



Newsletter

long may you run...

Sub5 Track Club

2006 No. 4

President's Column

The Last Hurrah!

The Sub5 racing series is an amazingly wonderful thing! For seven months out of the year it lends purpose to the seemingly sadistic running milages that we log. It uniquely supports and encourages our passion to run, through its spirit of friendly competition, as well as through the opportunities it provides for us to achieve personal excellence in our chosen sport.

With November, comes the final race in our series, the Brewer High School 5K Turkey Trot. This race, without fail, has always drawn hundreds of participants. Let there be no doubt, this fact is in large part due to the superb efforts put forth by the Brewer High sophomore class and race director David Jeffrey in providing a phenomenally well organized and FUN race. However, I have to also believe that a large number of runners participate in this race because they view the Turkey Trot as the 'Last Hurrah' of the running year! It's that one last chance to come together as one, share our joy of running, converse with friends, and strive to earn those ever elusive points we need to improve our final standings in the racing series!

I write today, mostly to thank each and every one of you for your participation thus far in the 2006 TradeWinds Market Place/Sub5 Race Series. It's been a wonderful go of it, and I'm personally going to miss seeing all of your faces during the "off" season. But keep faith, and keep running, because the Sub5 board is already gearing up for the 2007 series! Be sure to keep your eyes on the Sub5 webpage for the date of the Annual Sub5 Banquet, which will honor this year's series winners. This event usually takes place mid-January, and you won't want to miss it!

See you all at the 'Last Hurrah' !!!

--Lara Rand

Series Heats Up with 3 Races Yet to Run



Eight races down...three to go!

Sub5 Race Series competitors have just 3 opportunities to run races in order to qualify or improve their standings in the 2006 TradeWinds Market Place/Sub5 Race Series competition --the Race to End Domestic Violence 12K Oct. 7 in Guilford, the Black Bear 5K Oct. 22 in Orono and the Brewer High School Turkey Trot 5K on Nov. 19.

According to results computed by Vice President David Wilson, Lara Rand (our President) and phenom Cassie Hintz lead in the race for **Female Overall**. Cassie has perfect 10's, but needs another race to qualify and being away at school may not be able to meet this requirement. Margaret Jones has scored in 5 races but needs to improve her point earnings to compete for this prized award.

On the men's side, Adam Goode, Evan Graves and Erik McCarthy are competing for the **Male Overall** category. Adam and Erik have entered 5 races but can improve their point earnings during the next three. Evan must take part in another race to qualify. All three are close in point accumulations.

(See Race Series, page 11)

Female Runners Capture Sub5 Club Scholarships

Madeline Glover of Great Pond and Katie Snow of Brewer were awarded the 2006 Sub5 Club Scholarships. Club President Lara Rand announced the winners at the Awards Ceremony following the 4th of July Walter Hunt Memorial 3K.

Madeline, who graduated from John Bapst High School, plans to participate in cross country and indoor track and field at Dalhousie University and already has been running in Nova Scotia including on Cape Breton Island. She also has started her college work in International Studies and Spanish. Her Dad and Mom are Patrick and Jill Glover.

Katie opted to attend the Dick Fosbury Track Club at Bowdoin College last summer and now is involved in her sophomore year at Brewer High. Her parents are Robert and Maureen Snow.

Their application essays can be found on pages 6&7.

The Points Race Isn't the Only Thing...Right?

by Pam Moll

We're heading toward the finish of another Sub5 race season and the points race is in full swing. Our racing series and the points associated with it is one of our big things – we're runners, therefore we are competitive.

The points race isn't our only thing though, right? We're also about the camaraderie of running, the joy of the physical activity, the support when someone is injured or recovering. The friendship when we see each other outside of running--at the hair salon, gear store of choice, etc.

Some of us will never be at the top of the points list – some of us will never even be on the points list..... and I just want to take the time to point out that that's okay. We all compete against ourselves and sometimes we all feel that spurt of competitive spirit to catch that person in front of us. For many of us, however, it's about getting out the door and putting one foot in front of the other. Finishing, for many of us, is the equivalent of winning.

