

8th Annual Cobscook Bay 5K & 10K June 6, 1999 | Pembroke



RK Notes - This was from the Local & Regional Downeast Section (Page B3) of the Monday, June 7, 1999 edition.

Down East Hospice 10K Run draws 160 by Diana Graettinger of the NEWS Staff

PEMBROKE - More than 160 eager runners and walkers Sunday waited at the starting line for the words "Ready, Set, Go" that marked the beginning of the 8th annual Down East Hospice 10K Run.

Usually the 5K and 10K runs are opportunities to see if the entrans can outrun or outwalk the black flies. But this year, a brisk breeze kept the bold biters away. The run started at the Pembroke Triangle near Route 1 and ended at Reversing Falls State Park. In addition to great exercise and a lot of fun, the entry fees provide a financial boost to Down East Hospice. Incorporated in 1981, the volunteer organization helps care for terminally ill people in Washington County. It has more than 100 volunteers, with more than half providing direct care. The volunteers provide home care to the ill and support to their families.

For the first five years, the organization was operated only by volunteers, but eventually the group was able to hire two part time directors, one for Calais and one for Machias. The directors oversee the efforts of the volunteers who work directly with cancer victims and their families.

Many who participated in the race Sunday were related to someone who was heled by hospice or have a family member who is ill and might need hospice.

Pembroke resident Jonathan Aretakis, who came up with the idea of holding the run to raise money for hospice, said he suggested it because he believes in hospice. "What can be more life affirming than running and walking?" he said. "And that is what hospice is all about."

Aretakis said that the first year there were 40 runners in the run.

Calais attorney Al Churchill and his daughters Elizabeth and Kate participated in the race. Churchill said he entered because he enjoys running and because it was an opportunity for his family to run together.

WQDY radio personality Rob Hunter and his wife Bonnie, also entered the race. Hunter explained why he partipates. "I do it because it tells me I am still alive and I can still do it." he said. Asked if he thought he would make the whole 10L, Hunter said, "I am going the whole 5."

As the group reached the end of the race Sunday, the 5K and 10K walkers and runners experienced the thrill of the challenge and the agony of the feet.

After the run, participants feasted on barbecued hamburgers and hot dogs and salmon steaks donated by area businesses and residents.

Results on next page

10K - Top 20

1. Jeremy Liess 35:09
2. Derek Fisher 35:28
3. Newell Lewy 37:49
4. Kevin Dow 39:16
5. Sam Kates-Goldman 40:12
6. Marty Smith 40:27
7. Dan Mitchell 40:39
8. Greg Dorr 40:45
9. John Wescott 41:30
10. John Connolly 42:19
11. Katrina Bisheimer 43:08
12. Roger Wakeman 44:00
13. Shawna Belding 44:08
14. Ric Lamoureaux 44:24
15. Malinda Brown 45:01
16. Tim McKim 45:33
17. Ron Kilby 46:26
18. Stephanie Allard 46:31
19. Chuck Murphy 46:53
20. Chris Simmon 47:49

5K - Top 20

1. Matt Ferguson 17:48
2. Peter Daughinee 19:44
3. Corey Schwinn 19:59
4. Chad Pike 20:58
5. Jim Estes 21:22
6. Will Emery 21:58
7. Stpehn Cates 22:04
8. Scott Fraser 23:28
9. Christine Lemieux 23:46
10. Charlene Gaddis 24:13
11. Devon McPhee 24:23
12. Chris Silverthome 24:35
13. Katie Churchill 25:08
14. Joanne MacMillan 25:53
15. Mia Silverthome 25:53
16. Bob Poirier 26:10
17. Elizabeth Churchill 26:19
18. John Appleby 27:26
19. Karen Thomas 27:27
20. Kristy Doten 29:41

One Mile Fun Run - Top 10

1. Eric Leighton 7:30
2. Quincy Browne 7:34
3. Jeffrey Ramsdell 7:51
4. Jarod Lewey 8:05
5. Sarah Livingstone 8:12
6. Brendan Leddy 8:25
7. Zel Bowman-Laberge 8:30
8. Cassie Thomas 8:50
9. Chelsea Silverthorne 8:53
10. Michael Knowles 9:16