



Sub5 Track Club Newsletter

Volume 3

August 2007

President's Column

Welcome to the August issue of the Sub5 Track Club's newsletter. Hopefully you're having a fun and healthy summer so far. In this newsletter we have articles on the recent Cabot Trail Relay, an update from our High School and College Scholarship recipients, news on the TradeWinds Market Place Sub5 Road Race Series, and more. In addition, we'd like to have your input for the newsletter. Our Sub5 Newsletter Editor, **Donne Sinderson** would like your health or exercise tips, low-fat or low-calorie recipes, running stories, and your feedback on what issues you'd like the Executive Board to be involved with. Send it via e-mail to donne.sinderson@mma.edu. Thank you in advance for your active participation with your club!

Good running to you!

Ryan King

Streaking with Greaney

John Greaney from Brownville, Maine recently became a Sub5 Board Member in March. Here is an Interview about the streak:

RK: Tell me about the streak, how many days, what is your minimum, why did you start streaking, why won't you stop streaking and what do your grandkids think of it all...

Greaney: Ah, the streak! Almost had to end it today. I developed a pain in my left foot, out of nowhere, and could barely walk on it. I put some heat on it, walked around until the pain subsided, and then went out and ran 1.5 mi. on the road and now it's fine.

I started the streak Dec 19, '06, out of frustration over knee pain that kept me from running for over a year. I found that if I put 2% elevation on the treadmill and kept slower than a ten-minute mile, I could run without too much pain. From Dec. to March I ran only on the treadmill, gradually picking up speed and distance. In March I went to Florida, at first running on unpaved trails and grass, and eventually trying roads. The knee got better with use and almost all of my running is outside now,

although I try to stay on softer surfaces as much as possible.

As for the numbers, as of today I have 212 days straight and a total of 391 miles in the streak. My shortest run is one mile (plus a cooldown jog, which I don't count in total miles) in just under 11 minutes and the longest is 8.2 miles in 1 hour 15 minutes. The lowest week was 8 miles and the highest was last week, 21 miles. To officially qualify as a stalker, you must run a minimum of one mile per day (stalker rule #1).

I have minor surgery scheduled for July 31st, so the streak will probably end on the 30th. My mileage and intensity have built up to the point where one or two rest/cross training days a week are a pretty good idea anyway.

The streak has proved to be a great motivational tool for me, however. In the past I would sometimes take a couple of days off from running, which would turn into two weeks, or two months. I just hope that the discipline I've enjoyed over the last eight months helps me stick with it once I start taking rest days.

As for what my grandkids think of it, I think they're proud of me, but I can't seem to motivate them to run unless I sign them up for a race; and then they only run on race day. Go figure!

Cabot Trail Relay Maine Road Hags

By Janie Smith

When I come back from the Cabot Trail Relay, I usually speak in general terms, "the team ran great, we took 4 minutes off our time, we finished 13th overall and 2nd in the women's division, and one of our runners set a course record"; or I talk about the silly stuff I saw or heard: the Viking Mobile, the chicken hats, the kelly green underwear, the 3am fireworks at the end of leg 13, Superman's briefs that "left nothing to the imagination," the pancakes cooking on the grill in the gravel parking lot Sunday morning at the end of leg 16, and shirts sporting the phrases "eating skirt dirt, eh?" and "gently rolling hills, my ass".

Maybe it's easier and less revealing to talk about that than it is to talk about the feelings I am left with from the week-end. The anxiety of wanting to perform my best for the Hags. The subsequent acceptance of my performance -- a performance witnessed by so many -- however great or disappointing. The joy of seeing others run a PR, break a course record, or just finishing, knowing that they have done the best they could on that day, in that leg. The amazement in seeing those truly gifted athletes, in a league all their own. The trust developed over 24-48 hours, as others see me at my most basic, exhausted self, for who I am, not just who they believe me to be when they see me for an hour at a local road race. The gratitude I have towards all who made my Cabot week-end memorable: the race committee for setting a tone of excellence, the strangers cheering and encouraging me on my leg, the subtle words and gestures offered by friends on the Fossils, Maine-iacs, and Hag Teams.

