

# Newsletter

Sub5 Track Club

2005 No. 2

## President's Column

### Let the Running Begin

The new road racing year is underway!

The initial event of the year was our annual meeting held the last Wednesday in March. "THANK YOU" to the members who showed up for that meeting. The crowd was bigger than the last few years, but not as big as some in ages past.

A lively discussion about the 2005 race series took place. The result was the addition of the Main Street Mile Milk Run to the series. We hope this race will encourage more people to begin road racing, a healthy activity so many of us enjoy. The complete race series is listed below.

Pam Clark and Ray Bolduc resigned their positions as secretary and treasurer, respectively, because of other commitments. "THANK YOU" both for the time and effort you have given to Sub5. We will miss you at the meetings, but hope to see you at the various club activities.

Changes to the board are Katherine Wilson as secretary, Seth Harrow as treasurer, and Peter Lodge as director-at-large. I appreciate these people volunteering to help the club and I know Sub5 will benefit from their efforts.

I hope everyone "wintered well" and look forward to seeing you soon.

— Dick Storch

### Sub5 Extends Series, Elects

A "round table" of active Sub5 members and officers put their "stamp of approval" on addition of a race to the Series and officers to conduct Club business at the dual Annual Meeting and Board Meeting, March 30th.

The new Series race—the Bangor Y Main Street Mile in early June—provides opportunity for runners of all ages and abilities to test themselves in a 1 mile level to downhill event. Three heats allow separate starts for competitive levels. Addition of this race to the Race Series means competitors have 11 races from which to score their best 5 finishes.

Other races discussed included the Pancake, Race for Hope, Tremont Trot and the no longer functioning, Saucony.

Elections resulted in the continuing service of Dick Storch as President. David Wilson is now sole Vice President and Katherine Wilson is Secretary. (They previously were co-vice presidents.) Seth Harrow is now Treasurer. Peter Lodge joins Lara Rand and Kaye Storch as directors-at-large.

### 2005 SUB5 ROAD RACE SERIES

May 7	Orrington FinishLynx	10K	Orrington	Lara Rand (825-3396 )
May 15	Sugarloaf	Marathon/15K	Kingfield	Sue Foster (237-6830)
Jun 5	Cobscook Bay	10K	Pembroke	Jonathan Aretakis (726-5858)
Jun 11	Bangor Y Main Street Mile	1mile	Bangor	Sean Haggerty (941-2815)
Jun 25	Tour du Lac	10miles	Bucksport	Joan Merriam (469-2019)
Jul 4	Walter Hunt Memorial	3K	Brewer	Dave Torrey (989-2584)
Jul 30	Fort Knox	5K	Bucksport	Joan Merriam (469-2019)
Aug 20	Blueberry Run	5miles	Machias	Sunrise Opportunities (255-8596)
Sep 5	Labor Day	5miles	Bangor	Skip Howard (223-4715)
Oct 1	Race to End Domestic Violence	12K	Guilford	
Oct 23	Black Bear	5K	Orono (UM)	Thad Dwyer (581-1081)
Nov 20	Turkey Trot	5K	Brewer	Dave Jeffrey (825-3403)

# The HURT 100...a Technically Difficult Race

by *Phil Pierce*

The HURT 100 is probably the most technically difficult 100 trail race of the 36 100-mile trail races now available to run. The course is located in volcanic mountains just outside of Honolulu, in an area known as Tantalus Drive. The trail system there is clearly marked, but the footing is difficult and at times treacherous, particularly when it is raining. The course consists of roots, rocks, and mud, with very little soil. All of Hawaii is volcano, and if measured from its base below the water line, it is actually higher than Mount Everest.

The course is set up like the Barkley Marathon in Tennessee, with a 20-mile loop repeated 5 times. There are 3 aid stations, approximately 7 miles apart. There is an elevation gain of 24,600 feet, slightly more than the Angeles Crest, and an elevation loss of 24,600 feet, slightly less than you would care to see. There is a 36-hour cutoff for the 100 mile race.

I trained on the course for about 2 weeks prior to the race, because of its technical difficulty, temperature (80 degrees F.), and high humidity. I fell a couple times, and the ground was very unforgiving. The rocks are much sharper than you might suspect, and a simple fall can lead to multiple lacerations, bruises, and broken bones. I quickly learned not fall.

