

Sub5 News

Sub5 Track Club

October 2007

Maine Road Hags Race to the Beach

by Samantha Matoush

The Maine Road Hags made their American relay debut in the annual Reach the Beach Relay race beginning Friday, September 14th at Cannon Mountain in Franconia, NH. The nine members of this team began their journey at 11 am, and completed this epic race 25 hours, 48 minutes and 8 seconds later, placing first among women's teams and beaming with pride for one another.

Known as the longest running relay race in America, this adventure calls for teams of twelve runners to rotate through 36 transition areas, running a span of over 200 miles. With three fewer runners than other teams, each Hag was responsible for running four legs, instead of the prescribed three. This meant not only running more miles each (an average of nearly 23 miles per person), but less time to eat, change and recover before running again.

Runners traversed the White Mountains of New Hampshire, down the Kancamagus highway, through byways and back roads and ended with the smell of salt water at the Hampton Beach State park, 206.2 miles later. Unlike other relay races the Hags have competed in, this race is continuous, with no staged starts, and no time between runners. When a team began running, a member of that team continued to run until the end. As one runner completed her leg, she passed the token wristband, symbolic of a relay baton, on to the next who would immediately begin running.

The team was committed to an ordered sequence of runners. When runner #9, Janie Smith, finished, she passed the baton to runner #1, Jenny Johnson, and the dance began anew. If you weren't running, you were eating to run, searching for clean running clothes, talking about your next leg or finding your way to the next transition area. With so little time, sleep fell in priority and for many, was almost immediately written off. Soon, the next cycle would begin again, and runner #1 would ready herself again – dry socks, dry shirt, Where are my shoes? Is there any Gatorade? Where is the head lamp? Runners were required to wear a flashing safety vest and head lamp between the hours of 6 pm and 6 am. The unseasonably warm

weather and humidity left each vest sopping wet – a treat for the next runner in line!

As other teams were beginning their third and final leg with gusto, the Hags had to remember to hold back for one more leg. Battling sore quads, tight hamstrings, blistered toes and sour stomachs, the Hags ran on, fully fashioned in blazing red-sequined skirts, a trademark of the Hag tradition. Sleep deprived, under-fed, salty and sweaty, chilled at times, sweltering at others, over hills and mountains, through gusts of wind and rain, through glaring sunshine and in the pitch of night, the Hags ran. Each girl saw through the pain of long miles and displayed tremendous fortitude in reverence of one another, honoring the efforts of the other girls on the team. This arduous journey did not break the character of these runners, as they reached the beach first.

Maine Road Hags: Jenny Johnson (legs 1, 10, 19, 28), Katrina Bisheimer (legs 2, 11, 20, 29), Samantha Matoush (legs 3, 12, 21, 30), Marilyn Hintz (legs 4, 13, 22, 31), Sheri Piers (legs 5, 14, 23, 32), Kathleen Bell (legs 6, 15, 24, 33), Kristin Barry (legs 7, 16, 25, 34), Johanna Szillery (legs 8, 17, 26, 35), and captain Janie Smith (legs 9, 18, 27, 36).

Final results and further information can be found at: <http://www.rtbrelay.com/>



Marilyn Hintz, Janie Smith, Katrina Bisheimer, Samantha Matoush, Kathleen Bell and Johanna Szillery at the completion of the race. (Photo courtesy of Newell Lewey.)

“Novice” Runner at Large: Quebec City 2007 by John Craig

On August 26 at 8:59 am, I was standing at the starting line with my wife Pattie and our running friend Donne Sinderson, awaiting the start of a New Balance sponsored half marathon in Quebec City. My lack of training the past three weeks was far from my mind. My legs felt good and my lungs even better. The air was clean, humidity low, and the temperature a cool 65 degrees. Eight hundred and eighty-four runners began to move forward at the sound of the starter's voice, something in French I did not understand. The language barrier was not a factor, as we had no choice but to advance forward with the crowd. The start of the course was narrow and the chip on my right sneaker would not trigger my true starting time for more than a minute as I crossed the actual line. With Pattie far ahead of me in the race field, I ran beside Donne for most of the first mile. Several minutes into the race, I notice the sound of the pack as hundreds of running shoes struck the pavement within hearing distance of us. There was no wind, no voices, and no cheering onlookers in this section. Just the cadence of the runners, similar to marching soldiers out of step. That is one rhythm I will never forget. The soothing sound was interrupted moments later by an elderly Canadian woman shouting something from the sidelines and shaking her fist in the air. I found myself wishing I could have understood her, because the runners around us erupted with the universal language of laughter. She had obviously excited her fellow Canadians, because many racers traded comments of encouragement back and forth for several minutes, accompanied by more laughter. I shamed myself for not doing better in Mrs. Norton's French Class in high school, because I still find myself wishing I could have translated her words of motivation.

