

# Newsletter

Sub5 Track Club

2005 No. 4

## President's Column

### A Means to Expand the Club

While there are several family groups in the club who compete in road races, this is not always the case. There are spouses/significant others of competitors who would like to run or walk but not compete. A means to include these people in activities of the club would be to have "group runs". Several persons have asked about getting together with others to do "group runs".

A few existing groups tend to be composed of runners of similar ability. I don't think that this always needs to be the situation. Runners of all abilities warm up together for the speed workouts on the track, yet finish in bunches--the first bunch composed of the elite and the other are a cluster of people whose race pace is slower than the warm-up pace of the elite. The same could occur in group runs. The groups also do not need to be composed of only competitive runners.

There already are several groups of persons who get together to run. Unfortunately, knowledge of these groups only spreads by word of mouth. I think it would be helpful if there were a list of these groups, telling where, when, the pace (if all are of equal ability) and a contact name and means of contacting the group.

All this being said and done, if you want to form a group or to have others join your existing group, please get the name and address of a contact person to me. I will make arrangements to have the information put on the Sub5 Track Club web site. — Dick Storch

### TradeWinds/Sub5 2005 Series Heats Up

-- by Judd Esty-Kendall

*It has been a bittersweet year for the Series. The Walter Hunt 3K, a race which supports our running club and was named for an athlete who died of a heart attack after exercise, saw the death of prolific racer Bill Pinkham from the same cause. As if in tribute to that tragedy, a huge number of people have competed this year.*

The largest division is the Women's 20 - 29 with 73 runners earning at least one point; the second largest is the Women's Masters with 66 point earners.

As of Labor Day, 300 men and 270 women had earned age group points. But since the real goal is amassing the most points, let's take a look at what patterns are emerging.

As if to show that some things never change, Charles Clapper holds a large lead in the **Men's 70+ division** with 44 points. Ed Raymaker (20 in two races) has beaten Charley twice and could be a threat if he runs the last three races. Bill Lawlor (17 in two races) has beaten Charley once and lost to him once and could also win if he runs the rest of the series.

The **Men's 60 - 69 division**, however, will never be the same. Bill Pinkham, competitive to the end, had amassed 40 points before his tragic death. He is well behind John Tjepkema (49), but remains a clear second. David Wilson, having an excellent racing season with 32 points in four races, should pass Bill, as could Gary Larson (18 points in two races) if he runs the last three races. Waiting to move in should the others not complete their five races are Greg Politi (28), David Jones (20, four races), and revered Club President Dick Storch (20, four races). *Nevertheless, there is a good chance that Bill will win his usual age group award. (Continued on page 2.)*

### Penquis Track Star Wins Sub5 Scholarship

Penquis Valley High School graduate Erin Beasley has been named winner of the 2005 Sub5 Track Club College Scholarship. Coached by her father since childhood, Erin took to Track and Field competition as a natural. She ran in Spring Track and Field for Penquis four years and served as team captain for three. During winter track she ran independently. As a junior Erin received Penquis High's "All-time leading scorer award". As a senior she was presented the Don Dow and Dale Curry Outstanding Girl Performer Award at the Penobscot Valley Conference Outdoor Track and Field Small School Championship Meet. *(More on page 12.)*

## TradeWinds/Sub5 Series *continued*

The **Men's 50 - 59 division** may not be the most exciting, but has the most asterisks. Chris\* Almy is in second with 45 points, while Judd\*\* Esty-Kendall is currently on top with 48. The real story, however, is Austin Townsend, Jr. (37, four races) who has been winning consistently in non-series races, won Machias, and was only 8 seconds back of Judd at Labor Day. If Austin does not run another race, Dave Samuelian (27), Bill Comeau (26), Ed Chesnet (23), and Denny Beers (21) will battle it out for third with Rick Lyons (17), Bruce Wirey (17), and David Jeffrey (16) all also having a chance if they run the three remaining races.

As usual, the **Men's Masters 40 - 49** is very competitive. Jim Newett is on top with 49 points and mathematically cannot be beaten, but the next two places are up for grabs. Chris Jones (42) is a precarious second with 49 year old Brian Hubbell (39) nibbling at his heels and a resurgent Newell Lewey (33) gaining points rapidly coming off a victory over Jim in Machias. Peter Lodge (33) and Larry Deans (26) are picking off anyone who falters, and the shadow of Andy Beardsley (20 in two races) looms in the background.

