



Sub 5 Track Club

AN AFFILIATE OF THE ROAD RUNNERS CLUB OF AMERICA (RRCA)

Newsletter

October 2010

Report from an Ironwoman: The Ironman Lake Placid Triathlon

by Christy Stout

It's race day; and I'm ready. Amazingly relaxed and ready. Ironman Lake Placid USA. My race is a triathlon. This triathlon is my personal Olympics. The Big Kahuna, the Full Monty. Ironman distance is a 2.4 mile swim, 112 mile bike and a 26.2 mile run.

Mirror Lake lies in front of me. Behind me are several years' attempts to register for this race. Behind me are 7 months of training with 4:00 A.M. mornings, getting up and going to the road, gym or pool. Behind me is practice fixing flat tires, trying different nutrition, choosing gear. Behind me are bike rides with Chris Poake and Moe Kelleher, runs with Leslie Poake and Micah Pawling.

With me are 2600+ other triathletes beginning a mass swim start (can you say, "washing machine"?). Also with me are hundreds of well wishes. Good wishes sent by family, friends, patients, business acquaintances, and even strangers. Also with me is Sister Madonna Buder's inspiration. She is an 80 year old nun who still completes Ironman Triathlons. Physically with me are a dozen friends and family all wearing Ironman Lake Placid TEAM STOUT shirts. A dozen more are at home watching on line.



Ahead of me is my Olympics. And I'm going to enjoy it. My goal: finish healthy, smiling, and in legal time.

7:00 A.M. The gun goes off and a windmill of arms start swinging. I'm behind the line in waist-deep water – waiting for it to thin out. I'm talking with another athlete when we both notice nearly a

thousand swimmers entering from the shore on our right. Their course will cross diagonally across ours towards the swim buoys. That's enough motivation. We wish each other a fabulous day and we are off. The water temperature is comfortable; my wet suit feels good, not strangling at the neck or pulling on my shoulders. It's overcast and occasionally raining, but just showers. My plan is to swim 25 yards wide of the course for the first half lap and wide on the first two turns, then tuck in along the buoys and sight on the underwater cable on the back stretch. A few times I'm "herded" into the crowds by the diagonal swimmers. A mass of folks swim up my legs and nudge my side or slap me, or me them. I swim back out to the outside; it's much more comfortable. I try to swim near the buoys on the backstretch, but still it's too crowded. Well, I commit to swim wide the whole way. No drafting for me, but I'll go for unmolested. I feel good. First lap in 40 minutes. Great. Ahead of expected 45 minutes. I am able to hold my pace and exit the water at 1:20:49 feeling terrific, and still fresh. I run towards transition and there is my brother, Craig, and sister-in-law, Elaina, friend Ellen, Mom and others cheering wildly as I head down the chute.

In and out of transition. Running out with my bike I see Margaret Beckman, Samantha Matoush and Micah Pawling. Margaret is hollering how great my time was on the swim. This helps so much. I'm no longer worried about not making the cut-off times on the bike. That's huge! There's a small pile-up in front of me; one gal falls over her bike and then pulls it up into the guy behind her. I am slow and deliberate. I mount and complete the U-turn and head downhill. I can see my Mom, Craig, Elaina, my cousin, Amy, and her whole family, cousin Warren and friend Ellen. Wow, what a send off.

As I head out of town I'm in a mass of bikers. It's impossible to maintain the legal 4-bike lengths between us (drafting rule). Race Marshalls motorcycle up, ride along us and then continue on. We are as spread out as we can be. It's like this for 25 miles before all the faster bikers have distanced us and the crowd thins out. Besides basically getting to legally draft for 25 miles, lots of the first

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Maine Running Hall of Fame 2010 Inductions

Three individuals and one team will be inducted into the Maine Running Hall of Fame at its 16th ceremony this fall. Selected are Bob Booker, Joel Croteau, Jim Wescott, and the 1957 Waterville Panthers High School boys' cross-country team. Also, two races will be honored: the Bridgton 4 on the Fourth and Bucksport Tour du Lac 10-miler.