I will never run a sub-5 minute mile. Heck, it's a really good day when I get a sub-10 minute mile! But I'm still here.

I don't know what it's like at the front of the pack. I do know that it's kind of fun back where I am – I have a chance to chat with people I might never have met, I can hear the birds chirping, I can hear that guy in the car on Broadway yelling “left, left, left, right, left” in an effort to be (I choose to believe) supportive of my afternoon run.

It's been a really challenging couple of years for me personally with miscarriages and lost loved ones. Running has helped me through what I hope were the roughest patches. Although I was not active in Sub5 races and activities, my perception of the group helped me find the strength to get up off the couch and out the door for what was usually a painfully slow run – but I was out there.

So, thank you Sub5 for being there, for helping me to remember that it sometimes is just about getting out the door. You'll see me at the races, but only if you look toward the back of the pack. I'll be there – having fun, smiling, chatting away with someone who was a total stranger except for our mutual love of running – but I won't be setting any records and I probably won't even be on the points list (unless there is a REALLY small turnout in my age group).

You know what, though? If I outlast everyone else in my age group, eventually I'll probably be on the points list, right? We'll see.

A note to “a bunch of hags:”

I found a beautiful basket of goodies and gifts in my car after the Fort Knox 5K race in July. It was put there by a “bunch of hags”.

You know who you are, you bunch of hags. To each of you, my sincere thanks and hag hugs back to you. Your friendship and support mean a lot to me.

-- Steph Peavey

Walk This Way...

by Nancy McKay

Most long-time runners I know have suffered from an injury at one time. I don't need to give you the details of mine, but while I (hopefully) recover, I have found an excellent alternative...**Nordic Walking**.

Nordic walking became popular in Finland as a means of off-season cross country training. Simply put, it is walking with ski-type poles.

According to the American Nordic Walking Association, Nordic walking provides a low stress, efficient aerobic workout. The heart rate increases 10-15% more than walking without poles, the body can burn more than 40% more calories, 90% of the body's muscle mass is utilized, and oxygen consumption is increased. Stress on the body's lower joints is minimized. Nordic walking also releases tension in the neck and shoulder areas.

To begin Nordic walking, all you need to add to your running gear is a pair of Nordic walking poles. These are similar to hiking poles, but have some significant differences. The Nordic walking pole has a narrower grip that is not flared at the bottom, enabling a smoother release of the pole from the hand. It is not gripped tightly, as the pole swings from the wrist strap.

The poles have spike tips, which are great for the carriage paths, but since I walk from my home most mornings, I find I get more use out of the rubber "rocker" tips that can be placed over the spike tips and are for use on harder surfaces. Poles are available in solid or adjustable styles, and are made from aluminum or carbon fiber. I bought mine in downtown Bangor, and they came with an informative DVD on technique.

Key elements of the proper technique are keeping the arms relaxed and the poles close to the body. Poles always strike the ground level with the heel of the opposite foot. The poles should always be planted diagonally, never in front of the body. As the pole is planted, the foot rolls through the step to push off with the toe, lengthening the stride. Hands grip a pole when it strikes the ground, then release it as the pole is drawn behind the body, increasing blood circulation.

The downside of this--and there really is only one--is that people look at me as if I am crazy. I've had several people ask me if I know that there is no snow. I've endured a lot of bemused looks from behind steering wheels and numerous snickers from kids waiting for the school bus.

Does it take the place of a good run? No. But I can still roll out of bed, lace up my shoes, go outside, and get a decent workout before most of the world is awake.

See you on the roads!

Shoestrings & Sweatbands

by Dottie Laber, Editor

Best wishes to Kate McGuire and Andy Goupee who tied the knot in late July in front of friends and family at Phillips Lake. After a honeymoon camping trip to Prince Edward Island, Nova Scotia and Newfoundland Kate has returned to teaching history and coaching cross-country at Mount Desert Island High School and Andy is back to work on his Ph.D. in mechanical engineering at the University of Maine.