The **Men's 30 - 39 division**, curiously, has a lot of participants (59), but not many who have run more than a couple of races. Phil LeBreton already has 50 points and can't lose, while Ryan King with 45 points has had a breakout year and has a pretty good grip on second. Duane Wardwell (24) is solidly in third, although there is a trio of veterans who have run only two races; Jeff Sands (17), Steve Connor (14), and Kenny Cushman (11); who could challenge Duane and Ryan if they run the remaining three and run well.

Judson Cake has a clear lead in the **Men's 20 - 29 division** (49) with last year's winner Mike Bunker (39 in 4 races) second. However, since one of them will win overall, Adam Goode (40) actually looks a solid second, while Tommy McWalters (29 in 3 races), Eric McCarthy (27 in 4), and MDI's Matt Woida (23 in 3) are battling for third. This could all shift up a notch if Mike doesn't run another series race.

The **Men's Open** mirrors the 20 - 29 division. Judson holds the lead with 49 and Mike has 39 after 4 races. To make matters inter-esting, Mike has beaten Judson 3 times in the series, while Judson has only beaten Mike once. Mike needs two more race victories for a chance to win, although with the number of races he has run, Judson will prevail in tie-breakers regardless of what Mike does if he wins one more. Adam Goode, who has had a great racing season, is a solid third (39), while perennial contender Phil LeBreton (34) and the ageless Jim Newett (30) round out the top five.

There is little doubt in the **Female Open** category, as Cassie Hintz is running away from the rest of the field. Despite experimenting with the unorthodox tactic of adding an extra few hundred yards, she won Labor Day easily and already has a perfect 50 points. Kathleen "The Professor" Bell, who has had an excellent year and is right behind with 48, could win if she wins two more races and Cassie doesn't win again, but Cassie is running at a level that few of us even aspire to, and it is hers to win or not.

To make matters worse, Cassie's mother, Marilyn, is tied for 3rd with MDI's Kate McGuire at 26 points apiece. Although Kate has only run 3 races, Marilyn has had an awesome series. I think that this is the latest in any racing season where a parent and child are in the top 3 overall. The Almys and the Leweys had better get moving or they are . . .

## Series Races to Go

### October 1 - Saturday

**Race to End Domestic Abuse. 12K. Guilford. Contact: Karen Prescott, 564-8165**

*10th Race in the 2005 TradeWinds MarketPlace/ Sub5 Track Club Road Race Series*

### October 23 - Sunday

**Black Bear 5K, Orono. Race begins at 11a.m. Contact: Thad Dwyer, 581-1081.**

*11th Race in the 2005 TradeWinds MarketPlace/ Sub5 Track Club Road Race Series*

### November 20 - Sunday

**24th Annual Turkey Trot, Brewer.**

**Race begins at 1p.m. Contact: David Jeffrey, 825-3403.**

*12th (and final) Race in the 2005 TradeWinds MarketPlace/Sub5 Track Club Road Race Series*

## TradeWinds/Sub5 Series *continued*

In the **Female 0 - 29 division**, the only question is who, if anyone, will run the necessary 5 races to qualify. Assuming that Cassie wins overall, Kate McGuire leads with 27 points and will win if she runs two more races. That leaves two places to fill, and there are six runners who have completed two races and hence have a shot; Kate's fellow Hag Abby Weissman (17), Helen Pottle (15), Tonya White (14), Monica Minson (13), Abra Iwanko (9), and Meegan Bolduc (6).

Kathleen Bell has a perfect 50 in the **30 - 39 age group** with Katrina Bisheimer, at age 39+ and holding, a strong 2nd (34 in 4 races). Patty Craig looks like a good bet for 3rd with 31, but Laura Bagley and Misti Guerin both have 24 in 3 races, and Angie Ewing and Tracy London, each with 19 in two races, could challenge if they run the rest of the series.

