor performance. Glycogen stores may be completely used up following three hours of continuous exercise or three consecutive sessions of hard work. The sooner these muscles are refueled the quicker the recovery process occurs.

Muscle glycogen replenishment is of critical importance for the endurance athlete, one who participates in events lasting longer than one hour. Refueling of the muscle glycogen requires a high carbohydrate diet and up to 46 hours for complete recovery. A diet low in carbohydrates shows minimal restorage even after five days. The muscles are most receptive to refueling during the first 10 hours of recovery. For athletes participating in short term events requiring quick, high intensity spurts of activity the recovery process occurs much more rapidly. Glycogen resynthesis begins within 2 hours of recovery and the most rapid refill occurs within 5 hours of recovery.

A key strategy for athletes training on a daily basis is to promote maximum recovery of the glycogen stores as quickly as possible both between exercise sessions and competition. Chronic fatigue and low energy levels are your worst enemies. Consume a high carbohydrate diet including plenty of breads, cereals, fruits and vegetables between your exercise sessions and allow ample recovery time to prevent that "low-down feeling." Foods high in carbohydrate eaten the day before and after a hard work out or competition will enhance top performance. Maintaining maximum muscle glycogen levels enables runners to reach that "PR" pace from start to finish!

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166 Main St.
Orono, ME 04473
866-5605



TAC Certified Courses in Maine					
Active Races					
Distance	Town	Name of Race Course	Usual Race Date	Certification Code	Measured by:
5 km	Augusta	Veterans Day	Veterans Day	ME-85017-GN	Greg Nelson
	Bangor	Epsteins 5 Aces	April	ME-85024-GN	Bill Drummey
	York	York Day	?	ME-85014-JMC	Rusty Cofrin
4 miles	Auburn-Lewiston	Solstice Strut	June	ME-86003-GN	Rick Krause
	Bridgton	Four on the Fourth	July 4	ME-85019-GN	Steve Collins
	Kittery	Alice Patey	August	ME-86010-GN	Bob Teschek
	York	Four on the Fourth	July 4	ME-84009-AS	Hope Saltmarsh
5 miles	Bangor	Labor Day	Labor Day	ME-85014-GN	Greg Nelson
	Gardiner	Gardiner Common	July	ME-85004-GN	Greg Nelson
	Hallowell	Old Hallowell Days	July	ME-85023-GN	Rick Krause
	Northeast Harbor	Northeast Harbor	August	ME-86011-GN	Greg Nelson
	Portland	Maine National Bank	June	ME-85005-GN	Bob Jolicoeur
	Yarmouth	Pat's Pizza	July	ME-86009-GN	John Gale
10 km	Augusta	Gaspang Gobbler	Thanksgiving	ME-85012-GN	Greg Nelson
	Bangor	Benjamin's	October	ME-86014-GN	Greg Nelson
	Belgrade	Country Fair	July	ME-86001-GN	Greg Nelson
	Boothbay	Rocky Coast	May	ME-85002-GN	Greg Nelson
	Brunswick	Brodies	Labor Day	ME-85008-GN	Kathy Tracy
	Damariscotta	Oyster Festival	July	ME-86008-GN	Rick Krause
	Falmouth	Falmouth Lions	November	ME-85010-GN	Bob Jolicoeur
	Freeport	L.L. Bean	July 4	ME-86005-GN	Greg Nelson
	Gardiner	MAINE EVENT Triathlon	July	ME-85003-GN	Greg Nelson
	"	Maine Women's Classic	August	" " "	Greg Nelson
	Kingfield	Kingfield	September	ME-86015-GN	Chip Carey
	Lewiston-Auburn	Androscoggin Challenge Triathlon	June	ME-86002-GN	Rick Krause
	Portland	National Championship	May	ME-85021-GN	Bob Jolicoeur
	Rockland	Maine Lobster Festival	August	ME-84001-GN	Greg Nelson
	Saco	Great Pumpkin	October	ME-86013-GN	Rick Krause
	Waterville	Sentinel 10K Classic	September	ME-86007-GN	Rick Krause
	Wilton	Blueberry Festival	August	ME-84001-TC	William Yates
York	The Run Away	June	ME-86006-GN	Bob Teschek	
7.06 miles	Perry-Eastport	Perry to Eastport	July 4	ME-86004-GN	Rick Krause
15 km	Gardiner	Ralph Thomas	November	ME-85020-GN	Rick Krause
	Winter Harbor	Schoodic	August	ME-85013-GN	Al Groh
	Winthrop	Winthrop Lions	August	ME-85007-GN	Greg Nelson
10 miles	Brunswick	Good Sports	August	ME-86012-GN	John Gale
Half-Mar.	Augusta	Veterans Day	Veterans Day	ME-85018-GN	Greg Nelson
	Bangor	MAINEiacs	March	ME-85022-GN	Greg Nelson
	So. Portland	Cape Challenge	September	ME-85006-GN	Barb Coughlin
Marathon	Kennebunk-Biddeford	Maine Coast	May	ME-85001-GN	Greg Nelson
	Eustis-Kingfield	Sugar loaf	August	ME-83003-TC	Chip Carey
	Portland	Casco Bay	October	ME-85015-GN	Greg Nelson
50 miles	Brunswick	Rowdy Ultimate	September	ME-85011-GN	Kathy Tracy
RACE DIRECTORS:		Use the Certification Code on your flyers and correspondence.			
		It is your proof of TAC Certification.			



THE PACK

BLUEBERRY FESTIVAL 10K
 Wilton *ME-84001-TC* Aug 16th

1.	John Fitzgerald	22	31:49
2.	Kevin McDonald	36	34:25
3.	Dick Hosington	31	34:40
4.	Bill Hine	36	35:18
5.	Trant Colford	26	35:22
6.	Richard Aishton	36	35:39
7.	Bill Renkert	23	35:23
8.	David Weatherby		35:44
9.	Richard Neal	39	35:55
10.	Randy Hastings	32	36:09
11.	Bob Coughlin	47	36:56
12.	Gary Cochrane	44	37:19
13.	Gary Weber	40	37:34
14.	Doug Ludewig	46	37:44
15.	Mike Simoneau	38	37:46
16.	Randy Easter	30	38:10
17.	Bob Heald	17	39:27
18.	Wayne Newton	42	40:17
19.	Karn Karkos		40:40
20.	James Hogerty	31	40:56
21.	Rick Strout	47	41:12
22.	Bob Wight	29	41:19
23.	Francis Preshong	44	42:04
24.	Harry Nasse	52	42:13
25.	Ellery Borow	35	42:14
26.	Ellery Borow	35	42:14
27.	Dean Gillett	34	42:32
28.	Dick Cummings	49	42:49
29.	Dave Withers	37	43:01
30.	David Mellor	38	43:09
31.	Jim Mack	46	43:15
32.	David Gilbert	16	43:16
33.	Brian Kelly	28	43:18
34.	Peter Eriksson	15	43:30
35.	Walter DeVault	56	43:33
36.	Nancy Lagin	36	43:34*
37.	Ray Bryant	49	43:37
38.	Pete Smith	39	43:51
39.	Tom Currier		43:51
40.	Gary Worthing	35	44:07
41.	Tia LaMarre	28	44:23*
42.	Ron Paquette	41	44:33
43.	Tom Sargent	27	44:39
44.	Doug Hodgkin	47	44:40
45.	Gary Larson	41	44:55
46.	Don Carter	42	45:02
47.	Bob Landry	44	45:31
48.	Gloria Brown	54	45:57*
49.	Taylor Harmon	41	45:59
50.	Warren Newton	18	46:22
51.	Ridlon		46:24
52.	John Sargent	37	46:29
53.	Jerry Saint Amand	43	46:38
54.	Kevin Windsor	33	46:52
55.	Justina McGettigan	23	46:55*
56.	John Cayford	29	47:04
57.	David Benn	41	47:13
58.	Joyce Sheridan	39	47:27*
59.	Ralph Lathe	48	47:45
60.	Keith Clark	58	48:00
61.	William Clardy	39	48:32
62.	Fred Wingate	40	48:46
63.	Steve Holloway	23	49:09
64.	Dave Doppler	32	49:24
65.	Mike Spiotta	35	49:34
66.	Alec Dobrowski	46	49:40
67.	Joe Aubin	59	49:56
68.	Cliff Fletcher	50	50:07
69.	Mike Greenleaf	33	50:36
70.	Paul Page	30	50:36
71.	John McGettigan	24	50:36
72.	Kristin Smith	15	50:56*
73.	John Hennessey	15	50:57
74.	Don Spear	56	51:31
75.	Doug Allen	28	52:03
76.	Robin Glass	34	52:11*
77.	Don Osborne	64	52:31

78.	David Young	33	52:46
79.	Janice Gerry		53:13*
80.	Susan Rose	40	53:39*
81.	Kathy Yates	37	53:41*
82.	Couture		54:07
83.	Becky Roper	15	55:01*
84.	Georgianna Hogerty	31	55:33*
85.	Richard Jones	35	55:35
86.	Betsy Berry	40	55:53*
87.	Peter Redfern	52	57:01
88.	Harvey Mason	52	58:24
89.	Kathy Tardiff	15	58:52*
90.	Rae Sargent	28	58:53
91.	Margaret Mellor	35	59:07*
92.	Jocelin Veilleux	15	59:15*
93.	Paul Sheridan	37	61:12
94.	Jo Rumley	33	62:28*
95.	John McKee	34	62:34

4K Race Walk

1.	Joel Sproul	17	21:20
2.	Jim Brown	61	25:16
3.	Roy Bradeen	41	26:07
4.	Gerry Girardin	38	26:07
5.	Billie Bradeen	15	26:52*
6.	Matthew DeMillo	16	27:33
7.	Rex Bradeen	14	28:17
8.	Jackie Bradeen	41	28:50*
9.	Bernadette DeMillo	40	28:57*
10.	Anthony DeMillo	37	28:58
11.	Linda Benn	38	29:11*
12.	Sharon Girardin	37	30:20*
13.	Yvette Southworth	41	31:22*
14.	Leona Southworth	22	31:23*
15.	Harry Hurlbert	38	31:29
16.	Gary Amburg	41	31:36
17.	Elisa Boxer	15	32:19*
18.	Laurie Churchill	15	33:04*
19.	Les Brown		

One Mile Run

1.	Aaron Newton	14	5:30
2.	James Flagg	14	5:35
3.	Tim Amburg	13	6:13
4.	Ben Yates	12	6:13
5.	Heather Hastings	13	6:14*
6.	David Chamberlain	10	6:20
7.	Bruce Goodwin	11	6:20
8.	Jamie Parker	12	6:39*
9.	Erik Girardin	14	6:43
10.	Rodney Corey	14	6:46
11.	Christopher Probert	12	6:48
12.	Lisa Bogue	12	6:55*
13.	Chris Johnson	9	6:58
14.	Belinda Flagg	13	6:59*
15.	Leah Yates	10	7:01*
16.	Katherine Chabot	13	7:04*
17.	Toby Tyler	10	7:06
18.	Jason Simpson	12	7:07
19.	Becky Danforth	14	7:13*
20.	Robert Flottesch	8	7:14
21.	Tiffany Parker	11	7:17*
22.	Nora Stowell	12	7:18*
23.	Lisa Hastings	9	7:19*
24.	Lisa Castonguay	9	7:23*
25.	Albert Smith	10	7:26
26.	Chad Churchill	13	7:30
27.	Jesse Haeger	9	7:32
28.	Kim Hastings	9	7:33*
29.	Michelle Probert	9	7:34*
30.	Melissa Weber	9	7:35*
31.	Deven Morrill	7	7:36
32.	Tony Amburg	9	7:38
33.	Larry Hand	13	7:44
34.	Suzu Neal	10	7:47*
35.	Marv Hand	10	7:48
36.	Jaclyn Ouilette	7	7:49*
37.	Joshua Appleton	12	7:50
38.	Porter Stowell	9	7:52
39.	Dean Hamlin	8	7:53
40.	Ben Hoisington	6	7:58
41.	Brian Benson	8	8:02
42.	Brian Nickel	9	8:05
43.	Pauline Estey	12	8:11*
44.	Anna Yates	8	8:12*
45.	Seth Landry	9	8:14
46.	Hannah Upham	11	8:16*
47.	Elizabeth Upham	7	8:17*
48.	Eric Carlstrom	9	8:22
49.	Carole Soucie	9	8:23*
50.	Kevin Tardif	7	8:27
51.	Greg Dalot	9	8:29

52.	Jenny Veilleux	10	8:31*
53.	Cedric Simpson	6	8:40
54.	Dylan Benedict	9	8:42
55.	Michelle Castanguay	7	8:45*
56.	Matthew Simoneau	6	8:57
57.	William Brown	12	8:59
58.	Sarah Haeger	12	9:00*
59.	Leah Ouilette	6	9:01*
60.	Julie Harris	11	9:08*
61.	Sarah Paul	8	9:11*
62.	Amy Dodge	6	9:12*
63.	Kristy Ring	11	9:13*
64.	Linwood Worster	9	9:16
65.	Chris King	5	9:24
66.	Sara Hoisington	6	9:26*
67.	Rachel Hurlbert	6	9:34*
68.	Juliana LaginNasse	7	9:37*
69.	Jeremy Crockett	5	9:38
70.	Jenessa Bogue	6	9:39*
71.	Amanda Ring	8	10:02*
72.	Mindy Amburg	6	10:04*
73.	Jesse Morrill	6	10:06
74.	Michelle Jones	10	10:07*
75.	Mike Benson	6	10:14
76.	Andrew Carlton	6	10:22
77.	Jessica Vining	6	10:24*
78.	Chris Brown	8	10:25
79.	Cory Mann	8	10:26
80.	Christy Simoneau	9	10:27*
81.	Sam Whitley	5	10:30
82.	Kim Donald	11	10:32*
83.	Emily Chretien	10	10:41*
84.	Jennifer Chretien	14	10:42*
85.	Amy Bergeron	6	10:43*
86.	Mike Mason	6	10:46
87.	Matt Mason	4	10:48
88.	Caleb Simpson	9	11:20
89.	Dyan Richard	5	11:24
90.	Jan Simpson	8	11:34*
91.	Brooks Landry	4	11:38
92.	Martha Hurlbert	11	11:51
93.	Cole Crockett	3	12:07
94.	Heidi Girardin	11	12:10*
95.	Amy Donald		13:56*
96.	Marcus Corey	4	14:19
97.	Jonathan Parker	5	15:13
98.	Eric Deane	5	15:39
99.	Casey Philbrick	9	17:07*
100.	Travis Vining	10	17:14
101.	Deirdre Bogue	4	18:41*
102.	Kristen Legere	4	19:14*
103.	Sarah Hand	3	
104.	Bradley Rogsdale	3	
105.	Ellie Hurlbert	8	
106.	Molly Hoisington	3	
107.	Amylynn Smith	8	

