



long may you run...

# Newsletter

Sub5 Track Club

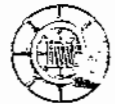
2006 No. 5

Hello Sub 5'ers!

*Unlace your sneakers and slip into your party shoes! It's time once again for Sub5 Track Club's Annual Banquet to celebrate the completion of another fabulous racing season, as well as to honor the winners of the 2006 TradeWinds Marketplace/Sub5 Road Race Series. The festivities at the Sea Dog Banquet Center will begin at 5:30 (p.m.), with a social hour/cash bar. Dinner will be served from 6:30 to 7:30, with award presentations to follow! If for no other reason, come to see what your running competition looks like with their clothes on! Street clothes, that is! So, save Saturday, January 13<sup>th</sup> 2007 on your calendar, and don't forget to send in your banquet registration form! Hope to see you all there!!*

*– Lara Rand, President*

## 2006 TradeWinds Marketplace/ Sub5 Race Series Is History!



TRADEWINDS  
Marketplace

There are plenty of familiar names amongst the 2006 Series winners, but there are also enough new ones to make this seem a transition year in which some people aged into new divisions, some perennial winners failed to complete their 5 races, and others just plain got faster.

Participation remains high, with over 300 male point earners and nearly that many women. As has been the case before, the key to victory was often consistency over the course of the racing season rather than raw speed or ability.

Neither speed nor ability is a problem for the **Overall Male Winner**, *Evan Graves*, one of Maine's toughest road racers over the last several years. *Evan* earned 45 points including victories at the Tour and at Machias.

There was a tight battle for 2<sup>nd</sup> between relative newcomer *Eric McCarthy* and future Governor of Maine *Adam Goode*, who both had 40 points and went head-to-head 5 times, the 3 – 2 advantage going to *Adam*.

The competition wasn't as tight in the **Overall Female Division**, but the women made history as, for the first time, a Sub5 President won. *Lara Rand* earned 46 points with victories at Fort Knox and Labor Day, out-pointing *Margaret Jones* (32) and *Katrina Bisheimer* (22).

The **29 and Under** age group traditionally has some of the fastest runners, but few who complete enough races to qualify. In that spirit, this year's **women's winner** was not *Cassie*

*Hintz* or *Ann Favolise* or one of our local high school or college stars, but instead *Abra Lodge*, who earned 19 points through consistency. Originally a race walker, *Abra*, who often travels to the beat of her own drummer in running as in other endeavors, became a runner, while her beat got steadily faster. *Monica Minson* was 2<sup>nd</sup> with 17, but no other women completed 5 races.

The **Men's Division**, however, was as close as I can remember. Despite equal points in the overall division, *Eric McCarthy* beat *Adam Goode* 42 points to 41 in age competition, with *Tommy "Uphill" McWalters* 3<sup>rd</sup> at 29.

*Ryan King* lunged to a clear victory in the **30 – 39 Male Division** with an almost perfect 49. He ran every race and improved exponentially during the year, winning age group victories in 4 out of the last 5 races. *Tim Tunney*, who was 2<sup>nd</sup> with 43 points, beat *Ryan* the first three times they raced each other, but *Ryan*, who will finish 2006 with over

*(See Series 2006, page 2)*

# Series 2006 Is History (continued from front page)

3,000 miles of road running, prevailed at Turkey Trot. *Ray Bolduc* put together an excellent year and was 3<sup>rd</sup> with 31. The **Female Division** champion was another *Bolduc*, *Lynn*, who had 25 points and won through consistency over veterans *Kathleen Bell* and *Angela Ewings*, both of whom failed to complete 5 races. *Lynn* also showed pretty good speed by winning the Main Street Mile!

The **Masters Divisions (40 – 49)** had a local, almost domestic flavor. *Margaret Jones*, from Bucksport and from Eastern Maine's premier running family, won for the women with 47 points over *Katrina Bisheimer*, also of Bucksport, who had 43. Next year should be interesting, as *Margaret* and *Katrina* raced each other 4 times and each won twice. Third was a toss-up with *Cindy Pare* and former Club President *Nichi Farnham* both earning 35 points. *Cindy*, however, completed a 6<sup>th</sup> race and won on the tie-breaker. Honorable mention in this division goes to Aroostock's *Linda Mountain* who won all 4 races she entered and to *Donne Sinderson* (7 races completed) and *Barbara Thompson* (6).