Race support is excellent and you do not need a crew to do this race. Ninety-two of us started at 6a.m. on Saturday morning, January 15, 2005. I ran most of the 1st Loop with Monica Scholz, a divorce lawyer from Toronto, Canada. She left me after Loop 1 and wound up finishing 3rd overall. Monica is a world class ultrarunner and most men cannot stay with her. She has a very even pace and has finished this race all 5 years since its inception in 2001.

*Phil Pierce was too busy running to pick up his 2nd Place Award for the 60-69 age category at Sub5's Annual Banquet.*

I was able to run Loop 1 (5 hours, 29 minutes) and Loop 2 (6 hours, 45 minutes) without difficulty and without falling. Some other runners had gone out much faster than I. The leader for the first three Loops was a youngster named Matthew Estes, and he ran at reckless, breakneck speed (Loop 1 in 3:35; Loop 2 in 4:10). As I was beginning Loop 2, he was well on his way to finishing it. Because parts of the course over-lapped, we came face to face and he fell right in front of me, into rock, going full speed. He got right up and kept on going. I could not believe that he could continue. However, at the end of Loop 3 he could go no further, only needing 2.3 more miles to finish and win the 100K option. He was more than 2 hours ahead of the 2nd place runner. He could not do it and dropped at 60 miles. Likewise, the 2nd place runner, Eric Clifton of New Jersey, dropped at the same time at Mile 47. But the difficult running had yet to begin—it was still daylight, and no rain had fallen.

Night fell as I entered Loop 3 in good shape. Two-thirds of the way through Loop 3, and on my favorite section of the course, it began to rain. I began falling because it was so slippery. The last time I fell, I fell off the course, hanging over a cliff with only my right foot wedged on the edge of the trail between two rocks. This truly frightened me and I assessed the situation. People disappear on these trails and are never found. We are talking tropical jungle with drop-offs exceeding 1,000 feet, straight down. With only 2 miles to go on this Loop, all downhill, I walked it in and took the 100K option. I had taken 9 hours to complete Loop 3 during the night and could not realistically finish the 100 miles in under 36 hours. I finished the 100K in 23:02, 20th out of 52 finishers. Seventeen runners finished the 100 miles, approximately 20% of the field. I was pleased with my performance.

**Shoestrings & Sweatbands** by Dottie Laber, Editor

Next to the Hardrock 100 in Colorado, this is probably the toughest trail race in the United States. Only seasoned ultra-runners attempt this course (the Hurt 100) and each year the finish rate is about 20% for the 100 miles. The overall winner was James Gifford of Washington State, who also won the Cascade Crest 100 last August, in which race I came in dead last (but that is another story).

As I write this on January 28, exactly two weeks later, I still have yet to run a mile. My feet were badly beaten up and I totaled a brand new pair of New Balance 805s. But man, do I love to do these races!

Hope to see you on the roads this summer!

Sub5 Track Club Newsletter  
P O Box 63  
BREWER ME 04412  
  
Web Site:www.sub5.com  
Newsletter:DWLaber@aol.com

Steve Campbell writes from Iraq that he wishes he could be here, but he is serving with his Army Reserve unit in Baghdad. Last year he ran the Sugarloaf Marathon...this year he says he gets in 3 to 5 miles every day running along the perimeter walls between the green zone and the red zone.

You can write to Steve at SSG Steve Campbell, J3 Ground Movement NCOIC, Baghdad, Iraq or e-mail him at [steven.n.campbell@us.army.mil](mailto:steven.n.campbell@us.army.mil)

~ ~ ~

Long-time member and former president Dave Torrey exchanged wedding vows November 26th (the day after Thanksgiving, he'll tell you) with Ann Leipman. They were married at the home of friends, before a small gathering which included Dave's son and daughter. After a brief getaway at the Samoset the newlyweds are at home in Brewer.

~ ~ ~

**This could be your last newsletter!!!!**

Please be sure you have renewed your membership for 2005. If you haven't renewed yet, send your dues to: SUB5 Track Club, PO Box 63, Brewer ME 04412 (\$5 Students, \$10 individual, \$15 family). Membership questions? Contact Steph Peavey at [Stillwaterfit@yahoo.com](mailto:Stillwaterfit@yahoo.com) or 866-4178.

