

**3<sup>rd</sup> Annual Caribou Road Race**  
**4.3 Miles**  
**September 1976 | Caribou**



*RK Notes - This is the Caribou Labor Day 1976 Road Race, Found in the Bangor Daily News. Bob Hillgrove, who between 1965 and 1974 won the Bangor Labor Day race six times, signed up for the third annual Caribou Road Race to take on the hometown favorite Bruce Freme, the Bowdoin College junior who two weeks prior won the 16 mile Mad Witch Midi Marathon in Brewer.*

**Results**

- |                              |                            |
|------------------------------|----------------------------|
| 1. Bob Hillgrove, 21:35      | 25. Rick Beaulieu, 27:36   |
| 2. Bruce Freme, 21:45        | 26. Stan Saucier, 27:47    |
| 3. Greg Wardwell 21:56       | 27. Ryan Pardy, 28:25      |
| 4. Steve Miller, 23:06       | 28. Andy Hamilton, 28:43   |
| 5. Tom Parent, 23:59         | 29. Lenny Peterson, 28:45  |
| 6. Matt Nightingale, 24:05   | 30. Roland Wirth, 28:47    |
| 7. Joe Pickins, 24:07        | 31. John Lisnik, 28:50     |
| 8. Pat Cyr, 24:22            | 32. Tim Michalka, 28:51    |
| 9. Mike Cyr, 24:24           | 33. Greg Sirois, 28:43     |
| 10. Don Bondeson, 24:20      | 34. Bill Raymond, 28:53    |
| 11. Glen Gagne, 24:30        | 35. Jim Nadeau, 29:25      |
| 12. Paul Libbey, 24:15       | 36. Conrad Walton, 29:30   |
| 13. Bob Everett, 25:36       | 37. Fred Harris, 29:33     |
| 14. Bill Lozier, 25:44       | 38. Dan Patterson, 29:51   |
| 15. Jim Balanger, 25:50      | 39. Larry Cyr, 30:15       |
| 16. Mike Paradis, 25:53      | 40. Tony Shaw, 30:17       |
| 17. Larry Bard, 26:07        | 41. Paul Raymond, 30:25    |
| 18. Maynard Pelletier, 26:14 | 42. Roland Morin, 31:06    |
| 19. Jay Pelletier, 26:27     | 43. Carl Boneson, 31:07    |
| 20. Tim Beech, 26:35         | 44. Peter Pelletier, 31:08 |
| 21. Tim Brooks, 26:37        | 45. Debbie Mitchell, 32:00 |
| 22. Mark DeLong, 26:46       | 46. Richard Ellis, 32:10   |
| 23. Larry Voisine, 27:36     | 47. Andre Pelletier, 32:16 |
| 24. Matt Baker, 27:36        | 48. Shawn Coville, 32:37   |

49. David McGarrigle, 33:05  
50. Ed Ouellette, 33:26  
51. Toots Malenfant, 36:29  
52. Grace Jepson, 37:01  
53. Rick Ringdall, 37:03

54. Alan Robertson, 37:15  
55. John Miller, 37:30  
56. Roger Cobb, 37:31  
57. Dr. Charles Serritella, 55:00

### Hillgove takes Caribou race

**CARIBOU - A new record was set in the third annual Caribou Labor Day Road Race Monday by 30 year old Bob Hillgrove of Rockland.**

**Hillgrove ran the 4.3 mile cross country course through Caribou in 21 minutes, 35 seconds to win the third edition of the Labor Day event. That time beat the previous record of 22:02 set by 1975 race winner Steve Miller of Westermanland. Miller, 30, finished fourth in this year's race at 23:06.**

**Also topping last year's record and finishing second and third, respectively, were Bruce Freme, 20 of Caribou (21:45), and Greg Wardwell, 16, Caribou (21:56).**

**Tom Parent, 17, of Limestone, completed the top five, finishing the course in 23:59.**

**The race began at Caribou High School on outer Sweden Street and wound through Caribou streets to the Armory on Access Highway.**

**Other divisional winners in the annual race included Conrad Walton of Caribou in the 35 years and up category; Matt Nightingale, 15 of Fort Fairfield in the 15 years and under division, and Debbie Mitchell, 16, of Caribou in the girls division.**

**The team trophy went to Caribou for the third consecutive year and was accepted on behalf of the team by Greg Wardwell.**