Results courtesy of Bill Yates
 Race Director

8TH ANNUAL KENNEBEC 10,000 METERS
 Madison Aug 23rd

1.	Hank Chipman	34	37:26
2.	Wade Chipman	16	37:26
3.	Dwayne Blomerth	16	38:36
4.	Grodon Hartwell	28	38:50
5.	Patrick Dolan	22	38:55
6.	Harry Nasse	52	41:08
7.	Larry Rich	38	41:39
8.	David Blair	43	41:57
9.	Chris Higgins	17	43:08
10.	Jerry Saint Amand	43	45:08
11.	John Malek	33	45:31
12.	Karin Tilberg	29	46:16*
13.	Maynard Cook	44	48:40
14.	James Pinkham	31	49:13
15.	Don Osborne	64	50:09
16.	Albert Giasson	67	50:54
17.	Richard Sabol	48	52:09
18.	James Garland	37	52:49
19.	Harvey Mason	52	53:56
20.	Marianne Steinhacker	45	55:57*
21.	Ruth Higgins	38	56:07*
22.	Kevin Pinkham	24	58:58

Results courtesy of Bob Hagopian
 Race Director

SUGARLOAF MARATHON
Kingfield *ME-83003-TC* Aug 24th

1. Bruce Ellis	2:18:37
2. Barry Giblin	2:32:55
3. Todd McGraw	2:35:58
4. James Walton	2:36:43
5. Steven McGrath	2:40:53
6. Frank Verizen	2:41:06
7. Barry Fifield	2:42:33
8. Dave Buddington	2:44:04
9. Walter Williams	2:44:38
10. Vern Porter	2:45:01
11. Giuseppe Giannone	2:45:33
12. Al Sproul III	2:45:50
13. Randy Hastings	2:47:26
14. Mark Wilkman	2:51:55
15. Ross Tortora	2:51:59
16. Mike Simoneau	2:52:13
17. Gary Allen	2:52:21
18. John Lunt	2:52:40
19. Ann Marie Davee	2:54:40*
20. Richard Sharp	2:54:49
21. Mark Perrone	2:59:28
22. Gene Roy	3:00:51
23. Bruce Bell	3:01:00
24. Geoffrey Mason	3:01:43
25. Ray Johnson	3:01:50
26. Jeffery Byrne	3:02:28
27. Gilles Lamontagne	3:03:20
28. Thomas Cash	3:06:07
29. Ricahrd Schilder	3:07:14
30. Oskar Feichtinger	3:07:45
31. Charles Weymouth	3:09:01
32. Jim Arnold	3:09:07
33. Jeff Brown	3:10:25
34. Stanley Sheldon	3:10:57
35. James Ferriter	3:11:37
36. Robert Marquis	3:12:46
37. Beverly Williams	3:12:53*
38. Ed Rice	3:13:20
39. Deb Sawyer	3:13:24*
40. David Strohl	3:13:36

41. Alecta Rhoads	3:14:41*
42. Bill Kane	3:14:47
43. Carlton Mendell	3:17:23
44. Laurie Redmond	3:17:38*
45. Tom McQuire	3:19:39
46. Rene Collins	3:21:02*
47. Fred Gowen	3:21:05
48. Hugh MacPherson	3:21:52
49. Nancy Lagin	3:22:29*
50. Carlene Sproul	3:22:31*
51. Tom Fitzmorris	3:24:27
52. Denis Coulombe	3:29:21
53. David Bonauto	3:29:21
54. James Hogerty	3:29:36
55. Theresa Shipley	3:30:12*
56. Jeffrey Washburn	3:30:17
57. Steve Perry	3:31:28
58. Kenneth Fisher	3:31:32
59. Carl Bowen	3:32:14
60. Charles Carroll	3:32:33
61. Rick Elan	3:32:54
62. Paul Davis	3:33:30
63. Ray Arsenault	3:33:42
64. Richard Storrs	3:34:19
65. James Moore	3:35:32
66. William Farrell	3:36:28
67. Claude Coulombe	3:37:10
68. Chip Howe	3:38:00
69. Fred Giordano	3:38:06
70. Charles McLaughlin	3:39:26
71. J. Distler	3:39:31
72. Dale Mack	3:39:46
73. Robert Morris	3:39:58
74. Richard Morrow	3:40:41
75. John Ferro	3:40:41
76. Gary Judelson	3:41:11
77. Rosalyn Randall	3:41:27*
78. Jennifer Beaulieu	3:43:00*
79. Edward Lander	3:43:21
80. Terry Rowden	3:43:24
81. David Champagne, Jr.	3:43:40
82. Peter Payack	3:44:13
83. Greg Fall	3:46:27
84. James Iandoli	3:46:47

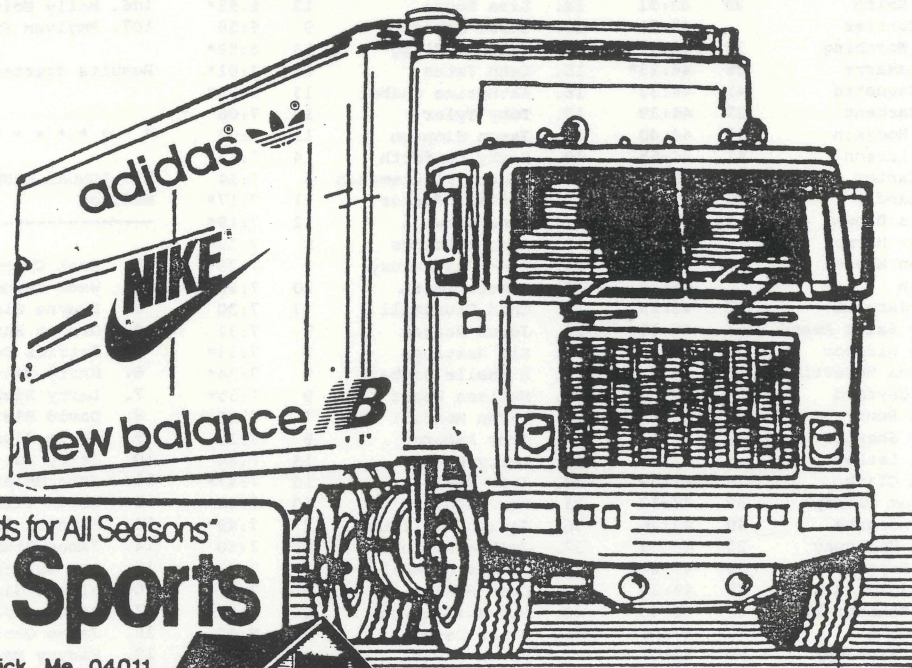
85. Paul Bellanger	3:47:52
86. David Martini	3:49:35
87. John Bellanger	3:52:38
88. Edwin Miller	3:52:45
89. John Ingalls	3:54:00
90. Steve Fuller	3:55:43
91. Matthew Case	3:55:49
92. Ike Morgan	3:55:59
93. Michael Lacroix	3:57:10
94. Charles Stainback	3:57:45
95. John Elliot	3:58:10
96. Gilles Jacques	3:59:11
97. Sally Paterson	3:59:52*
98. Thomas Martini	4:01:35
99. Daniel Dodson	4:10:36
100. Jean Fletcher	4:12:14*
101. MARATHON	4:14:13
102. Wally Herman	4:14:13
103. Damon Lease	4:19:07
104. Cost Vafiades	4:20:39
105. Jean-Paul Roger	4:29:48
106. Bernard Beaulieu	4:40:06
107. James Berry	4:40:14
108. William Barkas	71

Results courtesy of Nancy & Chip Carey
Race Directors

SUGARLOAF 15K '86
Kingfield Aug 23rd

1. Peter Lessard	24	49:58
2. Ron Newbury	36	51:21
3. Tim Oakes	21	52:16
4. Paul Thompson	39	54:13
5. Jack Thornhill	44	54:18
6. Michael Bard	26	54:26
7. Fred Karter	36	54:31
8. Warren Dean	50	54:40
9. Ralph Duckett	42	55:17
10. Daryl Searles	28	55:18

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11. Stephen Cates	36	55:19	105. Donna Faidell	31	1:31:11*	8. Josh Hanna	14	36:35
12. Manuel Montoya	30	55:46	106. Peggy Stainback	55	1:39:32*	9. J.W. Libby	25	36:38
13. Harry Schmitke	48	56:37	107. Thomas Eastler	41	1:42:45	10. Richard Lane	40	36:53
14. Carl Howard	29	57:56	108. John McKee	34	2:16:12	11. Lawson Noyes	44	36:54
15. Donald Andrus	38	58:35				12. Bob Coughlin	47	37:44
16. Barney Smith	39	58:41	Results courtesy of Nancy & Chip Carey			13. Bob Poirier	31	38:19
17. Roy Rodgers	32	59:10	Race Directors			14. Andrew Weik	22	38:28
18. Newell Lewey	28	59:42				15. Richard Morrison	27	38:47
19. Linda Larue-Keniston	32	1:00:04*	*****			16. Barry Dana	27	38:51
20. Nancy Ellis	33	1:00:38*				17. Paul Bourget	28	39:16
21. Guy Deletang	40	1:01:04	7TH ANNUAL PINE TREE TRIATHLON 10K			18. Robert Heald	17	39:38
22. Carl Little	32	1:01:11	Waterville	Aug 26th		19. Karen Rapallo	28	39:42*
23. Geoffrey Hill	39	1:01:14	-----			20. John Tarling	35	39:47
24. Shawn Coolons	23	1:01:20				21. Michael Olsen	24	39:55
25. Biff McGilpin	41	1:01:25	1. Tim Wakeland	21	32:37	22. Robert Wranosky	21	39:56
26. Dale Peabody	25	1:01:31	2. Dan Dearing	24	33:58	23. John Lelansky	31	40:01
27. Kenneth Bainton	31	1:01:37	3. Robert Hillgrove	19	34:39	24. Duane Diefenbach	23	40:26
28. Ken Sylvester	42	1:01:38	4. Hank Chipman	34	35:35	25. Richard Watson	34	40:34
29. Robert Salisbury, Jr.	30	1:01:49	5. Steve Gross	23	35:42	26. David Barker	33	40:37
30. David Comeau	41	1:01:52	6. Jeffrey Meserve	27	36:02	27. Robert Crosswell	35	40:42
31. James Joanos	52	1:01:57	7. Walt Rider	34	36:32	28. Douglass Reed	28	41:23
32. Andrew Patterson	29	1:02:16						
33. Daniel Dwyer	33	1:02:39						
34. Jo Comeau	42	1:02:59*						
35. William Kasabuski	38	1:03:07						
36. Carol McRea	32	1:03:09*						
37. Jay Kinney	36	1:03:28						
38. Robert Tapley	32	1:03:37						
39. Micah MacDonald	18	1:03:39						
40. Timothy Smith	29	1:03:49						
41. Thomas Norton	34	1:03:52						
42. David Bushey	41	1:03:53						
43. Julie Smith	22	1:04:05*						
44. Dennis Hayes	36	1:04:19						
45. Sarah Andrus	31	1:04:22*						
46. Mary Thacher	31	1:04:39*						
47. Chris Gerquest	23	1:04:45						
48. Joan Lavin	38	1:04:57*						
49. Peter Smith	39	1:05:31						
50. Stephen Brennan	39	1:05:46						
51. Brian Cates		1:06+						
52.								
53. Gary Larson	41	1:07:23						
54. David Stokes		1:07:29						
55. David Benn	41	1:07:40						
56. Martha Rumley	39	1:08:12*						
57. Randall French	41	1:08:37						
58. Kenneth Sirois	39	1:08:38						
59. Karen McCann	36	1:09:22*						
60. Joyce Sheridan	39	1:09:38*						
61. Louis Delaplace	57	1:09:47						
62. Russell Bradley	62	1:09:51						
63. Cindy Vokey	28	1:10:29*						
64. Jerry Saint Amand	43	1:11:21						
65. Patty Murray	31	1:11:45*						
66. Lori Swift	27	1:12:19*						
67. David Loane	32	1:12:49						
68. Michael Spiotta	35	1:12:52						
69. William Donovan	44	1:12:59						
70. Patty Jacobs	37	1:13:01*						
71. Sally Grande	33	1:13:05*						
72. Jerri Bushey	42	1:13:13*						
73. David Brown	44	1:13:31						
74. Benton Milster	32	1:13:32						
75. John Hennessey	15	1:14:08						
76. Jody Jones	30	1:14:24						
77. Norman Jackson, Sr.	42	1:14:54						
78. Robert Brissette	35	1:15:25						
79. Richard Godin		1:15:39						
80. Leo Laukka	58	1:15:41						
81. Dennis Burnell	33	1:15:42						
82. Nancy Carey	39	1:16:24*						
83. Kirk O'Reilly	39	1:16:25						
84. Deborah Curtis	29	1:16:26*						
85. Georgianna Hogerty	31	1:16:27*						
86. Carl Wolf	40	1:16:46						
87. Lorraine Lamontagne	37	1:17:32*						
88. Martha McGilpin	40	1:17:48*						
89. Dale Violette	30	1:18:13						
90. Doldres Miller	48	1:18:22*						
91. Susan Eastler	42	1:19:52*						
92.								
93. Mary Dwyer	31	1:20:32*						
94. Betsy Berry	40	1:20:52*						
95. Shirley Sirois	39	1:21:16*						
96. Julie Chapin	20	1:21:47*						
97. Barbara Buddington	41	1:21:53*						
98. Amy Genthner	29	1:23:52*						
99. Mary Droege	24	1:24:06*						
100. Terri Morris	57	1:25:18*						
101. Betty Joanos	50	1:26:28*						
102. Christine Payack	31	1:26:44*						
103. Peter Curran	39	1:29:13						
104.								