~ ~ ~

The Voice of Racing--Skip Howard--is back on the airwaves! Tune in to WZON Wednesday mornings at 6:30 (give or take a few minutes). And if you have racing news for him, contact Skip at 223-4715 or [skipprr@adelphia.net](mailto:skipprr@adelphia.net)

~ ~ ~

Summer Track workouts at the Pendleton Street Track, Brewer, resume Wednesday, May 11! See Coach Buck Rand's schedule elsewhere in this mailing.

**New Hope for Wounded Knees** by Sharyn Kingma

After running the half marathon and marathon in Sept/Oct I began to have serious problems with my knees and was able to run minimally, if at all. I had such severe swelling and pain that the specialist drained my knees several times and injected cortisone. (The rheumatoid arthritis that I was born with jumped the fence into full fledged osteoarthritis in one knee.)

Then I discovered the Center for Regenerative Medicine in Miami. They inject their natural formula of stimulants and hormones into the damaged joint sites to regrow cartilage and collagen...cutting edge stuff. Lots of people, especially athletes, have had excellent results. With a lot of help from family and friends I headed down to Miami for my appointment on March 28th.

They did one knee. And guess what? With no surgery there's no downtime...no recovery time! I'm hoping for the best results. Time will tell. This story is about love and support...my family wants to see me run again. They know how passionate I am about this sport. I may never run another marathon but as long as I can run!

See you on the roads soon! *Editor's Note: Sharyn Kingma is former race director for the Bar Harbor Half Marathon.*

## Your Healthy Weight *by Lynn Bolduc, RD*

Healthy runners come in all shapes and sizes, though our non-running friends may disagree. Like these non-runners I find we are just as likely to be concerned about our weight and the DQ we had last night, wondering how many miles we need to run to balance it off.

Though there are some smart ways to become lean and strong, there are probably more ways, with much more popularity at the given moment (think Atkins and South Beach) to interfere with our ability to perform. Diets that are too low in calories and/or carbs may result in decreased energy levels and performance. Compromising your strength and energy levels to be the next smaller size or get rid of that last 5 pounds makes no sense.

The scale is useful for two main purposes:

1. To measure short term changes in hydration after a hard training session or event. Remember that it takes 24-ounces of non caffeinated fluid to replace each pound you have lost.

2. To measure long term changes in your weight. The healthiest thing I ever did for myself was to get rid of our scale. Still, occasional weights are a crude measurement of body composition over time. Undesired weight loss may indicate that you are not meeting your caloric requirements and/or are over training. Weight gain may indicate overintake—for example when you continue eating as though you were in training for the marathon you ran 2 years ago.

Remember that muscle is 80% fluid while fat is only 20% fluid—hence the expression, “muscle weighs more than fat.”

A better way to look at your weight may be to get your body fat percentage measured. We all need some fat to keep us healthy and our brains and nervous systems working.

Minimal guidelines for men are 5% and for women, 12%. For general health men can have 15-18% body fat and women 20-25%. Most endurance athletes maintain a body fat for men of 5-10% and for women 12-15%. Lower levels may compromise your immune system (how many runners do you know who were sick all winter?), lower your muscle mass and decrease your output.

---

Get your body fat checked. Though the Tanita scales you can purchase now are not as accurate as underwater body weighing or someone trained with calipers, they are fine for personal use and can be good at trending your body fat.

**I plan on coming to the track once or twice this summer during speed workout sessions to offer free body fat testing to members (probably in July). Look for a date in a future newsletter.**

Body fat is determined by genetics (25-40% of the fat in your body is due to this), training and diet.

I'll focus on diet to help you lose body fat (but only if you really need to):

- Weight loss of more than 1# a week likely will not benefit you.
- Consider keeping a food journal so you can note the amount of food, timing and food choices. Assess your hunger and fullness levels at the times you eat. Do this for one week and then look back for patterns—or take it to a dietitian who can also help you.
- Include lean protein at each meal to increase your satiety and help assure that you meet your protein needs which are slightly higher than a non-athlete.
- Plan ahead—not only meals but meal timing. It is too easy to make a poor food choice when you are beyond hunger.
- Be careful of high calorie beverages—not every run requires Gatorade. Watch out for juices and high calorie coffees which can sabotage your diet.
- Eat breakfast every day—an oldie but a goodie. It jump starts your metabolism.