~ ~ ~

A big THANK YOU to Knut Hermansen who has been serving with the 101st Airborne, U.S. Army in Iraq. He found time to run a Marathon over there and when home on leave earlier this year he could be found running with Sub5 buddies. Soon he will be returning Stateside and will be stationed in Fort Campbell, KY.

~ ~ ~

Grateful THANKS also to Paul Tormey (author of the Iraq story in our last issue) who landed back on U.S. soil September 19th and is expected home in Orrington on the 26th. His wife, Hope, says he is looking forward to running some races this fall. Meanwhile their daughter, Abby, did the Komen Maine Race for the Cure in 25:38.

~ ~ ~

And speaking of the Race for the Cure, a big "YOU GO GIRL!" to Stephanie Peavey for running the 5K in 25:51!

~ ~ ~

Judson Cake is on track to run the Chicago Marathon this fall. He's been training at the ZAP Fitness Center in North Carolina.

~ ~ ~

Good luck to Michael Gaige who has opened a sports massage business in Portland. He can be reached at michaelgaige@maine.rr.com or call (207) 233-0025.

~ ~ ~

Steve Tuckerman, now a Pennsylvania resident, must have earned the "traveled furthest" award among runners attending Coach Buck Rand's Wednesday night track workouts last summer.

~ ~ ~

Many thanks to all who contributed to this issue, including: Pam Moll Clark, Nancy McKay, Lynn Bolduc, M.L. McEwen, Judd Esty-Kendall, Abra Iwanko, Jeremy Durost, Anna Perna, Lara Rand, David Wilson, Madeline Glover, Katie Snow, and Larry Laber.

~ ~ ~

From the Cauldron

Garbanzo Loaf

2 cups chickpeas or
garbanzo beans
1 cup breadcrumbs,
plain
1 cup pineapple juice
1 cup chopped onions
1/2 cup celery
1/4 cup parsley
1 egg, beaten
1 tsp salt
1 cup grated sharp
cheese
Splash of hot sauce

Soak crumbs in
pineapple juice.
Combine everything
in a food processor.
Grease a loaf pan.
Bake at 350 de-
grees for 40 min-
utes.

*(Anna Perna offers this
easy,
vegetarian
recipe)*

Sub5 Track Club Newsletter
PO BOX 63
BREWER ME 04412
Web Site:www.sub5.com
Newsletter:DWLaber@msn.com

Coming of Age

by Judd Esty-Kendall

There was a point some years ago, as Judson Cake matured from a spindly high school kid into a UMO athlete and then one of the best road racers in Maine, that I became the "other Judson". And this year, at Cabot Trail, I matured into "Jurassic Judd". It is with these watersheds in mind that I write about running with age.

One fine March morning this past spring, I ran with Judson and the Zap Fitness group in the mountains of North Carolina. I enjoyed the run immensely, watching young runners at the peak of their possibility as they explored those limits, but while I shared their enthusiasm, I struggled a bit with the effort. Judson helpfully explained that we were running at enough altitude (about 3,500 feet) to make some difference. I knew that he was being kind, but I wanted to believe him, because it is much easier to accept an outside physical explanation for fatigue, however implausible, than a metaphysical one.

I have had only two experiences running at real altitude. The first was in South Africa. Johannesburg is supposed to be a dangerous city, but I figured that if I toured it running, dressed just in shorts and singlet and moving pretty fast, no one would find me worth the effort to rob. I was in pretty good racing shape then, about 10 years ago, but I remember trying to push up a hill for the first time. I was in the north suburbs, running toward a park I had seen on the map. I thought to myself, "this jet lag is really tough". But the next day produced the very same result, so I took to running to the east, away from the city, where the ground is relatively flat. It was only on my third day in Africa that I learned Johannesburg is 6,000 feet above sea level. Since I wasn't aware of it before then, this was a relatively scientific experiment, and I can tell you that 6,000 feet makes a significant difference, with the problem coming primarily on the hills.