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29. Michael Hayes	28	41:42
30. Thomas Caron	36	41:52
31. Mark D'Amour	31	41:56
32. Glenn Gagne	35	42:06
33. Bob Dean	49	42:21
34. Barry Bartley	41	42:41
35. David Blair	43	42:54
36. Kevin Naughton	25	43:13
37. Mark Danyla	33	43:19
38. Patrick Thibeault	28	43:54
39. Mariette St. Pierre	16	44:16*
40. Bill Soule	20	44:46
41. Paul Dall	44	45:06
42. Charles Wilkens	43	45:50
43. Stanley Pride	54	46:23
44. Jamie Morrill	38	46:58
45. Dean Crocker	37	47:00
46. Bill Lee	34	47:05
47. Gerald Desimas	51	47:09
48. Leonard Dow	42	47:27
49. James Laliberty	31	47:37
50. Lorna Dever	14	48:00*
51. Phil Smith	36	48:17
52. Dave O'Connor	37	48:20
53. John Van Buren	15	48:50
54. Deborah Shelton	26	48:54*
55. Raymond Mathes	36	50:10
56. Ann Ervin	36	50:18*
57. Tony Brown	28	50:22
58. Claudia Takacs	30	50:38*
59. Michael Byrne	32	51:27
60. Jerry Herlihy	50	52:00
61. Michelle Langstaff	19	52:04*
62. John Van Buren	43	53:33
63. Susan Adams	31	53:44*
64. Daniel Libby	43	54:29
65. Donna Nale	27	54:48*
66. Jean Pare	49	55:11
67. Karen Cummings	40	56:34*
68. Barry Lougee	52	56:57
69. Scott Angel	26	58:37
70. Nancy Rodda	33	60:12*
71. Diane Doumit	31	67:58*

Results courtesy of Jerry Saint Amand
Central Maine Striders

SKOWHEGAN LOG DAYS 10K		
Skowhegan	Aug 30th	

1. Pat Boss	17	35:54
2. Kenny Audet	17	37:19
3. Robert Salisbury, Jr	30	38:56
4. Steve Pinkham	29	39:49
5. Bruce Fenlason	39	40:35
6. Walter Crockett	27	40:43
7. Chris Higgins	17	41:32
8. Zane Clement	32	41:47
9. Michele Kyes	26	42:41*
10. John Malek	33	42:51
11. Jerry Saint Amand	43	43:12
12. John Keeley	32	43:32
13. Ken Hilton	42	43:46
14. Randall French	41	44:28
15. Karin Tilberg	29	44:45*
16. Jay Johnson	24	45:20
17. Joyce Sheridan	39	45:22*
18. Kip Cleaver	33	45:31
19. Becky Cleaver	30	46:35*
20. Karen LaCasse	31	46:47*
21. Stephanie Kimball	29	47:18*
22. Maynard Cook	44	47:21
23. Matt Kilpatrick	17	47:29
24. Andrew Ketterer	37	49:00
25. Ernie Bilodeau	27	49:40
26. Sally Grande	33	49:42*
27. Linda Cleaver	31	50:35*
28. Sara Fenlason	18	51:53*
29. Richard Sabol	48	52:43
30. Don Atkinson	39	53:06
31. Marianne Steinacker	45	53:50*
32. Bill Henley	40	53:54
33. Ruth Higgins	38	54:40*
34. James Garland	37	55:56
35. John McKee	34	88:12

Results courtesy of Jerry Saint Amand
Central Maine Striders

BRODIE'S LABOR DAY 10K		
Brunswick	*ME-85008-GN*	Sep 1st

Danny Paul broke the course record of
31:44 set by Doug Ingersoll by 3 seconds.

1. Danny Paul	31:41
2. Chris Bovie	32:53
3. Paul Cole wheelchair	33:28
4. R. Newbury	34:04
5. Steve McGrath	34:18
6. Joel Croteau	35:01
7. J. Eldredge	35:20
8. Bob Coughlin	35:21
9. R. Johnson	35:48
10. R. Wilson	36:00
11. Warren Dean	36:03
12. A. Reilly	36:10
13. Steve Fluet	36:25
14. B. Phillips	36:29
15. M. Wanner	36:35
16. G. Johnson	36:37
17. Gary Cochrane	36:47
18. P. Bourget	36:49
19. Bob Jolicoeur	37:41
20. J. Meehan	37:48
21. B. Fitzsimmons	37:50
22. R. Wells	37:53
23. R. Morrison	38:01
24. R. Marquis	38:21
25. T. Wayrynen	38:27
26. M. D'Amour	38:41
27. A. Newton	38:42
28. J. Hanna	38:43
29. P. St. Pierre	39:12
30. R. Strout	39:24
31. J. Brawn	39:33
32. A. Lingk	39:38
33. F. Preshong	39:45
34. T. Lajeunesse	40:02
35. D. Toothaker	40:11
36. D. Blair	40:31
37. D. Sanborn	40:43
38. D. Cummings	40:49

Running Teams

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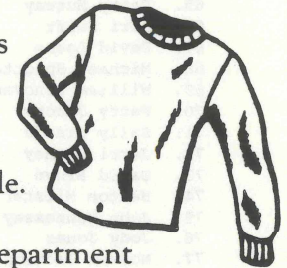
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39. Susan Orenstein	40:52*	83. H. Robertson	46:40	5. David Alley	37	29:45
40. S. Brown	41:11	84. J. Woods	46:44	6. Bion McFadden	46	29:53
41. W. DeVault	41:13	85. Arabella Eldredge	46:52*	7. Billy Pinkham	43	30:13
42. M. Danyla	41:14	86. F. Wingate	47:09	8. Orrin Faulkingham	40	30:19
43. Mimi Mattson	41:17*	87. Barbara Hamaluk	47:36*	9. Francis Beal	23	30:49
44. B. Dwyer	41:14	88. G. Bechard	47:53	10. Bobby Newell	20	31:04
45. D. McGilvery	41:25	89. D. Vail	48:02	11. Robin Emery Rappa	39	31:25*
46. R. Nelson	41:31	90. S. Levy	48:02	12. Mark Sawyer	20	31:37
47. J. Booth	41:47	91. Trena Sewall	48:09*	13. Newell Lewey	28	31:53
48. Rosalyn Randall	41:52*	92. B. Perkins	48:10	14. Pat Patterson	29	32:21
49. P. Galle	41:54	93. Pam Lajeunesse	48:15*	15. Tom McKinney	33	32:53
50. G. Downs	42:03	94. W. Donovan	48:31	16. Raphael Sockabasin	40	35:53
51. W. Higgins	42:07	95. B. Lohnes	48:50	17. Joe Delfino	39	39:24
52. T. Bennett	42:09	96. D. Cheetham	49:10	18. Sam Auerbach	52	40:14
53. M. Desmarais	42:15	97. G. Wing	49:16	19. Dawn Lamoureux	16	41:17*
54. T. Tracy	42:32	98. Patty Titcomb	50:35*	20. Becky Rowden	14	41:17*
55. B. Lyman	43:10	99. J. Titcomb	50:37	21. Terry Lee Rowden	38	41:20*
56. S. Doran	43:12	100. D. Sahadak	50:50	22. Irene Faulkingham	37	49:47*
57. D. Brennock	43:14	101. J. Soule	51:04			
58. Jane Dolley	43:14*	102. T. Delois	51:04			
59. D. Trussell	43:14	103. J. Pare	51:34			
60. D. Benn	43:17	104. L. Giustra	52:03			
61. Poppy Thacher	43:24*	105. Andrea DeMars	53:26*			
62. T. Harmon	43:25	106. H. Giddinge	53:36			
63. M. Gould	43:29	107. Amy Johnson	54:09*			
64. M. Morse	43:50	108. L. Boileau	54:40			
65. T. Gomersall	43:58	109. Nancy Boileau	54:40*			
66. Nancy Lovetere	43:59*	110. Cheryl Pooler	58:18*			
67. R. Labbe	44:13	111. G. Belcou	60:36			
68. B. Hazzard	44:16	112. Linda Benn	69:17*			
69. B. Higbee	44:18					
70. B. Wilson	44:28					
71. B. Gillette	44:34					
72. A. Miller	44:36					
73. R. Morrison	45:25					
74. A. Steen	45:46					
75. M. Giustra	45:51					
76. P. Ladner	45:55					
77. G. Cooper	46:00					
78. D. Morrell	46:01					
79. B. Waddle	46:07					
80. C. Gordon	46:07					
81. Margaret Irish	46:12*					
82. Fran Brennan	46:16					

Results courtesy of Dave Delois
Race Director

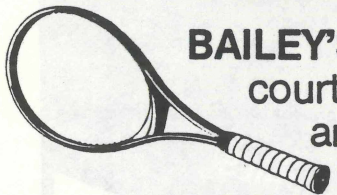
1986 JONESPORT 5 MILE
Jonesport Sep 13th

1. Bruce Bridgham	26	28:33
2. Rick Lamoureux	38	28:44
3. Mike Worcester	37	28:44
4. Mike Francis	29	29:29

One Mile Fun Run

1. Robert Alley	14	5:36
2. Braden Alley	11	5:41
3. Dana Lamson	15	5:59
4. Jason Harmon	11	6:03
5. Burton McGuire	13	6:18
6. Phil Dobbins	10	6:21
7. Jamie Wood	12	6:27
8. Brian McGuire	10	6:36
9. Jeremy Albee	9	6:43
10. Beverly Smith	11	6:46*
11. Jennifer Kenney	13	6:53*
12. Kelsie Young	12	6:55*
13. Trisha Alley	10	7:02*
14. Bobbie Jo Faulkingham	12	7:06*
15. Justin Look	9	7:28
16. Jenny Carver	10	7:30*
17. John Robison	10	7:38
18. Byron Carver III	7	7:41
19. Jeremy Beal	7	7:42
20. Julie O'Connor	9	7:48*
21. Larry Emerson	11	7:54
22. Courtney Bryant	7	7:58*
23. Clifford Johnson	8	8:02

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24. Shawn Lamoureux	11	8:06	19. Mark Harris	29	38:31	65. Russ Bradley	62	47:00
25. Jeffrey Alley	11	8:08	20. Robert Salisbury	30	38:53	66. Connie Towne	48	47:04*
26. Jodi Wood	8	8:16*	21. Tom McGuire	40	39:02	67. Terri Rich	22	47:05*
27. April Smith	8	8:20*	22. Francis Preshong	44	39:07	68. Deborah Curtis	29	47:05*
28. Kelly O'Connor	8	8:33*	23. Dale Peabody	25	39:11	69. Donna Nale	27	47:23*
29. Linda Davis	14	8:35*	24. Dana Hodges	28	39:13	70. John Donahue	35	47:24
30. Natalie Norton	9	8:42*	25. Dick Cummings	49	39:29	71. Warren Wilson	51	48:08
31. Patricia Robinson	9	9:09*	26. Paul Pelletier	21	39:56	72. Jerri Bushey	42	48:11*
32. Vondell Johnson	13	9:29	27. Larry St. Peter	42	39:59	73. Sally Grande	33	48:55*
33. Robin Woodward	7	9:31	28. David Comeau	41	40:10	74. Janis Ackendorf	38	49:15*
34. Donald Beal	6	9:48	29. Chris Higgins	17	40:13	75. Rachel Dostie	20	50:20*
35. Allen Alley, Jr.	13	9:49	30. Harry Nasse	52	41:13	76. Arthur Granholm	46	50:33
36. John Young	6	10:00	31. Steve Pinkham	29	41:16	77. Hank Gagnon, Jr.	34	51:25
37. Lizzie Church	7	10:04*	32. David Bushey	41	41:17	78. Jill Rubinson-Fenton	43	51:26*
38. Shelby Woodward	10	10:07*	33. Jo Comeau	42	41:19*	79. Jan Hoffman	39	51:32*
39. Arlin Alley	11	10:24	34. Robert Gillespie	48	41:23	80. Richard Sabol	48	51:52
40. Harold Beal	7	10:25	35. David Blair	43	41:24	81. Thomas Tilton	34	51:58
41. Oscar Beal	6	10:30	36. Rick Fletcher	28	41:27	82. Sarah Brochu	12	52:41*
42. Pat Robison	8	10:32	37. John Belanger	35	41:39	83. James Garland	37	53:11
			38. Rex Nelson	55	42:03	84. Susan Newkirk-Sanborn	36	54:49*
			39. Phillip Gullion	15	42:12	85. Ruth Higgins	38	55:33*
			40. Greg Bisson	43	42:13	86. Paul Sheridan	37	57:47
			41. Don Carter	42	42:15	87. Bonnie Sammons	33	59:20*
			42. Ken Hilton	41	42:33	88. Diane Doumit	31	61:55*
			43. Bill Seekins	37	42:58	89. Linda Benn	38	65:20*
			44. Jane Rau	37	43:00*			
			45. Greger Smith	22	43:11			
			46. Ellery Borow	32	43:17			
			47. Nancy Lagin	36	43:26*			
			48. John Malek	33	43:39			
			49. David Benn	41	43:41			
			50. Timothy Holland	41	43:53			
			51. Sam Mitchell	32	44:19			
			52. Randall French	41	44:25			
			53. Dana Sennett	34	44:41			
			54. William Clardy	39	45:06			
			55. Phil Smith	35	45:31			
			56. Dave Horne	49	45:35			
			57. Joyce Sheridan	39	45:59*			
			58. Michael Boucher	37	46:01			
			59. Claudia Takacs	30	46:04*			
			60. John Towne	50	46:23			
			61. Fred Wingate	40	46:28			
			62. Karen LaCasse	31	46:37*			
			63. Mike Spiotta	36	46:44			
			64. Joe Cleaves	30	46:50			

Race Director - Dave Blue Moon Alley
Results courtesy of Phil Stuart

2ND ANNUAL SENTINEL 10K CLASSIC
Waterville *ME-86007-GN* Sep 14th

Wow! You would've loved it! It reminded many of us of the old days of Maine road racing, when the spirit and enthusiasm were really evident everywhere!!

The 2nd Annual Sentinel 10K Classic was truly a runner's dream, with a mostly flat, certified course, cool weather, very accurate time splits every mile and new, huge mile markers for all to see from nearly a quarter mile away!

We did have a stiff wind in the runner's faces for about a mile, which prevented some really awesome times, but as it was, Ellsworth's Jim Newett and Orono's Anne-Marie Davee easily set course records and what a giant post-race refreshment table!!