The winner in the **Male Masters** was *Chris Jones*, also of Bucksport and, by marriage, from the same premier running family. *Chris* had 49 points with 4 victories, to prevail over aging veterans *Newell Lewey* (45) and *Jim Newett* (44). With *Peter Lodge* coming on strong (41) and a resurgent *Glendon "Coach" Rand* putting together great races at year's end including a victory at Turkey Trot, next year's **Male Masters** is also a Division to watch, particularly as one of the main goals in **Masters** competition is to earn more points than your age, which should get *Newell* and *Jim* training hard this winter!

The competition does not get any lighter for the **Veterans (50 – 59)**. The tightest division of all was the **Veteran men** where *Brian Hubbell*, who cleverly waited until his 50<sup>th</sup> birthday to run his first series race, and young phenom *Austin Townsend, Jr.* both earned 49 points. *Brian* won on a tie-breaker by completing a 6<sup>th</sup> race. Perennial contender *Chris\* Almy*, who continues to improve even as he approaches Fossilization, was a close 3<sup>rd</sup> with 48 points.

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The women's division was a battle between two living legends. *Sheila Hodges* was 1<sup>st</sup> with 49 points and *Robin Emery* 2<sup>nd</sup> with 44. No other women completed 5 races, although *Marilyn Hintz* traded victories with *Sheila* in the 2 races she ran, while the long shadow of Southern Maine's *Ellie Tucker* still looms.

The **60 – 69 Divisions** coincidentally had exactly the same results for men and women. Both winners were perfect with 50 points, while 2<sup>nd</sup> place in both divisions had 48 points and 3<sup>rd</sup> place 45!

*Nancy Mills* dominated the **women** over perennial star *Rene Collins*, while indefatigable *Mary Alice Bruce* came in 3<sup>rd</sup>. Honorable mention goes to *Rusty Elliot* who was a clear 4<sup>th</sup> with 36 points.

*Rick Rousell, Sr.* was also perfect in winning the **Men's** over another perennial star, *John Tjepkema*. while an indefatigable and smiling *Mickey Lackey* was a very close 3<sup>rd</sup> place and *David Jones* a clear 4<sup>th</sup> at 27.

Of course competing in the **70+ Divisions** means prevailing over far more than mere competitors: there is the gravity of age to remember and the many who no longer even walk. *Ernie Tracy* seemed to celebrate each race he ran and won the men's with a perfect 50 over *Charlie Clapper* with 41, who has been in this division as long as any of the rest of us can remember. There were 11 different runners who scored points in this division including *Dr. Tom Miller* who will be ready in a couple of years for someone to create a 90+ age group. Listed last solely for emphasis and homage, Sub5 Newsletter Editor *Dottie Laber* won for the **women** with a perfect season of 50 points. Honorable mention goes to *Gina Butler* who only ran 1 race, but it was Turkey Trot, and she won.

*So take a little time off from racing, let those nagging injuries heal and those tired muscles recover, and come into spring ready to go again. Some great, friendly rivalries have developed in several Divisions, all in the best sense of supportive competition, and next year will surely see some new surprises. Remember, may the most consistent win!*

-- Judd Esty-Kendall

# SUB5 SERIES RACE GUIDELINES

***Editor's Note: Sub5 Track Club is providing these guidelines to provide clarity, in order to let Race Directors (both continuing and those interested in entering the series) know what Club expectations are.***