The **Women's Masters (40 - 49)** is highly competitive and worth watching. Margaret Jones leads (45) with Janie Smith a close second (44), while Mary Parsons has 36 after 4 races. Margaret, who is really racing against Katrina's approaching shadow, should win, but second is far from settled. Although Janie beat Mary at Orrington and Walter Hunt, Mary got her back at Labor Day. Watch these two in the next three races. If Mary doesn't run again, former President Nichi Farnum (35) is poised to take 3rd.

The **Female 50 - 59 division** reads like a who's who of Maine Running. Marilyn Hintz leads with 49 and Sheila Hodges is solidly in 2nd with 45 on the strength of five 2nd place finishes. Patrice Lastufka has 37 after 4 races and beat Sheila in the Tour back in June. Hall of Famer Robin Emery is fourth with 29 after 4 races. Cindy Stout, who has run only two races but has 18 points, could challenge if she competes in the remaining three, as she beat Marilyn on the Tour and was third to Marilyn and Sheila at Fort Knox.

Rene Collins is in command in the **60 - 69 age division** with 49 points. Katherine Wilson (42) and Mary Alice Bruce (41) are second and third respectively, but both must watch out for Marcia Politi who has 38 in four races and has been faster than both of them every time they have raced.

No one in the **70+ age group** can run enough races to qualify, but both Ellie Rand and Leona Clapper have 10 points each. Considering all the lifetime obstacles to running, and sports in general, for women over 70, these points loom as large as those the overall leaders have put up.

As we age, each race completed becomes, as Bill Pinkham showed us, a victory over far more than simply our opponents. *Run hard, run strong, and remember what a privilege it is to compete in, and to finish, each and every race.*

## GROUP RUNS CORNER

This space is reserved for information about group running.

Existing groups willing to welcome new members and folks looking for a group to join are invited to

As mentioned in his front page column, let Club President Dick Storch know the who, what, when, where, pace information.

Dick can be reached at 866-4290 or online, [REN700@maine.maine.edu](mailto:REN700@maine.maine.edu)

## Do You Need A Multivitamin?

by Lynn Bolduc, RD

It seems like most athletes I know fall into one of two categories with their eating habits. The first category eat so perfectly—a dietitian’s dream—and the second category use their exercise as an excuse to eat whatever they like. Those who know me probably know that I am somewhere in the middle—always thinking I should eat healthier but grateful for the exercise that affords me a few extras. One thing I try to do every day though is to take a multivitamin/multimineral supplement—and just in case you are wondering, it is a children’s chewable supplement (easier for me to keep the whole family on the same thing).

Most athletes who do any kind of distance running (or other sport) end up being able to take in more nutrients just because they end up burning and eating more calories. Nutrients from food are better absorbed than from supplements so that old saying “food is best” rings true here. But a broad range, reasonable dose vitamin/mineral is probably a good bet for your health.

Some individuals are higher risk than others and should take a supplement every day such as:

- Vegetarians
- Those on diets (ex. consuming less than 1500 calories a day)
- Those with severe food allergies
- Pregnant, planning a pregnancy or breastfeeding women
- Picky eaters
- Elderly
- Those with a history of vitamin/mineral deficiency

When looking for a supplement keep in mind that you should spend no more than a few pennies a day. *Paying more may only lead to expensive urine.* Some things to look for:

- A broad-based supplement that supplies 100% of the DV (daily value) including both vitamins and minerals
- Avoid supplements with excessive amounts of the DV of minerals—some minerals can compete with each other for absorption
- “USP” on the label—a guarantee of dissolvability in your body
- Men--and women who are beyond menopause--may not need the 15-18 milligrams of iron most vit/mineral supplements provide and may want to consider a “senior” formula which is usually lower in iron
- Natural and synthetic blends are fine
- Large amounts of calcium and magnesium can NOT fit into your vitamin so they may need to be taken separately.
- Taking your multivitamin with food and water may increase absorption

**Antioxidants**—best to get them from brightly colored fruits and vegetables unless your physician prescribes them to you. Remember, some nutrients taken in large

Send your questions or ideas for columns to Lynn at [duccab@netzero.com](mailto:duccab@netzero.com) or 246 Lincoln St., Bangor 04401

doses mimic medicines so you will want to share your supplement regimen with your physician.