Bob Booker, now living in Pennsylvania, is a Brewer High School and University of Maine, Orono, graduate. A veteran of 23 marathons and numerous races in the 1970s and '80s, he published Maine Running Magazine from 1980-87 and founded Maine Running Camps, including Bar Harbor's College of the Atlantic. Booker directed Bangor's Labor Day 5-miler, Walter Hunt 3K and several other races, and co-owned Phidippides Running Centers in Maine. He was also a coach and official, and certified numerous racecourses.

Joel Croteau, a Biddeford resident and Biddeford High School teacher, has sustained four decades of running, with seven overall race wins and 162 age group wins to date. He has established several premier Maine road races and running events that have raised thousands of dollars for charities. While mentoring hundreds of runners as a coach and teacher, Croteau's running career surpassed 80,000 miles in 2010.

Jim Wescott of Belfast retired in 2003, coaching 25 years at Colby College in Waterville and at North Carolina State University. He led the Colby White Mules to cross-country championships in 1992 and 1993, NESCAC championships in '81, '87, '90 & '93, and was 1990 New England Division III Cross-Country Coach of the Year. Jim was president of NESCAC and the New England Division III Track & Field Coaches Associations.

The undefeated 1957-58 Waterville Panthers High School boys' cross-country team swept twelve meets by large margins: the Eastern Maine Regional, Kennebec Valley Championships, Maine State meet and New England Championships. Their 19-point total is believed to still be the KVAC Conference record. Led by KVAC and State champion Bert Hawkins, team members were Capt. Ted Sack, Al Veilleux, Wayne Fotter, Wayne Cochrane, Roger Jeans and Carl Cliché, coached by Principal Clair Wood.

Bridgton 4 on the Fourth, Maine's largest 4-miler, was founded in 1977 by Phoebe and Jerry Levine and benefits Bridgton Public

Library. Longtime directors Jay and Loraine Spenciner were succeeded by David Fadden, Fletcher Carr, and in 2006 by Jim Cossey.

The Bucksport Tour du Lac 10-miler (a Tradewinds Sub5 series stalwart) was founded in 1976 by the late Anne Norton and her husband, Steve Norton of Bucksport, they were succeeded by late Hall-of-Famer Fred Merriam and his wife, Joan Merriam of Bucksport. Chris Jones is now the race director.

The induction banquet begins with a social hour at noon, November 14, at Killarney's Restaurant at the Holiday Inn, Main St., Waterville. It will be open to the public, but reservations are requested. Tickets are \$25. For reservations and information, contact Skip Howard, Chairman, Maine Running Hall of Fame, 30 Richards Road, Glenburn, ME 04401-1239, (207) 947-4836, or skippr@roadrunner.com.

A Letter from the 2010 Sub5 High School Scholarship Recipient

Dear sub5 track club members,
I honestly couldn't be more grateful for receiving the scholarship to Dick Fosbury Track Camp. The lessons I learned will be invaluable to my upcoming sports seasons. I had so much fun, gained lots of new friends and became a more outgoing athlete. The experience I had should be an opportunity for every passionate young athlete. I plan on going next year as well, and again I really can't thank you enough for this experience and hope that many more runners will have as great a time as I did.

Thanks again,
Justin Brooks

(Ed. Note: Justin Brooks is a student at Orono High School. His winning scholarship application essay appeared in the last newsletter.)

2010 — 2011 Sub 5 Track Club Board Members

President: Samantha Matoush

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Coach/Website/Scholarships: Glendon Rand

WZON Road Race Reporter: Margaret Capehart

Tradewinds Series Correspondent: David Wilson

Equipment Manager: Ryan King

Sub 5 Clothing Coordinator: Margaret Capehart

Members-at-large: John Blaisdell

Jason Elliot

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Pam Nourse

Micah Pawling

Glendon Rand

Christy Stout

Sub 5 News editor: Pam Nourse

Please send news, race reports, essays, comments, photos and other newsletter items to sub5newsletter@yahoo.com



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15 miles are downhill. My first 30 mile split is amazingly good – 19.4 miles per hour.

Back home, Chris and Leslie Poake are watching the computer, unfamiliar with the course. Chris said he swore at me when he saw my first split. He said I was going too fast and couldn't maintain the pace and I should "slow down dummy!" Not to worry, the 2nd half is nearly all uphill.