The evening before, Pattie had eased my concerns regarding runners in the full marathon passing me before the finish line. Being new to the world of running I found it interesting that the marathon, half marathon, 10k, and 5k were all started simultaneously at appropriate points along the course and ended at the same location. The course was marked off in kilometers, counting down to zero at the finish. Heck, I still have to stop and think how far a 5k and 10k race actually is in miles. I thought about slowing down and waiting for Donne, after all we had discussed her goal and I had none for myself other than to finish 13.1 miles, a distance I had never run before in my short career. With Pattie far ahead of me and with no chance of catching her, it was very tempting to run with a familiar face. After all, I was in a foreign country. I tried several times to begin a conversation with runners along the way. Each nicely replied in French or broken English that they could not understand me. It became clear to me why I run. Fighting old age is only part of it; the companionship of fellow runners is the rest. My pace was around 8 minute miles, I figured. Who am I kidding, I thought, I have no idea how fast I'm going. One thing was for sure, I could not keep up this pace for 13.1 miles.

Along the way, I was surprised to find the entire course closed to traffic, including one of the major highway bridges that crossed the St. Lawrence River. The government in Quebec was obviously taking this race very seriously. Working for Maine DOT, I fully understood what it would take to close a race course on public roads for 26.2 miles to all vehicles. I imagined the headlines in the *BDN*:

Marathon Cripples MDI. There were plenty of water stations, Gatorade, bananas, oranges, and GU along the course that hugged the beautiful St. Lawrence River. Several musical bands, along with many encouraging cheers from onlookers helped me along the way. Are all large races this well organized?

As the race continued I found myself at the 10k starting line with 56 minutes elapsed on my watch. 10k left, I thought to myself, let's see, that's around 5 or 6 miles to go. As I grabbed a cup of Gatorade from a race volunteer I looked back once again, hoping to find Donne gaining on me. The example Judd Esty-Kendall had set for me at Mount Washington this year came to mind. He showed me that sometimes it is more important to help fellow runners during a race, than seek accomplishment for yourself. He ran down and up the mountain several times near the finish line to run beside and encourage Rosalea Kimball, then Chris Jones, and finally my wife Pattie, to complete one of the toughest races I have ever witnessed. I decided that with 10k left I would see Donne again before the finish; after all, I still had the second half of the race ahead of me. At this point in the race the bands were more frequent and the crowds much larger. The language barrier had decreased, by the lessons in French that had been given along the way. I now knew how to say banana, water and orange in our neighboring country tongue. Even though I did not understand all of the sideline shouts, I knew most meant I was either doing a good job or they were telling me to keep going.

The 5k starting line came much quicker than I thought possible. What I had done was starting to catch up to me. My mind reminded me that it may not have been wise to just jump into a half marathon without training properly. Whatever happened to the good old days, when I was the picture guy? That was easy back then—a big cup of coffee to sip between taking some pictures at the start of a race and time to kill before the finishers came in. Those days are gone I told myself as I waited to pick the pace up at the end. When would I do it? Now, with 5k remaining, was too soon. I was too tired. I'll wait until the 3k mark; after all I had run the July 4th race in Bangor at a good time for me, with a surprising 5:41 first mile. I should be able to then, I thought. At the 3k mark I found myself still holding back and hurting more than I have ever



Donne, Pattie and John showing off their Quebec City Half Marathon medals.