**Vitamin E** is an antioxidant that is difficult to get in adequate doses from your diet. It is found in fat and if you are on a low-fat diet your intake may be quite low. Check with your physician regarding a supplement.

**Vitamin D** is actually a hormone that your skin can make upon sunlight exposure and it helps you absorb calcium. Production occurs only if the sun is at the right angle in the sky and for us in New England that is from April through October. Ability to produce Vitamin D decreases with age and sunscreen use (SPF over 4 blocks production). Its production is also limited early in the day or later in the afternoon. Dietary sources (namely milk) are minimal so without a supplement your diet might be lacking. Most vitamin/mineral supplements provide 400 IU which should be sufficient unless you are over 70 years of age when needs increase to 600 IU.

*Another option would be moving south for the winter—that is, as long as you get out and enjoy the sun when you are there.*

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

**A BIG WELCOME HOME !!!** to Steve Campbell. Since returning from Iraq September 1st Steve has been absorbing Maine's Fall weather and getting back into the running scene. He and his daughter, Caitlin, ran the Maine Komen Race for the Cure and the whole family plans to enter the Turkey Trot!

~ ~ ~

Chuck Lawrence, owner of our TradeWinds Market Place co-sponsor, is training to run the Harrisburg, PA, Marathon in November.

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Congratulations to Cassie Hintz who finished 2nd in the Nike Race of Champions at the 7th Great American Cross Country Festival in Cary, NC. Cassie's time in the 5K was 17 min., 35.1 seconds...less than 30 seconds behind the winner.

~ ~ ~

It was wonderful to see the many runners who also have an interest in music strolling among the throngs at Bangor's first American Folk Festival!

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The Voice of Racing--Skip Howard--is still on the air on WZON Wednesday mornings at 6:35 (give or take a few minutes). Pass along your racing news to him at 223-4715 or skippr@adelphia.net

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Look for Stephanie Peavey offering fitness tips Wednesdays on TV5 News at Noon.

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Sub5 Club's current membership is 172 individuals/147 households.

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Many thanks to all who contributed to this issue, who include: Judd Esty-Kendall, Mike Brooks, David Smith, Lynn Bolduc, Anna Perna, Jeremy Durost and Dick Storch.

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ESPN caught the start of the Machias Blueberry Run in their coverage of the Blueberry Festival in August...as seen in California by Pete Lodge's son.

**SAVED BY MY RUNNING LOG!!**

### **Survey Anyone???**

Interested Club members are invited to take part in an online survey about Nike athletic footwear.

The survey is the project of a doctoral candidate in marketing (and is not being sponsored by anyone) at the University of Rhode Island. It is estimated to take about 10 minutes to complete.

The online survey is located at <http://www.cba.uri.edu/ashley/start.htm>

If you have any questions, call (973) 626-6051 or email [cashley45@mail.uri.edu](mailto:cashley45@mail.uri.edu)

## by Dave Smith

*Prologue: I have kept a running log faithfully since 1978, recording mileage, speed, race results, trips, injuries, and general health items. Over time, a running log will not only track one's running program, but also give clues to larger issues. It is largely because of my running log that I am writing this article and not pushing up daisies at Silver Lake cemetery in my hometown. Excerpts from several years' logs help make the point.*

**Throughout 2001, the log indicated that my running was about what I expected, given 23 years of running, modest annual mileage, and creeping old age. Energy level was high, and I raced 18 times, despite losing four weeks to a hamstring injury.**

DATE	1/20/01	9/3/01
EVENT	5K NMB race in 22:51	5K race in 22:23
COMMENT	Felt very good	Felt good; sprint at end
	5/19/01	9/15/01
	5K race in 22:50	Half marathon in 1:46:36
	1/10 AG; felt good	8:08 pace; felt strong at end

***By mid-2002, strange things began to happen during running. I often lacked energy and frequently had to stop to catch my breath in the middle of easy training runs. Lost nine weeks to hip pain. My 5K times jumped from the mid 22's to the high 23's or higher, and I raced only 8 times. Began to avoid group runs with Club members as I was having to run slowly and stop frequently.***

