



Sub 5 Track Club

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

Newsletter

Spring 2011

From A Coach's Perspective

by Joe Capehart

I once told my uncle about how much I made as a coach. I knew my uncle didn't think much about my decision to coach and I even rounded up, significantly, what I got for compensation. He probably has never participated in athletics or coached anything besides youth basketball, let alone run, but he could do math.

"I figure," he said with smug satisfaction, "that you make one dollar and fifty nine cents an hour, give or take." He obviously didn't round up.

"Thanks, that is actually more than I thought I made," I replied.

"Don't you think you should do something else?" he asked.

We had made it to the state meet healthy. This was an accomplishment in itself as all of my top seven toed the starting line at the State Cross Country Meet in Belfast. In previous years at least one of the seven



John Bapst Girls team on the starting line 10 minutes before the starting gun of the State Meet. Note: Funny faces induced relaxed running. From Left to Right: Adrienne "Babes" Carmack, Alyssa Munroe, Mary Kashkooli, Mary Carmack, Maggie Bryan, Laura Donovan, Amanda Lalime.

had been hurt once states rolled around in November.

A cross country team is relatively small. Seven runners make up your school's team and your best five finishers from the seven are added together to get the score for your team. The lower your five score together the better chance your team has to win. A small school that can cobble together seven tough dedicated souls can run with schools three, four times

their size. From one end of the starting line each school, no matter its enrollment, has no more than seven runners crammed into their starting box. In a way, for the brief period of time that all sixteen teams prepare to bolt at the sound of the gun, they are equal.

The idea of teams as equal is really a joke. The misnomer of equity is evident at the start of any race even if we all start from the same point. Road race or high school cross country race -- in all honesty, the runners, the coaches, maybe some fans have a clue as to who might win and who should simply be happy to be there. As you improve as a runner and your cross country team improves around the seven

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The President's Corner

Greetings Sub5 Members,

We had our annual meeting in March and I would like to thank our former and current Officers and Board-At-Large members. For some, it was a full retirement from the Board, for others, it was shift from one position to another. Thank you to all -- I speak for everyone when I say we appreciate your service.

I want to share a few items that were discussed at our Executive Board meeting on May 17th. I am very excited to announce that we approved a new high school student and full time college student membership fee of \$10. We don't want the cost of a membership to keep people from joining and we think this will be a nice way to welcome those members that might not fit it into their budget normally. We have also modified the age groups in the race series starting in 2012. We want to encourage runners of all ages to be part of our series; we received several requests to expand the age groups in the 60+ categories. The age categories for 2012 will be: 0-19, 20-29, 30-39, 40-49, 50-59, 60-64, 65-69, 70-74, 75+. I see this as a positive way to include more of a very wise and seasoned group of people in our series.

My challenge to all Sub5 Members is to try something new, get out of your comfort zone and encourage others to do the same. Put together a relay team -- you'll be amazed at how well you will run when others are counting on you. It's also a memorable experience, something I look back on very fondly. Try a triathlon, something I would love to add to my list of accomplishments. Try a trail race or an ultra. Instead of slowing down during a race when you are in some pain, why not try speeding up?

I hope to see you this summer, in or out of your comfort zone!

~Margaret Capehart, President

Scholarship News

Congratulations to Kylee Parker of Hampden Academy, winner of the 2011 Sub 5 High School Running Camp Scholarship. Here is her winning application essay:

Why I Participate in Cross Country and/or Track & Field

I have been running competitively for five years, or since 6th grade. It all started out with middle school cross country and outdoor track. When I was age 11 I wasn't sure why I was running, but now I do. Running is a lifetime sport; anyone can do it. Whether it's to get into shape, just something to do, or if you realize you were simply "Born to Run" Running in High School is a huge step because the environment is so intense and most people are extremely focused. Everyone brings their own personality and individuality to running, racing and even training. I love to run because I can let go of everything. I also love racing because it is all a mind game, mind over matter. Running has become my passion, a hobby. During meets I have met other distance runners across the state and I have become friends with them. It's always nice when another runner asks me, "Are you doing cross country next year?" I know I can always reply back, "Yes, of course I am."