I am thankful for the opportunity to run at Cabot; fortunate to be part of a such a memorable event.

Editors Note: The Maine Road Hags finished in 13th Place overall and 2nd in the Womens Division. Sherri Piers won Leg 14 for the Women's Division and broke the Women's Division leg record. Participating on the 2007 Maine Road Hags Cabot Trail Relay team were: Leg 1 **Samantha Matoush**, Leg 2 **Nicole Goodman**, Leg 3 **Janie Smith**, Leg 4 **Erin Brennan**, Leg 5 **Katie Churchill**, Leg 6 **Rosalea Kimball**, Leg 7 **Marilyn Hintz**, Leg 8 **Nichi Farnham**, Leg 9 **Katrina Bisheimer**, Leg 10 **Julie Laggin-Nasse**, Leg 11 **Sarah Kirn**, Leg 12 **Kate Dewar**, Leg 13 **Kate Goupee**, Leg 14 **Sheri Piers**, Leg 15 **Samantha Matoush**, Leg 16 **Mary Parsons** and Leg 17 **Patti Craig**.



Maine Running History 1909

Fascinating Freezing February Tidbits of Bangor-related running history!

February 2, 1909 – Portland Press Herald reported that T.S. Arthur of Hackensack, New Jersey, who will start from Portland in May to beat Weston's record across the continent, left [Portland] on a practice walk for St. John, New Brunswick, by way of Ellsworth and Calais. From St. John he will go to Halifax and farther east, planning to return and reach Portland early in May and rest there a few days before starting on his transcontinental walk. He takes the down east walk, which is through a snowbound country, to get himself in condition, he says. He has been in Bangor for two weeks, taking from 10 to 20 mile daily walks.

Arthur, who weights 163 pounds, is 27 years old and is of athletic build. He says that he is confident that he can beat Weston's record. He will be backed by a New York syndicate in his continental trip.

Recommended Websites Run For Hope



runforhope.org

Beyond the Running Clubs and Blogs that have been a presence on the internet for many years, road races have begun to have their own web pages created. Here is one of the newest ones to appear in our area!

The 25th Annual Run for Hope, directed by **Peter Daigle**, will be September 9, 2007. Check out the History section and see why this web site is Sub5's Website of the Month!

Cabot Trail Relay

Maine Running Fossils

By Robin Emery & Denny Beers

Co-captains Robin and Denny would like thank all the members of the 2007 Maine Running Fossils. This year we definitely raised the bar--and probably a few eyebrows--with our performance! Every member of the team gave at least 120% and we finished in 41st place...10 places higher than last year! Record times were set on 5 legs. Nice job Fossils! And, we beat the Highland Huggers (the bane of Denny)!

Tom Kirby, a new recruit, set the pace for the day on Leg 1 and finished in 27th place...just missing a Fossil record by seconds.

Rene put in a solid performance on the **Rene Collins** Memorial Leg 2 and improved her time from 2006!

Activated from injured reserve at the last moment, **Katherine Wilson** got in one 5-mile training run and set off for Baddeck, She gave a 140% effort and ended the Leg with a smile (or was it a grimace). Anyway, she was smiling after a few minutes having helped the Fossils.

Cindy Pare joined the team this year and tackled Smokey, one of the longest and most challenging Legs. She was rewarded with a hug from her husband and a Long Trail Double Bagger at the finish.

Judy Blake, another newbie Fossil, handled Leg 5 like it was a training run in Acadia and made it look easy.

Denny Beers ran Leg 6 and even with the encouragement of Coach Chris (how bad to you want it?) Almy, hit the wall about 40 minutes in but still managed to finish in 26th place. Nice job, Denny!

Robin Emery battled gale force winds (but not afraid to draft for part of the way) to realize the cherished goal of fossildom, not to finish last. She just missed the cutoff by 2!! seconds despite a PRECIPITOUS 5-mile downhill run.

Veteran **Dave Smith** trained down South all winter for Leg 8 and finished 29th in 1:06:32!

After two years on Smokey, **Nancy Lagin** decided to move to a night leg and get another mountain under her belt. She was rewarded (although she might not remember) with a beautiful clear night with a wonderful view of the Moonpath over the Atlantic.