DATE	5/15/02	
EVENT	4.5 mi. @ Lake in 38:38	
COMMENT	Stopped 6-8 times to catch breath	
	7/25/02	10/5/02
	5K race in 25:12	5.0 @ Lake in 42:20
	Walked 5-6 times; no energy	Stopped 4 times; still can't breathe!
	9/21/02	10/12/02
	Half-marathon in 2:00:15	5K race in 23:48
	Walked 8-10 times; tight chest	Slow time; walked once

***In 2003, the downward trend continued, as the log showed. Although I ran 14 races, the results were often disappointing. 5Ks in the 24-25-minute range became the norm. I had to stop to breathe on virtually every run.***

DATE	5/10/03	8/6/03	
EVENT	5K race in 24:32	3.5 miles in Hugh MacRae Park in 31:50	
COMMENT	2nd slowest 5K ever; hard to breathe	Had to stop 6-8 times	
	6/20/03	9/20/03	12/27/03
	3.0 miles in 27:11	Half marathon in 1:54:06	7.0 on Rails to Trails in 65:20
	Chest tight entire run	30 sec/mile slower than 2001; walked some	Stopped a lot.

(Continued on next page)

**SAVED...**(continued)

**By 2004, the old running log was recording more and more difficult runs. As the entries point out, my running was in a slow downward trend, both in quantity and quality over the past two years. I spent many unhappy hours running poorly and wondering what was causing it. Was it injuries? Burnout? Work stress? Old age? Thinning hair? Scotch whiskey? All or none of the above?**

DATE	3/2/04	9/18/04
EVENT	4.5 miles at Lake in 39:10	Half marathon in 1:56:54
COMMENT	Stopped to catch breath several times	3 min. slower than 2003; walked 4 times
	6/15/04	12/24/04
	2.0 miles at camp in 17:30	5.0 on Rails to Trails in 42:52
	Stopped 4 times to breathe	Run 9 min., walk 1 to catch breath.
	12/31/04	
	Year end summary—only 735 miles vs goal of 1040	
	Breathing problems all year. Stopped often in middle of runs. No sustained speed in races.	

**By the end of February 2005 I had run only 115 miles for the year, compared to my normal 180 or so. I reviewed my logs for the past four years and concluded that my running had deteriorated faster than could be attributed to any of the usual factors.**

DATE	1/19/05
EVENT	3.0 on track. 1st mile 8:51
COMMENT	Stopped every ¼ mile. What is wrong with me? No breath! Also left chest tightness.
	1/25/05
	3.0 in woods in 32:00
	Run 4 minutes, walk 1. Terrible run; no energy and no breath
	2/27/05
	2 X 1.0 mile on treadmill in 11:23 and 9:26
	Left upper chest very tight. HR up to 150 @ 10 minute pace!
	Made doctor appointment for 3/1/05
	3/5/05
	3.0 miles in park in 31:30
	Run 4 min/walk 1. Chest very tight. Stopped 6-7 times

**On March 1, 2005, I had a complete physical, including blood work. Results showed NO risk factors for heart disease. I found this hard to swallow, as nearly every run was now accompanied by chest tightness and pressure, although no sharp pains. Plus, my log showed that my performances were deteriorating rapidly. After several more fruitless workouts, I insisted that the physician get me an appointment with a cardiologist.**

(Continued on page 8.)

## SAVED...(continued)

Feeling a bit self-conscious, I showed the cardiologist my running log summary, and described the symptoms and my family history. He scheduled a cardiac catheterization for the next day. The results were both a relief and an alarm: there were five 70-90% blockages in two major arteries, plus a blood clot! No wonder I had "tightness" in my chest. The running log was right!

After six days in the hospital, with five stents in my heart and the clot dissolved, I was released feeling much better, but weak. In the ensuing five months I have been slowly coming back, with better runs, no chest tightness, and more enthusiasm.

It would be a storybook ending to say that I am now running at the 2001 level, with great energy and success. However, I have come to believe that any competitive racing days are over. The heart medicines that I must take contribute to fatigue, and I can't do the hard training one must do to race competitively. (And there is also the fact that I'm rapidly becoming older than dirt.....)

