

Bridgton News 7-21-2016
Eastman keeps streak alive with strong finish

LOVELL — As he made the final turn heading toward the Lovell Athletic Field and the race finish line, Ken Foster had a chance to join a select threesome.

In the history of the Old Home Days 5K, only three runners had claimed victory — David Hunt, Tim Even and Silas Eastman. Foster had a couple of

steps on Silas Eastman as the pair prepared for the stretch run, but he was unable to hold on. Eastman won his sixth straight Lovell race Saturday with a time of 15 minutes, 50 seconds — ahead of Foster, who settled for second in 15:55.

Eastman, who runs for Colby College, set a course record last year in 15:30. He ran a 15:38 in 2014.

Christie Foster was the fastest female, coming in third overall in 18:08, over a minute ahead of past Lovell champion Terry Ballou of Center Conway, N.H., who finished in 19:51, good for eighth overall.

Over its 12-year history, the Lovell Old Home Days 5K Run has attracted a large number of fast runners. Despite the humid weather, this year was no different as eight of the first 10 runners had sub-20 minute times.

There were a record 149 runners crossing the finish line.

Both Christie Foster and Kenneth Foster were in the area visiting. Both Eastman and Foster received awards designed by Conway glassblower, Nathan Macomber.

In addition to the top-performing runners, the Lovell 5K every year seems to inspire local participants who have never run in an event.

“Congratulations to Kristen Charette for coaching

and inspiring a large group of first-time runners and walkers from the North Fryeburg Community Chapel,” Race Director Stan Tupaj said. “It is always a great sight to see everyone enjoy the morning and be proud of their accomplishment as they crossed the finish line.”

At 81, John Howe of

Waterford was once again the oldest finisher.

- Overall Results**
 1. Silas Eastman, 21, Chatham, NH, 15:50
 2. Kenneth Foster, 30, 15:55
 3. Christine Foster, 28, 18:08
 4. Alfie Walker, 15, Fryeburg, 18:33
 5. Christian Bedell, 17, Center Lovell, 18:55

6. Gardner Waldeier, 34, 19:23
 7. Arno Bommer, 56, Houston, TX, 19:42
 8. Terry Ballou, 48, Center Conway, NH, 19:51
 9. Emily Carty, 15, Sweden, 20:23
 10. Stephanie Beattie, 35, 20:35

OHD 5K, Page 3C



THUMBS UP from 12-year-old Mason Whitaker of Fryeburg as he makes his way toward the finish line in Saturday's Lovell Old Home Days 5K race.



IT WAS A TIGHT RACE TO THE FINISH as Silas Eastman (right) won his sixth straight Lovell Old Home Days 5k by besting Kenneth Foster Saturday morning.

(Rivet Photo)

Regional sports

Page 4C, The Bridgton News, July 21, 2016

Lovell Old Home Days 5K recap

(Continued from Page 3C)
Male, Ages 50-59: Arno Bommer, 56, 19:42
Female, Ages 50-59: Kristen Charette, 51, 22:27
Male, Ages 60-69: Bill Reilly, 69, 22:10
Female, Ages 60-69: Janet Guidi, 62, 29:29
Male, Ages 70-99: Wayne Hadlock, 72, 28:41
Female, Ages 70-99: Carol Roberts, 70, 32:41
Race Director thanks
 Race proceeds are evenly split between the Lovell Recreation Department and the Old Home Days Parade.
 The event would not be possible without the generous support of sponsors:

Norway Savings Bank, Buyer's Guide to Real Estate, Muddy Moose Restaurant, Fieldstone Landscaping, Bennett Transportation, Bliss & Associates, Harvest Gold Gallery, Michael Friedman, Esq., Ela Sheet Metal, JB Storage, Chet Rogers, Thurston Home Builders, Lovell Hardware, Dr. N. Scott Ferguson, North Conway Dental Associates, Rosie's Lovell Village Store, Bob the Screenprinter, Walker Electrical Services and Kezar Realty.
 Poland Spring, Rosie's and the Center Lovell Market all contributed to the post-race refreshments.
 Saucony Shoes, Appalachian Mountain Club, Stow Corner Store,

Lake Kezar Country Club, Kezar Lake Marina, Old Saco Inn and Pirate's Cove all provided wonderful prizes for the random awards.
 A big "thank you" goes to the Oxford County Sheriff's Office, the Lovell Volunteer Fire Department, Fryeburg Rescue and to the many volunteers including Selectmen Steve Goldsmith and Turf Ramsden, who provided support along the course.
 A special acknowledgment must be extended to the Lovell Old Home Days Committee for the outstanding job done in putting together not only a first-rate parade, but a great show at the Athletic Field.