My attitude is great. The weather has turned out perfect: 70s and overcast. In July that's as good as it ever gets. No 90s, no thunderstorms or torrential rains. The only problem is that my stomach is upset. My nutrition is not settling like it did in training. I feel a bit nauseous even as I think, "I'm having a wonderful day!"

I know where to look for my family at mile 55, and there they are! They have made signs. GO STOUT. WE LOVE YOU. LOU LANE. PEDAL BABY. I laugh to see IRONHAG. They are a blur of cow bells and flags and shouts and well wishes. First lap in just under 3 ½ hours; about 16 miles per hour. For me, on this course, I'm thrilled. For the 112 miles I hope to average 15 mph. With this start, I have a chance.



Back out on the 2nd lap my stomach feels more upset. I decide to institute "Plan B" and throw my Carbro Pro off the bike at mile 60. I replace it with Ironman Perform Electrolyte Drink, which I

have also used in training. I feel a bit more settled for about 10 miles. But I'm not getting the calories the Carbo Pro offered and I can't stomach double the gels. I'm still making good time, but not like the first loop in that mass of riders. I see lots of riders fixing flat tires. I'm thankful I'm not one of them. At mile 95 I feel wiped out. I settle in for the long climb back into town. The hills go by slowly and steadily. Almost to town and almost nothing left. Not so fresh this time, but ever so glad to see family and friends. There they are again waving and cheering. PEDAL BABY! GO STOUT! I make raspberry sounds to show them how I feel and raise my arm to show that even though I'm wiped out I'm still in it. I averaged over 15.25 miles per hour for the 112 miles. Very good. Into transition 2.

All I can think about is getting to the run and to the first water and food stop. Out of T2, beginning the run. In my fog I nearly miss Margaret, Samantha and Micah hollering for me. They are a sight for sore eyes. My legs feel amazingly fresh ... it's just my gut. Still, it's only 4:00 P.M. I'm doing so great. I estimate my run to take between 5 and 5 ½ hours. To "tilt" the run time in my favor, I'm running with a race belt -- the plan was to carry my gel and drink and not need to stop every mile. Coming out of T2 I know that's not going to happen. I'll be stopping at each aid station. It will add 30-45 seconds per mile. But, so be it. It will keep me moving.

The volunteers are awesome; they look me straight in the eyes and ask me by name what I want. They tell me I 'look strong', or I 'can do it'. This happened at each station. Back into town at mile 11, I hear, "Go you IronHag!" It's Janie Smith. What fun. I see my whole family at the Mirror Lake Drive turn-around (mile 12) and then head back to the Olympic Oval to begin lap 2. Gradually my gut feels better, as my legs get tired. I walk a lot, and my run becomes a shuffle. The Iron Shuffle, they call it. But I never doubt that I'll keep moving. Lap 2, walking up the big hill back into town I see my family again. I'm tired out but so upbeat ... I'm going to be an Ironman. My family will go to the finish, so I mentally prepare not to see them at the Mirror Lake Drive turn-around. When I get to the turn-around, my cousin Warren is there cheering wildly. He has a big sign:

TEAM STOUT

Swim	Lap 1	<input checked="" type="checkbox"/>
	Lap 2	<input checked="" type="checkbox"/>
Bike	Lap 1	<input checked="" type="checkbox"/>
	Lap 2	<input checked="" type="checkbox"/>
Run	Lap 1	<input checked="" type="checkbox"/>
	Lap 2	
FINISH !!!!!!!!		

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Warren checks off Run Lap 2 in front of me and taps the board. “The only thing left is to Finish!” I’m elated. On the last mile back to town and the Olympic Oval nothing hurts. I think I have even picked up the pace a little. Into the chute and onto the Olympic Oval. I raise my arm and pump it. TEAM STOUT and the rest of the crowd yell back a deafening enthusiastic response. I hear the announcer say, “Christy Stout of Holden, Maine...” I cup my ear to hear the rest ... “You are an Ironman!” I laugh all the way across the finish line.



Ed. Note: Ironman Christy Stout finished 4th in her division in a time of 14:19:02.