1. History: A potential series race should have a history of being run for a period of three to five years.
2. Attendance: A potential series race should have a minimum average attendance of 50 runners. A race should be promoted appropriately (road club web pages, newspapers, etc.).
3. Safety: A potential series race must keep the runners' safety first and foremost. If races are conducted on public roads, they should be well-marked and attended by volunteers who can inform motorists that a road race is taking place, and that they should proceed with caution.
4. Race Applications: Downloadable race applications must be sent to the Sub5 Web Master two months before the race in order that they can be placed on the Sub5 web page.
5. Statistics: Timing must be conducted with accurate timing machines with experienced operators. A potential series race must accurately collect finishing information (runners' times and places) quickly, and present it to the Sub5 organization for web page series statistical listing. This is usually done the day of races, but should take no longer than three days. (Races have in the past been dropped from the series for failure to present timely and accurate statistical information.)
6. Distance: A potential series race must be of a distance that is not over-represented within the series. An aim of the race series is to offer a variety of distances. Races should be measured with concern for accuracy.
7. Staffing/Equipment: A potential series race must have adequate staffing to meet the needs of the race. This would include volunteers for registration tables, flaggers, timers, etc. There must be an adequate number of water stops properly located along the course. Volunteers must be clearly instructed on what their job responsibilities are.
8. Race Submission for Consideration: A proposed series race must be submitted by December 31 of the year prior to the next annual race series.

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# Vitamin C

*by Lynn Bolduc, Registered Dietitian*

As we move into cold and flu season I often hear from friends and patients that they are loading up on this powerful antioxidant in an attempt to stay healthy. Vitamin C has several important functions that impact athletes and it is commonly agreed that we may need more than the Recommended Daily Allowance of 75-90 milligrams. Smokers need an additional 35 milligrams a day and most believe that athletes should strive for 200-300 milligrams per day. If you exercise at a high altitude environment you may need more vitamin C due to the increase in oxidative stress that occurs. The question is, do you need supplements in order to meet your needs?

Vitamin C helps in the formation of connective tissue, scar tissue, hormones, red blood cells and neurotransmitters. It also plays a vital role in iron absorption. A water-soluble nutrient, it is easily excreted when taken in amounts greater than our bodies needs. The body can store up to 3 grams per day. Taking in 200-300 milligrams daily will allow us to saturate our plasma and white blood cell levels.

Fruits and vegetables are the main source of vitamin C. Some high iron containing foods include orange and cranberry juice, broccoli, berries, citrus fruits, cantaloupe, cauliflower and green peppers. Because fruits and vegetables also contain other powerful antioxidants such as bioflavonoids that protect your muscles against damage during exercise and support the healing process most dietitians would recommend real food over supplements. Aim for 2 cups of fruit and 2.5 cups of vegetables daily to easily meet the 200-300 milligram requirement. Many are familiar with the 5-A-Day campaign which recommends 2-4 fruits and 3-5 vegetables per day. Getting in 4.5 cups of fruit and vegetables daily is using the upper recommendations from the 5-A-Day campaign.

Another caution regarding supplements... What many do not know is that taking in too much vitamin C may be problematic. Levels over 500 milligrams from supplements may work as a pro-oxidant rather than antioxidant. High doses (>2000 mg/day) may cause nausea, abdominal cramping, diarrhea and potentially increase the risk of kidney stones.

The research does show that vitamin C supplements may decrease the *symptoms and duration* of an upper respiratory tract infection that often occurs after very strenuous physical efforts. The research does not, however, support that vitamin C prevents the cold from developing. Correcting a deficiency of vitamin C—quite rare—will improve athletic performance yet research has not clearly demonstrated that vitamin C supplements enhance performance when a deficiency was not present.

**To summarize, most athletes eat more calories because they can and in doing so usually take in all of the vitamin C that they need. But even athletes sometimes are not getting in all of the fruits and vegetables they should. If that is you, then you might consider a supplement of 100-250 milligrams a day. And if you are training for a half-marathon, marathon or other ultra event, taking a supplement of 250-500 milligrams prior to the event may be a good idea.**

# You Never Know... *by Ryan King*

I run at Mount Hope Cemetery from time to time. It is a beautiful place, not unlike a large 200 acre park, with rolling hills, paved streets, ground hogs in the Spring, or mallard ducks in the fall. I've made a mile and a quarter, circular, counterclockwise loop and day after day, mile after mile, I run.

I usually see two people there. The three of us are the regulars. One guy that walks I've named Jean because he always wears jeans. In the hottest days of August to the coldest days in January, Jean is always wearing Jeans! The other walker is Red, and...you've guessed it right...I named him Red because of what he wears. Sometimes a red jacket, sometimes a red shirt or shorts, but every time I see him, I see Red.