A few years later, I took my 2nd son to visit the University of Colorado at Boulder, which is a little lower in altitude than Johannesburg, but not much. I did some pickups the first day on a paved pathway in a city park. It was flat, and I ran pretty well. The next day I found some off-road paths leading out of Boulder. I set off on a beautiful sunny day, smiling at the other runners I saw, but the smile faded when I reached a rather steep but short hill. It should not have been a problem, but something happened as I charged the first 10 steps. Actually, it was more like nothing happened. I was simply not able to run and was soon walking. I even became worried that someone might recognize me. In the end I ran the distance I had intended and learned to run the uphill by just slowing way down, but I did not stay in Boulder long enough to acclimatize.

Running with age is quite like running at altitude. Our effort is precisely the same, but it feels like the air is simply thinner, or perhaps that what we perceive as flat is really an incline. It is easy to understand these simple physical explanations, but the real inquiry lies in metaphysics and the nature of change. Age is not just a jet lag that will pass, but it is something to which we can acclimatize as we learn the pace that gets us over the hills.

I watched Ed Whitlock race this past May at Cabot Trail. He may be 72, but his long, smooth strides have a certain poetry to them. And this spring, Peter Lodge (bless his heart) said to me as we converged on Route 2 for a long run, "you run like a 20-year-old." I was going down a pretty good incline at the time, but Peter got me thinking that my real goals are not speed or place in races, just to keep the feeling within myself that I am still running with a certain poetry, to search for a pace that lets me do so, and to avoid uphill.

Sub5 Track Club 2006

Running...a Permanent Fixture in My Life

by Madeline Glover

A permanent fixture in my life, running is just that, permanent. Although something in my life will always be changing, running is always the same. The challenge, benefits, and overall action can be enjoyed before, during, and following each workout. Throughout these past seven years, I have often counted on the fact that I have a block of time every afternoon in order to take a break from everything else, a time where I am only required to focus on one thing, the task at hand. When I started cross-country in sixth grade I never imagined that I would find myself running in college, the daunting thought of a 5K race instead of a middle school 1.5-miler was enough to induce sweaty palms. Back then I vividly recall poring over newspaper pictures in the Bangor Daily News or the Ellsworth American of anonymous local high school runners and wondering in amazement how they did it. Now, after four years of high school competition, the only difference is that now, I know all of those phantom runners' names and splits. In my mind, there is nothing as fulfilling as running a race and knowing that you tested yourself and put forth your greatest effort, regardless of failure or victory.

In running and racing, I hope to carry on with my current outlook and enjoyment of the sport. In college, I plan to participate in cross country and indoor track and field (as there is no outdoor season at Dalhousie) and hope to thrive amid collegiate competition. By thrive, I mean that I wish to improve my times, participate on a fun and dedicated team, and learn about many new aspects of running—all in a new environment. I hope that I will enjoy every minute of my collegiate career and experience fully the differences found in competing on a higher level than ever before.

Coming from a small town in Maine, I know what it is like to have to work toward an education. I plan not only to continue with this philosophy but also to expand upon it. In college, I plan to major in International Studies and Spanish. I have always held a great fascination with foreign countries and hope to pursue a career with this fascination. However, our own country is in dire need of assistance as well and this is why I plan to take part in Americorps following college. After traveling and living away for a while, I would like to come back and raise a family in Maine, but first I have a lot to do. I have always taken great pride in the fact that I always do what I want to do (in moderation of course), and not what others want me to. I plan and hope to continue with this philosophy further on in my life and eventually to have a career that I love for itself, not for its monetary perks. So far in my life, running has an immense role, I hope that it will always be this way.

Scholarship Winners Speak Out

Love to Run...Love to Compete

by Katie Snow

My name is Katie Snow, I'm from Brewer, ME, and attend Brewer High School. My freshman year at Brewer is coming to an end and I have competed in crosscountry, indoor track, and outdoor track. I have been running competitively since I was in 6th grade and have been very successful. I love to run, and I also love to compete. Running is in my blood, my father and my brother ran when they were my age, they are still running today. When I do run I feel like I am just letting go of myself, I feel like I have no worries or problems. Running really relaxes me and I love to work hard and try to be the best.