## **The Portland Report** *by Beret Skorpen-Tiff*

The snow is just about gone, the sidewalks are clear and still I run most of the time on the treadmill while Tess naps and Rye plays. But I get my runs in and that's what matters right now. Soon we'll start our weekend trip to the Back Cove to take turns running while the kids play on the playground. We've signed up for Beach 2 Beacon and will probably run the Maine Marathon half and the local races up in Bucksport.

Tess turns 2 in May and Rye will be 4 in July. Rye runs in circles around the living room and then comes over to me to be presented his "trophy" of a purple plastic necklace. Sometimes his sister toddles after him in her own form of drafting.

I've had to bow out of Cabot Trail due to an important wedding – I wish the Hags, Fossils, and Mainiacs the sun (and stars) on their faces and the wind at their backs!

I was fortunate enough to see some Sub5ers at the Cape Elizabeth race in February. My sister and I signed up to run the 10 miles distance slowly as neither of us has been training hard. The day was beautiful, cool and the sun shining bright. As we stood waiting to start a woman next to me asked, "Are you a serious runner?"

"I used to be I think, before I had kids," I answered.

She asked me if I'd run this before and what the course was like. "You know, I shouldn't even be here," she said. "I told my husband and kids I was out running an errand. They don't know I'm here. I've never run 10 miles before." She turned and looked at me with panic in her eyes and then blurted out, "I am so f\*\*cking in over my head!" That's when I called for back-up, signaling my sister Kirsten over to where we stood. After a few minutes of both of us telling her she'd be fine the woman blurted out, "I have a muscle disease and by all rights I should be in a wheelchair." She paused. "My doctor told me not to do this," she said scanning the crowd nervously as she shifted from one foot to the other. "But if I finish I'm going to send him my race number."

As the shot went off and the runners surged forward we kept an eye on her lavender top and blonde hair. She went out in front of us but then so did almost the whole pack.

---

As Kirsten and I fell into a slow easy gait we came upon her. By then she had a smile on her face and it was the same smile she brought over the finish line 10 miles down the road.

I was humbled and so grateful she had been there to remind me of what running is all about. It's about being told you can't do something plus the spark inside which leads you to the starting line to prove them wrong. It's about enjoying a February sun with my sister as we struggled up the Cape Elizabeth hills. It's about seeing Joan, Anna, and Kathleen. It's about moving from one place to go to another and the journey is every-thing.

### **Sunday April 24 Double Header**

#### ***Animal Orphanage Pet Run 5K***

Annual race/walk to benefit the Old Town shelter for stray animals starts and ends at the Old Town YMCA. Registration begins at 9 a.m. Race starts at 10:30.

Contact: Roberta Fowler, 827-2658 or Rfowler344@aol.com (be sure to put "Road Race" in the subject line).

#### ***Sweet Potato Run***

Anna Perna and Earl Black's annual Sweet Potato Run starts at 10 a.m. Bring a potluck dish or drink to share.

The running loop is 10.8 miles of hilllllly (Anna's spelling) terrain. At about mile 3.5 there is a 3.0 mile climb (great for Cabot Trail training...Anna again). There are shorter out and back options. Mileage will be posted.

Carpooling is recommended.

Call 843-7905 for directions, questions or if there is any doubt about cancellation due to weather.

## **Boston, 2005**

*by Judd Esty-Kendall*

The logistics are a nightmare. They've got to get all those people from Boston out to Hopkinton with all their stuff, control Boston traffic and Boston crowds while the people take a stroll downtown, get all the stuff back to them, take care of them in a helpless state for a few hours, feed them a snack, and then get them home.

The course itself is sort of silly. It doesn't shunt you through any nature preserves or areas of particular natural beauty. It doesn't do a couple of loops around an historic downtown area. It doesn't meander purposefully through each and every Boston borough or neighborhood. In fact, it makes no concession to the ordinary patterns of traffic or city life, and it takes you about as far from where you started as you can get in a few hours on your own steam. It has downhills in the beginning and uphill at the end and Wellesley in the middle instead of uphill early, downhills in the middle, and Wellesley at the end. In sum, and only due to a few necessary re-measurements, the Boston Marathon just starts a couple of miles west of a place where, 108 years ago, a boot heel was dragged across a dirt road and someone said, for lack of a better idea, "Let's start here".