before. I was tired and I could feel my right calf tightening. My pace must be slower, but I had no idea what it was. Finally with the finish line in site, maybe within 200 yards, a Canadian passed me, patting me on the shoulder and said what must have been “come on” in French as he made a follow me gesture with his right arm. I did, surprised that I had that much left in me. He congratulated me after the finish with a smile and a hand shake. My time surprised me at 1:50:39. I checked my own watch to make sure the clock was correct. At the end of the shoot a kind lady put a medal around my neck that said “Quebec Marathon 21.1 km”. It took me a few seconds to realize I was deserving of this medal and that 21.1 km was 13.1 miles, a half marathon. A few steps later I was handed a plastic shopping bag, which I tried to decline. After all, I didn't feel *that* bad. In English, I was informed that it was for the food tent ahead, where it was filled by race volunteers with cold yogurt, fruit, water and power bars. Pattie was waiting for me outside the gate after the tent, where we congratulated each other. She had beaten me by 7 minutes, was happy with her time and proud of me. Donne stayed strong on a day when she wished she had felt much better to finish in 2:05, a personal best for her. I apologized immediately for not staying beside her. She was happy with her PR and wouldn't hear it. I will make up for today, I told myself, at the MDI Marathon this year, where I will not enter, but run alongside Pattie, at least part of the way, and offer support that will help her meet her goal. That much I have learned about running from my new friends at Sub5.

<http://www.runquebeccity.com/en/accueil.php>

President's Message

Over the coming months, the Sub5 Track Club Executive Board is looking to assess itself and plan for the future. I encourage you to visit our website (sub5.com) over the next few weeks and complete the survey that will be linked on our home page. The Board hopes that reading the responses and evaluating the results will help us fulfill our responsibilities of being stewards of the club and, in a greater sense, the running community. I thank you in advance for your participation!

Ryan King

Shoestrings & Sweatbands

Congratulations to Charlie & Leona Clapper! They celebrated their 55th anniversary on August 9, 2007.

David & Katherine Wilson have set the date for the Jingle Bell Jog: Sunday, December 16. All are invited.

The University of Wisconsin women's cross country team won its third straight Pioneer Invitational, Saturday, September 24. The Badgers recorded a perfect score of 15 while sweeping the top eight spots and placing every runner in the top-20 at the event hosted by Carroll College at Minooka Park in Waukesha, Wis.

Leading the way for the Badgers was redshirt freshman Cassie Hintz (Stillwater, Maine) who took the individual title by covering the 5,000-meter course in 18:00.8.

Best wishes to Sub5 members & friends running the MDI Marathon on Sunday, October 14 - Ryan King, Pattie Craig, Mary Parsons, Austin Townsend, John Peckenham, and Beret Skorpen-Tift.

It's time to start planning for the next Cabot Trail Relay. This year the Maine Running Fossils team will be headed up by tri-captains Rene Collins, Joan Merriam, and Anna Perna. The race will be held on May 24 & 25, 2008. Deposits need to be sent to race officials in December. If you're over 50 years old and would like to join the Fossils this year, contact Rene Collins - 989-3428, Joan Merriam - 469-2019 or Anna Perna - 843-7905.

Congratulations to *BDN* columnist, Ryan McLaughlin, on his engagement. He popped the question to Chelsea Bouchard this summer. They're planning an August 2010 wedding when Chelsea finishes nursing school. You'll see Ryan soon as he's currently training for the Brewer Turkey Trot.

Come Celebrate the coming of a new age group for Ed Rice!!!!

Where: Anna & Earl's
When: Sunday, October 14
Time: 5:00 pm

Call 843-7905 for directions.
You are asked to bring a story to tell about ED!!!
See you there!!
Anna & Earl

Congratulations to Tom Thompson who recently retired after 30-something years of work at the Bucksport paper mill.

Journal Notes from a 20-mile Training Run by Donne Sinderson

Editors Note: Every weekend there is a group run that organizes itself (usually whoever has the blueberry muffins) in Bucksport. Often the 10-20 mile routes are in and around Bucksport, but sometimes include runs on the Carriage Roads of Acadia National Park. Those participating on this particular run were: Micah Pawling, myself, Barbara & Tom Thompson, Margaret Jones, Pattie Craig, Joan Merriam, Christy Stout, Dale Violette, and Laura Zegel.