The View from the Pit (crewing for an Ironman!)

by Margaret Beckman

Sometimes people not familiar with the grueling demands of major athletic events think that the athletes are the only ones who put significant effort into training and preparing for an event. Not so, say those of us who serve in the invaluable capacity of “Pit Crew!” Ok, sure, maybe we don’t put in 20 hours of training each and every week during the six months leading up to the event – like Christy did as she prepared for the Lake Placid Ironman on July 25, 2010 [she had a fabulous performance, by the way]. We do, however, play an important role in cheering and encouraging our athletes as they put in all those long hard hours to train for those challenging events.



We’re the ones at home watching the clock to be sure our athlete isn’t late returning from a 60 mile bike ride or a 17 mile training run. During those weeks when work and training consume most of the energy for our athlete, we do the grocery shopping, the cooking, the cleaning (ok, maybe not the cleaning) and the laundry – making sure the “comfortable” running clothes are always ready to go into the running bag and the right socks are in the bike bag. We don’t actually get up at 4:00 a.m. to go to the gym with our athlete, but we enthusiastically encourage them from the pillow. We try

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to have the right food on hand and remind them to stay hydrated – even during training. All of these training chores are vital to the care and well-being of our athletes and we pit crew members take our responsibilities for their performance quite seriously.

Race day we provide what every athlete needs most: we drive. We drop them off at the prep area. We're there to pick them up at the finish. In between we are constantly vigilant. We know exactly how long it ought to take to complete the course and we are at the sidelines watching and cheering and shouting and assessing the stamina of our athlete every stage of the event. We check in with other crew members about their athletes as we build camaraderie and provide support to each other in the sometimes long hours of watching and waiting. Without us, there would be precious few photographs to document the event. Without us, there would be precious little in the way of food, water and clean dry clothes waiting as they cross the finish line. Maybe most important of all, without us who would relive with our athlete the day's adventure in crisp and minute detail numerous times and never get tired of hearing about it- and we never do get tired of reliving the event.

We provide so much to our athletes; I'm surprised that Sub 5 doesn't have a reward category just for us. But then, we'd all want to come in first, so I guess we'll just settle for the adoration of the athletes we continue to support with joy and gratitude for their splendid performances and that they finish in high spirits and good health.



A Note from the Board: Updates to the Tradewinds/Sub5 Race Series Guidelines

by John Blaisdell, Executive Board Member-at-Large

The month of August was a busy one for Sub5 President Samantha Matoush and the club's board of directors. It had previously been suggested that changes be made to the club's race series guidelines, in order to ensure the safety of runners, volunteers, and attendees at the races. To further assist with the organizing and conducting of safe, injury-free events, the board determined to review and update guidelines for Race Directors, as well as do a thorough review of the legal parameters of Sub5's general liability insurance. So, in August, with these issues on the table and Sub5's responsibility to them all, President Samantha and board members rolled up their sleeves and went to work in earnest. All of the following business items were voted on and passed by the Board of Directors.

After several meetings and much discussion and feedback, the board agreed on revisions and amendments to The Sub5 Track Club Road Race Series Guidelines, in order to promote safety by providing standardized criteria for those who direct, attend and participate in our race events. Some of these revisions are adopted from the RRCA, whose website contains much useful information on promoting, organizing and conducting a safe, well run race. And finally, the board discussed, at length, the issue of liability insurance in regards to both compliance and risk. After researching the issue, we discovered that in regards to helping/assisting other races, Sub5 may be at risk for liability if the race we elect to help does not have its own insurance policy. The following are some of the requirements necessary for Sub5 to be compliant when assisting others or including them in the Tradewinds/Sub5 race series (according to the RRCA, our insurer).

- We should be provided with an insurance certificate indicating them as insured.
- We should be named and included on their waiver/statement of non-liability for the race.
- We must list the race/event on our race calendar of events as a race that we're assisting in.

The bottom line is, any race that we're associated with should have its own insurance. In the future, races will be notified of these requirements and their need to comply.

All of the documents with their amendments and revisions are available for review on the Sub5 website at www.sub5.com.