With some 90 runners in the 10K, another 20 in the fun run, and officials, volunteers, friends & families everywhere, downtown Waterville was alive and kicking in high fashion on this Sunday morning.

Waterville has been a tough race town for a few years, with some very small fields in most races, a situation not uncommon in many parts of Maine since the running boom peaked and leveled off. The Striders are determined to reverse this trend, and it's time we had a few new and exciting races in our State, which is what the Sentinel 10K Classic appears destined to become.

Nothing comes without dedication and hard work, but if the runners head home happy and glad they came, then it's all worthwhile!

Hope to see you on hand for next year's race - you'd be all smiles.

Jerry Saint Amand

1. James Newett	28	32:23
2. Chris Bovie	36	32:58
3. Steve Malloy	22	33:36
4. Michael Leighton	24	33:40
5. Patrick O'Malley	19	33:48
6. Paul Cole (WC)	31	34:04
7. Dennis Croteau	36	34:34
8. Larry Deans	30	35:18
9. Randy Hastings	32	35:35
10. Fred Karter	37	35:48
11. Michael Bard	26	36:06
12. Randy Wilson	33	36:17
13. Jeff Brown	36	36:52
14. Peter Ehni	27	36:56
15. Warren Bishop	19	37:50
16. Anne-Marie Davee	30	37:52*
17. Roy Rodgers	32	38:10
18. Donna Davis	24	38:18*

1 Mile Fun Run

1. Tory Rau	13	6:42
2. Wendy Hosea	14	6:48*
3. Cody Rau	8	8:14
4. Machaun Stevens		8:41
5. Joey Sawyer	9	8:41
6. Allison Dall	12	9:03*
7. Travis Dustin	11	9:22
8. Mike Sawyer	11	9:23
9. Elisha Meyer	10	9:43
10. Stephanie Drake		9:45*
11. Brooke Dustin	8	9:58*
12. Paine Wingate	8	10:11
13. Shad Wingate	10	10:18
14. Fairlight Meyer	8	10:26
15. Daniel Meyer	6	12:05
16. Travis Drake		12:28
17.		
18. Claire Meyer	4	16:22*

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19. Peter Gorman 16:22
 20. Mary Gerrie 5 18:00

Results courtesy of Jerry Saint Amand
 Central Maine Striders

MAINE WOMEN'S CLASSIC
 Gardiner *ME-85003-GN* Sep 14th

1. Cynthia Lynch	37:05
2. Roseanna Prest	37:41
3. Wanda Haney	37:56
4. Brook Merrow	38:15
5. Linda Larue Keniston	40:28
6. Mimi Mattson	40:36
7. Diane Wood	41:33
8. Faye Gagnon	42:26
9. Poppy Thatcher	43:05
10. Carol Hommick	44:03
11. Becky Knight	44:25
12. Josephine Cooper	44:38
13. Diana Lapointe	44:54
14. Margaret Williams	47:29
15. Shera Nuttall	49:14
16. Kim Williams	49:26
17. Wendy Sayres	49:51
18. Mary Dwyer	50:45
19. Yvette Knight	50:50
20. Sandra Pearson	51:47
21. Georgiana Hogerty	52:16
22. Priscilla Giroux	53:13
23. Betsy Berry	53:42
24. Nadine Bullion	53:46
25. Patty Munier	54:09
26. Nancy Beward	57:06
27. Dail Martin	57:23
28. Beverly White	61:34
29. Myra Altman	67:30
30. Marine Brown	74:18

Results courtesy of Maine Road
 Ramblers

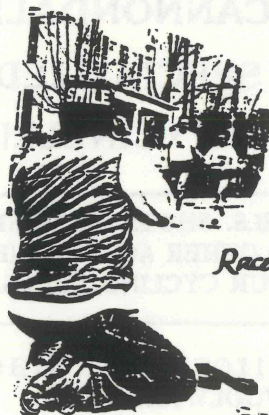
BANGOR YMCA'S CARDIAC RUN
 Bangor 5K Sep 14th

1. Rusty Taylor	15:40
2. Jeff Meserve	15:57
3. Steve Gross	16:15
4. Patrick Boss	17:09
5. Mark Raymond	17:09
6. Mark Chasse	17:18
7. Rob White	17:23
8. Gary Wakeland	17:29
9. Mike Doore	17:50
10. Mike Ginder	17:55
11. Mike Thompson	17:58
12. David Doore	18:05
13. Mike Turner	18:37
14. Jim Robertson	18:48
15. Dick Miles	19:05
16. Craig Boyd	19:08
17. Keith Quackenbush	19:09
18. Tom Tetu	19:18
19. Cliff Hatfield	19:25
20. Oscar Paulson	19:32
21. Eric Espling	19:42
22.	
23. Lisa Kampen	20:33*
24. Paul Howard	20:42
25. Greg Sirois	21:10
26. Nickie Sekera	21:14*
27. Frank D'Amdis	21:29
28.	
29. Art Fraser	21:38
30. David Samuckion	21:47
31.	
32. Kevin Duplissie	22:24
33. Mike Sturgen	22:33
34. Kerry Priest	22:43
35. Tim McCluskey	22:47
36. Leon Dupuis	22:55
37. Jan Pilote	23:10*
38. Renee Bunker	23:22
39. Theresa Hainer	23:22*
40. Carol Hersom	23:27*
41. Lisa Conery	23:36*

42. Kevin Quackenbush	23:41
43. Stephen Webster	23:54
44. Paul LeBlanc	23:54
45. Walt Landy	24:40
46. Judy Doore	24:40*
47. Erica Revello	24:49*
48. Joe Benoit	24:56
49. Jen Kintner	25:13
50. Leona Clapper	25:13*
51.	
52. Ken Rowell	26:25
53. Nathan Henery	27:04
54. Dr. Robert Allen	27:07
55. Jill LeBlanc	27:16*
56. Randy Whitten	27:19
57. Albert Bean	27:25
58. Joyce Edwards	28:07*
59. Mike Henery	28:37
60. Hartley Russel	29:13
61. Dorian LeBlanc	30:17*
62. Bob Soulas	31:17
63. Debra Bumbaugh	31:28*
64. Melenie Hersom	32:41*
65. James Henery	33:42
66. Jeremy Hersom	33:31
67. Bobbie Woster	
68. Heather McGlaufflin	60:40*

Cardiac Race Walking

1. Dr. Moshe Myerowitz	28:28
2. Paul Comeau	28:29
3. Philomena Baker	34:22*
4. Angela Pooler	35:27*
5. Katie Clark	35:39*
6. Larry Leavitt	36:04
7. Paul Poisson	37:30
8. Les Gray	37:34
9. Paul Lewis	37:34
10. Paul Paulson	38:26
11. Charlene Fraser	39:41*
12. Mary Leavitt	41:18*
13. David Cahoon	41:54
14. James Picard	45:15
15. Al Brown	45:18



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 SAUCONY
 HEAD

NIKE
 NEW BALANCE
 DOLFIN
 HIND

16. Al LeClair	45:20
17. Brian Barker	
18. Brad Wellman	46:46
19. Bea Nazzaro	47:25*
20. Kristin Barker	48:35*
21. Mae Barker	48:38*
22. Terry Moriancie	49:55*
23. Jeannette Poisson	49:56*
24. Nat Crowley	49:58
25. Norm Carlisle	50:38
26. Pauline Carlisle	50:38*
27. Todd Roast	50:48
28. Betty Picard	50:55*
29. Theresa LeClair	53:00*
30. Ashley LeBlanc	54:42*
31. Molly Henery	55:00*
32. Howard Shapiro	55:00
33. Beverly Shapiro	55:00*
34. Jerrica Whitehead	55:20*
35. Ruth Flewelling	58:32*
36. Helen Graham	58:33*
37. Susan Frye	59:33*
38. Robin Frye	59:25*
39. Bill McCarron	59:25
40. Mae McCaffrey	62:43*
41. Velarie Hersom	62:43*
42. Maureen Henery	62:44*
63. Don Hersey	62:45

Results courtesy of Bangor YMCA

9TH ANNUAL 4 MILE GRAY ROAD RACE
Gray Sep 21st

1. Pete Dube	24	20:49
2. Dick Neal	39	21:01
3. Guy Berthiaume	40	21:44
4. Joe Bennett	39	22:09
5. Stephen Fluet	28	22:27
6. Scott Spaulding	27	22:29
7. Mike Mosley	32	22:36
8. Charles Nichols	37	22:46
9. Brian Daly	32	22:58
10. Bill Jensen	33	23:24

11. Gary Heald	48	24:16
12. Peter Bastow	50	24:21
13. Bill Pavlisko	36	24:34
14. Ronald Deane	30	25:40
15. Peter Hall	31	25:48
16. Carol Weeks		25:55*
17. Bob Cushman	48	26:04
18. Walden Vickerson	30	26:15
19. Richard Gower	32	26:39
20. Walter Smith	43	26:46
21. Kip Jordan	34	27:00
22. Stephen Beal	37	27:08
23. Joe St. Hilaire	39	27:16
24. Phil Barlett	38	27:17
25. Hubert Robertson	51	27:35
26. Kevin Warrington	33	27:36
27. Mike Davidson	14	27:45
28. Hans Wendel	50	27:58
29. Laurel Kane	27	28:24
30. Dorothy Stoddard	34	30:00*
31. Yvette Knight	40	30:17*
32. Charles Clapper	57	31:13
33. Leona Clapper	56	31:19*
34. Albert Giasson	67	32:49
35. Sharon Renk	35	33:34*
36. Anita Mathieu	40	34:18*
37. Sarah Mosher	14	35:18*
38. Lucille Moreau	45	36:36*
39. Lois Wendel	44	40:20*
40. Rita Furbish	60	60:29*
41. Roger Furbish	61	60:29

Results courtesy of Guy Berthiaume
Yankee Running Club

KINGFIELD KIDS K
Kingfield 1 Mile Sep 27th

1. Robby Shea	5:15.19
2. Eric LaRue	5:28.61
3. Matthew Bown	5:31.78
4. Josh Gagnon	5:35.99
5. Sean Clark	5:41.39
6. Rau Torry	5:43.85

7. Neal Gammon	5:52.32
8. Sam Brown	5:53.51
9. Brian Schulz	6:00.44
10. Ben Yates	6:02.36
11. Ben Scott	6:03.58
12. Forest Carey	6:18.35
13. Alexej Siren	6:23.99
14. Erin Force	6:28.26
15. Jason Ouelette	6:31.98
16. Tommy Chretien	6:33.26
17. Shawn Soucy	6:46.40
18. Robert Masterman	6:47.54
19. Brian Doughty	6:48.32
20. Tina Redman	6:48.83*
21. Allison Dall	6:50.18*
22. Shelley Bishop	6:52.50*
23. Leah Yates	6:53.31*
24. Micum Davis	6:53.57
25. Adam Masterman	6:53.85
26. Larry Campbell	6:55.78
27. Sara Eustis	6:59.47*
28. Cody Rau	6:59.98
29. Devon Morrill	7:00.51
30. Gretchen Rice	7:02.67*
31. Bunge Cook	7:03.99
32. Nathaniel Bown	7:05.61
33. Ben Robinson	7:06.83
34. Kristi Cole	7:07.54*
35. Maria Hilmer	7:07.99*
36. Jason Boileau	7:09.51
37. Jonathan Cobb	7:11.60
38. Angela Pinkham	7:11.96*
39. Katherine Bown	7:15.95*
40. Jennifer Guss	7:16.53*
41. Allyson Dube	7:17.94*
42. Benn Masterson	7:18.56
43. Kelly Towle	7:20.08
44. Travis Gilmore	7:21.22
45. Melissa Weymouth	7:24.53*
46. Josh Lempert	7:26.93
47. Mary Maloney	7:27.36*
48. Ryan Genz	7:32.02
49. Kevin Eastler	7:35.51
50. Nicole Redman	7:35.92*

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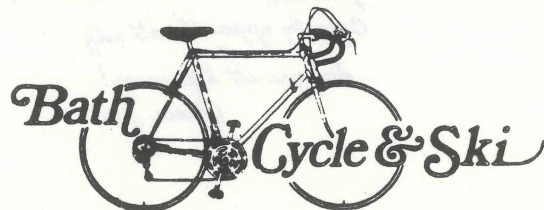
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Fri. 9-8:00