As time passes and you keep circulating around, you'll bump into one another. One day I bumped into Jean, he started to tell me about his life. He talks about his family problems or about his experiences in Vietnam and the numerous doctor appointments and therapy sessions that he attends. But then he'll talk about walking, how he loves to walk in the cemetery, day after day, step after step, he walks 10,000 steps. Sometimes some go into the bank (when he does a little more) if it's raining out sometimes a little less. The only thing he hates about walking are Mondays, for some reason that's when the cemetery fills up with the occasional walker. Jean goes to great lengths to avoid meeting people.

Then I met Red. Red recognized me from television. He saw me on the History Channel talking about a gangster named Al Brady that came to Bangor on Columbus Day in 1937. He walks a clockwise loop...one loop in the beginning. Later in the fall he was up to four loops...at least the last time I talked to him. He enjoys listening to the Boston Red Sox on his walkman and giving me score updates or funny short jokes as I pass him going the other way.

Eventually we all met. It was late one afternoon when Red found some keys in the cemetery. He was trying to find that occasional walker who had dropped them. I said that I would keep my eye open for someone looking for them. Once he finished his walk, he passed the keys to Jean. Jean was just getting there and was willing to hold on to them in the hopes of finding the owner. When it was getting close to dark, Jean didn't know what to do with the keys...we were at the car, no owner in sight. Jean was ready to head home and I had one more leg to do. I thought we could leave them at the superintendent's building with the license plate written on it. When I was finishing up my last leg of my loop, I saw another car pull up behind the car that we had found the keys for. I was about a half mile away, so I kept running, faster and faster. The two cars started to pull out...time to sprint! I did catch up with the owner. I gave her the keys and all I said is that one of the regular walkers had found them earlier in the afternoon.

I've come to a point in my circular journey around the cemetery that I hardly ever run there. It takes 10 loops to run 13 miles at the cemetery and I have outgrown it a bit with my training. I have new running routes in Bangor. Once in awhile I see Jean outside the Vet Center and talk to him. Jean still calls me his hero. Red, who works for a local radio station, thinks of me whenever there is a pledge drive here at MPBN—knowing that I'm in the background scurrying around. They both read the sports page to see my success and quietly support my effort. Just like the thousands of souls buried at the cemetery and for Bob, also known as Jean, and for Virgil, also known as Red...*Thanks!!!*

# Sub5'ers Run in Italy!

David and Katherine Wilson and Earl Black and Anna Perna, two running couples from Sub5, who have also been members of the Maine Running Fossils at Cabot Trail, traveled in September to Sardinia, an Italian island in the Mediterranean northwest of Rome and just south of the French island of Corsica. Anna and Earl traded their Florida time-share for a week in this dramatic setting, and the Wilsons were thrilled to accompany them. We had experienced wonderful adventures together in Rome five years earlier and were looking forward another visit to the country of Anna's origin.

The Mediterranean is characterized by clear water, beautiful beaches, and exciting terrain. The travelers planned six days of food, wine, walking, running, sunning, resting, and visiting fascinating historical ruins and sites. We were never disappointed.

The only rain we encountered was on a traveling day, heading north from the airport in the capital, Cagliari. Because of the distance to our time-share destination, we took the opportunity to stop for a night along the way at a charming mini-estate hotel with a fabulous restaurant in the town of Barumini. This bucolic village is near some important historical sites, settled about 2000 BC and consisting of small villages constructed of massive stone walls and towers, called nuraghi, made of dry-laid (no mortar) boulders.

The next day we arrived at the time-share just north of the town of Cannigione. This pleasant town, in the northeast corner of the island, on the Costa Smeralda (Emerald Coast), is one bay away from Porto Cervo, the famous playground of the rich, and famous. We only passed through Porto Cervo in the car; we would not have known how to behave there, nor could we have afforded to stop!

Costa Smeralda certainly lived up to its name. The gorgeous emerald waters were matched by the white beaches and dramatic cliffs and mountains. We had a small balcony that looked down to the beach and out across the water to several ranges of craggy mountains.