We successfully kept **Austin (Stealth) Townsend Jr.** hidden most of the day and then quietly rolled him out at the end of Leg 9 for a warm up. He ran MacKenzie in 1:03:52, and came in third overall, beating the previous Fossil record by 12 minutes! Rumor has it that he may be pressured to join a "younger" team for the 2008 season.

After Leg 10, the rest of the night crew showed up and quietly went about their business (with a light stick and vest of course).

Downhill specialist Silver Fox **Steve Norton** did what every Fossil hopes for, he stayed within the times he has had for previous years, even faster than last year! Did he have another "out of body experience" this year? How to beat back Father Time (who looks suspiciously like some of us Fossils)!

Frank Woodard tried a new Leg (12) this year and brought the Fossils up to 39th place with a great time of 1:21:02 (8:17/mi). We're glad that jamming with **Dale** all night didn't slow him down!

Old Faht **Dick Storch** had a good, solid run, one of the faster Leg 13's in recent years...a great effort by one of the most veteran of our Fossil team. It was he who coined the term "Petrified Fossil" to describe our team.

New (youngest) Fossil **Judd Esty-Kendall** flew through Leg 14 and the Fossils climbed to 8th place. **Judd** captured the male Fossil record on his Leg. Seeing **Judd** at Cobscook the next week, we really appreciate his sacrifice for the team. We hope you can walk OK soon!

Former captain **Dave Wilson**, ran a solid Leg 15 only 6 min. off the record set WAY back in 1999. Not bad for 8 years later (and 8, count 'em, years older). His was the second fastest 15 ever by a Fossil.

Ed Rice—What can you say about a Fossil who rises from an injury and sacrifices his body for the team? Many thanks for putting it all out there (in the daylight even) and competing in the true Fossil tradition. One can only imagine the Finish Line drama on 16 this year. Thanks, **Ed**.

Anna Perna captured the female record on 17 this year despite having trouble managing both the official Fossil crutch and her stunning feather boa. They are still picking purple feathers off the street in Baddeck. Great run, **Anna!**

Again, thanks to all the Fossils and their support crews for making the 2007 Cabot Trail Relay such a memorable and fun time. Congratulations and Good Luck to the 2008 captains, **Rene** and **Anna!**

Cabot Trail Relay

Maine-iacs

By Ryan King

Just exactly when and where the first signs of the 2007 team began certainly is shrouded in mystery--although some will expect that a traditional get ready for Cabot speed workout during a cold winter night at the University Indoor Track probably started it all. We may have been thinking we were all training for a spring marathon, but always during the conversations, Cabot Trail would come up. Those who ran before knew the legends of the race and those who didn't were captivated by the stories.

Run fast forward to Memorial Day weekend. Decisions were made to either bring the family, or leave the family. Who we would ride with who and where we would all stay. Many of us stayed once again at the Telegraph House in Baddeck – the host hotel of the Maine-iacs! We held our team meeting in a room that is preserved in very much the same style and charm as it was when Alexander Graham Bell visited in the 1880s.

Rules were double checked to make sure the Maine-iacs would continue the tradition of not receiving a penalty and choices of who had large steaks and medium veggies were announced with a sense of humor by Captain **Newell Lewey**.

With a spirited cheer the meeting adjourned! Many of us then went down to the Baddeck Community Center to hear live music performed by a local band. We visited with many Maine Running Fossils and Maine Road Hags while trying to get the band to play "Ring of Fire." Perhaps the most interesting news from the Maine-iacs was the word that **Peter Dauphinee** was unable to attend this year's event. Thankfully **Steve McCarthy** was here and was willing to be a member and run leg 12!

Early on Saturday, many of the Maine-iacs headed to the Highwheeler to pick up the box lunch we had ordered the day before, and also get a delicious handmade blueberry scone and a cup of coffee. The group then drove over to the Gaelic College and saw the race begin!

