

5.75 mile

- 20. Sumner Sears Unat (Lynn) 41:24
- 21. Rick Jones Lynfld 42:10
- 22. Eohn Booras BAA 42:11
- 23. Jack Vanderkrol Peab 42:58
- 24. Leo Burke Lynn 44:51
- 25. George Latarullo Nor Med 45:05
- 26. John Robertson Sr. NMC 45:20
- 27. Bill Bourque Wad/Walt TC 46:57
- 28. Fred Brown Sr. NMC 72:33

Notes-

112 runners

Officials- Glenn Charbonneau, Joe McClory, Bill Sweat, Glenn Potter, Keith Twomey, Dave Dunham, Ruth Perham

Tips- "Get your weight down to 20% below the so-called "normal weight" and live like an athlete- don't smoke, drink little or no alcohol. Eat moderately, bearing in mind that breathing is more important than eating, and that continual breathlessness during your training overtakes you, destroying your reserves."

-Ernst Van Aaken W. Germany

7th Annual 10mile Relay

Wednesday Aug 18, 1976 6 ^{PM}

Divisions:

1. High School - Members must be attending the H.S. in the fall.
2. Open - Must represent an existing organization
3. Juniors - 1 - Gr. K-3 obstacle
1 - Gr. 4-6 1.2 mile
1 - Jr. H. 1.5 mile
1 - H.S. or Adult 2.5 mile

Prizes: A plaque to each member of the first three teams in each division.

Runners - H.S. + open 4 x 2 1/2 miles

Entry Fee - one dollar per team

Results will be available on race night but we recommend that each team have a timer to double check.

Roger Perham