January 28, 2007

Yesterday was cold and windy, so I thought it would be a hard 20. But when I woke up this morning and took Nick out, it was beautiful—sunny and calm, cold, but refreshingly so. It was a great day for a long run!

Drove off to Margaret's house with a half banana, four bites of bagel, a half cup of coffee and a small glass of orange juice.

Margaret was ready when I got to her front door. She was still a little sleepy, I think, because I praised the great weather and she looked at me a little annoyed. She'd heard weather reports of the bitter cold too, I supposed. We drove to Barbara's house a short distance away. She brightened along the way.

Barbara & Tom were ready for the onslaught. After we arrived and took care of the after-eats, Kristy came through the door with plans to do 14. Laura arrived soon after. My plan was to do two loops of the Tour de Lac race course in the reverse direction. Margaret and Laura would do the first loop with me, Kristy the first plus part of the second. Barbara would run the second loop with me.

Off we went, chatting up a storm—good news, bad news, recent events, ups and downs. There is so much happening in all of our lives.

At the halfway point of the the first 10, with the first two hills out of the way, I stopped for a minute to stretch against a stop sign. Feeling good, we commented again on what a beautiful day it was.

At eight miles we were having so much fun. We'd just finished singing "My Girl" and were heading toward the Central Street hill. I was thinking that this is so much fun, *and* that I get to do it all again. I must have actually said instead of thought this, because everyone looked at me and smiled. Laura ended up singing us up that hill.

With one loop out of the way, we arrived back at Barbara's house and noticed new cars in the driveway. Micah, Pattie and Dale had

arrived. Joan was also inside, having walked from her house a few doors down. I hugged Laura and Margaret since they had finished for the day.

Kristy and I made a quick pit stop and off we went for the second loop. Six runners began the second loop with me. It started out so very awesome - a fresh batch of runners, a beautiful day, and feeling fine. I thought that this 20-miler would be easy.

The first hill presented some tension in my lower legs, so I resolved to stretch again at the Cross Road halfway point. It ended up that Micah (who had been giving me and Barb a history lesson on Benedict Arnold) had to make a pit stop anyway, so a quick stop to stretch, water, and drain was agreed on for all. Micah must have picked a bare spot. I heard Joan and Barb give him a hard time when he reappeared. Continuing down the Cross Road, Barbara pointed out that I was three quarters of the way through the 20 miles. Joan told me I was "lookin' good."

Margaret was at mile 16, cheering us on from her front porch. The pace had slowed considerably. My lower legs were beginning to really talk to me. The Central Street hill loomed ahead. Micah, Pattie, and Dale brought me up that hill. Micah with a really bad, long joke. Dale reminded me that "pain is just weakness leaving your body." Pattie called from ahead, "You're almost there!"

I know that after that hill, it's not hard going, but the second time around it *was* hard going. My lower legs popped with pain. Micah asked me what I thought about at times like this. My husband and son came to mind at his suggestion, but it wasn't them, it was Micah, Pattie, Dale, Barbara, Joan, Margaret, Kristy, and Laura that I had really been thinking about. How they were running at this slow pace for me. How they made the time pass so quickly with their positive thoughts and bright banter. There was no way I was going to let them down.

We turned left toward the pool, crested the hill, and I felt more awesome than I've ever felt while running before. A shot of adrenalin had run through my body that was incredible. I shouted with joy and even picked up my pace. *Great* day for a long run!

Thank you for your friendship and support. Donne

***We'd like to hear from you!
Send your stories or journal entries
to donne.sinderson@mma.edu
or call me at 825-3868.***

On the Race Calendar

October 14	11:00 am	Black Bear 5K	Thad Dwyer	581-1081
October 21	9:00 am	North Berwick 5K Walk/Run Monster Mash	Becky/Julie	676-8500
October 21	9:00 am	Wildlands 10 Mile Race, East Orland	Peter Keeney	288-3909
November 12	10:00 am	Capital City Veteran's Day 5K & Run Run	Shawn Totman	242-5572
November 18	1:00 pm	Brewer High Turkey Trot	Brewer High School	989-4140

Visit www.sub5.com for more information.