KINGFIELD 10K *ME-86015-GN*

1. Andy Palmer	30:24.55	93. Kevin O'Connor	41:22.57	187. Edward Hayes	46:09.75
2. Glendon Rand	31:52.43	94. Douglas Wood	41:23.00	188. James Martin	46:15.74
3. Mike Gaige	31:53.85	95. Philip Dugas	41:27.58	189. Heath Sawyer	46:24.37
4. Bruce Bridgham	31:59.27	96. Ken Casey	41:28.03	190. Mike Chisolm	46:28.27
5. Kim Wettlaufer	32:25.92	97. Frank Knight	41:29.66	191. Bob Schulz	46:46.01
6. Roy Morris	32:31.31	98. Walter Devault	41:31.21	192. Robert Bass	46:48.53
7. James Newett	32:45.35	99. Rhett Wieland	41:33.35	193. Mike Collins	46:49.25
8. Richard MacDonald	33:45.36	100. Ben Platner	41:33.91	194. Claudia Takacs	46:50.28*
9. Steven Kelley	33:51.32	101. Deb Hewson	41:34.63*	195. Dawn Pelletier	46:53.90*
10. Mike Sargent	34:04.86	102. Eric Larue	41:36.34	196. Sandra Bisset	46:56.94*
11. Patrick O'Malley	34:20.75	103. Wayne Champeon	41:53.23	197. David Vohar	46:57.44
12. Dennis Croteau	34:34.48	104. Phillip Kay	41:57.89	198. James Moore, III	46:57.90
13. Joan Benoit-Samuelson	34:53.59*	105. David Bushey	41:59.14	199. James Moore, Jr.	46:58.16
14. J. Libby	34:53.82	106. Thomas Norton	42:05.59	200. David Capella	47:00.63
15. Bill Hine	34:54.05	107. Jane Rau	42:06.31*	201. Mike Splotta	47:01.19
16. Bob Coughlin	35:03.46	108. Theresa Pratt	42:06.88*	202. Chris Bean	47:01.19
17. Graydon Stevens	35:11.36	109. Faye Gagnon	42:08.69*	203. Elizabeth Fothergill	47:09.85*
18. Randy Hastings	35:35.81	110. Donald Carter	42:09.52	204. Cost Vafiades	47:12.38
19. Fred Karter	35:46.48	111. Brian Kelly	42:14.09	205. Drew Fales	47:14.24
20. Mike Bard	36:09.31	112. Josh Platner	42:17.43	206. Sam Mitchell	47:14.80
21. Randy Wilson	36:11.38	113. John Kearns	42:18.71	207. William Donovan	47:17.60
22. Philip Coffin	36:18.38	114. Carlton Mendell	42:22.83	208. Barbara Footer	47:18.00*
23. Harry Nelson	36:22.48	115. Rick McCartney	42:24.33	209. Jerri Bushey	47:20.53*
24. Gregory Dugas	36:23.76	116. Dale Peabody	42:27.83	210. Dennis Burnell	47:24.97
25. Dick Balentine	36:25.20	117. Raymond Bryant	42:36.69	211. Robert Nicholson	47:26.03
26. Richard Smith	36:26.47	118. Gehrig Johnson	42:37.15	212. Douglas Knobloch	47:29.41
27. Kent MacDonald	36:27.05	119. Clint Merrill	42:37.66	213. Joseph Conrad	47:35.40
28. Warren Dean	36:28.04	120. Kelly Connor	42:39.02*	214. Cate Sprague	47:40.53*
29. Tom Wells	36:35.26	121. Kerry Shea	42:39.24*	215. Karen LaCasa	47:42.84*
30. Dave Clement	36:42.82	122. Peter Smith	42:41.12	216. Robert Whitten	47:46.55
31. Jeff Brown	36:44.93	123. Ken Hilton	42:52.01	217. Kirk O'Reilly	47:54.16
32. Gene Roy	36:45.89	124. Scott Croteau	42:55.31	218. Brenda Lopotro	48:02.22*
33. Robert Stuart	36:52.63	125. Stephen Beale	42:57.58	219. Priscilla Schuyler	48:06.84*
34. Carl Reilly	36:57.10	126. Ralph Conelly	42:58.57	220. Drew Ketterer	48:14.34*
35. Alan Aitken	37:03.10	127. David Daniel	42:58.84	221. David Levasseur	48:30.94
36. Gordon Hartwell	37:08.38	128. Charles Wilins	43:03.59	222. Tom Kahl	48:31.53
37. Sam Merrill	37:16.59	129. Bob Hazzard	43:03.91	223. David Rasmussen	48:34.79
38. Stephen Moser	37:19.60	130. Jerry Saint Amand	43:06.04	224. Forest Carey	48:38.21
39. Brook Merrow	37:23.75*	131. Robert Morrison	43:06.93	225. Art Greene	48:40.13
40. Cynthia Lynch	37:26.71*	132. John Chandler	43:10.89	226. John Ritzo	48:58.59
41. Doug Ludewig	37:29.78	133. Mike True	43:12.44	227. Katherine Christie	48:59.68*
42. Gary Wakeland	37:34.79	134. Barry Chamberlain	43:16.91	228. Bruce Harvey	49:00.56
43. Robert Marquis	37:42.00	135. Mary Thacher	43:18.73*	229. Carol Martin	49:01.22*
44. Scott Samuelson	37:50.06	136. Carol McElwee	43:20.03*	230. Judith Bjorn	49:01.66*
45. Daryl Searles	38:19.61	137. William Lopotro	43:29.76	231. Spencer Barnes	49:02.04
46. Brian Noyes	38:30.58	138. Delinda Smith	43:35.22*	232. Donna Donald	49:03.01*
47. Jake Ulick	38:31.82	139. John Chamberlain	43:35.82	233. Donna Jean Pohlman	49:06.03*
48. Bill Jensen	38:36.85	140. John Malek	43:36.13	234. Suzanne Hockmeyer	49:09.34*
49. James Cox	38:39.30	141. Joan Lavin	43:37.69*	235. Mary Noyes	49:13.21*
50. Larry Fortin	38:40.29	142. Frank Brawn	43:39.15	236. Thomas Chadborne	49:15.31
51. Bob Jr. Wight	38:46.40	143. Russell Walters	43:41.61	237. Susan Moody	49:17.63*
52. Raul Siren	38:47.90	144. Paul Page	43:41.96	238. Patty Jacobs	49:22.57*
53. Dean Rasmussen	38:50.39	145. Phillip Gullon	43:42.75	239. Win Robinson	49:22.93
54. Robert Salisbury	38:52.98	146. Barbara Coughlin	43:44.03*	240. Leslie Morrill	49:23.36*
55. Tom McGuire	38:58.06	147. Gerard Eckert	43:48.23	241. Nancy Carey	49:24.69*
56. William Morgan	39:12.62	148. Gregor Smith	43:50.96	242. Norman Jackson	49:26.63
57. Stephen Harriman	39:14.97	149. Jane Dolley	43:52.51*	243. Sandy Pearson	49:40.07
58. Charles Towle, Jr.	39:18.98	150. David Benn	43:56.85	244. Mike Green	49:44.07
59. Glen Holyoke	39:34.14	151. Mike Noble	44:13.78	245. Winfred Wood	49:49.48
60. Neal Genz	39:36.61	152. Patrick York	44:27.35	246. George Entwistle	50:01.51
61. Jay Reynolds	39:37.65	153. Lamont Boileau	44:33.15	247. Emily Stuart	50:09.38*
62. Dan Barker	39:43.07	154. Corey Lessard	44:38.66	248. Lia White	50:09.92*
63. Wayne Clark	39:43.51	155. Timothy Holland	44:42.43	249. Mary Willet	50:13.29*
64. Mark Simpson	39:45.62	156. Randall French	44:44.81	250. Bill Pullen	50:15.67
65. Wayne Flewelling	39:47.99	157. Dave Robinson	44:46.26	251. John Ouillette	50:16.13
66. Peter Dewolfe	39:51.58	158. Louise Dunlap	44:51:03*	252. Richard Sabol	50:18.96
67. Geoffrey Hill	39:52.29	159. Bob Gardner	44:51.84	253. Thomas Lukas	50:21.71
68. Linda Larue-Kenniston	39:55.89*	160. John Witherspoon	44:56.15	254. Gordon Smith	50:26.12
69. Ben Pearson	39:56.17	161. William Chase	45:07.86	255. Rebecca Carey	50:28.91*
70. Jeff Newsom	39:56.47	162. Robert McKillop	45:13.08	256. Louise Swift	50:34.65*
71. Gary Larson	40:03.09	163. Russell Martin	45:16.13	257. Jeff Williams	50:36.47
72. David Freeman	40:05.89	164. Jennifer Whitney	45:16.58*	258. Dale Trask	50:37.62
73. Charles Weymouth	40:07.08	165. Paul Connor	45:18.41	259. Margie Force	50:41.15*
74. Scott Strout	40:08.39	166. Jim Bishop	45:19.74	260. Gerald Huff	50:43.65
75. Rick Strout	40:11.34	167. Mark Dixon	45:22.30	261. Lauren Ormsby	50:46.39*
76. Doug Blanton	40:12.51	168. John Rubino	45:25.86	262. Joane Long	50:57.65*
77. Michael Sills	40:12.96	169. Alan Pfeiffer	45:26.44	263. Carol Nichols	50:53.14*
78. Scott Noble	40:17.31	170. Maggie Christie	45:28.13*	264. Clay Malloy	50:58.12
79. Frank Higgins	40:28.94	171. Ray Giglio	45:29.33	265. Daneil Force	51:04.92
80. Gary Worthing	40:30.20	172. Tom Maher	45:33.22	266. Erin Force	51:05.24
81. Owen Jackson	40:30.87	173. Breken Diller	45:47.65	267. Neal Trask	51:25.45
82. Tony Flannagan	40:41.01	174. Marc Fuchswanz	45:52.28	268. Jack McKee	51:34.93
83. Ed Rice	40:43.88	175. Jay Levy	45:54.71	269. Joani Golden	51:37.49*
84. Chris Denny	40:44.77	176. Goff French	45:55.15	270. Yvette Knight	51:43.39*
85. Ron Paquette	40:48.92	177. Jim Meldrum	45:55.67	271. Mary Dwyer	51:53.74*
86. Steve Schuyler	40:52.21	178. David Loane	45:56.01	272. Brian Schulz	52:09.74
87. Bill Yates	41:02.98	179. Bernie Martin	45:56.45	273. David Pierce	52:28.63
88. Peter Gagnon	41:11.84	180. Sandra Nehman-Levy	45:59.42*	274. Nancy Boileau	52:36.01*
89. Chris Higgins	41:16.54	181. Scott Hoch	46:00.48	275. Harry Giddinge	52:40.38
90. David Cothorn	41:18.19	182. Jerry Bates	46:01.00	276. James Garland	52:46.60
91. Dan Sawyer	41:18.60	183. Ben Milster	46:04.81	277. Tom Wocham	52:47.85
92. Mike O'Connor	41:22.21	184. Dave McManus	46:05.19	278. William Tozier	52:53.01
		185. Pat Forge	46:06.48	279. Lynda McGuire	52:53.47*
		186. Doug Malloy	46:07.81	280. Morgan Blanton	53:16.96*

281. Susan Kolakowski	53:21.94*
282. William Nutt	53:38.06
283. Lucien Lessard	53:42.45
284. Michael Rice	53:47.16
285. Lissa Nickerson	53:49.57*
286. Robert Christie	53:57.68
287. Jennifer Girard	53:56.77*
288. Amos Wright	54:00.41
289. Gretchen Eastler	54:11.58*
290. Valerie Palombo	54:19.33*
291. Cindy Hendrickson	54:23.80*
292. Theresa Cassidy	54:38.48*
293. Eric Weymouth	54:49.20
294. Maggie Soule	54:50.96*
295. Rose Winter	55:07.92*
296. Marianne Steinhacker	55:29.62*
297. Walter Christie	55:54.38*
298. Nina Cook	55:57.42*
299. Alexandra Rust	55:58.01*
300. Nancy Rae	56:18.57*
301. Sharon Knopp	56:18.84*
302. Skip Schwarz	56:24.23
303. Ruth Higgins	56:24.76*
304. Jacqueline Pelletier	56:43.84*
305. Peter Curran	56:45.50
306. Matthew Curran	56:46.08
307. Shirley Ala	57:05.61*
308. Michelle Houston	57:19.77*
309. Brian Doughty	59:27.55
310. Melanie Perry	60:00.02*
311. Ralph Haddock	60:00.08
312. Ann Jackson	60:00.47*
313. Erica Brown	60:01.07*
314. Dana Wallace	60:01.12
315. Diane Doumit	60:02.13*
316. Ben Robinson	60:03.00
317. Bunge Cook	60:03.00
318. Nancy Entwistle	60:03.29*
319. Micum Davis	60:04.32*
320. Ann Lukas	60:05.47*
321. John McKee	60:07.20
322. Linda Benn	60:07.43*
323. Marc Weymouth	60:10.07
324. William Hanson	60:10.10
325. Cynthia Fuchswanz	60:12.50*
326. Tom Wood	60:14.36

UNIVERSITY OF MAINE AT PRESQUE ISLE
Presque Isle HOMECOMING 5K Sep 27th

1. Rusty Taylor	35	15:44
2. Bob Everett	26	15:59
3. Randy White	19	17:05
4. Scott Hutchinson	24	17:18
5. Dale Bailey	18	17:28
6. Tim Cushman	25	17:34
7. Kevin Adams	17	17:39
8. Katie Martin	27	17:42*
9. Terry Tompkins	22	17:59
10. Mike Aldrich	25	18:00
11. Steve Porter	33	18:04
12. Keith Dolly	24	18:10
13. Jim Nesbitt	42	18:18
14. Chris Browne	17	18:21
15. Jamie Stevens	31	18:26
16. Kevin Whalen	18	18:38
17. Newell Lewey	28	18:51
18. Greg Archer	21	18:52
19. Barry Bartley	41	18:58
20. Bob Duprey	42	19:00
21. Charles Bernard	43	19:10
22. Damen Ogden	18	19:12
23. Jason Martin	17	19:19
24. Matthew Murphy	24	19:20
25. Peter Cuff	30	19:26
26. Darlene Higgins	45	19:35*
27. Clark Ketcham	36	19:42
28. Gene Landry	28	19:52
29. Johnna Fleming	16	20:51*
30. David Cutler	21	21:09
31. Elizabeth Griffin	20	21:13*
32. Marshall White	13	21:17
33. Art Thompson	52	21:28
34. Dave Grant	29	21:38
35. Barb Ashby	23	21:55*
36. Jason Forbes	12	21:58
37. Kevin Hartford	14	21:59
38. Steve Sherburne	24	22:06
39. Tom Gesner	23	22:12
40. Mary Heimer	21	22:27*
41. Malcolm Wright	25	22:29
42. Dave Eldridge	21	22:35

43. Richard Hartford	41	22:55
44. Terry Hartford	13	22:58
45. Ron Hutchins	22	22:59
46. Mark Freeman	37	23:00
47. Ward Gerow	42	23:12
48. Leo Freeman	34	23:14
49. Kortney Aiken	11	23:26*
50. Steve Swindely	37	23:27
51. Rodney Doray	31	23:29
52. John Goulet	24	23:48
53. Tony Goulet	19	23:49
54. Doug Warren	19	23:50
55. Claudia LaBrie	22	23:56*
56. William Davidshofer	47	24:12
57. Julie Coffey	30	24:20*
58. Angela Faulkner	19	24:53*
59. Diane Holloway	17	25:07*
60. Mark Scarano	17	25:19
61. Sarah Ahmadi	15	25:21*
62. Sue Nadeau	26	25:54*
63. Sue Beaudet	37	25:58*
64. Diane Whitcomb	26	26:05*
65. Brian Sawtelle	18	26:13
66. Kathy Golpitts	44	26:17*
67. Michael Hartford	10	26:23
68. Tracy Holloway	19	27:09*
69. Cynthia Caron	22	27:16*
70. Sandra Peter Paul	13	27:34*
71. Gail Fitzmaurice	24	27:45*
72. Margaret Gilpin	17	28:08*
73. Lynda Gesner	20	28:48*
74. Holly Soucie	11	29:03*
75. Lori Philbrick	18	29:36*
76. Chad Soucie	9	32:30
77. Gary Soucie	40	32:31

