



# 48th Annual Bangor Labor Day 5 Mile Road Race

Monday, September 6, 2010

Steeped in History, Bangor has been active in modern road racing starting in 1909 when Olympic Gold Medalist from the 1908 London Games, Johnny Hayes, came to compete in a 15 mile running exhibition. In 1916, the two-time runner up of the 1912 and 1913 Boston Marathon, Andrew Sockalexis, raced 19 miles from his home in Old Town to Bangor against 7 time BAA champion, Clarence DeMar. In 1940, Clarence DeMar would return to win a Labor Day race in Bangor. On Halloween in 1982, Greg Meyer and Joan Benoit Samuelson would win the Benjamin's 10K to repeat their victories at the 1983 Boston Marathon. And for 48 consecutive Labor Days Bangor has witnessed this storied course with its challenging Holland Street Hill, where races have been won and lost. Passing historic houses and fine architecture from Bangor's prominent days as the Lumber Capital of the World, viewing its unique water standpipe, and going by Stephen King's home certainly makes this if not a race, at least a tale to remember.

**Start Time** 9:00 AM

**Race Day Registration** is 7:45 am to 8:45 am at the Bangor Park and Recreation Center at 647 Main Street, Bangor. The start and finish are also at the Bangor Park and Recreation Center. This is a 5 mile wheel measured course. USATF # - ME99005WN

**Entry Fee** is \$15 per participant. Checks made payable to the Sub5 Track Club. The first 100 to register receive a race t-shirt.

The **Robin Emery trophy** is awarded to the top female finisher, and the **Bob Hillgrove trophy** is awarded to the top male finisher. The **Ralph Thomas trophy** is awarded to the top male master finisher, and the **Leona Clapper trophy** is awarded to the top female master finisher. Top 3 places in each age category will receive commemorative medallions. The male and female age divisions are 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

The following numbers have been retired: #1 Dave Farley, #2 Bob Hillgrove, #3 Robin Emery, #4 Fred Merriam, #5 Ed Rice, #6 Mike Gaige, #7 Sheila Hodges, #8 Dennis Morrill, #9 Ralph Thomas, #10 Gerry Clapper.

Current Course Records: Men – Judson Cake 25:29 (2005) Women – Cassie Hintz 29:23 (2004)

**Past Champions:** 2009 Erik McCarthy 26:30 – Amanda LaBelle 32:00 | 2008 Judson Cake 26:50 – Oriana Farley 33:01 | 2007 Evan Graves 25:45 – Kristine Guaraldo 33:51 | 2006 Adam Goode 27:19 – Lara Rand 33:07 | 2005 Judson Cake 25:29 – Cassie Hintz 29:36 | 2004 Judson Cake 26:24 – Cassie Hintz 29:23 | 2003 Phil LeBreton 27:41 – Cassie Hintz 31:33 | 2002 Phil LeBreton 26:58 – Jenna Richardson 30:36 | 2001 Phil LeBreton 26:44 – Lara Rand 32:16 | 2000 Jamie LaChance 26:13 – Cassie Hintz 33:22 | 1999 Ben Allen 28:04 – Sheila Hodges 33:56 | 1998 Jeff Sands 30:06 – Robin Emery 36:11 | 1997 Scott Hosmer 26:17 – Sheila Hodges 32:45 | 1996 Scott Hosmer 26:54 – Sheila Hodges 33:35 | 1995 Tim Wakeland 26:30 – Sheila Hodges 33:12 | 1994 Mike Gaige 26:37 – Mary Meehan 31:42 | 1993 Bob Everett 26:00 – Sheila Hodges 32:36 | 1992 Chuck Morris 26:12 – Paula Emery 30:49 | 1991 Paul Coburn 25:34 – Paula Emery 31:07 | 1990 Bob Everett 25:25 – Sue Manly 32:09 | 1989 Tim Wakeland 24:55 – Julia Kirtland 29:12 | 1988 Gerry Clapper 24:22 – Robin Emery 31:23 | 1987 Bruce Bridgman 25:11 – Cindy Lynch 29:43 | 1986 Chuck Morris 25:29 – Robin Emery 30:29 | 1985 Gerry Clapper 25:00 – Robin Emery 30:12 | 1984 Jim Newett 26:03 – Robin Emery 30:39 | 1983 Jim Newett 26:15 – Robin Emery 31:11 | 1982 Mike Gaige 25:09 – Robin Emery 30:38 | 1981 Mike Gaige 25:05 – Robin Emery 30:20 | 1980 Mike Westphal 25:53 – Robin Emery 31:48 | 1979 Peter Weith 25:41 – Jamilyn Dunn 34:10 | 1978 Peter Weith 25:54 – Robin Emery 30:31 | 1977 Bob Hillgrove 25:24 – Robin Emery 30:42 | 1976 Mike Roddin 26:42 – Joan Westphal 30:48 | 1975 Ralph Thomas 26:10 – Robin Emery 32:26 | 1974 Bob Hillgrove 26:29 – Robin Emery 31:41 | 1973 Larry Greer 27:13 – Robin Emery 34:46 | 1972 Larry Greer 26:33 – Robin Emery 33:21 | 1971 Ralph Thomas 25:43 | 1970 Walter Renaud 25:58 | 1969 Bob Hillgrove 27:20 | 1968 Bob Hillgrove 26:44 | 1967 Bob Hillgrove 27:17 | 1966 Bob Hillgrove 26:54 | 1965 Bob Hillgrove 28:36 | 1984 Dave Farley 28:40 | 1963 Dave Farley 26:55

**For Race & Volunteer Information Contact:** Ryan King 207-567-3260 Email: [ryan.king@mma.edu](mailto:ryan.king@mma.edu)

## 48th Annual Bangor Labor Day 5 Mile Road Race Entry Form

Send registration form to: Bangor Labor Day Race, Bangor Parks and Recreation, 647 Main Street, Bangor, ME 04401

**Make checks payable to Sub 5 Track Club**

**Race Agreement** – In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any rights and claims I may have against sponsors and officials of the Bangor Labor Day 5 Mile Road Race. I also attest that I am physically fit and trained to compete in this athletic event.

Name: (please print): \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Circle T-Shirt Size:    S        M        L        XL

**Participants Signature** (or parent or guardian if under 18) \_\_\_\_\_ Date: \_\_\_\_\_