Sub5 Race Series Update by David Wilson

Congratulations to all the remaining contenders in the 2007 TradeWinds Market Place/SUB5 Race Series! You can view the current standings, following the WomanCare 12K in Guilford (with 2 races to go), by visiting the SUB5 Website (www.sub5.com). These listings will show the runners who can still qualify for a place in the Series competition. There are some exciting challenges coming up in the Black Bear 5K (October 14) and the Turkey Trot (November 18). By the time you read this, only the last race will remain, and many of the final standings will already be known.

WOMEN'S STANDINGS:

In the overall standings, Katrina Bisheimer continues to lead with 40 points. A good measure, though, of the chances for the others is the average-per-race column, which shows Kristine Guaraldo with the best average, 9.3 points per series race, with 4 races completed. Should she do well at either of the final 2 races, her total will be very high. At 8.7 points per race is Kathleen Bell, but she must place high in both of the last 2 races to place well. Samantha Matoush, Pattie Craig, and Margaret Jones also could place in the top 3, with good showings in the last 2 races.

In the 0-29 women's age group, there are 11 remaining competitors, led by Chloe Hintz, with an average of 9 points per race. Two wins in that group would sew up the top place. Kate Dzurec has the next best average, but needs to run both remaining races to stay in the series. Others with good averages are Annie Seekins (4 races so far) and Sally Peckenhams (5 races); that should be a great duel of these two excellent high school runners!

In the 30's group, Kristine Guaraldo leads, but needs to run at least one more race. Julie Ginn has 5 races and will do well, unless Samantha Matoush and Kathleen Bell show up and show their best racing form.

Among the 40 year-olds, Katrina Bisheimer has an excellent record (9.8 point average), with 7 races run. Sisters Pattie Craig and Margaret Jones (together in the 40's for the first time) are tied for points and average. They will be competing for 2nd and 3rd place the rest of the Series.

The competition among the 50 year-old women has again been intense. Marilyn Hintz and Christy Stout are tied with 45 points each (both with 5 races completed). Down-Easter Debra Hubbard has nearly an equal point average, but needs to do both remaining races to qualify. Otherwise, Cindy Pare also could break into the top 3.

In the women's 60's group there are only 4 competitors left. Robin Emery has a perfect 50 points, but must look over her shoulder at Nancy Mills, who has only 3 races to date; Mary Alice Bruce will surely be in the top 3 if Nancy misses either race. And perennial 60's champ Rene Collins is almost assured another top-3 place.

The marvelous Dottie Laber has the 70+ group locked up. She not only has 50 points (the maximum), but there are no others with enough races to qualify for any place! Congratulations, Dottie!

MEN'S STANDINGS:

In the overall standings, Eric McCarthy leads with 48 points (with 7 races). More important, he has averaged 9.6 points for his best 5 races. The only other runner even close in average is Adam Goode, at 8.8 points; but he needs one more race to qualify. Other possible top-3 placers are Joe Capehart, Austin Townsend (in the over-50 group!), and Chris Jones.

The 0-29 group is almost locked up by Eric McCarthy, with 49 points, Joe Capehart and Adam Goode are good candidates for the next 2 places.

The rather "thin" ranks of the 30's group has only 5 runners eligible. While Ryan King continues to lead with 46 points for his best 5 races (he has run 9 so far!), a good performance in one more race by Perry LeBreton could give him the lead; he is averaging a perfect 10 points for his 4 races. Thad Dolley (5 races) and Tim Tunney (3 races) are doing well. If they don't all show up, Micah Pawling could take 3rd place.

Always a great speedster, Chris Jones leads the 40's with 49 points, and it looks like he can't be denied first place. The other top-3 are likely to be Peter Lodge (7 races) and John Peckenhams (8 races).

As usual, the 50 year-olds are beating each other up in grand style. Awesome (Austin) Townsend is unstoppable, having even won a race or two overall this year. Chris * Almy, and Judd Estey-Kendall, Brian Hubbell, and Larry Deans all have a chance to get into the other top-3 positions. But Chris * is the only one with 5 races, so the others need to show up! If they don't, Tom Kirby could snatch 3rd place.

