



**long may you run...**

Membership Information

[www.sub5.com](http://www.sub5.com)

### **About the Sub5 Track Club**

- Founded in 1982, the Sub5 Track Club is a non-profit organization that promotes running for fun and fitness. There are currently over 150 members in the club ranging from students to master athletes.
- Sub5 supports local road racing by directing a race series and several races. We also provide assistance to organizations that wish to have help putting on their own road races.
- Sub5 also provides an opportunity for runners to get together and socialize. This can take place during and after races, at group runs, and anytime that we can think of an excuse to get together!
- Sub5 members are encouraged to volunteer at local road races and club events during the year.

### **Membership Benefits**

- Bimonthly newsletter with race calendar, entry forms and articles written by club members.
- Discounts at local running stores:

Olympia Sports (Bangor, Brewer)

Saucony Factory Outlet (Bangor)

New Balance Factory Outlet (Skowhegan)

Epic Sports (Bangor)

- Free coaching sessions during the summer with weekly track workouts and free child care available.
- Free entry into the Walter Hunt Memorial 4<sup>th</sup> of July 3K Road Race.

### **Club Affiliation**

- The Sub5 Track Club is an affiliate of the Road Runners Club of America (RRCA) and is a non-profit organization.