Results courtesy of Clark Ketcham - UMPI



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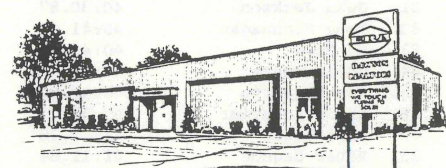
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4TH ANNUAL MACHIAS SAVINGS BANK
 SUNRISE RUN FOR CYSTIC FIBROSIS
 Machias 5K Sep 27th

1.	Mike Worcester	37	16:45.8
2.	Bobby Newell	20	16:55.9
3.	Deke Talbot	37	16:59.1
4.	Robert Ashby	18	17:06.4
	James Ohmeis	19	17:06.4
6.	Steve Cates	36	17:13.1
7.	Orrin Faulkingham	40	17:17
8.	Mike Limewood	18	17:21.4
9.	Mike Francis	29	17:25
10.	David Alley	38	17:34.2
11.	Dale Lincoln II	16	17:37.4
12.	Ricky Flagg	17	17:44.4
13.	Bion McFadden	46	17:45.9
14.	Mike Carter	36	17:46.4
15.	Bill Pinkham	44	17:52.3
16.	Jack Frost	19	18:11.2
17.	Robin Emery Rappa	39	18:28.6*
18.	Andy Patterson	29	18:59.8
19.	Terry Goodlad	60	19:01.5
20.	Ivan Harper	16	19:14.6
21.	Jonathan Cowles	15	19:15.3
22.	John Francis, Jr.	12	19:16
23.	Braden Alley	11	19:18.0
24.	Jeremy Lisee	16	19:40.3
25.	Darrin Hammond	17	19:45.7
26.	Chuck Murphy	27	19:47.9
27.	Joey Davis	28	19:48.9
28.	Brian Cates	32	19:56
29.	David Smith	43	20:06.4
30.	Kerry Porter	14	20:22.1
31.	Mike Lynch	36	20:39.6
32.	Hartwell Dowling	32	20:58.5
33.	Jim Trescott	47	21:16
34.	Mike Metcalf	20	21:23.4
35.	Kevin Alley	17	21:31.3
36.	Terry Rowden	38	21:32.6
37.	Mary Jane Ackley	33	21:43.9*
38.	Henry Keller	26	21:53.2
39.	Dale Pritchard	44	22:00
40.	Jason Harmon	10	22:01.1
41.	Paula Waterman	22	22:03.8*

42.	James Harmon	11	22:09.4
43.	Billy Fox	65	22:22.9
44.	Les Gardner	33	22:30.1
45.	Dale Lincoln, Jr.	49	22:43.2
46.	Phil Dobbins	11	22:45.6
47.	Justin Thaute	12	23:01.8
48.	Linda Bedard	43	23:16.4*
49.	Becky Rowden	15	23:53*
50.	Steve Vose	35	24:52
51.	Sam Auerbach	52	25:48
52.	Jay Guptill	14	25:50.8
53.	Jake Pontbriand	21	25:54
54.	Kelly Pontbriand	28	25:54
55.	Diane Lincoln	16	26:53.6*
56.	Robert Sinford	25	27:12.9
57.	Tonya Sproul	16	27:23.2*
58.	Lisa Dyer	22	27:45.2*
59.	Robert Tracy	22	27:45.9
60.	Irene Faulkingham	37	28:46.3*
61.	Al Faulkingham	17	28:46.9
62.	Ann Blair	47	29:20*
63.	Vicki Stoddard	16	31:55.2*
64.	Mary Lamoureux	36	33:05.7*
65.	Karen Duffy	17	33:23.9*
66.	Shawn Lamoureux	11	34:14.9
67.	Genie Hall	33	36:08.3*
68.	Cherrie Stuart	34	36:15.7*
69.	Jodie Wood	8	36:34.4*
70.	Stevie Cates	7	36:48.8
71.	Kris Larson	33	37:02
72.	Mary McDonald	8	37:48.9*
73.	Andrew Hewett	7	37:49.6
74.	Debbie Wood	34	37:54.2*
75.	John Francis	37	37:57.2
76.	John Hewett	43	38:17.6
77.	Kathy Harmon	30	38:22.5*
78.	Dick Shaw	46	38:30.6
79.	Michelle Lenfestey	14	39:29.2*
80.	Mike Lenfestey	47	39:31
81.	Connie Wood	50	41:06.5*
82.	Paul Wood	30	41:59.5
83.	Bob Georgantic	42	42:25.9
84.	Cathy Carter	33	42:25.9*
85.	Dawn Crowley	24	43:01*
86.	Jan Keller	26	43:32*
87.	Mike Mathews	33	43:50

88.	Georgia Gross	35	43:52*
89.	Patty Woodman	37	43:57*
90.	Sarah Lenfestey	46	43:57*
91.	Lorena Beal	23	43:58*
92.	Jeanette Stuart	62	44:15*
93.	Penny Foss	37	44:16*
94.	Kelly Crossman	11	46:55*
95.	Cheri Wiegand	41	46:55*
96.	Gloria Emery	45	47:37*
97.	Bonnie Moran	32	47:38*
98.	Jean Clemons	44	48:50*
99.	Ardelle Crommett	68	50:32*
100.	Don Weigand	60	52:10
101.	Betty Lund	67	52:10*
102.	Jill McDonald	29	60:30*
103.	Katie McDonald	3	60:30*
104.	Jordan Wood	4	60:30

Results courtesy of Phil Stuart
 Washington County Bureau Chief

1986 SUGARLOAF UPHILL CLIMB
 Sugarloaf U.S.A. Sep 28th

1.	Mike Gaige	30:41
2.	John James	31:51
3.	Chase Pray	32:06
4.	Richard Smith	32:27
5.	Mark Simpson	32:58
6.	Wendall Blood	33:00
7.	Gene Roy	33:23
8.	Steve Maser	33:46
9.	L. Dean Rasmussen	33:55
10.	James Cox	35:10
11.	Howard Carl	35:15
12.	Randy Hastings	35:18
13.	Eric Larue	35:36
14.	Jeff Brown	35:41
15.	Kent MacDonald	35:52
16.	Amos Wright	36:45
17.	Bob Wight	36:49
18.	Dick Balentine	36:56
19.	Wayne Newton	37:09

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PIZZA, SUBS, GUIDOS, LASAGNA, SPAGHETTI and SALADS

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 Friday and Saturday

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 10 a.m. to 1 a.m.



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 and Whole-Wheat Also

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 (Beside Minit Car Wash - One Block from Bass Park)

947-2771

SUBS

- MANY VARIETIES -

20. Marty Kenniston	37:15	66. Dave Levasseur	48:26
21. Ron Pacquette	37:25	67. Lamont Boileau	48:27
22. Dan Dwyer	38:16	68. Devon Morrill	48:39
23. Wayne Flewelling	38:47	69. Leslie Morrill	48:41*
24. Patrick Whalen	38:50	70. Bob Johnson	49:21
25. Ben Pearson	38:56	71. Ted Bealieu	49:54
26. Tom McGuire	39:06	72. James Martin	50:07
27. Daniel Force	39:15	73. Robert Huotari	50:12
28. Gregor Smith	39:38	74. Rose Winter	51:50*
29. Nelson Pray	40:02	75. Brian Doughty	52:01
30. Ben Yates	40:08	76. Allison Dall	52:11*
31. Bill Yates	40:10	77. Erin Force	52:13
32. Jim Moore, Jr.	40:58	78. Margie Force	52:22*
33. Tom Morrill	41:21	79. Stefani Nicco	52:54*
34. Worden Jon	41:27	80. Larry Sherrer	53:25
35. Michael Mozden	41:27	81. Valerie Palombo	53:40*
36. Peter Smith	42:01	82. Jason Boileau	53:48
37. Belinda Smith	42:02*	83. Johanna Long	54:13*
38. Tom Danforth	42:30	84. Carol Martin	54:14*
39. Biff McGildin	42:52	85. Ben Robinson	55:14
40. David Cappella	43:11	86. Julie Witham	55:30*
41. Don Reimer	43:56	87. Clement Jurgeleit	56:02
42. David Daniel	43:57	88. Dana Wallace	56:06
43. Forest Carey	43:58	89. Diane Smith	59:32*
44. Mark Dixon	43:59	90. Alice Flemming	59:32*
45. Margaret Johnson	44:04*	91. Trisha Harvey	59:47*
46. James Carlton	44:08	92. Bruce Harvey	59:55
47. Philip Kay	44:24	93. Beverly White	1:02:57*
48. Douglas Knobloch	44:37	94. Denise Berube	1:04:11*
49. Neal Trask	44:43	95. Peter Robinson	1:04:54
50. Rebecca Carey	44:56*	96. Kathy Miles	1:04:55*
51. Jay Levi	45:01	97. Nancy Carey	1:04:56*
52. David Robinson	45:04	98. Danielle Mailleux	1:05:06*
53. Brian Schultz	45:05	99. Jamie Moore	1:05:06
54. Walter Taylor	45:09	100. Audrey Brown	1:05:27
55. Patty Jacobs	45:49*		
56. Jeff Moore	46:06		
57. Glen Eddy	46:10		
58. John Robino	46:15		
59. Barry London	46:46		
60. Donna Jean Pohlman	46:48*		
61. Glen Holyoke	47:03		
62. Dale Trask	47:37		
63. F. Mark Gregory	47:48		
64. Chip Kahn	48:24		
65. Jason Ouellete	48:25		

Results courtesy of Chip Carey
Race Director

PORTLAND FIRE DEPARTMENT FIRE PREVENTION
WEEK RUN FOR FITNESS 5.5+ miles
Portland Oct 5th

1. George Towle	32:23
2. Jim Harmon	33:59
3. Craig Hutton	34:12
4. David Hefflefinger	34:31
5. Gary Cochrane	34:43
6. John Beatty	35:02
7. Malcolm Kidd	35:36
8. Phil Vezina	36:00
9. George Liming	36:27
10. Kurt Nielsen	36:36
11. Charles Towle	36:49
12. Steven Robertson	37:19
13. Steve Gifford	37:26
14. Jeffrey Brown	37:30
15. Ray Shevenall	37:37
16. Reggie Hammond	37:50
17. Thomas Carll	38:14
18. David Brink	38:30
19. Lee Nicely	38:39
20. Donald McGilvery	38:40
21. Laurence Boyd	38:59
22. Doug Moody	39:11
23. Debbie Hewson	39:20*
24. Chris Salamone	39:21
25. Carlton Mendell	39:23
26. Bill Gayton	39:30
27. Dan Fitzgerald	39:38
28. Michael Daicy	39:44
29. Mike Flaherty	39:52
30. Chris Abaldo	39:54
31. Joe Wagnis	40:11
32. Sandra Wyman	40:15*
33. Gary Monroe	40:18
34. David Paul	40:23
35. Art Marcoux	40:31
36. Berton Cleaves	40:37
37. Bob Hazzard	40:47
38. Charles Rose	40:57
39. Tim Flanagan	41:00
40. Mike Nixon	41:18
41. Peter Holloway	41:21

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42. Roger Smith	41:24
43. Bob Cushman	41:26
44. Carl Booth	41:29
45. Phil Tinkham	41:36
46. Bill Muldoon	41:37
47. Chuck Lamb	41:42
48. David Volin	41:44
49. Mark Thomsen	41:58
50. Keith Parson	42:09
51. Orlando Delogu	42:10
52. Lee-Ann Flanagan	42:20*
53. John Trefethen	42:28
54. Marty Ridge	43:00
55. Ford Reiche	43:22
56. S. Hall, III	43:23
57. James Chase	43:27
58. John Wood	43:45
59. Don Penta	43:58
60. Barbara Footer	44:01*
61. Claire Irvin	44:02*
62. Barney Schnieder	44:08
63. Clyde Parker	44:21
64. Harold Stoddard	44:39
65. Dan O'Leary	44:46
66. David Brown	45:29
67. Jean Thomas	45:50*
68. Art Greene	46:26
69. Robert Hunter	46:53
70. Steve Turner	47:14
71. Mathew Kelly	48:33
72. Joseph Nappi	48:36
73. Maria Kilbride	48:38*
74. Tom Kilbride	48:40
75. Ann McDonough	48:44*
76. Bob Lezer	49:42
77. Warren Foye	49:45
78. Nicki Stoddard	49:54*
79. P. Saint-Jacques	50:13
80. Debora Hatton	50:34*
81. James McGovern	50:54
82. Kathy Harden	52:25*
83. Dee Nicely	52:25*
84. Ruth Hefflefinger	56:50*
85. Steven Stetson	58:05

Nice tune up race for Casco Bay;

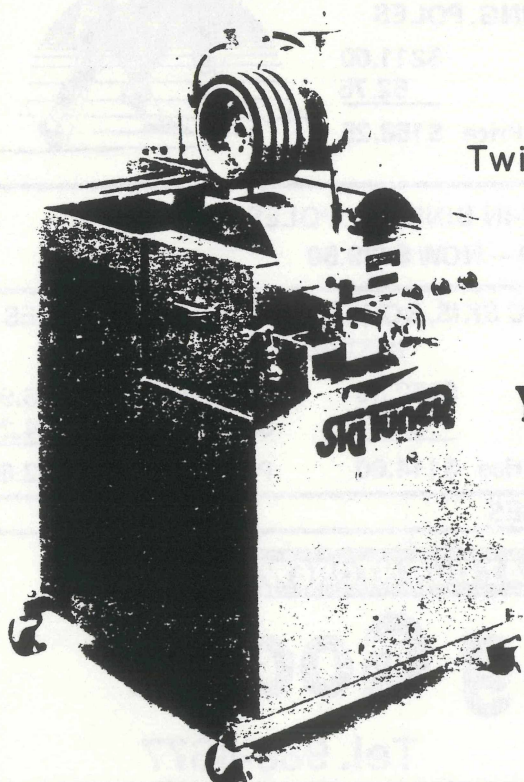
long sleeve t-shirts for all pre-registrants (up to 100 potential); George Towle has been on a roll in Western Maine recently; Debbie Hewson's last race before the Ironman Triathlon; Jerry DiMillo of the P.F.D. was the race director.