Why I Would Like to Go to a Summer Running Camp

I would like to go to Colby Cross Country Camp because I have gone twice and would love to continue going until I graduate. The camp has probably been one of the best I have ever been to. When I first get there I can't wait to start running on the beautiful campus, and I always feel like it's a safe environment. The camp teaches runners different ways to train besides running, like yoga, water polo, pool running, and many other things. My favorite part of the camp is going to Acadia and running 6 miles or more with our group. It's a great run and good for group bonding. I am always sad when I leave campus and then I can't wait to go back.

Congratulations, Kylee, and have a great time at camp!

2011 — 2012 Sub 5 Track Club Officers

President: Margaret Capehart

Vice-President: Samantha Matoush

Secretary: April Taylor

Treasurer: Tara Monk

Membership Director: Kate Goupee

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: Dave Farrar

Jim Karcanes

Ryan King

Joe Lawlor

Peter Lodge

Rob Lorenzo

John Peckenham

Glendon Rand

Sub 5 News editor: Pam Nourse

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

runners the expectations implicitly rise. Obviously by the time you make states, if you are fortunate enough, the pressure can weigh on the broadest shoulders.

The meets which come before states are just another 5K for most. Even the Conference and Regional Championship meets can be rationalized because you always have another race. The state meet is the end; it is the moment in time when it all comes to a screeching head in a good way for a few, but in a disappointing way for many. The runners each deal with the state meet in different ways.

Some are able to convince themselves that is just another 5k—a lark through the city forest with their friends. Others take each step with a deadening thud as if tied down by an anchor. As coach, you tell yourself that they will stride out of it as they warm-up for the race. Some wear STATE MEET on their faces as if they have been condemned. Others try hard to convince everyone, including themselves, that they remain carefree and jubilant. A few will shift back and forth in the week leading up to the race and even from half hour to half hour on the day. As a coach you can only hope it is a half-hour of positive thought when it comes to the race.

The race, this is the reason why you are here in the fields behind Troy Howard Middle School. The race, this is what you have worked for all season (and the good teams have worked for all year). The race, this is what runners have sacrificed for and coaches have worked for and parents have cheered for and it all coalesces into this, nearly one hundred runners from across the state standing shoulder to shoulder. Who is the best, some wonder as they look at each? Does my team have what it takes today, coaches ponder? Will I finish in the top 20 or the bottom 20? Will I stay with the girl from Cape? Questions that will surely be answered in under

twenty minutes as the runners push themselves across the finish line.

Cross country's regular season hardly matters at all. A team can lose all of its regular season meets and still may very well end up as state champs based on their performance in the one race. In a way, a coach and his runners are building throughout the season for a shot at states. Just as important as the one race is, there is very little that matters the day of the race. What matters most is what was done and said at practice in all of the previous days. A cross country coach isn't able to call a "time-out" seven minutes in if he doesn't like his runners' body language or to give a pep talk to refocus. Once the race has begun the coach has to let go. There is no more coaching. It is the high school runner and the race.

On the day of the race giving an inspiring speech, as much as we want to, is cliché in itself and a desperate lunge at success. The greatest contribution a coach can make comes in the time he puts into practice and attempts to teach the runners. Similarly the runners' greatest strength is in their preparation in practice and experiences of earlier meets. For all the tension associated with the big race, a certain calm can be had in the acknowledgement that everything that could be done has been done.

The girls have been called to the starting line for the class B state championship. It remained cool and the sun of the morning had given way to overcast skies. The kids had been through this numerous times before and are prepared, I hope, and they know what is coming, I hope. They have performed their stride outs, stretched and done more stride outs in anticipation of the stampede of legs that will come any minute. All seven wear a slightly different expression as they await the starter's pistol. They're ready and there is no more coaching. What will a dollar fifty nine an hour coaching accomplish now anyway?

To Be Continued...