At the beginning of the school year, I was nervous to start the cross-country season. The distance was a big change from middle school, which was about 1.5 miles, to a 5k in high school. My season started out really well, I got 3rd place in my first meet and from then on I just kept getting better. Before I knew it I was standing on the starting line for the State meet in Leavitt, where I placed 20th for class A. Indoortrack came along, and was very excited. I had heard positive things about it and the new coach. As I had predicted, indoor was really fun and I also did very well. I had many new personal records. I made it to States and then made it to New England's at the Reggie Lewis Center for the mile, which was very unexpected. I had a lot of fun in Boston and I hope to make the trip again next year.

I would really like to go to a summer running camp because I would like extra help to get me prepared for cross-country this fall. I would also like to meet new people. I have been to a summer running camp before at the University of Maine. I had a really good time there and got a lot of help with training. I want to improve my running techniques and become a better runner physically and mentally.

This year I plan on attending the Dick Fosbury Track Camp.

*"Most people run a race to see who is the fastest;
I run a race to see who has the most guts."*

-Steve Prefontaine

Alcohol and Exercise

by Lynn Bolduc, Registered Dietitian

I hope my husband, Ray, will not mind when I use him as an example. We lived in Illinois over 15 years ago when I convinced him to run his first race, the Peoria Steamboat Classic 4-mile road race. We were dating at the time and even though I'm sure I thought he was running the race to please me, Budweiser was the race's top sponsor and the free beer at the end might have influenced his participation more. A few hours after the race and many Dixie cups of Bud later, he was not feeling so good. He recovered but has learned his lesson now about the importance of HYDRATING WELL WITH WATER FIRST.

Contrary to popular belief, drinking alcoholic beverages immediately after exercise is not the right way to rehydrate. Alcoholic beverages contain little carbohydrate which we need to maximize our glycogen stores for our next workout. They also dehydrate us by causing our bodies to lose fluids more quickly. So, when you have a drink, make sure you have had water first and try to have 1-2 cups for every alcoholic beverage you consume.

Alcohol in moderation is fine according to the Dietary Guidelines for Americans. One drink per day for women and no more than two drinks per day for men are considered moderate. A "drink" consists of 12 ounces of regular beer, 5 ounces of wine, 1.5 ounces of 80-proof distilled spirits or 15 grams of ethanol. What many of us think of as one drink may actually be two when you consider the amount served and consumed. It surprises me how empty my standard wine glass looks with only 5-ounces of wine in it.

Following is the calorie content of some common alcoholic beverages:

- 12-ounces light beer..... 100 calories
- 12-ounces low carb beer..... 95 calories
- 12-ounces regular beer..... 150 calories
- 12-ounces stout beer..... 224 calories
- 5-ounces wine..... 105 calories
- 5-ounces margarita..... 330 calories
- 5-ounces daiquiri..... 240 calories
- 4-ounces martini..... 250 calories
- 5-ounces bloody Mary..... 115 calories
- 5-ounces champagne..... 106 calories
- 12-ounces wine cooler..... 170 calories

Don't forget the caloric content of these drinks also. Alcohol contains 7 calories per gram; nearly double that of carbohydrate and protein (4 calories per gram).

Labor Day Thanks!

Thanks to the Sub5 Board and other members who made the Labor Day Race so successful again this year!

I was in New Hampshire to share in the joy of welcoming Sela Rose Howard--all 7.5 lbs. 20 inches of her--into the lives of our son, Andy, and his wife, Sara.

Otherwise I would have been at the starting line of my first-ever race, doing my part to keep it one of the premier running events in Eastern Maine.