Don Penta - MTC Statistician

BENJAMIN'S 10,000 METER ROAD RACE
Bangor *ME-86014-GN* Oct 5th

1. Gerry Clapper	25	29:45.7
2. Stan Bickford	23	29:52.6
3. Tim Donovan	32	30:25.2
4. Jim Miller	28	30:32.0
5. Sammy Pelletier	28	30:53.7
6. Misa Fossas	25	31:05.1
7. Mark Kimball	26	31:25.0
8. Dan Dearing	24	31:28.1
9. Bruce Bridgham	26	31:29.7
10. Myron Whipkey	28	31:34.0
11. Glendon Rand	24	31:36.6
12. Mike Gaige	34	31:40.1
13. Lance Guliani	27	31:47.0
14. Kim Wettlaufer	29	32:09.5
15. James Newett	28	32:12.7
16. Paul Cole (WC)	31	32:14.0
17. Jeff Meserve	28	32:19.9
18. Joe McGuire	42	32:25.1
19. Roy Morris	23	32:32.1
20. Jonathan Williams	28	32:49.5
21. Rusty Taylor	35	33:13.8
22. Mike Sargent	25	33:26.0
23. Steve Malloy	22	33:28.7
24. James Toulouse	38	33:35.2
25. Steve McGrath	31	33:42.6
26. Dennis Croteau	36	33:46.3
27. Steven Gross	23	33:54.4
28. Dick Fournier	35	33:58.2
29. Patrick Boss	17	34:11.6
30. Barry Fifield	29	34:13.6

31. Brian McCrea	26	34:14.6
32. Bruce Frame	30	34:21.6
33. Gary Allen	29	34:35.0
34. Tim Longaere	23	34:41.0
35. Rick Lane	39	34:43.0
36. Gino Valeriani	33	35:01.3
37. Paul Turner	30	35:05.9
38. John Mills	24	35:08.4
39. David Chase	23	35:08.6
40. Mike Bard	26	35:08.8
41. Deke Talbot	37	35:22.6
42. Steven Peterson	37	35:24.5
43. David Tree	31	35:28.4
44. Alfred Karter	37	35:29.8
45. David Renault	38	35:36.3
46. Mike Worcester	37	35:37.7
47. Conrad Walton	47	35:39.2
48. Martha White	26	35:45.4*
49. David Clement	37	35:47.4
50. Warren Dean	50	35:49.8
51. Peter Ehni	27	35:50.3
52. Tom Thibeau	28	35:53.4
53. Mike Doore	41	35:58.2
54. Rich Robinov	26	36:00.9
55. Larry Robinson	34	36:01.5
56. Al Sproul III	48	36:01.8
57. Doug Ludwig	46	36:08.8
58. Robert Wadleigh	21	36:11.2
59. Gerald Sibley	15	36:12.1
60. Cynthia Lynch	26	36:14.2*
61. Joe Wesp	40	36:17.2
62. Stephen Cates	36	36:18.0
63. Andrew Beardsley	22	36:25.7
64. Chip Howe	35	36:28.2
65. Michael Tuell	27	36:30.7
66. Andrew Weik	22	36:31.3
67. Gary Weber	40	36:32.9
68. Rod White	32	36:35.1
69. Mike Carter	36	36:48.8
70. Brook Merrow	31	36:53.3*
71. James Westphal	24	36:53.6
72. Clint Gordon	15	36:54.0
73. Carl Howard	29	36:54.2
74. Robert Brenner	27	36:56.3
75. Stephen Krichels	40	37:01.4
76. Doug Swallow	35	37:03.4



Wilderness Mountain Ski & Sports

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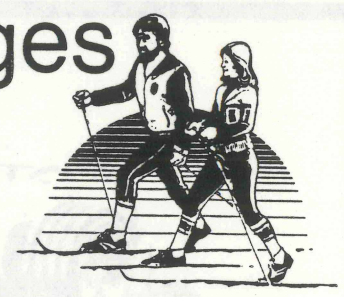
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\$10	STONE GROUND	\$10
	SKI TUNE COUPON	
\$10	EXPIRES 11/15/86	\$10

77. Sally Perkins	23	37:04.9*	123. David Torrey	39	39:14.6	169. Dana Hodges	28	41:02.6
78. Stephen Porter	33	37:05.5	124. Tim Rogers	33	39:15.6	170. Oscar Poulsen	39	41:05.3
79. Warren Bishop	19	37:06.5	125. Elden McLaughlin	38	39:16.7	171. Robert Gaines	35	41:09.3
80. Bill Pinkham	44	37:11.8	126. Roy Rodgers	32	39:17.4	172. Robert White	44	41:10.7
81. Robin Emery Rappa	40	37:14.3*	127. Cliff Olson	43	39:20.0	173. Biff McGilpin	41	41:13.4
82. Michael Aldrich	25	37:15.9	128. Gary Larson	41	39:23.0	174. Reynold Dubois	29	41:14.8
83. Pat Turner	29	37:16.1	129. Tom Kirby	30	39:25.0	175. Ted Silver	40	41:16.9
84. Scott Dunning	21	37:21.8	130. George Hall	42	39:25.4	176. Dave Preble	43	41:17.9
85. Gary Wakeland	47	37:25.5	131. Robert Titus	39	39:27.3	177. Sam Hamilton	55	41:19.6
86. Perry Lilley	38	37:31.0	132. David Trussell	43	39:29.8	178. Jane Rau	37	41:21.2*
87. Rose Prest	23	37:32.9*	133. Donald Williams	38	39:31.5	179. Cliff Hatfield	53	41:21.9
88. Wanda Haney	20	37:36.6*	134. David Gelinis	17	39:33.4	180. Carl Bowen	54	41:26.2
89. Barney Smith	39	37:48.0	135. Mike Stapenhurst	44	39:36.5	181. Ken Sivik	26	41:28.0
90. Mike Thompson	28	37:48.8	136. Bob Duprey	43	39:37.7	182. Steve Marshall	38	41:29.6
91. Vern Demmons	40	37:50.5	137. Owen Jackson	42	39:38.2	183. Goerge Jacobson	40	41:33.7
92. David Cota	35	37:51.6	138. Diane Wood	24	39:39.0*	184. Walter DeVault	56	41:34.4
93. Peter Carr	39	37:52.2	139. Justin Poland	39	39:40.4	185. James Booth	41	41:35.2
94. James Nesbitt	42	37:56.1	140. Jo-Ann Choiniere	25	39:41.0*	186. Robert McKay	33	41:37.2
95. Anne Marie Davee	30	37:56.9*	141. Dick Cummings	49	39:42.1	187. Alan Stockley	37	41:39.0
96. Jake Ulick	18	37:57.8	142. Howard Paradis	53	39:54.0	188. Schuyler Morrison	38	41:39.2
97. Becky Nichols	16	38:00.6*	143. Tom McKinney	33	39:55.3	189. Theresa withee	19	41:39.6*
98. Jeff White	31	38:05.7	144. Gary Worthing	35	39:57.1	190. Gary Barrett	42	41:41.7
99. Donald Goodness	37	38:08.4	145. Mike McKendy	32	39:57.6	191. Donald Carter	42	41:44.4
100. Chico Jewell	27	38:15.2	146. Scott Strout	24	39:58.3	192. Ryner Sandberg	26	41:51.2
101. Erv MacDonald	44	38:30.5	147. Charles Bernard	43	39:59.3	193. Michael Benar	20	41:58.4
102. Fred Merriam	39	38:36.2	148. Mark Bonderud	27	40:01.0	194. Gehrig Johnson	38	42:00.4
103. David Green	28	38:37.8	149. Philip Gullion	15	40:02.8	195. Ken Hilton	41	42:01.4
104. Thomas Noyes	17	38:38.1	150. John Belanger	35	40:03.7	196. Billy Stillman	12	42:02.3
105. Stephen Scott	39	38:38.6	151. Andrew Patterson	29	40:06.7	197. Peter MacKintosh	27	42:03.2
106. Jamie Stephens	31	38:39.0	152. Dave Comeau	41	40:07.7	198. Paul Hammond	25	42:07.6
107. Mike Turner	30	38:43.9	153. Barry Bartley	41	40:10.7	199. Joey Davis	28	42:10.8
108. David Wilson	43	38:44.1	154. Vaughn Holyoke	52	40:11.7	200. Scott Fowler	11	42:11.9
109. Richard Davis	44	38:51.4	155. Thomas Tetu	38	40:12.1	201. Andy Luro	29	42:13.8
110. Newell Lewey	28	38:51.9	156. Ronald Gelinis	38	40:13.5	202. Kellie Connor	17	42:16.8*
111. William Whitmore	27	38:52.5	157. Darlene Higgins	45	40:17.7*	203. Loren Ritchie	53 if he's a day	42:21.5
112. James Tucker	43	38:53.7	158. Richard Strout	48	40:20.0	204. Cole Sargent	37	42:24.1
113. Perley Merrick	39	38:54.3	159. Wayne Champeon	50	40:26.8	205. John Campbell	26	42:26.0
114. David Freeman	38	38:55.2	160. Al Sproul IV	23	40:29.4	206. Jeff Hecker	26	42:27.9
115. Paul Lavoie	38	38:56.5	161. Mike Hayes	28	40:36.3	207. Gordon Chamberlain	48	42:28.9
116. Peter Cuff	30	38:56.9	162. Lawrence Ludwig	38	40:44.4	208. John Krause	16	42:33.3
117. Neal Genz	40	38:57.2	163. Robert Tapley	33	40:45.9	209. Clark Ketcham	36	42:37.0
118. William Shuttleworth	39	39:00.4	164. Rex Nelson	55	40:46.7	210. Patrick Lewis	31	42:38.2
119. Chris Hyde	16	39:06.4	165. Jo Comeau	42	40:47.1*	211. John Pfleiderer	37	42:45.1
120. Bernard Kubetz	38	39:07.5	166. Stephen Brennan	39	40:48.3	212. Paula Wheeler	29	42:45.5*
121. Karen Rapallo	28	39:09.3*	167. Richard Miles	31	40:56.9	213. Peter Tucker	43	42:45.9
122. Francis Preshong	44	39:10.8	168. Carl Reilly	33	40:59.7	214. Ron Cote	38	42:46.3

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Regular	\$136.90
Save	<u>34.25</u>
Package Price	\$102.65

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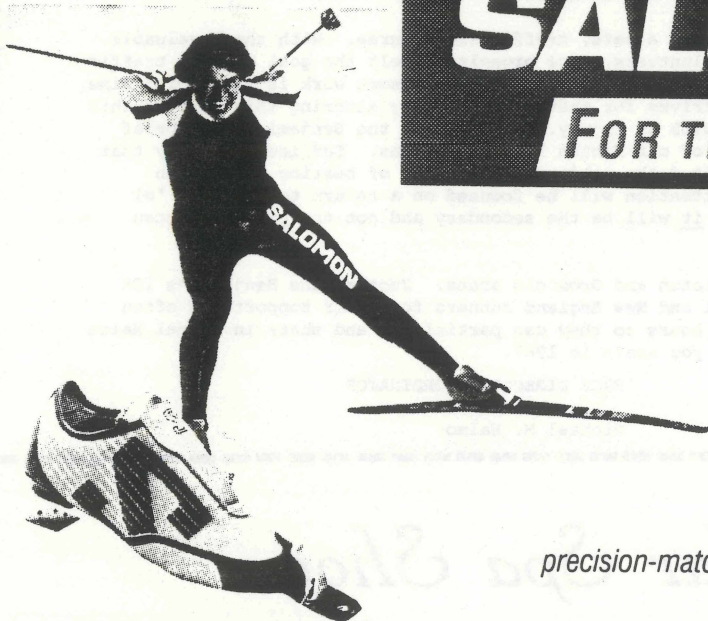
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215. Nancy Jackson	40	42:47.3*	260. Kevin Alley	17	44:41.9	305. Don Osborne	64	47:34.4
216.			261. Dawn Pelletier	30	44:46.8*	306. Roger Chabot	39	47:36.4
217. Colan Davis	31	42:53.3	262. Louise Slattery	25	44:47.3*	307. Michael Pelletier	34	47:36.9
218. Steven Sisson	36	42:56.0	263. Timothy Holland	41	44:56.1	308. Nic Meliones	58	47:38.6
219. Nickie Sekera	16	42:56.6*	264. Louise Dunlap	46	44:56.4*	309. Michael Picard	38	47:41.7
220. David Benn	41	42:56.8	265. Joan Merriam	38	45:08.2*	310. Rory McCarthy	14	47:45.5
221. Anthony Beardsley	38	43:00.7	266. Anthony Joaquin	32	45:15.9	311. Judy Doore	37	47:55.4*
222. Samuel Hamilton IV	30	43:05.7	267. Robert Rheault	60	45:16.2	312. Deborah Curtis	29	47:57.7*
223. Carol McElwee	41	43:06.0*	268. Robert Broadbent	55	45:16.7	313. Randy Hutchins	31	48:02.1
224. Cindy Vokey	28	43:07.7*	269. David Williams	31	45:21.2	314. Erv Dehmlo	15	48:03.2
225. David Goldsmith	35	43:08.4	270. Ralph Baxter, Sr.	54	45:30.0	315. Dennis Vanidestine	44	48:18.8
226. Taylor Harmon	41	43:10.1	271. William Fox	65	45:31.2	316. Ralph Snyder	58	48:21.0
227. Tom Roberts	38	43:11.0	272. Brenda Tree	32	45:32.4*	317. Patricia Forrest	31	48:25.2*
228. Rene Collins	45	43:13.9*	273. Barbara Ashby	23	45:37.9*	318. Ernie Henderson	43	48:43.7
229. Michael Openshaw	16	43:15.0	274. Thomas Daggett	39	45:42.5	319. Stephen Lea	32	48:45.5
230. Keith Hall	26	43:16.0	275. Edward King	43	45:52.9	320. Kieran McCarthy	22	48:49.2
231. Paul Dall	44	43:26.2	276. Mainard Cook	44	45:59.7	321. Dawn Welford	15	48:49.6*
232. Randall French	41	43:28.0	277. Cost Vafiades	37	46:01.2	322. Shawna Campbell	12	49:12.7*
233. Kathleen Martin	24	43:28.9*	278. David Samuelian	40	46:07.9	323. Harold Jones	58	49:13.7
234. Lisa Kempen	28	43:30.7*	279. Nancy Carr	38	46:11.2*	324. Scotty Folger	47	49:16.1*
235. John Rubino	40	43:41.0	280. Mary Jane Ackley	33	46:14.5*	325. Thomas Perry	41	49:20.2
236. Kenneth Hooper	36	43:44.6	281. Karen Lacasse	31	46:16.0*	326. Katie Donovan	37	49:32.9*
237. Steven Morin	26	43:46.9	282. David Horne	49	46:17.3	327. Kerry Priest	35	49:38.9
238. Terry Varner	32	43:50.3	283. Richard Lepore	56	46:23.8	328. Stacy Holway	17	49:40.6*
239. Kenneth Awalt	44	43:52.2	284. Darrell O'Leary	48	46:29.4	329. Matthew Curran	34	49:44.4
240. James Pendergist	41	43:55.7	285. Russ Bradley	62	46:33.0	330. Bob Taylor	49	49:45.1
241. Mike Fletcher	33	43:56.5	286. Ginette McGuire	40	46:33.7*	331. Kristin Maunz	17	49:45.6*
242. Kerry Porter	14	43:57.5	287. Frank D'Amelio	40	46:34.4	332. Thomas Johnston	38	49:47.0
243. Gerald Michaud	44	44:00.2	288. James Hinds	45	46:39.2	333. Robert Steele	39	49:55.3
244. Robert Ogier	38	44:00.7	289. Benita Qualey	37	46:44.7*	334. Deborah Johnson	35	49:55.9*
245. Dave Knobloch	36	44:03.9	290. Larry Collins	22	46:47.2	335. Georgianna Hogerty	31	49:56.4*
246. James Gilbert	40	44:10.3	291. J. Paul Ciarrocchi	38	46:53.2	336. Bruce Sorkin	27	49:59.5
247. Don Back	33	44:11.4	292. Frederick Wingate	40	46:53.9	337. James Hoberty	31	50:01.1
248. John Wakely	34	44:15.9	293. Terri Rich	22	46:59.0*	338. Julie Coffey	30	50:03.4*
249. Stanley Pride	55	44:19.9	294. A.L. Bissonnette	40	46:59.3	339. Mark Berlinger	34	50:03.8
250. David Wheaton	33	44:20.8	295. Aaron Gallant	14	47:02.1	340. Jennifer Kintner	22	50:06.2*
251. Paul Connor	39	44:24.6	296. Gerald Herlihy	50	47:03.7	341. Paula Lepore	38	50:06.6*
252. Clough Toppan	39	44:25.1	297. Ron Crane	31	47:11.0	342. Clyde MacDonald	56	50:08.1
253. Tim Abel	27	44:25.9	298. Debbie Dwyer	27	47:14.0*	343. Scott Beede	31	50:21.6
254. Gerald St. Amand	43	44:26.5	299. Thad Dwyer	30	47:22.3	344. Hal Nelson	40	50:45.8
255. James Annis	43	44:27.3	300. Peg Fournier	35	47:24.2*	345. Jean Faller	23	50:46.3*
256. Carlene Sproul	47	44:30.1*	301. Art Kotredes	32	47:26.0	346. William Tozier	59	50:53.6
257. Jean Herlihy	25	44:33.8*	302. Joe Aubin	59	47:27.5	347. Andrea Pelletier	24	51:06.3*
258. Jorma Kurry	15	44:34.7	303. Michele Brogunier	23	47:31.2*	348. Leona Clapper	56	51:06.7*
259. Harry Brooker	39	44:37.1	304. William Pullen	28	47:33.2	349. Leo Freeman	34	51:19.3