And it's an odd season for a marathon. You can't train for it in the spring or the summer or the fall. Winter should be the off season for skiing or skating or knitting by the fire instead of buying technological clothes through mail order and trying to act like they make the weather a non-factor. All those Muggles out there may think runners are crazy in general, but they are never more right than during the Boston training season when we re-enter the indoors after hours on the road with soaking wet tights and icicles hanging off our ears.

The start time is a disaster. 12 Noon? It can be really hot then or really cold, and holiday traffic is at its highest. Marathons should be run in the early morning when the world is just waking, when the air is cool and the traffic slow and cautious. 12 Noon interrupts every single rhythm in the city, not to mention the body.

Marathon organizers like to have spectators, but this is ridiculous. Half of the population of Boston lines the course and cheers, while the other half is at Fenway Park for an 11a.m. start, the only Red Sox game of the year that begins in the morning and only so that the bottom of the ninth concludes just before the lead pack goes through Kenmore Square.

We put up with all this for the sake of tradition. The start time, the course, the early spring date in the Boston climate, the Red Sox at home, all of these are historical artifacts that would not exist if Boston had to design a marathon in the modern day, without history. Yet that is also why we return each year and why this is the only major marathon outside of the Olympic trials that requires a qualifying time. Each step we run covers a yard in distance and 108 years of history, each step lays another year on the footprints of some of Maine's greatest runners: Joan Benoit Samuelson and Andrew Sockalexis, the Mazzeo brothers, and Carlton Mendell.

I'm not running Boston this year. It was just too hot last time and I failed to finish, so I'm sort of back to the drawing board as far as marathons are concerned. But I spent this past weekend at a conference in Portland and took the opportunity to train on a course I had laid out 23 years ago when I moved down there for a time. From Portland I ran into Falmouth, seeing houses and trees and rocks I remembered and knowing the roadway without a map, but mostly remembering the contour of the run from the way it felt in my legs. I remembered, not with my mind but with my body, when to push and when to cruise and when to sit back a bit and gather strength for the final leg-liquefying pitch up Summit Avenue (this is what comes from choosing a route off a map with insufficient attention to the name of the road).

*"Fleet feet and a fine finish!"* to all Sub5ers entered in the 109th Boston Marathon on Monday, April 17th. Amy Badger, Kathleen Bell, Jeanne Butterfield, Peter Lodge, Phil Pierce and John Tjepkema were among 163 Maine runners signed up by April 13th.

Running that old route was a bit like running Boston. I felt like I was paying homage to my own history, remembering the struggles I had worked through 23 years ago on those same roads and the effort expended. So it is with Boston, yet it is not just our personal histories we remember, although those are important, but the history of the whole sport and of all the people, from a million different homelands and backgrounds, who have faced the same elemental challenge of distance, terrain, weather, and personal commitment and have worked through their own struggles in the process.

*Good luck to all those who are running Boston this year! You follow many footsteps and you carry the memories of thousands. Do us proud, and keep the route warm for next year.*

## **The Hong Kong Marathon**      *by Robert Christie*

As I rounded the turning point on the Tsing Ma Bridge, I noticed that the wind was picking up and the rain would start at any minute.

Fifteen minutes later, I was half way across the Ting Kau Bridge and the brunt of the monsoon hit. "To hell with the view," I muttered. Stay focused and fight.

With each step I became more competitive; passing runners one by one, fighting the wet and cold, monitoring my legs so they wouldn't cramp up. I held a steady pace.

Somewhere around 30K my legs went numb. I realized that I wasn't really in control of them anymore. I could only hope that they would keep moving.

At last, I reached the Western Harbour Tunnel and would soon be heading into the homestretch. With less than 5K to the finish line, the tunnel protected me from the weather and allowed me to relax before the last big push.

But I wouldn't be given an easy finish. As I exited the tunnel I was greeted by a huge blast of wind. I leaned forward to make myself as aerodynamic as possible, but the wind pushed against my legs and dragged them back. A second blast of wind launched baseball caps into the air.

Adding insult to injury, two steep hills stood in between me and the finish line less than 2K away.

Other runners were losing the fight. Some were walking; others were completely stopped by leg cramps.

I gave up on my hope of breaking 4 hours, but not of finishing the race.