FROM THE ARCHIVES

From the July 1997 Sub 5 newsletter (Judd Esty-Kendall, editor):

Sugarloaf Marathon and 15K—Sub 5 won the Bruce Ellis award for the first team in the Marathon. Our President let everybody know who we were upon accepting the award!!!! I think the winning team members were Newell Lewey, Kevin Dow, and Roger Huber. Fred planned on a five hour run, but screwed up and finished at 4:15. He was quite sore the day after and thinks that for his next marathon, he'll actually train.

EveryBody Deserves Massage...

by Erin LaChance, PT, LMT

Especially yours! You push, you pump, you pound...you're a runner. Whether you run 10 miles a week or 2000 miles a year, your body deserves massage.

Massage is no longer a "fluff and buff" treatment used only for luxurious spa pampering. It is a beneficial way supplement your long hours of training and hard work. It can aid and accelerate the healing process, increase range of motion, reduce adhesions, reduce swelling, and relieve muscular spasms, overuse injuries, and pain. But massage is more than just a reward at the end of a workout or long season of training. It is actually a vital tool you can use to stay primed for top performance and to lengthen your career by warding off those nagging injuries.

Massage should be a regular part of every athlete's training program. It is as important as good nutrition, hydration, regular sleep habits and the always controversial topic—stretching (we can discuss this more at a later date if you'd like). As an athlete, your massage needs differ during your competition season. Are you just getting back on the road? Are you nursing an injury? Are you increasing or decreasing your mileage? Are you preparing for the big race or your PR? Sports massage is a form of massage that utilizes specific strokes to help an athlete achieve maximum performance and physical conditioning by increasing power, endurance, and mobility. Maintenance sports massage is used on a regular basis to assist in muscular and systemic balance. When used throughout your training, maintenance massage helps prevent injuries that can result from repetitive or

stressful motion and overuse, enabling harder and more consistent training. It can also be a great psychological advantage in competition.

Massage involves not only the normalization and repair of tissue, but also general relaxation and mental calming to improve your focus in competition and training. It can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, improve posture, and reduce blood pressure. Massage is also known to promote better sleep, improve concentration, reduce anxiety, and create an overall sense of wellbeing. When used as a frequent therapeutic modality, the benefits of sports massage are compounded. Taking part in this form of regularly scheduled self-care can play a huge role in injury prevention lending longevity to your career. Budgeting time and money for bodywork at consistent intervals is truly an investment in your health. Consider massage appointments a necessary piece of your health, wellness and training plan, and work with your practitioner to establish a treatment schedule that best meets your needs and budget.

*Erin LaChance, PT, LMT is a local recreational runner who completed her first marathon in 2010. She is still recovering. Her practice, WellBeing Massage Therapy and Bodywork is located at 268 State Street, Bangor. She is offering a **15% discount** to all Sub 5 members for 2011. She can be contacted at 207-949-7778 at wellbeing.message@hotmail.com or visit www.therapyandwellness.com.*

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Sub 5 Receives RRCA Grant

The Sub 5 Track Club has received a \$500 grant from the Road Runners Club of America to support its "Kids Run the Nation" program. The grant was one of 24 awarded (out of 77 applicants) to assist clubs, events and schools to implement or to continue youth running programs.

"Kids Run the Nation" is a multi-week youth running program designed for children in kindergarten through sixth grade. The RRCA has designed an adult program guide for teachers/coaches, as well as running guidebooks for the kids. The lessons cover such running-related topics as warming up, pacing, cooling down and running safety, as well as broader lifestyle concerns such as healthy eating and hydration.

The Sub 5 Kids Run the Nation program was started last year by Margaret and Joe Capehart; that first year was funded by Sub 5. This year's grant application was spearheaded by Executive Board member-at-large Rob Lorenzo, who is also involved with a youth running program at the Hampden Recreation Department. Rob notes that the award will allow the club to buy kids' running guidebooks and other items for the program this year.

Kids Run the Nation will be held in conjunction with the summer track workouts, and is slated to begin on July 6. Margaret and Joe are looking for a few volunteers to help out during some of the sessions. If you can help, or if you'd like more information about the program, please contact Margaret at maggiemae100@hotmail.com.