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350. Carolyn Gross	18	51:27.1*	369. Paul Dudley	41	53:42.3	388. Ann Jackson	39	56:32.0*
351. Charles Clapper	57	51:35.3	370. Jamie Wood	12	53:54.4*	389. Susan Hills	36	56:40.2*
352. Harry Giddinge	53	51:41.1	371. Sue Ellen Nadeau	26	54:00.8*	390. Tammy Herbest	27	57:00.7*
353. Becky Rowden	15	51:56.3*	372. Jean Dickson	33	54:12.0*	391. Marie Perry	35	57:29.9*
354. Terry Rowden	38	52:06.9	373. Donna Gilbert	39	54:31.5*	392. Joyce Edwards	51	57:38.1*
355. Tara McCarthy	15	52:07.3*	374. Alan Nealley	27	54:49.0	393. Gary Skillings	28	57:39.9
356. Charles Brooks	39	52:09.7	375. Sandy Blitz	49	54:49.4	394. Beatrix Treitierer	24	58:16.0*
357. Mark Eastman	30	52:15.1	376. Mark Pearson	35	55:12.8	395. Tanya Sears	12	58:28.7*
358. Thomas Mapleton	35	52:16.3	377. Marie Benar	46	55:43.5*	396. Harley Russell	56	58:29.2
359. Maggie Guthrie	36	52:27.0*	378. Albert Faulkingham	17	55:52.4	397. Jill Simpson	12	58:36.3*
360. Mike Carroll	18	52:31.1	379. Josh Silver	10	55:54.3	398. Paul Paulson	60	58:38.9
361. Susan Brooker	39	52:33.9*	380. Harold Young	69	55:58.1			
362. Margaret Soule	45	52:37.1*	381. Irene Faulkingham	37	55:58.6*	Results courtesy of O.J. Logue & Mike Halmo - Race Directors		
363. Gina Butler	52	52:39.6*	382. Paul Comeau	31	56:00.4	*****		
364. Aurele Ouellet	58	52:46.6	383. Janet Meliones	59	56:01.2*			
365. Robert Connor	52	53:14.4	384. Craig Snow	35	56:05.5			
366. Jay MacLeod	26	53:21.1	385. Kim Malcolm	19	56:22.6*			
367. Robert Fenderson	39	53:21.6	386. Lynn Hallsey	27	56:23.3*			
368. John Daggett	13	53:28.3	387. Sam Ouellet	82	56:26.2			

On October 5, 1986, 471 running enthusiasts showed up for the start of the Sixth Benjamin's 10K in Bangor. A strong, fast field of runners toed the line under beautiful blue skies with temperatures in the cool 50's, over a newly TAC certified course. A slight change had to be made in this year's course due to construction of a driveway at St. Joseph Hospital's parking lot; which added a little more spice to the race with the injection of a short, but hurting, hill. Undaunted by any hills, former University of Maine standout Gerry Clapper, and Stan Bickford battled elbow to elbow over most of the 6.2 miles until their final approach on Harlow Street. Clapper then kicked it in, pumped up by the adrenalin of the finish line crowd of 400 - 500 spectators, in a time of 29:45.7 with Bickford second in 29:52.6. Both times rank as the fastest so far this year on a TAC certified 10K course in Maine. The depth of the field was evident by the fact that a 34 minute time was good for only 29th place, and 33 minutes netted only 21st place.

The women's field was equally deep with talent. Martha White finished first in 35:45.4 with Cynthia Lynch (36:14.2) and Brook Merrow (36:53.5) rounding out the top three. Sally Perkins from southern Maine turned in a fine performance for 4th place in 37:04.9 and Ellsworth's Robin Emery Rappa 5th in 37:14.3.

Other outstanding performances which deserve mention include; master runner Joe McGuire's 32:25 for 18th place (Joe is a very fast 42 years young); wheelchair racer Paul Cole finished 32:14 for 16th place overall and a 3½ minute PR over last year's race; and "Sudden" Sam Oulette finished another Benjamin's 10K - this on his 82nd birthday. He responded, "Yup, I was born October 5, 1904." He then paused and added, "And I feel like it!"

Age group merchandise awards were presented in six categories; three deep for both male and female. Many local area merchants are to be thanked for the support once again provided this fine race. Overall winners received cash awards, although not the \$500, \$300, \$200 which was advertised. Race organizers had not anticipated the extra costs incurred and had to reduce the amounts to \$425, \$250, and \$175 for overall male and female winners.

In the team competition, the Sub-5 Track Club represented by Dan Dearing, Glendon Rand, Jim Newett, Roy Morris, Mike Sargent, and John Mills defeated the Aroostook Musterds and other challengers for the team title; their second team title in as many weeks, after triumphing at Kingfield 10K. The women's title was easily won by the Maine Alumnae composed of Cynthia Lynch, Rose Prest, and Jo-Ann Choiniere.

Major attention this year was directed toward maintaining a safe, traffic-free course. With the invaluable assistance of Dirigo Search and Rescue and many other volunteers, race organizers felt the goal of safe traffic control was fairly well accomplished. The one remaining area which still requires some work is the finish line. One can make the analogy of the runner who constantly strives for that extra edge by altering this part of this training or that aspect of the program, and comes away with an injury. So too with the Benjamin's 10K brief but flirting (painful?) venture into the "high teching" of our finish line procedures. Suffice it to say that the real tribute should go to all the runners who exhibited the patience (and pain) of bearing along with extended delays in the chute. Next year much greater attention will be focused on a return to the good 'ol methods of computing results and if a computer is used, it will be the secondary and not the primary system used.

Finally, a special thanks to all the folks from Fredrickton and Oromocto areas. Just as the Benjamin's 10K has come to rely on and appreciate the hundreds of local and New England runners for their support, we often forget about our neighbors to the north who travel many hours so they can participate and share in a real Maine racing tradition. Thanks again, and hope to see all of you again in 1987.

RACE DIRECTOR/COORDINATOR

Michael M. Halmo



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5th Annual TURKEY TROT 5K Road Race

CO-SPONSORED BY PAPA GAMBINO'S AND THE BREWER HIGH SCHOOL SOPHOMORE CLASS



It's time again for our annual
TURKEY TROT. You are invited to come
join the fun of our five kilometer
road race. End the season with us!

WHEN: Saturday, November 22, at 10:00 A.M. Registration at Brewer High starting at 8:30 A.M. Pre-registration is encouraged as only the first 100 runners will receive T-shirts.

WHERE: The five kilometer out and back course starts at Brewer High School. (3.106 miles)

AGE GROUPS: 13 and under
14-18
19-29
30-39
40-49
50-over

ENTRY FEE: \$5.00

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

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

- A 1st Brewer High faculty/staff member (M & F)
- B 1st high school student -- Class of '87 (M & F)
- C 1st high school student -- Class of '88 (M & F)
- D 1st high school student -- Class of '89 (M & F)
- E 1st high school student -- Class of '90 (M & F)
- F 1st parent of a Brewer High student (M & F)
- G 1st racewalker (M & F)

Plus: Random drawings for additional prizes (one prize per runner)

Complete results published in "Maine Running Magazine"

OFFICIAL ENTRY FORM

Name _____ Age _____ Category _____

Address _____ Sex _____

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

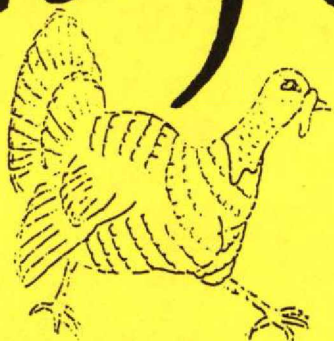
Signature _____ T-shirt size S M L XL
(parent or guardian if under 18 years old) (circle one)

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



18th Annual

Turkey Trot



NEW DISTANCE!

6.2 MILES SUNDAY NOVEMBER 23, 1986

CAPE ELIZABETH HIGH SCHOOL CAPE ELIZABETH, MAINE

REGISTRATION: 11:30 AM - 12:30 PM

RACE START: ONE O'CLOCK SHARP

FEE: \$4.00 IN ADVANCE, \$5.00 ON DAY OF RACE

CATEGORIES: MALE AND FEMALE AGES
16 and under, 17-29, 30-39,
40-49, 50-59, 60 and over

COURSE: BEGINNING AT THE JUNIOR HIGH SCHOOL, THE COURSE PROCEEDS ON SCOTT DYER RD, TURNS RIGHT ONTO SPURWINK RD, LEFT ONTO EASTMAN RD, LEFT ONTO SAWYER RD, LEFT ONTO WELLS RD, RIGHT ONTO SPURWINK, AND LEFT ONTO SCOTT DYER. THE COURSE IS WHEEL MEASURED AND WATER STATIONS WILL BE PROVIDED.
(SHOWERS AVAILABLE)

AWARDS: 35 TURKEYS DONATED BY
Shot 'n Save

DRAWING: PRIZES DONATED BY AREA MERCHANTS WILL BE GIVEN AWAY IN A DRAWING OF RACE NUMBERS.

COURSE RECORDS:

MALE: MIKE BUCKLEY 27:51
FEMALE: JOAN BENOIT 31:17

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MAIL COMPLETED FORM PLUS \$4.00 ENTRY FEE PAYABLE TO:

MAINE TRACK CLUB
c/o VIN SKINNER
35 FORESIDE RD. APT. A
CUMBERLAND FORESIDE, ME 04110

NAME(print): _____ AGE ON 11/23/86 _____

ADDRESS: _____ ZIP: _____ MALE: _____ FEMALE: _____

In consideration of this entry being accepted, I, the undersigned, declare that I am physically fit and have trained well enough to compete in this event. I accept full responsibility for any injury I may sustain in the above described road race.

SIGNATURE: _____ DATE: _____

IF UNDER 18, PARENTS SIGNATURE: _____ DATE: _____

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Do you want to reach a great many runners without a great deal of hassle? Why not put your race application in **Maine Running & Outing Magazine**? Here's all you do:

Send us your flyer by the 10th of the month prior to the issue in which you wish your flyer to appear. The number varies depending on the time of year, but is usually between 900 and 1,200. The current rates are as follows:

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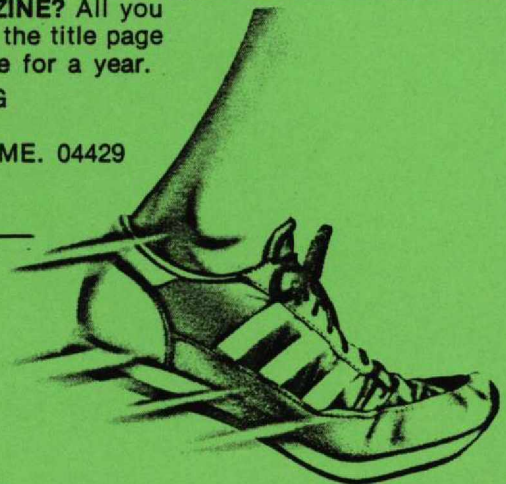
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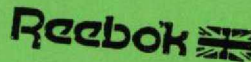
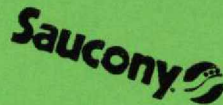
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