Super-chefs Anna and Katherine cooked about half of our evening meals; the rest were taken at local eateries of delicious fare, including an eat-and-drink-til-you-drop country farm restaurant.

We took one day on an excursion boat to the Maddalena Islands, most of which are a national park. The daytime temperatures on Sardinia in September are warm, but not always conducive to swimming. At Maddalena, though, we found a gem-like beach and managed to plunge into the clear waters.

On a couple of occasions, while Anna and Katherine sunbathed and flirted with some local beach bums, David and Earl took short hikes up some steep trails to rocky outlooks. Anna used her telephoto to capture the adventurers resting at the peaks.

But this is a story in a running newsletter...so here is the part you've been waiting for!!!

Before departing the U.S., David researched the roads and terrain in the area they were staying, and planned two different routes that looked promising. Using Google Earth he measured distances and elevations. He and Anna tried them out on a few occasions, doing 4 or 5 miles at a time. There was one flat route that stayed along the shore road, which at times required some frequent jumps from one side to the other to avoid Italian drivers.

The other running route was reminiscent of parts of Cabot Trail. On the way out it rose about 700 feet, with a couple of super-steep stretches. But it was incredibly rewarding, with fabulous views out over the sea. The run back down was no faster than the run up, due to David's minimal remaining knee cartilage.

After the stay at Cannigione David and Katherine drove back to Cagliari for the flight home. Anna and Earl flew to the mainland, to visit Anna's relatives. We are all ready to go back when/if the opportunity presents itself.

--David Wilson

## **Shoestrings & Sweatbands**

*by Dottie Laber, Editor*

Congratulations to Ryan King who recently was appointed a member-at-large on the Sub5 Track Club Executive Board.

~ ~ ~

The Executive Board has some other openings developing...if you are interested in supporting Club efforts, call President Lara Rand (949-6190).

~ ~ ~

Our sympathies go to Skip Howard and family in the death of his father, Paul Howard, just before Thanksgiving. Skip says his Dad, though not a runner, was an outdoorsman and sports supporter.

~ ~ ~

Mark your calendar and sign up soon for Sub5's Annual Banquet and Awards Event to be held Saturday, January 13th at the Sea Dog Restaurant on Bangor's waterfront! See more information in the enclosed flyer and in President Lara's message on the front page of this newsletter.

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Mark your calendar even earlier--Sunday, December 31st --for a new race--Bangor's New Years Eve 5K Road Race, planned as part of the City's New Year's Eve Celebration. Sub5 Track Club is assisting. See more information on page 8.

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Congratulations to running legend Robin Emery who was feted by a gathering of "Seniors" and "Fossils" at Anna Perna and Earl Black's home in celebration of her 60th Birthday! Watch out 60-69 Women's Division runners!

~ ~ ~

We salute Race Series Sponsor Chuck Lawrence on the expansion of his TradeWinds stores with a new location in Eddington, on Route 9 near Route 46!

~ ~ ~

T-shirt message seen on a runner in Orono:

No Time Outs  
No Halftimes  
No Substitutions  
The Only True Sport

~ ~ ~

Many thanks to all who contributed to this issue, including: Lynn Bolduc, Judd Esty-Kendall, Katherine Wilson, Lara Rand, David Wilson, Pete Lodge, Ryan King and Larry Laber.

~ ~ ~

## **From the Cauldron**

### **Spaghetti Sauce with Lentils**

Saute in 2 Tablespoons  
of olive oil:

1 medium onion (chopped)  
2 cloves of garlic (minced)  
1/2 green pepper (chopped)  
1 stalk celery (chopped)

Add:

6 oz. can tomato paste  
8 oz. can tomato sauce  
15 oz. can diced tomatoes  
1/3 cup lentils  
1 T sugar  
1 t oregano  
1 t basil  
1 t salt  
1/4 t pepper  
1 bay leaf

Simmer, stirring occasionally, for 1-1/2 hours or cook 4-6 hours in a crock pot. Add water if the sauce seems too thick. Makes enough for 1 lb. pasta.

*(Katherine Wilson, who  
offers this recipe,  
says it is easily  
doubled.)*

## **Start the New Year Right!**

A New Year's Eve celebration is in the works for the City of Bangor! Key among plans--and of most interest to the running community--is a 5K Road Race!