Thoughts from the Back of the Pack

I am slow. I mean, really REALLY slow. Most people's warm-up pace is my all-out race pace. I listen to people talk about doing their easy runs at an 8-minute pace, and dream of being able to run that fast. Many people walking briskly can keep up with me when I run. Teenage kids mock me (although, come to think of it, they mock everyone). One day a snail passed me and giggled (although, come to think of *that*, I was pretty far into a 20-miler at that point, and may have been a bit delusional by then). Most of the time I don't really even think about the fact that I'm the slowest runner I know. But recently a *much* faster runner invited me to go for a run, and my attempts to explain why this was a really bad idea started me thinking about how best to describe just how slow I am.

I used to offer the cliché "slow as molasses in January" when describing my running pace, but that was before I learned about the Boston Molasses Disaster of 1919. (Honestly. In the words of Dave Barry, I'm not making this up.) On January 15, 1919, shortly before noon, an enormous molasses storage tank belonging to the Purity Distilling Company exploded in Boston's North End. The tank, which measured 52 feet high and 90 feet in diameter, held an estimated 2.3 million gallons of molasses. The cause of the blast was never determined. For a while, bomb-tossing anarchists were blamed, but it's more likely that molasses fermentation and poor tank maintenance, plus the significant temperature fluctuation between the day before (2 degrees) and the day of the disaster (41 degrees) may have played a role.

Chunks of metal from the tank landed hundreds of yards away. One scythed through a railroad support pillar, causing a section of track to collapse. Molasses poured through the streets in a wave 8 to 15 feet high, traveling at 35 mph and moving with enough force to knock some buildings off of their foundations and crush them. Eleven people were killed; approximately 150 were injured. Residents of the North End claim that on hot days, the area still smells like molasses.

So it seems that if I am going to continue to compare myself to molasses in January, I'm *really* going to have to do some serious speedwork. I am now in the market for a new cliché. "A herd of turtles stampeding through peanut butter" (I think that was my brother's suggestion) might work - but before I com-
nitely going to search into the locality of nut-reptiles.



mit myself, I'm definitely going to do a little re-actual land-speed vegetable-impaired

[For more information on the Boston Molasses Disaster, you can read [Dark Tide: The Great Boston Molasses Flood of 1919](#) by Stephen Puleo (Beacon Press, 2004).]

Sub 5 Intervals

Group Runs: Pete Lodge leads a weekly group run, which starts from the SeaDog Restaurant in Bangor at 5:30 PM. Runs are 5 or 6 miles at a conversational pace, but don't feel intimidated if you're not quite up for the full route—we'll accommodate any level of runner, so just let Pete know if you'd like a shorter loop, etc.

Epic Sports Trail Runs: Epic Sports will be starting their weekly Thursday evening runs in the Bangor City Forest on June 2nd at 6:00 PM. Meet in the forest's Kittredge Road parking lot.

Summer Track Workouts: Summer track workouts will be starting up again on Wednesdays at 6 PM, beginning June 1st. Workouts are held at Cameron Stadium (behind the William S. Cohen School) in Bangor.

Race Report is Back on the Air: Tune in to WZON 620 AM on Thursdays at 5:15 PM to hear Margaret Capehart report on the latest local race results, race series standings, upcoming events, and anything else running-related that may come up!

Club Discounts: Don't forget that your Sub 5 membership entitles you to discounts at a number of local running stores. Show your membership card to receive 10% off the original price at **Epic Sports**, Bangor; **Olympia Sports**, Bangor Mall; **Turner Sporting Goods**, Hampden; and **New Balance Outlet**, Skowhegan.

Walter Hunt 3k: Another membership benefit is free entry into the July 4th Walter Hunt 3k Race. But if you're not planning to run, we can always use more volunteers. Contact Joe Capehart (grisham1916@hotmail.com; 947-7399) to learn more about volunteer opportunities—pizza will be involved!

Changing of the Guard: Many thanks to outgoing Executive Board members John Blaisdell, Jason Elliot, Micah Pawling, Leslie Poake, and Christy Stout for their service to the club! Welcome to new members Dave Farrar, Jim Karcanes, Ryan King, Joe Lawlor, Peter Lodge, John Peckenhams, and April Taylor, who were elected at the Annual Meeting in March. And welcome back to Margaret Capehart, Kate Goupee, Rob Lorenzo, Samantha Matoush, Pam Nourse, and Glendon Rand who continue on the Board (although some of them have changed roles!).