Racing for the Maine-iacs this year were Leg 1 **Andy Goupee**, Leg 2 **Erik McCarthy**, Leg 3 **Peter Lodge**, Leg 4 **Judson Cake**, Leg 5 **Matt Hougan**, Leg 6 **Jefferson Ashby**, Leg 7 **Brian Hubbell**, Leg 8 **Tim Wakeland**, Leg 9 **Adam Goode**, Leg 10 **Chris* Almy**, Leg 11 **Karl Johnson**, Leg 12 **Steve McCarthy**, Leg 13 **Ryan King**, Leg 14 **Evan Graves**, Leg 15 **Newell Lewey**, Leg 16 **Rick Chalmers** and Leg 17 **Jeremy Lisee**.

After the finish in Baddeck, we made our way to the ice arena for the awards ceremony. With 1 course record, 6 leg victories, it can't be said enough that the entire team ran great legs! We all crashed for a few hours before heading down to the Yacht Club for revelry, dancing, and celebration. After waking up early the next morning, we headed back to Maine, Tim Bins and all!

Shoestrings & Sweatbands

When **Dottie Laber** created this column 4+ years ago it was intended as a way to get better acquainted with people... not only on the race scene... so...

Monday Night Runs from the Sea Dog at 6:00 pm continue! A socially acceptable time, distances and pace are negotiable, but 3-5 miles are usually routed on the Komen Race for the Cure Route or a shortened Bangor Labor Day Route. For more information about the runs, email **Pete Lodge** at peter_lodge@umit.maine.edu

Samantha Matoush finished 29th Woman Overall at the WildBear Triathlon in Poland on May 5, 2007.

Congratulations to the women's Sub 5 Track Club team of **Katrina Bisheimer**, **Samantha Matoush** and **Patti Craig** who won the Team Competition at the 27th Annual Walter Hunt Memorial 3K on July 4th in Bangor.

It's a boy for **Pam (Moll)** and **Harrison Clark!** Born June 19, **Andrew** was introduced to his first race--the Walter Hunt 4th of July 3K--via stroller. Foster brother **Johnathan** also rode in the Pam-powered vehicle while adopted big brother, **Isaiah**, ran with Dad. Congratulations to all!

Christy Stout would like to invite everyone to participate in the Komen Race For the Cure Race on Sunday, September 16, 2007. She is organizing a team "Towanda!" to support her godmother, **Wanda**, and would very much appreciate as many as possible to join in! Wanda is a 13 year breast cancer survivor and will be at this year's race. You can contact Christy for more information at (207) 843-7576. If you can't make it to the race in person, you can still "sleep in" or make a donation to Team "Towanda!" For more information go to komenmaine.com

Thank You! Keeping your membership active helps support the Sub5 Track Club programs and services that you look forward for the past 25 years. Did you know that in 1982 the Sub5 Track Club was organized? We have received many new members this year! Welcome to the new Members who have joined!

Sub5 College Scholarship Award Winner

Thank You

Sub 5 Track Club,

I really wanted to thank all of you for this scholarship. It means a lot to me and I really appreciate it. Hopefully I will represent Maine proudly running in New York, I'm going to try my best, I've been training harder then ever before. I wish you knew how much this money is going to help me, it was going to be a loan otherwise with a lot of interest. It is an honor to have been apart of such a great running conference, and I speak on behalf of the entire conference in thanking you for keeping all the results updated , the timing systems were state of the art, and the pictures that were produced were amazing as well. What Sub5 does for today's youth is not to be under-looked. It is extremely difficult feat getting the community involved in racing, having fun and staying fit while doing it, but you have accomplished this and so much more. I love this sport and hope to continue running through out the rest of my life and meeting amazing individuals such as yourselves. If there is anything I can ever do to help please feel free to ask. I have an interesting story as to how I got started in this sport and I would love to explain it to today's youth, almost as a motivational speaker. Again sorry this took so long but I cannot thank you all enough for the opportunity that this scholarship can present.

Sincerely,
Casey Quaglia

Sub5 High School Scholarship Award Winner

Thank You

Sub5 Track Club,

I would like to thank you for selecting me for the 2007 Sub5 Track Club High School Running Camp Scholarship. I will look forward to the opportunity to use it this summer.