The Race--sponsored and directed by Epic Sports--is set to begin at 3 p.m., starting (and finishing) at the Pickering Square parking garage. Go to [www.Sub5.com](http://www.Sub5.com) and look for a link for the December 31st event to see a course map.

**Sub5 Track Club will provide help** at the Start and Finish Line and maybe along the route. (Bangor Police will be in charge at intersections and other spots.) We need volunteers to help carry out the Club's role.

**Please contact President Lara (949-6190) if you can assist.**

***Dues for 2007 are due by January 1st and can be paid at any time now! It's still \$10 for an individual & \$15 for a family. Send your check to Sub5 Track Club, PO BOX 63, BREWER ME 04412***

## **Running the Boston Marathon?**

In the beginning of March, the Boston Athletic Association will be taking applications for teams who meet certain standards and eligibility. Sub5 Track Club meets the criteria and for those competing in the 111th Boston Marathon--as well as belonging to the Sub5 Track Club-- here is your chance to participate not only as an individual, but as a member of a Sub 5 Track Club team!

The Boston Marathon has Open and Masters division team competitions. Members of an Open team must be 18 years of age or older, and all members of a Masters team must be 40-years of age or older. Masters teams are counted in overall scoring. Teams scoring must have a minimum of three athletes.

Anyone interested in competing in the 2007 Boston Marathon and interested in participating on a Sub5 Track Club Male or Female Open or Masters Team may contact Ryan King at [rking@mpbn.net](mailto:rking@mpbn.net) or 207-478-2381. More information will be available as Boston approaches.

## **Hall of Famers Set High Bars**

Three out of the 4 outstanding runners inducted into the Maine Running Hall of Fame in November are from the Sub5 region. All set admirable records.

The "local" three are Harold Hatch, originally from Castine; Paul Firlotte, an Ellsworth star in the late 1940's and early '50's; and Owen Joseph "OJ" Logue of Orono. Maine's fourth "Famer" is Christine Snowman-Reaser of Southern Maine.

Hatch was the 1956 New England cross country champion during his senior year in high school. He also won the Class M schoolboy mile title in a state record time of 4:3.9. At the University of Maine he placed second in the New England Freshman Cross Country Championships and was captain and ran on the last UMaine New England cross country championship team. Hatch set a New England Masters record in the mile in 1979 and at age 50 was 2nd in the National Masters 10K cross country championships in Golden Gate Park, San Francisco. He continued to run competitively until his early 60's and has since done cross-training to maintain fitness.

After entering Ellsworth High School, in September 1948, Firlotte won his first race (against Orono) and was undefeated in a State of Maine cross-country meet throughout high school. At the University of Maine he won the Yankee Conference championships all three of his varsity years. He ended his senior year by winning the New England collegiate championship and leading the UMaine quintet to the team championship. In 1955 he was awarded the Maine Athlete of the Year by the Bangor Daily News and in 1992 was inducted into the University of Maine Sports Hall of Fame. He now lives in Millinocket.

"OJ" Logue overcame deafness, speech impairments and asthma to achieve success through running. At Orono High School he was captain for three State Championship teams. At the University of Southern Maine his 4th place finish in the NAIA regional qualifying meet in cross-country earned him an invitation to the national competition. In 1981 he was the 1st Maine finisher of the Boston Marathon (2:26:06). He also became the first Maine Deaf Olympian in 1981 and set personal records for himself with a 15:01 in the 5K (finishing 7th) and 31:36 in the 10K (finishing 6th). Logue is currently Associate Dean of Academic Services for the College of Education and Human Development at the University of Maine.

Christine Snow-Reaser grew up in Old Orchard Beach and led her high school girls team to their first championship title. In college (Eastern Kentucky) she led her team to four Conference Cross-Country titles, winning individual titles in her freshman and senior years. Twice Christine placed 3rd at the Marine Corps Marathon. In 2001 & 2002 she won the Maine Division competition for women at the Beach-to-Beacon 10K and in 2006, after turning 40, won the Maine Masters Women's Division (placing 3rd as overall Master) Christine and her family live in Dayton.