We wish to express our sincere thanks to those who have labored before us and to acknowledge their diligent efforts, as we've merely attempted to update their work and bring it in line with the present needs of the club. THANK YOU

Tradewind—Sub5 Race Series Report



by David Wilson

The results for the Pumpkinfest 4K were interesting for a couple of reasons. First, it was a very small field: less than 60 finishers. Second, less than 40 runners were able to have their places counted in the Series standings, because they had not run at least 2 Series races up to that point.

With but two races left in the 2010 Sub5 Track Club/TradeWinds Market Place Race Series, the number of eligible runners is significantly smaller than at its highest point, just before the Labor Day 5 Miler. Literally hundreds of men and hundreds of women were removed from the standings after that race, with no possibility of enough races to remain. As you can see from the standings on the Sub5 Website, there are now about 60 men and just under 50 women with enough races to still reach the required minimum 5 races. But these smaller numbers do not mean that the competition has lessened. Here is how things are shaping up:

In the race for the Overall top spot for Women, Elizabeth Brunton has first place sewn up. Close behind is Kristine Gueraldo, but even if she wins the last 2 races outright, she'll be unable to end the Series with a perfect 50 points, which Elizabeth already has. Likewise, Kristine holds a commanding lead over third-placer Margaret Capehart, whose standing cannot improve with the last 2 races. However, Margaret's hold on 3rd place is tenuous; Angie Ewings, Julie Brown, Linda Mountain, Kate Goupee, and Samantha Pickering all have a theoretical chance of winning third place, depending on whether they show up and/or how they place.

On the Men's side, if Louie Luchini finishes only as high as 3rd place in either of the last 2 races he will get 1st Overall, but he needs one more race to reach the minimum 5. Currently in first is Adam Goode, but he hasn't shown up for the last 4 races, and those who could pass him if he stays away are Joe Capehart and James Peckenham, who have already run 7 and 8 Series races, respectively.

The 1-29 Men's category, Adam (44 points) and James (41) are leading, but again, Louie would likely jump to the top with a good finish in one of the remaining races. Also doing well are Mike Bunker and Eric McCarthy, but both would have to run both remaining races to qualify.

Atop the 1-29 Women is Elizabeth Brunton, who has the 1st prize in her pocket. Miranda Richardson (6 races) and Kate Goupee (3 races) round out the top 3. If Kate or the others down the line don't run any more races, young Leela Stockley (11 years old and ran a 6:57 at the Bangor Mile!) could get third place!

Things are more competitive in the Women's 30-39 group. Perennial leader Kristine Gueraldo (who was the first female finisher in

the recent Black Bear Triathlon!) is headed for another win, with a perfect 50 points. Margaret Capehart (44 points) and Michelle Roy (41) both have a shot at 2nd place, as does Samantha Pickering (but she has run only 3 races).

The Men in 30-39 category are led by Joe Capehart, Randy McDonald, and Perry LeBreton, with 50, 47, and 43 points, respectively. Joe has run 7 races and won 6 of them in the age group, so it will be hard to push past him. Randy is tied with Ryan King and Dick Storch (at 73 years young!) with the most races for men so far, with nine!

Chris Jones leads the Men's 40-49 group with 47 points, but resurging Ryan King, with 46, and Pete Lodge, with 42, are right behind him. Ryan has beaten Chris only once in the 5 races they've run together, but we'll see what happens before the Series ends. Andy Beardsley has a perfect 30 points in his 3 races, but he'll have to run the last 2 in order to qualify for any position in the Series. Pete just did a 3:05 marathon (no points/not in the Series, while Ryan got 10 points running a 4K!); congratulations, anyway.

The tussle for the top in the Women's 40-49 category shows Bernice Stockley and Mustards Angie Ewings and Linda Mountain in a three point spread. So any one of those three could take the lead, and probably they will be one-two-three when the Series ends. Bernice has run nine races (one less than Women's, and Series, leader Robin Emery). She has not beaten Angie or Linda this year, but she has shown up at enough races to grab points when the other two were absent (with a long drive from the County). Bernice is an excellent example of the benefit of showing up often!