Thanks again everybody! -- Skip Howard

Coast to Coast Adventures with The National Guard Marathon Team

by M. L. McEwen

I was fortunate enough to qualify again this year for the National Guard Marathon team. The team travels to about eight events a year and I usually am able to go to about half of them. Our team coordinator realizes that it's not a good thing for us to do a lot of marathons in one year. As long as the event has a two-day expo, it doesn't matter what distance we run. In July, I did the Sea Fair Half Marathon in Bellevue, Washington, and in August, I did the San Diego Half Marathon.

The **Sea Fair Marathon, Half Marathon, and 5K** added a team relay event this year. Although it is a fairly new marathon it was extremely well organized. There were only 3,500 participants between all three distances. Bellevue is a very nice, quiet city located 3 miles east of Seattle and 10 miles west of the foothills of the Cascade Mountains. We were fortunate enough to stay in a hotel within walking distance to the expo and the start of the race. All three events started and finished in the same park but at different times. The half marathon and marathon share some of the same course which meant that we got to see some of the lead marathon runners along the way. The course provided spectacular views of Mount Rainier as well as the Cascade Mountains. We ran through scenic neighborhoods and quiet streets.

The thing that impressed me the most about the support on the course was that they had volunteers stationed at every driveway and possible entry way into the road so that no one would attempt to pull out in front of us. There were bands and cheer leading squads along the way. The only negatives about the course were some significant hills as well as an uphill finish.

The **San Diego Half Marathon** also has a 5K. This event's logistics were a little more challenging because no cars were allowed at the start of the Half. There were buses at the finish in Balboa Park to transport participants to the start. We arrived at Point Loma, in the dark, and once it began to get light, had a beautiful view of San Diego Bay and the Pacific Ocean. Unlike some other events I have attended, the bus loading was very well organized. It may have had something to do with the fact that there were only 6,000 participants. The course support was adequate but didn't include entertainment. There were significant downhills at the start, which didn't help my quads any. Quite a bit of the course ran along San Diego Bay so there were good views. I was forewarned that there were some hills at the end. They weren't kidding! The last two miles were uphill, some gradual and then a very steep and long hill at the end. This event had prize money so the competition was tough. The men's winning time for the half was 1:02:38 and women's was 1:14:21.

Both events were enjoyable but I liked Bellevue's course better because of the entertainment and logistics. Bellevue also gave out short sleeve wicking shirts vs. the standard cotton-T at San Diego. Both cities are great destination spots to visit with lots of fun activities and awesome weather for running. I also appreciated the small number of competitors.

As I write this I am headed back to Virginia Beach again this Labor Day weekend for the **Rock and Roll Half Marathon**...along with 22,000 other runners.

Say Goodbye to Cotton ☺

One of the many great things about running is that you can simply throw on a pair of running shoes and go out and do it. There isn't nearly as much "necessary equipment" involved, compared to most other sports, so it's also relatively inexpensive. You don't have to worry about wearing (or purchasing) such protective equipment like shinguards or helmets, or shelling out big bucks for a road bike or an outdoor basketball hoop. There are, however, many ways to enhance your comfort level while running. One of the simplest and most effective ways to do so, can be found in the material that your clothing is made of.

Now, we've all used cotton (since it's been used to make just about every type of garment from socks to shirts, over time), and most people will agree that it's a nice, soft, comfortable material. The downside is that it's not geared toward performance activities. When you sweat while wearing cotton, the material naturally soaks it in. This can lead to a soggy, heavy, and uncomfortable piece of clothing.

The good news is that many performance-based clothing items are now made with synthetic fibers (such as CoolMax, acrylic, nylon, hydrator, drylete, etc.). These fibers are designed to pull (or "wick") moisture away from the skin, and bring it to the outside of the garment where it can evaporate. This keeps you drier, less "sticky-feeling", and won't weigh your clothing down as much. All of this can translate into a more pleasant and comfortable run. This material can be used year-round too, since most are designed to keep you dry and cool during the summer, and dry and warm during the winter.

