

**2010
TradeWinds
Market Place/
Sub 5
Road Race Series**



DATE/TIME	RACE	CONTACT/EMAIL	NUMBER
Sun. Dec 27 10 am	Epic Finale 5k	Brad Ryder bsr@epicsportsofmaine.com	941-5670
Sat. March 27 10 am	Flattop 5k	Robin Emery remery@ellsworthschools.org Tom Kirby takirby@roadrunner.com	667-9219 667-9771
Sat. May 01 9 am	FinishLynx Orrington 10k	Donne Sinderson donsin@roadrunner.com	825-3868
Sun. May 16 7 am	Sugarloaf Marathon/15k	Naomi Barnum marathon@sugarloaf.com	237-6884
Sat. June 05 10 am	Cobscook 10k	Jonathan Aretakis jonathan.aretakis@gmail.com	726-5858
Sat. June 12 10 am	Bangor Y Milk Mile	Tammy Hodgdon thodgdon@bangory.com	941-2815
Sat. June 26 7:30 am	Tour du Lac 10 Miler	Chris & Margaret Jones christopher.jones@bucksportschools.com	469-9901
Sun. July 04 10:45 am	Walter Hunt Memorial 3k	Samantha Matoush samantha_matoush@yahoo.com Margaret Capehart maggiemae100@hotmail.com	857-498-0390 942-2017
Sat. July 24	Bucksport Bay Festival 5K Fun Run	Jim Zeman kτζeman@hotmail.com	469-0534
Sat. August 21 8 am	Machias Blueberry Run 5 Miler	Michelle Potter mpotter@nextstepdvproject.org	255-4934
Mon. Sept 6 9 am	Bangor Labor Day 5 Miler	Bangor Parks and Recreation	992-4490
Sun. Oct 3 10:30 am	Great Pumpkinfest 4k Road Race	Chuck Lawrence	374-5137
Sun. Oct 24 11 am	Black Bear 5k	Thad Dwyer thad.dwyer@umit.me.edu	581-1234
Sun. Nov 21 1 pm	Brewer High Turkey Trot 3 Miler	Brewer High School	989-4140

Race Series Rules

- *You must complete 5 series races to be eligible for an award.
- *The age category of each runner is determined by their age at the first series race they enter for the calendar year.
- *The top 10 runners in each age group receive points for each series race they complete. (1st = 10 points, 2nd = 9 points, etc.)
- *Awards are based on the runner's total points from their 5 best series performances.
- *Awards are presented to the male and female with the highest total point overall, regardless of age category. These 2 runners are not eligible for an age group award.
- *Awards are presented to the top 3 runners in the following age groups: 29 and under, 30-39, 40-49, 50-59, 60-69, 70 and over.
- *In the event of a tie, each runner's next best performance (6th, 7th, etc.) is considered until the tie is broken and a winner is determined. If the winner cannot be determined, the runners may share the award as follows: Tie for 1st and 2nd place award is combined and divided evenly. Tie for 2nd and 3rd place award is combined and divided evenly. Tie for 3rd – each runner receives full award.
- *Type of awards will be chosen by the Sub5 Track Club Executive Board. Awards in the past have been embroidered running clothing.

For more information about the Sub5 Track Club, visit www.sub5.com or write to Sub5 Track Club, PO Box 63, Brewer ME 04412.