Thank-you
Victoria Tracy
PCHS

2007 TradeWinds Market Place/Sub 5 Road Race Series Update

With six races now in the books of the 2007 TradeWinds Market Place/Sub 5 Road Race Series, two things are certainly noticeable. We have seen a larger number of participants in the events over the past few years and there are also a number of new faces who are doing well overall or in their respective age-groups.

Leading the overall series for the women is **Katrina Bisheimer** (39 Points), followed by **Samantha Matoush** (27 Points) and **Patti Craig** (22 Points). In the 29 and under women's age group leading is **Chloe Hintz** (28 Points), **Kate Dzurec** (25 Points), **Sally Peckingham** and **Annie Seekins** are tied for third with 16 Points. **Samantha Matoush** leads the 30-39 women's age group with 35 Points, followed by **Julie Ginn** and **Kristine Guaraldo** tied with 20 Points and **Nichole Brooker** (19 Points). **Katrina Bisheimer** also leads the 40-49 women's age group with 48 Points, followed by **Patti Craig** (35 Points) and **Dawn Cowan** (22 Points). In a closely contested 50-59 women's age group is lead by **Cindy Pare** with 37 Points followed by **Christy Stout** (35 Points) and **Marilyn Hintz** (28 Points). Leading the 60-69 women's age group is former Sub5 President **Rene Collins** with 45 Points, followed by **Robin Emery** (39 Points) and **Nancy Mills** (19 Points). Leading the 70 and over women's category is **Dottie Laber** with 30 Points, followed by **Leona Clapper** (9 Points) and **Christine Blackmer** (8 Points). For anyone who wasn't there Mrs. Blackmer is 96 years old who participated in the July 4th Road Race with her family!

There are also a number of runners who have competed in all 6 events so far. For women there are two known runners: **Katrinia Bisheimer** and **Abra Lodge**. For men there are also two known runners: **Ryan King** and **Chris* Almy**. There is only one known runner participating and volunteering in all 6 events: **Judd Esty-Kendall**.

Series Update Continued.

Leading the overall series for the men is **Erik McCarthy** (35 Points), followed by **Austin Townsend** (26 Points) and **Joe Capehart** and **Adam Goode** who are tied for third with 25 Points. **Erik McCarthy** also leads the 29 and under men's age group with 36 Points, followed by **Joe Capehart** (28 Points) and **Adam Goode** (25 Points). In the 30-39 men's age group, **Ryan King** leads (42 Points), followed by **Tim Tunney** (26 Points) and **Perry LeBreton** (20 Points). Leading in the perennial closely contested 40-49 men's age group is **Peter Lodge** with (40 Points), followed by **Chris Jones** (36 Points) and **John Peckingham** (33 Points). For the 50-59 men's age group, leading is **Austin Townsend** with 49 Points. Following closely behind is **Chris* Almy** (41 Points). and in third is **Larry Deans** (25 Points). Leading in the men's 60-69 age group is **Rick Roussell** (48 Points), followed by **John Tjepkema** (38 Points), and **Dave Samuelian** (20 Points). In the 70 and over men's age group leading is former Sub5 President **Dick Storch** (40 Points), followed by **Charles Clapper** (25 Points) and **Dick Dodge** (9 Points).

The series is now 6 races into the 11 races scheduled for the year. For more information about the series go to our website at sub5.com!

Sub5 Track Club Events

August 12, 2007 - Stockton Springs
Sesquicentennial 5 ½ mile Cape Jellison Road
Race (9:00 AM) Contact: **David Wilson** -
(207) 567-3726.

August 18, 2007 – 32nd Annual Machias
Blueberry Run (8:00 AM). Contact: **Sunrise
Opportunities** - (207) 255-8596.

September 3, 2007 – 45th Annual Bangor
Labor Day Race (9:00 AM). Contact: **Bangor
Parks & Recreation Office** – (207) 992-
4490.

October 6, 2007 – Race to End Domestic
Abuse 12K (9:00 AM). Contact **Angie
Alfonso** – (207) 564-8165.

The Sub5 Track Club Executive Board meets
on the fourth Wednesday of every month at
the Bangor Parks & Recreation Office, 900
Main Street in Bangor. 7:30 pm during Track
Workout season, 7:00 pm off season.
Meetings are open to the public and to
members!

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