Sub 5 is Turning 30: It has come to our attention that Sub 5 was founded in 1982—which makes next year our 30th anniversary! We are looking for ideas about how to celebrate this momentous occasion—please contact President Margaret Capehart (maggiemae100@hotmail.com) with any suggestions.

Running Camp Roundup

It's spring, and the thoughts of high school runners everywhere turn to summer running camps. But why should the high school kids have all the fun? There are plenty of running camps that offer the same opportunities for learning, improvement, and fun to adults, too. Whether you are interested in track events or marathons, whether you want to stick close to New England or venture further afield, there is a camp that will meet your needs.

Disclaimer: this review is based entirely on information available on the internet—your editor has no personal knowledge of any of these camps whatsoever (although after reading about them, I'm tempted to sign up for a few!). If you have been to a summer running camp, we'd love to hear about your experience—drop a line to sub5newsletter@yahoo.com.

Craftsbury Running Camps

www.craftsbury.com/running

Located in Craftsbury Common, Vermont, the Craftsbury running camps offer camps for runners of all interests and abilities. You can choose from Marathon Week (July 10-16, geared—obviously—toward marathoners, of all levels), Masters Week (July 17-23; this is their most popular offering, and has already filled for this year—but you can plan ahead for next year!), and All Comers Week (July 31-August 6, tailored to the goals of the camper, whether marathoners, ultra runners, fitness runners or brand new runners). They also offer a Run2Scull, Scull2Run week (June 12-17) for anyone interested in both sports. Craftsbury coaches include Lynn Jennings, Bobby Asher, Eric Blake, Jess Cover, Mike Davi, Brett Ely, Bill Fitzgerald, Melissa Rittenhouse, and Greg Winneborg. The camp fee is \$950 for the week (this does not include the 9% VT meals/lodging tax), which covers a double-occupancy room, all meals, group coaching and one-on-one coaching consultations, use of the sauna and other facilities, and optional field trips.

American Running Camp

<http://americanrunningcamp.com>
mattc@american.edu

American Running Camp is located at the Portsmouth Abbey School in Portsmouth, Rhode Island, and will be held August 1-6. The camp is open to both students and adults. For the high school and college students, the camp is structured to prepare them for successful cross country and track seasons; for adults, the sessions and social activities will provide motivation, increase fitness and help them reach their running goals. Coaches include Bill Dellinger, Matt Centrowitz, Pat Tyson, Steve McChesney, and Nick Rogers; training sessions will be held on soft grass, trails, and a 6-lane track. The cost for the week is \$595; special team discounts are available (contact camp director Matt Centrowitz for more information).

Lake Champlain Women's Running Camp

[http://
lakechamplainwomensrunning-
camp.com](http://lakechamplainwomensrunning-camp.com)

This camp, created specifically for women, is located at Basin Harbor Club in Vergennes, Vermont, and will be held June 12-18. Designed for participants of all levels, the camp offers daily workouts to improve performance through form drills, stretching, core strengthening, water-running, track workouts, nutrition information, sports psychology, injury prevention,

and more. Training surfaces include (relatively) flat backcountry roads and soft trails. Campers will also have time for other activities such as yoga, kayaking, swimming, hiking, or just relaxing on the beach. Camp fees for the full week are \$1,650 (double) or \$2,000 (single); for the partial week (Sunday through Wednesday), they are \$800 (double) or \$1,000 (single); this includes accommodations and all meals, a personalized training notebook, a camp technical training shirt, all programs and coaching, and “memories to last a lifetime.”

