

RESCHEDULE NOTICE: The 2nd Annual “SET THE PACE SECOND CHANCE 5K Road Race” has now been rescheduled for Sunday, January 17th, 2010 at 11:10am at the Smokestack Grill.

by Reade Brower

The threat of sleet, ice and danger on the roads forced us to postpone the “Set the Pace 5K” and give you another chance to get the new year off to a great start!

This is a race that everyone can participate in.

We encourage walkers, we encourage dogs, we encourage runners with strollers, we encourage runners with new runners in their womb (i.e. our “in Utero” category), we even encourage runners to be “less dressed” verses “best dressed”.

Our host will be Smokestack Grill at 43 Mechanic Street in Camden and we will have a start time of 11:10am for runners. Walkers can start a half hour earlier at 10:40am.

We are hoping for a little more reasonable weather so that we might get some more “less dressed” contestants as they try and dethrone our 1st years’ winner, Ron Haney of Warren, who was dressed appropriately (or so some thought) as the New Years’ Baby, diaper and all.

First off, consider this: while we will announce and acknowledge some traditional age brackets in our awards ceremony, each person can pick up an award that lets the world know that they have set their PR (personal record) for 2010 at the “Set the Pace 5K”. Additionally, all age division winners have a chance to be the “fastest 5K runner in Maine 2010” until the 5K races begin in earnest in the late Spring.

The first place male and female winners will be crowned with a very special, hand-made King and Queen Crown for them to wear proudly until dethroned.

And the middle of the pack guy or gal; honored with a gift basket that will make the winners jealous!

We’ll also have a raffle after the race for the runners where items will include a 3-month membership to Look Out Point Gym, gift certificates to local restaurants, a bowling party at Look Out Point, a birthday party extravaganza at the Camden YMCA, ski lift tickets and tubing passes from the Camden Snow Bowl, gift baskets, day and week passes from the YMCA, and more.

This year’s race will start and end at a tavern in Camden, Maine. Our host, Smokestack Grill promises us something “hot” at the end of the race to warm our bellies and the bar and restaurant will be open for a food feast afterwards for those looking to ring in the New Year with some good cheer and some sustenance.

Some races have ‘best costume’, our thinking of the ‘less costume’ awarded to the male and female runners with the least clothing on is only the start. We want to acknowledge

the first pregnant runner over the finish line with our “in utero” category, as well as our first stroller pusher and another category for the human who can keep up with their dog division.

The race course is challenging with a gradual climb the first mile, then some up-and-down before a final mile-plus that is an easy downhill slope to the finish line, promising for a fast time for those in shape.

And for those not in tip-top shape, how about walking?

We offer the greatest perk of all; the “opt-out” runners special; this is where you’ll get a race number for the raffle but you don’t have to run. You can pick a proxy runner and you’ll be listed right below your proxy runner with their time – a real chance to get a PR.!

The race will also feature a sliding scale entry fee for couples and families.

Pre-registration is available until January 16th; \$12 per single runner, \$20 per couple, \$25 for a family of 3 and \$30 for families of 4 or more. Day of the race will be available at \$15 per single runner, \$25 per couple, and \$35 per family.

We also offer cool winter running apparel, that will keep you warm, to the first 110 sign-ups with our 2nd annual “Set the Pace 5K” collectible edition logo button that commemorates this event.

We’re still thinking and hatching up ideas and fun; just wanted to whet your whistle, get your engines running, and make sure you put 11:10am, January 17th, 2010 on your schedule.

Pre-Registration is available on-line at: <http://www.active.com/running/camden-me/set-the-pace-5k-2010>

Pre-Registration Form:

Single Runner: Name _____

Couple: Name _____ Name _____

Family: Name _____ Name _____
Name _____ Name _____

Address _____

Address #2 _____

Town/Zip Code _____

Phone number _____

Age on race day _____ Male or Female _____

Donation pledge included _____
\$12 single runner, \$20 couple, \$25 family of 3, \$30 family of 4+

Checks made out to: Little Field Home

Send or drop off to: Free Press, 8 North Main Street, Rockland, ME 04841

For more information, email me at: reade@freepressonline.com

To check out the website for the orphanage, go to: www.littlefieldhome.org.

“Run with a purpose, run for a purpose”to do for others makes life more alive
NOTE: We’re still accepting runners into our New Orleans Mardi Gras squad “Team Little Field Home Runners”; we know it’s last minute but perhaps you consider joining us for the full marathon or the ½ marathon and join our current team of twelve as we get ready for the “show”? If you are interested in one of the remaining two slots, let us know and join our team in training. I ran for Team Leukemia for my first marathon and it was a great experience to both run with a team and raise money for a worthy cause; it made the experience much more meaningful for me to be part of something greater than myself. You probably need a minimum long run capability of 12+ miles at this late date to consider the full marathon; although there is a ½ marathon alternative on the same course, same day that you would still have time to work up to. We are also looking at a team for May marathons at Sugarloaf Mountain in Maine and the Vermont Marathon; if you would like to be considered for these, let me know. Contact Reade at: reade@freepressonline.com for more info or call 207-691-3510.