If you aren't sold (or don't want to spend the money) on using synthetic materials such as CoolMax for your clothing, at the very least I'd recommend using it for your socks. I once read that during a 1-hour run, the average person's feet alone can produce enough sweat to fill an 8-ounce glass!! If that sweat stays soaked into your sock, not only will it be wet and uncomfortable, it will also greatly increase the risk of getting blisters. Blisters are most often caused by moisture and/or friction, and a wet foot is more apt to slide around inside the shoe (causing friction). Moisture-wicking materials can help take care of both of those problems. There is a reason that nearly all running shoes have some kind of breathable nylon mesh on them...runner's feet get hot and sweaty! Socks that breathe well and wick moisture away, keep your feet as cool and dry as possible. This type of material can be found in all different "weights"

too, from a lightweight "ultra-thin" to a thick, heavily padded sock, and everything in between.

So if all that you have in your drawers and closets are cotton-made items, you might want to give a moisture-wicking synthetic material a try for your workouts. Most people that use this material like it so well that they have a hard time using cotton after that.

As always, Sub 5 members get an additional discount off our already reduced prices at the Saucony Outlet Store. (Don't forget your membership card!)

If you have any questions about our store or products, please feel free to contact me.

Jeremy Durost, Manager
Saucony Outlet Store
83 Farm Road, Bangor
942-7644

Blue Hill PumpkinFest - Oct.1st

Sub5 Series Sponsor Chuck Lawrence and his TradeWinds Market Place are backing the Sunday, October 1st Blue Hill Chamber of Commerce Great PumpkinFest 4K road race in Blue Hill. The race starts at TradeWinds Market Place and finishes (with a downhill finish, Chuck says) at the Library. Registration--from 10-11 a.m.-- is at the TradeWinds store. Fee for students is \$6; adults \$10; fun run free. Fun run starts at 11a.m.; 4K at 11:30. There will be lots of gift cards! Contact Chuck Lawrence 374-5137.

Race Series (Continued from page 1)

Cassie Hintz has a huge lead in the **Female 0-29** group, but again, must compete in another race. That opens the door for Ann Favolise-Stant, Abra Lodge or Abbey McCarthy to capture this category...but the winning candidate must either enter additional races or improve her point standings.

With 40 points accumulated Adam Goode leads the **Males 0-29** group. But Erik McCarthy is hot on his heels as is Evan Graves. Erik could improve his points total; Evan needs to enter at least one more race.

Ryan King still holds the lead among **Men 30-39** and still has not missed a race. Tim Tunney who has beaten Ryan twice has a chance to improve his point total. Both he and Ray Bolduc need to take part in at least one more race.

Lara Rand's four wins and a second place put her at the top of the **Women 30-39** category, however, if she takes the **Overall Female** title the door opens for Julie Ginn, Kathleen Bell and Angela Ewings...provided they enter all 3 remaining races. Lynn Bolduc is behind this trio but needs to enter only 2 more races.

Chris Jones has moved into the lead of the **Males 40-49**. On his heels are Jim Newett, Peter Lodge and Newell Lewey. Glendon Rand and Jeffrey Bruce head the middle of the pack. Newell and Glendon have not yet met the 5-race requirement.

Females 40-49 are led by Margaret Jones, who has 6 races under her belt. Katrina Bisheimer, Nichi Farnham and Donne Sinderson are battling for second place but need to take part in at least one more race.

Sheila Hodges holds her lead among **Females 50-59**, with Marilyn Hintz, Debra Hubbard, Robin Emery and Noell Merrill not far behind. All four challengers need to take part in 2 more races. Last year's winner Marilyn Hintz has a strong point total but must enter 3 more races.

Brian Hubbell has claimed the lead in the **Males 50-59** group. Chris* Almy is only two points behind. Austin Townsend has won the three races he entered, but must show for 2 more. Bruce Wirey needs one more race to fight for a position.

John Tjepkema continues his hold on the **Men 60-69** category. Mickey Lackey is on his heels. Rick Rousell, Sr., has won three races and if he continues that streak with two more could capture this category.

Rene Collins continues to lead the **Women 60-69** group. Mary Alice Bruce is only 4 points behind. Nancy Mills has three 10's but must take part in two more races.