ZAP Fitness

www.zapfitness.com

Located in a valley of the Blue Ridge Mountains outside the towns of Boone and Blowing Rock, North Carolina, ZAP Fitness offers a variety of camps which vary in length (and cost). The camp fees cover lodging, all meals, transportation to and from runs, all lectures and guest speakers, and additional activities such as yoga. Massage therapy is available, but is not included in the camp fee; this is an additional charge billed by the massage therapist. Camps offered this summer include a Women's Mini Camp (June 16-19; guest speaker Kristy Johnston; cost \$525); The Bear Week (July 3-8; guest speaker Bill

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**Upcoming Sub 5
Track Club/
TradeWinds Market
Place Series Races**



Date	Race	Contact / Email	Phone
Saturday, June 4 10:00 AM	20th Annual Cobscook Bay 10k	Jonathan Aretakis / jonathan.aretakis@gmail.com	207-726-5858
Saturday, June 11 9:00 AM	Garelick Farms/ Main Street Milk Mile Run	Tammy Hodgdon thodgdon@bangory.org	207-941-2808
Saturday, June 25 7:30 AM	Tour du Lac 10 Miler	Chris & Margaret Jones christopher.jones@rsu25.org	207-469-9901
Monday, July 4 10:45 AM	Walter Hunt Memorial Fourth of July 3k	Sub 5 Track Club www.sub5.com	
Sunday, July 30 8:00 AM	Bucksport Bay Festival 5k	Jim Zeman kjjzeman@hotmail.com	207-469-0534
Saturday, August 20 8:00 AM	Machias Blueberry Race 5 Mile & 1 Mile Fun Run	Michelle Potter mpotter@nextstepdvproject.org	207-255-4934
Monday, September 5 9:00 AM	Bangor Labor Day 5 Mile Road Race	Bangor Parks & Recreation parks.rec@bangormaine.gov	207-992-4490
Sunday, October 2 10:30 AM	Great Pumpkin 4k Road Race	Chuck Lawrence	207-374-5137
Sunday, October 23 11:00 AM	Black Bear 5k	Thad Dwyer thad.dwyer@umit.me.edu	207-581-1234
Sunday, November 20 1:00 PM	Brewer High Turkey Trot	Brewer High School	207-989-4140



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 Brewer, Maine 04412-0063

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Rodgers; cost \$750/\$780 with entry into The Bear 8k Road Race, which starts in Linville, NC, and ascends over 1,500 feet to the top of Grandfather Mountain); Adult Running Vacation Camp (July 17-22; guest speaker Dick Beardsley; cost \$750); Marathon Prep Mini Camp (August 4-7; guest speaker Ann Marie Letko; cost \$525); and End of Summer Mini Camp (September 22-25; guest speaker Katie McGregor; cost \$525). Each camp will offer daily runs with camp staff and athletes; personalized coaching and an individualized training program; staff lectures on training theory, how to set up a training program, weight training, nutrition, exercise physiology, and sports psychology; as well as time to relax and enjoy the surrounding area.

* * * * *

**Dick Beardsley's
 Marathon Running Camp**

www.marathonandbeyond.com/camp

This camp, located at Rainbow Resort in Waubun, MN (4.5 hours northwest of the Twin Cities), is geared specifically toward marathoners, and will be held September 6-11. The camp is open to runners aged 18 and over, although younger teen campers are also welcome as long as a parent or guardian is also registered at the camp. Daily seminars and runs focus on the types of running important to a successful marathon training program (hill training, tempo runs, long distance, and speedwork); the camp session also offers a chance to run the Dick Beardsley Half Marathon (or 5k) on Sept. 10. And in addition to the running, the resort offers access to

fishing, swimming, mountain biking, canoeing, kayaking, and more. Camp staff and coaches include Dick Beardsley, Rich Benyo, Mary Coordt, Mike Dunlap, Joe Henderson, Rhonda Provost, Jenny Stinson, Bill Wenmark, and Jan Seeley. Camp fees include accommodations in 3- and 4-bedroom family-style lake homes, all meals, coaching, seminars, a 1-year subscription (or renewal) to *Marathon & Beyond* magazine, camp goodies, "and more!" Fees are based on rooming arrangements: single occupancy \$1,225; double occupancy \$975; triple occupancy \$900; quad occupancy \$850. (There is also a camp site option, \$825 double occupancy.) You can either sign up with a friend (or friends) and pick your own roommates, or sign up for double occupancy and the camp will match you with a suitable roommate.