Amazing Julie Brown (a near-perfect 48 points) continues to dominate her age group, 50-59, as well as rack up Overall points against all ages. She has been 3rd, 4th, 6th and 7th overall in her five races to date. It is theoretically possible for Marilyn Hintz, Barb Thompson, Christy Stout, or Jamee Cochary to catch Julie, but probably only if she doesn't race again. And Christy and Jamee still are shy of the required 5 races.

The Men of 50-59 are led, as usual, by Awesome Ozzie Townsend. Ed Hughes has worked hard at staying within striking distance, but the only way he can pass Ozzie is if Ozzie doesn't run any more races, and Ed gets 10 points in at least one of the two left. John Peckenham is in 3rd place and could possibly pass Ed, but has only beaten him once in five meetings. Those guys really battle hard for places!

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Spotlight on: Steve McCarthy

Interview by Margaret Capehart

Hometown: Greene, Maine

Age: 23

Tell us how you started getting into running? Did you run cross country in high school?

I started running in elementary school while my older brothers, Erik and Jason, were running in middle school and high school. I did a few of the USATF youth cross country meets and summer track for Auburn Rec. As a freshman in high school, I joined the track team instead of playing baseball and only ran a 5:16 mile. I decided to go to UMaine coach Mark Lech's running camp that summer and asked Mark if the counselor, former UMaine runner Derek Treadwell, would pace me to a sub-5:00 mile. I actually lied and said my PR was 5:08 so they wouldn't think I was nuts to want to take 16 seconds off my mile in one shot. I ran 4:58. The next summer I went back to the camp and ran 4:43, paced by another former UMaine runner, Judson Cake.

I switched from golf to cross country as a sophomore, and as a junior gave up skiing to run year-round. After high school I went to the University of Southern Maine for a year and ran cross country, indoor track, and outdoor track.

What is your favorite distance to run?

I am a marathoner. I realized pretty quickly during my first year of college that I have the same race pace for a 5k as a 15k. I ran my first marathon when I was 21 and hit the wall hard with about 10k to go and finished in 3:02, qualifying for Boston. I went to Boston and hit the wall even harder and 2 miles earlier and ran 3:12. Gary Allen convinced me to run Sugarloaf three weeks later and pace off him for the first 10 miles. Following the sub-3 hour expert, I ran 2:58. Last fall I was doing Sunday long runs with Gary and didn't have a fall marathon plan set. We ran 15 miles the Sunday before the MDI marathon and I was feeling really fit at the end of the summer. Gary told me to just hop in the marathon and run a training run with a bib number, not thinking about pace or place, just getting to the finish line and getting a good long run in. I didn't run faster than a 7 minute mile for the first 15 and kicked it in to run 2:57. This spring I was dealing with some personal problems and went to Boston in good physical shape but running was therapy for me. Everything clicked on Patriots' Day and I PR'd with a 2:54. I have two really good friends and talked to one for a long time on the phone Sunday night before running Boston and gave her my finisher's medal when I got back to Maine.

How many marathons have you run?

I have run five marathons. MDI-2008, 2009, Sugarloaf-2009, Boston-2009, 2010.

What do you do for work? Where did you go to college? Degree in?

I graduated from the University of Maine (Orono) in May with a bachelor's degree in Journalism. I'm currently on Cape Cod completing a sportswriting internship with a team in the Cape Cod Baseball League. The CCBL is a 10-team summer league for the best college baseball players in the nation. I'm hoping to land a sportswriting job with a newspaper, magazine, or web site.

Do you have any goals/races you are working towards right now?

This summer I'm looking for a job for the fall, so I haven't set a fall marathon plan in stone, not knowing where I'll be living. I always like to stay in good enough shape that any weekend I can step on a starting line and finish a respectable marathon. Boston has been a great experience the past two years and I'd like to return in 2011. I'd also like to run New York City sometime in the near future.

What legs have you run at Cabot? Which ones do you want to run?

I have run legs 4,5,6,12, and 16. I'd like to run another mountain leg. Even though all of the legs are challenging there, I feel after sitting in a car for 9 hours for a race, you might as well do something ridiculous. You can't find a relay that compares to Cabot anywhere, not only in the unique terrain, but in the camaraderie of the teams.

Where is your favorite place to run?