Your Editor still dominates the **Female 70 and Over** category but needs another race.

Ernie Tracy has captured four 10's, starting with the Walter Hunt 4th of July Race, to take the lead among **Males 70 and Over**. Charlie Clapper is not far behind and Ed Raymaker is competitive. All three, however, need to enter some of the remaining races.

First Fossils Open

Three teams of "fossils"--including Robin Emery, Steve Norton, Ed Rice, Larry Laber, Anna Perna, Earl Black, Ron Crane, Kathy and Jack Deupree, Joan Merriam, and Katherine and David Wilson--kicked off the First Fossils Open Golf Match Friday, Aug. 4th at the Bucksport Golf Course.

Despite organizer Katherine's efforts to balance the power, Early Birds who had later engagements conspired to form the first team out. The Emery-Norton-Rice-Laber team (made up of 3 ringers and a duffer) won handily.

Teams 2 and 3 were more balanced with average players. One member was out on the links for the first time ever and was furthermore handicapped by a 2-generations-old set of clubs.

All who could stay "retired" to a restaurant where dinner and an "awards ceremony" were enjoyed.

Awards were presented for: *Best Whiff* which brought Joan a battery operated fan, *Best Chip Shot* went to Robin (poker chips), *Best Tee Shot* captured a box of tea for Earl and *Most Spectacular Putt* earned Larry some Silly Putty.

A good time was had by all. (Your Editor knows because she trotted along behind the players ...like she does in races!)

On the Race Calendar

Upcoming 2006 TradeWinds Market Place/Sub5 Series Races

Saturday October 7th --

3rd Annual 12K Race to End Domestic Violence

This Sub5 Series Race is part of the 10th Annual Womancare River Run 5K and Family Walk. Races start at 9a.m. in Guilford at Piscataquis Community Middle School. Registration is \$5 per person/\$12 per family. The scenic race follows the Piscataquis River. Chris* Almy highly encourages everyone to attend because *"it is a beautiful race in a beautiful part of the state."* Among the sights? Think peak foliage season and the Piscataquis River Covered Bridge. (The bridge was built in 1857, destroyed in a flood April 1, 1987 and reconstructed in 1990.) Medals are awarded to age group winners and the first 75 entrants will receive T-shirts. A pancake breakfast will be served from 8-11a.m.



Sunday October 22nd -- Black Bear 5K

Starting time is 11a.m. Registration is \$12, payable in the University of Maine Memorial Gym All-Purpose room. The first 70 entrants will receive a long-sleeved T-shirt. This is a mostly flat course that starts on the track, runs across campus, out College Ave, back through campus roads and bike trails and ends back on the track. Awards are given to the 1st and 2nd place finishers in each category (17 and under, 18-29, 30-39, 40-49, 50-59, 60 and up, and race walker). There are usually awards for the top finishers from UMaine as well. For information: 581-1234.

Sunday November 19th - 25th Annual Turkey Trot 5K

Starting time is 1p.m.; 1-mile Fun Run precedes this. Registration is \$12 for the 5K; less for the Fun Run. Each year this out and back Parkway South race is organized by Brewer High School's sophomore class. It is a valuable learning experience for the students who, among other tasks, must find sponsors and prize donations. Because of this the race is a reflection of the hard work and decisions made by the students in the time leading up to the race. That makes each race a fresh experience (and because everything changes each year it also is hard to write about!) However, there are some Turkey Trot traditions to look forward to, such as the awards and prize drawings. There are many award categories--individual, family, Brewer alumni, club and corporate. Age group and other category winners are rewarded with turkeys--52 in all! Many prizes are given away, most popular of which is the cash pot made up by taking \$1 from every entry fee collected. One lucky winner can take home the cumulative sum! Every one is welcome. For information: 989-4140 or 825-3403.

Join us for the last three races in the 2006 Sub5 Track Club Race Series!

*Information compiled and presented by Abra Iwanko. Questions/comments welcome.
Mail to: Abra_Sub5@hotmail.com*