After 27 years of racing, with over 500 races and 26,000 training miles behind me, this has not been easy to accept. As my running friends will confirm, I have loved getting every one of the trophies, plaques, medals, ribbons and pelicans I've been fortunate enough to win—mostly in obscure races in places like Chadbourn, Spivey's Corner, or Grifton.

So just as in our larger lives, the stages of our running lives are played out as we battle injuries and age to keep competing at something near the peak of our natural potential. It has not been easy to accept that the PR days are long behind me. I will still show up at occasional races, but probably more often to work the finish than sprint to the finish. But I am very grateful every day that I'm able to lace up my Sauconies and run through the woods. With luck and a good doctor, maybe I can make the pleasures of running stretch into a l-o-n-g lifetime.

*Editor's Note: In early September, Dave led a group climb of Mt. Katahdin. At 64, he was the youngest!*

*Dave sometimes lives at Alamoosoc Lake, sometimes in Wilmington, NC.*

## From the Cauldron

### Orange-Bran-Flax Muffins

1 1/2 cup oat bran  
1 cup all purpose flour  
1 cup ground flaxseed  
1 cup wheat bran  
1 TBsp baking powder  
1/2 tsp salt

2 oranges, quartered and seeded  
1 cup brown sugar  
1 cup buttermilk  
1/2 cup canola  
2 eggs  
1 tsp baking soda  
1 1/2 cup golden raisins

Preheat oven to 375 F. Coat tins with cooking spray or what you like.

In a large bowl, combine oat bran, flour, flaxseed, wheat bran, baking powder and salt. Set aside.

In food processor combine oranges, brown sugar, buttermilk, oil, eggs and baking soda. Blend well.

Pour orange mixture into dry ingredients.

Mix until blended. Stir in raisins.

Pour in muffin tins and bake for 18 to 20 minutes or until toothpick inserted comes out clean. Cool in pans for 5 minutes before removing to cooling rack. Makes 24 muffins.

Per muffin: 186 cal, 4 g pro, 30 g carb, 8 g fat 1 g sat fat, 18 mg chol, 3 g fiber 140 mg sodium, 4 g flaxseed

*(I sometimes substitute blueberries for oranges, apple sauce for oil and it works! --Anna Perna)*

One great thing about running and walking is that they are (comparably speaking) an inexpensive sport. The only equipment “necessary” is the stuff that you wear, ie., shoes, socks and clothing. There are, however, a number of things available that can help make your runs more comfortable, which in turn makes the whole experience more pleasant. Here are 10 suggestions of things that, based on years and years of working with runners and walkers (and running myself), may be beneficial to you.

**1. Moisture-wicking socks.** These are a must. If you haven’t gotten away from cotton yet, you don’t know what you’re missing. Socks made with material such as CoolMax not only keep your feet drier, but they also help prevent blisters. Cotton soaks in sweat and keeps it in the sock.

**2. Replacement insoles.** These are a great way to enhance the overall performance of your shoes. They can add cushioning, durability, stability, support, as well improve the fit of the shoe.

**3. Technical Clothing.** Like the socks, many clothing items are now made with a very breathable and moisture-wicking material. I would find some to try. There is nothing worse than having a soaking wet shirt weighing you down. You can find clothing that keeps you dry and cool in the summer, and others that keep you dry and warm in the winter.

**4. Bodyglide.** Bodyglide is an item that resembles a stick of deodorant, and you glide it on your skin wherever you need it. It helps prevent symptoms of skin irritation including blisters, chafing, rash, dryness, cracked skin, and saddle sores. Great stuff for if you suffer from any of these symptoms.

**5. Reflective gear.** A self-explanatory item, especially heading into the fall and winter months. With such short days, many of us are running or walking when it’s still fairly dark out. Safety first!

**6. “No-tie” laces.** We carry a product called Yankz, which replaces the standard laces on a shoe. It allows you to slip your foot in and out as needed, but snug enough to keep your foot secure throughout any type of run. They were created with Tri-athletes and Marathon runners in mind. With this product, you never have to worry about your shoes coming untied.

**7. Energy gel such as Gu.** This is a quick way to regain energy, especially on those longer runs. No more “hitting the wall” at the end.

**8. Water Bottle holders.** Hydration is very critical, and you should never be too far away from home without water.

**9. Waterproof Spray.** Especially for you trail runners/walkers. A dry foot is a happy foot. Most of them work on clothing as well.