The 60's group is a toughie. There are 10 runners who can still qualify, and the competition for 3rd place will be fierce. Of course, 1st and 2nd place appear again to be sewed up by Rick Roussell and John Tjepkema, with 49 and 45 points respectively. But the race for 3rd includes Mickey Lackey (5 races), Dave Samuelian (5 races), John Greaney (4 races), and David Wilson (3 races), all of whom have an average of 6 or more points per race.

The 70+ group has 3 remaining speedsters, led by recent 70's arrival Dick (Old Faht) Storch. His lead, 50 points, is unbeatable for first place; congratulations OF! But Charlie Clapper (4 races) and Jerry Herlihy (3 races) could both get prizes, if they show up. Come on, guys, go for it!

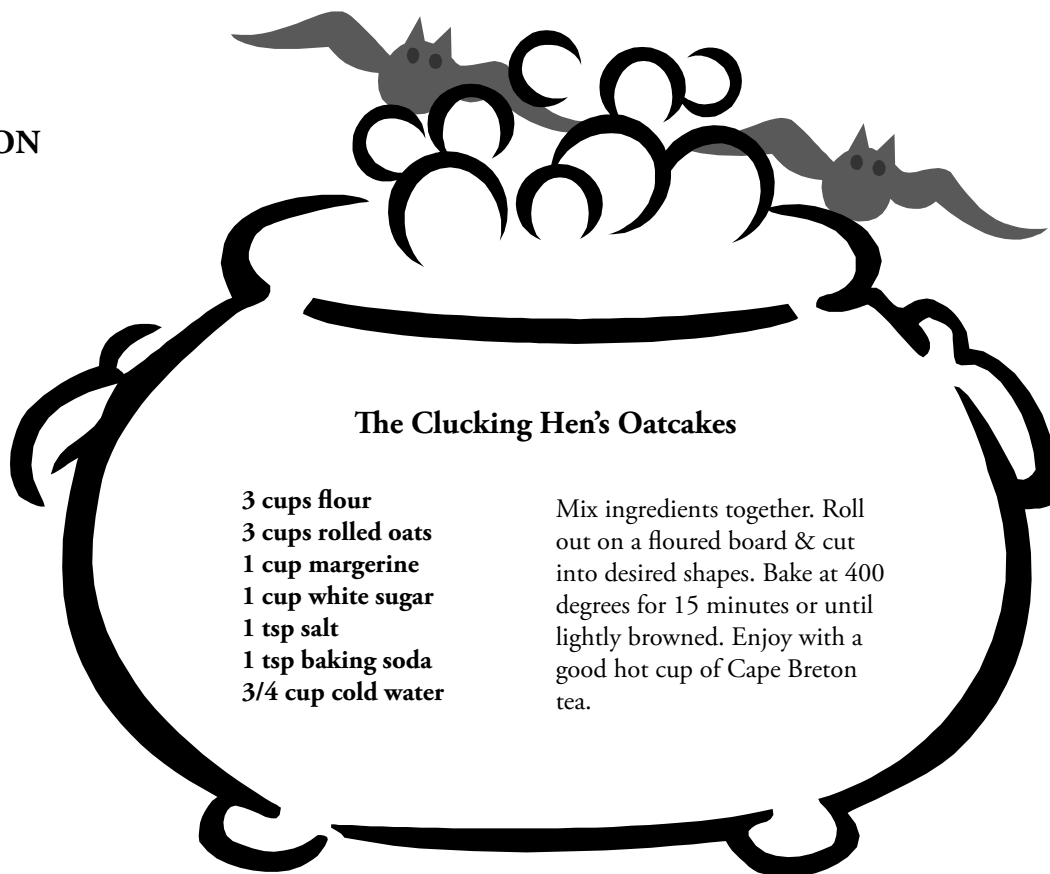


Sub5 Track Club

PO Box 63

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FROM
THE
CAULDRON



The Clucking Hen's Oatcakes

3 cups flour
3 cups rolled oats
1 cup margerine
1 cup white sugar
1 tsp salt
1 tsp baking soda
3/4 cup cold water

Mix ingredients together. Roll out on a floured board & cut into desired shapes. Bake at 400 degrees for 15 minutes or until lightly browned. Enjoy with a good hot cup of Cape Breton tea.