My favorite place to run is the carriage roads of Bar Harbor. You can do a 15 mile long run in a perfect running environment and maybe see one or two other people, and certainly no cars. Not being able to even hear cars in the distance allows you to just forget about work or school or any other worries for a while and just appreciate being able to run. There's also the hills that you don't get running around Orono.

How is being an Uncle going? (I cannot remember your niece's name-can you tell me again & is she a little over 1 now?)

Being an uncle is great. Erik's daughter, Kaylee, turned 1 in April and she's moving faster each time I see her. She'll probably be running by the time this story is published. I've babysat her a few times. It's a new step for the family that we're all excited for and Erik and Abbey are great parents.

What was your first race like?

I can't really remember my very first race since it was probably in third grade, but I remember when I was in around 5th or 6th grade doing summer track with Auburn Rec I did my first 1,500 meter run. I remember just being miserable and wanting to go back to being a sprinter. It's kind of cool how I've progressed through the distances as I've gotten older. I guess the only way to go now is farther.

Outside of running, what do you do for fun?

Outside of running I do a lot of research about sports. I'm not great at math, but I'm a numbers guy when it comes to studying statistics of athletes, and including interesting and relevant findings in the news stories that I write. It's funny that it's more likely I'll forget what day of the week it is before I forget Ted Williams' batting average in 1941.

Are you REALLY a Yankees fan? :)

I was actually a Red Sox fan until the middle of last summer. I wanted to make some changes in my life and figured Red Sox to Yankees is about as opposite as you can get. I had no regrets when I switched, and it was in the middle of the season so I wasn't just jumping on the Yankees bandwagon. They just happened to win the World Series that year. This spring I worked for a Yankees scout, providing spreadsheets of statistics about college players who were eligible to be picked in the MLB draft in June.

I know all the ladies want to know--are you single? Ha ha, I have to ask this! Sorry! :) If you are single, do you prefer dating runners, non-runners or do you not have a preference?

I am single. I don't have a preference that someone I date is a runner. Sure, it's always nice to have someone to run with, but I run alone most of the time anyway. I look for someone that takes care of themselves and has enthusiasm for everything in life.

Race Series Report

(Continued from page 6)

DA Chris* Almy has 49 points in the 60-69 category, but has missed the last 4 Series races. Alan Stockley and John (“Unpronounceable”) Tjepkema are 2 and 3 points behind, respectively. Only Alan has a statistical chance of gaining first place, but the three of them, along with Dave Samuelian, are still grappling for the top 3.

Amazing Hall of Famer Robin Emery (who has run a leading 10 Series races, missing only the Bangor Mile) has a perfect 50 points. Her nemesis, Nancy Mills, is a point behind and looks within striking distance. But she has run only 5 races, so two 10’s in one or both of the last two races will still give first place to Robin, based on number of races run. Congratulations, Robin, you Fossil! Rusty Elliott, the only remaining runner in the group, can get third place, but she must show up for the last 2 races.

There are but 2 women in the 70 and over group, and they are (of course) Mary Alice Bruce and Dottie Laber. This one is sewn up, though, with Mary Alice’s 50 points. Even if she wins both remaining races, Dottie can only get 49 points. Mary Alice will wear the crown! Congratulations!

And, finally, come the stalwarts of the Men’s 70 and over. Naturally we see Old Faht Dick Storch running away, in fine form, with the top spot. He has run a remarkable 9 races, and the only one he didn’t win was the Sugarloaf 15K, which includes a lot of “ringers” from other states. His perfect 50 points can’t be matched by runner-up Marty Elliott or by Charlie Clapper. But all three of these enduring legends deserve our applause.

So that’s how things stand for now. The Black Bear 5K and the Turkey Trot 3 Miler are all that are left for this Series season. There are still some exciting races to be contested. Keep up the great running and many thanks to TradeWinds Market Place for its continuing support of this wonderful competition!

Upcoming Series Races

Sunday, October 24, 11 AM: **Black Bear 5K**
contact Thad Dwyer (thad.dwyer@umit.me.edu;
581-1234)

Sunday, November 21, 1 PM: **Brewer High Turkey Trot 3-Mile**
contact Brewer High School (989-4140)

Sub 5 Track Club

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