

**Benjamin's 10K  
October 5, 1986 | Bangor**



For the first two miles, it was a six-man race. After the next mile, however, it was a two-man race and it stayed that way until the last quarter mile when Gerry Clapper pulled away from Stan Bickford to win the Bud Light-Shaw's Benjamin's 10K Road Race.

In a field of 414 Runners, Clapper, a Bucksport native now living in Columbia, Maryland, crossed the finish line with a time of 29:45.7. After exchanging several leads with Clapper in the final four miles, Bickford finished with a 29:52.6.

Throughout the even four miles, Bickford - a Benton native now living in Wellesley, Mass. - attempted to put away Clapper by running strong uphill, one of Clapper's weaknesses. Clapper, however, was able to compensate by running strong downhill, one of his strengths and a Bickford weakness.

"I just let myself go (running downhill)" said Clapper who was running in his second Ben's 10K. "I have an advantage with my longer strides and I'm not afraid to let myself go."

Going uphill, Clapper said he just tried to stay with Bickford until the final hill on Harlow Street about one quarter of a mile from the finish line. Still running elbow to elbow with Bickford, he then decided to push a little extra going up the hill.

"I knew once I was at the top of the hill, there would be only about a quarter or less left and he had been really burning me uphill, so I thought if I could go strong I could psych him out and gain some ground." Clapper said.

The strategy worked as Clapper out-kicked Bickford and sprinted to the finish, which was lined by 400 to 500 spectators.

"I was confident that I could out-kick him, I had that finish-line sensation. I could sense the finish, more energy just came from nowhere." said Clapper, adding that he really wanted to win the Ben's 10K because it was a Maine race and he had performed below par in a few recent Maryland races. (Bangor Daily News)

**Results:**

1. Gerry Clapper	29:45.7	4. Jim Miller	30:32:0
2. Stan Bickford	29:52.6	5. Sam Pelletier	30:53.7
3. Tim Donovan	30:25.2	6. Misa Fossas	31:05.1

7. Mark Kimball	31:25.0	12. Michael Gaige	31:40.1
8. Dan Dearing	31:28.1	13. Lance Guliani	31:47.0
9. Bruce Bridgham	31:29.7	14. Kim Wettlaufer	32:09.5
10. Myron Whipkey	31:34.0	15. James Newett	32:12.7
11. Glendon Rand	31:36.6		