Rounding the corner at the Convention Centre, with 500 meters to go, I realized that I had won my fight. I relaxed and enjoyed the moment. When I passed it, the official clock read 4:07, eight minutes better than my predicted time. The adrenaline rush overpowered the pain that covered my body.

Today, my legs are sore as hell. I'm tired and my entire body aches. I've avoided stairs all day and took a taxi to and from work.

But I'm hooked and have already decided to run the Hong Kong Marathon again next year. Let me know if any of you care to join.

*Rob Christie wrote this essay on February 28th, the day after finishing his first marathon. Many Sub5ers have run with Rob when he has been home visiting his folks, Katherine and David Wilson. Rob has lived in Hong Kong for several years and is a member of the Hong Kong Dive Club, and like others in his family, plays terrible golf.*

## ON the RUN with SAUCONY

In most Running and Walking shoes, there is a removable liner on the inside called an insole. Replacing these insoles with a better one can be a very effective way of enhancing your athletic shoes. They can provide extra support, stability, cushioning, durability, and/or help to make the shoe fit better, as well as decrease the risk of injury. The insoles that come standard with most athletic shoes are very basic and inexpensive (for a reason). Most shoe companies know that a lot of people have their own orthotics or use replacement insoles, and that those people just end up throwing away the insoles that came with the shoes. There really is no sense to adding \$5 - \$10 (or more!) to the price of the shoe by having a better insole, especially since so many people don't even use them.

There are many different brands of insoles out there. And after spending the last 4+ years as a buyer for our Outlet Stores, I've found that these brands (in my opinion) all have very similar products. Each brand seems to have some insoles that enhance overall foot support, some that enhance overall cushioning, and some that have a good blend of both support and cushioning. The point is, no matter what brand you choose, you should be able to find a model that fits your particular needs.

The beauty of replacing your insoles is that it can add so many different elements to the overall performance of your shoe. It can help the shoe last longer, by taking some of the pressure off the midsole of the shoe. They can add "bounce" to your step, since the material absorbs a lot better than standard insoles (that come with the shoes). If someone wore a particular model (let's say the Saucony Grid Jazz!) for years, but they suddenly were experiencing arch pain due to overuse and needed extra support, they could still wear their Grid Jazz with the help of a more supportive insole. Also, if the new version of someone's favorite shoe runs a little roomier than usual, a thicker insole can fill up that extra space nicely (in addition to providing more cushioning).

As you can see, there are great advantages to spending a little extra money for a replacement insole. Many of the companies that make replacement insoles offer a warranty on them - some as long as a year! This basically gives you a no-risk trial to see just how much they can enhance the comfort level of your current shoes.

As always, Sub 5 members get an additional discount at the Saucony Outlet Store!

If you have any questions about our Store or products, please call (207) 942-7644 or e-mail me at [Jeremy.durost@saucony.com](mailto:Jeremy.durost@saucony.com)

--Jeremy Durost, Manager, Saucony Outlet Store

---

*Mike Brooks (left) and two friends are about 40 hours into a 72-hour event--the Across The Years Race (named because it starts Dec. 29 and ends Jan. 1.). Mike completed 180.5 miles.*

### Mike Brooks Continues Crusade

On June 4th and 5th Mike Brooks will be doing a 24-hour race in Minneapolis, MN, with hopes of reaching his goal to raise \$25,000 for Camp Sunshine. He has raised over \$21,000 so far, thanks to the generous support of many Sub5 Track Club members, starting with the 135-mile Badwater Race last July. His other goal for this race in June is to do 100 miles, which, he says, has always been his goal in a 24-hour race.

For more information on Camp Sunshine, go to [www.campsunshine.org](http://www.campsunshine.org) or call 207-655-3800. To make a donation, go to [www.runningonthesun.org](http://www.runningonthesun.org) or mail a check to Camp Sunshine, 35 Acadia Road, Casco, ME 04015. Please note on check, "24-Hour Run". And thank you for your support!