**10. Heart Rate Monitors.** They allow you to stay “within” yourself. You can program them to keep you from pushing too hard, as well as from not pushing yourself hard enough.

If you haven’t tried some of these items, they are definitely worth looking into.

As always, Sub 5 members get an additional discount at our already reduced prices at the Saucony Outlet Store.

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

Jeremy Durost, Manager  
Saucony Outlet Store  
83 Farm Rd.  
Bangor, ME

**13th Annual Pancake 5K Road Race**  
Sunday, Oct. 9, 2005  
Belfast, ME

Registration: 8 - 9:15a.m.  
at Belfast Area High School

Race Starts: 9:30a.m.  
Contact: 342-5204

## Goals Met... "Thank You"

Last year I set out to complete the 135-mile Badwater Ultramarathon, buckle (finish in 48 hours or less) , and climb Mt Whitney at the end of the race. I did achieve these goals. Last year I also had another goal. I told the people at Camp Sunshine--a retreat on Sebago Lake for critically ill children and their families--that I would raise \$25,000 for them. This turned out to be the goal that took the longest but was the most rewarding.

The Badwater race was only part of the fundraising effort to raise \$25,000. Camp Sunshine set up a website for me [www.runningonthesun.org](http://www.runningonthesun.org)

Then there was a bake sale put on by City of Auburn employees.

Next I did a 12-hour walk/run on the quarter mile track at the Auburn high school where students were let out of class to join me if they donated \$5. This was a rewarding experience for me to meet these students who are just a great bunch of young adults. It made me realize you usually only hear about the bad ones.

Black Bear Graphics heard about the fundraiser and donated "Running On The Sun" t-shirts that we sold.

The Auburn YMCA started to help me by setting up a Camp Sunshine (sometimes called C.S.) table at their Wellness Weekend in June. Gary Dow of the Auburn Y made posters for me and also wrote an article about the Badwater/Camp Sunshine Fundraiser. Tish Caldwell started selling t-shirts, helped get donations at a motorcycle ride for C.S. and along with Katie Hunter arranged for me to get a large amount of free Advocare health products for the Badwater run. Tish also helped keep me healthy by her yoga classes at the Auburn YMCA.

Fitness World donated the use of their sauna so I could heat train for the 120+ degree temperatures. Ken Richards, my massage therapist, who works out of Fitness World, sold t-shirts, gave me a free massage and arranged for me to speak to a group of firefighters who donated to C.S.

Next came Badwater and without the crew I had out there keeping me "fed, watered and healthy" I never would have finished the race. The Lewiston Sun Journal carried my race progress daily in the paper which helped raise additional funds.

The Maine Sportshoe Center Marathon arranged on their website for donations to be made directly to my fundraiser. They also donated \$40,000 directly to Camp Sunshine !!!!

The New Balance 5K road race in Skowhegan along with the Turkey Trot 5K in Cape Elizabeth

*Editor's Note: Mike Brooks lives near Lewiston-Auburn, but he is a member of the Sub5 Club and, in fact, he ran in this year's Labor Day 5-Miler.*

donated proceeds to Camp Sunshine. The Clam Festival Classic 5 Miler in Yarmouth also donated.

After all this I still had about \$5,000 to go so I decided to do a 24-hour race in June 2005 at Minneapolis, Minnesota. This race brought in a little over \$4,000. Quite a few people and businesses that had donated already donated again! This was one of the many pleasant surprises I had doing this fundraiser. I was now at \$24,300 and decided to send out an email to the Portland Rotary Club telling them how close I was to my goal. I know two of the members because they put on a pasta feed the night before the Maine Sportshoe Marathon earlier. Almost immediately I got a positive response and a few days later received a check for \$750. **I finally made it!**

I have raised money for different charities on a yearly basis since 1992 but never this much. At first this seemed an awesome task but it turned out to be not a task but an awesome experience.

I met the nicest people...their generosity with both their time and money was inspiring. ...The time the lady on social security stopped me with a donation.

...The guy who handed me a large sum of cash just before the start of a road race saying "this is for Camp Sunshine" (he drove an old beat up car).

...The soldier I met at a marathon in Nebraska who was going to Iraq who made a donation before she left.

... Friends and relatives that helped raise money from their friends and businesses where they worked.

...When I went to some businesses and told them I was raising money for critically and terminally ill children they would get out their checkbooks.

## "Thank You" *continued*

### **Campers' Comments**

Anyone who visits Camp Sunshine goes away realizing what a wonderful and important place it is. Following are a few short comments from Campers.

Madeline Prior, age 3, whose sister, Abigail was diagnosed with brain cancer simply wrote, "thank you" on a handmade card.

Her mother wrote that "what is so great about Camp Sunshine is that they treat all children as special. Madeline also gets equal attention here."

Ben Peters, age 10, wrote "Thank you for all that you do."

Max Peters, age 4, wrote "Thank you."

Charlie Peters, age unknown, said, "Thank you for letting me to camp sun shine."

Gayle Schorr wrote, "Our youngest daughter was diagnosed with leukemia in January 2004. Our family has just returned from our first visit to camp (their first vacation since the diagnosis) Thanks to your efforts we were able to enjoy a nice week where our children could play, swim, canoe, and do arts and crafts....We thank you from the bottom of our hearts...keep up the good work...you are a ray of sunshine to those who are fighting such life threatening illnesses."

It was the same with many of the firefighters throughout the state, Auburn and Lewiston firefighters especially. At the Industry Fire Department I met with fire departments from around the area and they all made donations along with the County sheriff.

Above are just some of the people who helped me and just a few of the donations I received. There are just so many people to thank. For a partial list of sponsors, to learn more about the Badwater race and Camp Sunshine go to [www.runningonthesun.org](http://www.runningonthesun.org)

With my goals reached it is now time to think of what's next for a fundraiser for next year?

***Thanks to everyone who helped,  
Mike Brooks***

# Erin Beasley - 2005 Sub5 College Scholarship Winner

## Why I Participate in Track and Field:

I have been competing in track and field since I was in middle school. As a varsity captain on a close-knit team, it has been a very important experience for me. The socialization that occurs with my teammates and the teamwork we have together creates an amazing atmosphere to work in. I compete in high level competitive track meets, which has helped to develop my determination and persistence to obtain my personal goals. Track and Field has been the most meaningful activity that I have been involved in through my high school experience. After I graduate, I will leave high school with many valuable memories and social skills that I will carry throughout life.

## My Goals in Sports and My Life Goals:

I have been involved in sports ever since I was a little girl. I grew up running on my long driveway with my father and playing soccer in local summer club games. In middle school, I started playing soccer and running track at a competitive level. I found that I had a talent in athleticism, which has led me to many achievements. My first real accomplishment was in sixth grade when I won the 50-meter dash in the Eastern Maine Middle School Track and Field Championship.

This experience gave me my first taste of competition and an exuberance for athletics. I realized that I could excel in the sport of track and field. My first year of competition and my first win gave me an appreciation for athletics and allowed me to discover that sports was something very important too me. Since that win, I have continued to participate in athletics throughout my high school years on a varsity level in soccer and track. While attending college, I intend to focus on track and field throughout my college experience.

Sports shaped me into who I am today as a person. In order to be happy in life, I knew that the profession I would choose would have to include athletics. Whether it is through coaching a track and/or soccer team, or becoming a physical education teacher, my future is in sports. I will be able to show children that athletics is an important element in the process of growing up and finding your place in the world.

Erin Beasley  
Penquis Valley HS

*Dear Mr. Rand:*

*I would like to thank you for allowing me the privilege to be the recipient of your annual Sub5 Track Club scholarship. It is quite an honor to be rewarded such a prestigious scholarship. The amount given will be a benefit that will help me pursue my college dreams.*

*Track and Field has been a major part of my life. At Colby, I will be able to compete at a different, more challenging level. I hope that while running I will make Eastern Maine proud that I was part of their high school conference.*

*Thank you again, for everything.*

*Sincerely, Erin Beasley*

*Editor's Note: Erin, who lives in LaGrange, has chosen to attend Colby College in Waterville. In her Senior Year she was 2nd in the 100 meter dash and qualified for the New England's in that event.*