## On the Race Calendar

### **April 23 - Saturday**

#### **Earth Day 5K Fun Run**

Race begins at 11 a.m. and follows a University of Maine campus course. Registration will be held from 10 to 10:45 a.m. at the UM Fieldhouse. Entry fee: \$5. Contact: Peter Millard, 866-3503 or pmillard@adelphia.net

### **April 24 - Sunday**

#### **Animal Orphanage 5K Pet Run/Walk**

Race starts and finishes at the Old Town YMCA. Registration begins at 9 a.m. Entry \$9 for individuals; \$5 for families. Race begins at 10:30 a.m. For the benefit of the Animal Orphanage in Old Town. Con-tact: Roberta Fowler, 827-2658.

#### **Spring Thaw 2.5 Miler**

Race starts at 8 a.m. at the USA GYM and returns to this site. Registration before April 18th is \$10; thereafter, \$15. Forms are available from USA GYM (Union Street Athletics) or e-mail acbadger@msn.com or call 944-7125. Innovative Fitness, an organization of personal trainers which is holding the event, plans for half of the proceeds to go to the Greater Bangor Area Homeless Shelter.

### **May 7 - Saturday**

#### **Orrington FinishLynx 10K and Kid's 1 Mile Fun Run**

Starts and Finishes at the Center Drive School, Orrington. Race day registration starts at 8a.m. in the school. Kid's Fun Run starts at 9 a.m. 10K starts at 9:30. Awards ceremony will be at 10:30. Contact: Lara Rand, 825-3396.

**1st Race in the 2005 Sub5 Track Club Road Race Series**

### **May 15 - Sunday**

#### **Sugarloaf/USA Marathon & 15K**

Marathon starts at 7 a.m. at Cathedral Pines Campground three miles north of Stratton on Route 27. 15K starts at 7:30 a.m. at Ayotte's Country Store on Route 27 in Carrabassett Valley. Contact: Sue Foster, www.sugarloafmarathon.com or 237-6830.

***Either race qualifies as 2nd Race in the 2005 Sub5 Track Club Road Race Series***

#### **ERA for MDA Run/Walkathon**

5K starts at 1 p.m. at the Maine State Housing Authority Parking lot off Water St., Augusta. Registration opens at Noon. Entry: \$15. All profits go to MDA. Contact: www.ERAWEBBMDA.com

## On the Race Calendar

## **June 5 - Sunday**

### **14th annual Cobscook Bay 10K/5K**

Registration opens at 8:15 a.m. behind the Triangle Store on Route 1, Pembroke. Kids 1 Mile Fun Run starts at 9:30 a.m. 10K/5K races start at 10 a.m. Benefit: DownEast Hospice. Contact: Jonathan Aretakis, 726-5858.

**10K Race is the 3rd Race in the 2005 SUB5 Track Club Road Race Series**

## **June 11 - Saturday**

### **5th Annual Garelick Farms Bangor Y Main Street Mile Milk Run and Family Fun Walk**

Race day registration starts at 8 a.m. at the America's Best Inn. The first heat--Family Walk--begins at 9a.m. The Recreational Run begins at 9:20a.m. The Competitive Race starts at 9:40a.m. Contact: Sean Haggerty, 941-2815 or shaggerty@bangorymca.org

**4th Race in the 2005 SUB5 Track Club Road Race Series**

## **June 19 - Sunday**

### **30th Hampden 8-1/2 Miler**

Race starts at 8:30 a.m. at the Weatherbee-McGraw School. Contact: Skip Howard, 223-4715 or skippr@adelphia.net

## **June 26 - Saturday**

### **Tour DuLac 10 Miler**

Race starts and ends at the Bucksport Town Swimming Pool. (Pool open to runners after the race.) Registration opens at 6:30 a.m. Registration - \$6. (All proceeds are donated to SUB5 Track Club's scholarship fund.) T-shirts sold separately. Contact: Joan Merriam, 469-2019 or fmerriam@adelphia.net

**5th Race in the SUB5 Track Club Road Race Series**

## **July 4 - Monday**

### **23rd Annual Walter Hunt Memorial 3K**

Race starts in Brewer (at the Auditorium) and ends in Bangor (at the Parking Garage). Registration opens at 8:30a.m. Race starts at 10:45a.m. Contact: Dave Torrey, 989-2584.

**6th Race in the SUB5 Track Club Road Race Series**

### **3rd Annual "Friends on the 4th" 5K**

Run-Jog-Walk follows (mostly) the shore of Maranacook Lake in Winthrop. Contact: Robert Moore, 621-4100 or www.watershedfriends.com (Friends of the Cobbossee Watershed)