



## 2012 TradeWinds Market Place/Sub 5 Road Race Series

DATE	RACE	CONTACT INFORMATION
December 31 @ 10 a.m.	Epic Finale 5K	Brad Ryder, Epic Sports @ 941-5670 bsr@epicsportsofmaine.com
March 31 @ 9:30 a.m.	Flattop 5K	Robin Emery @ 667-9219 or Tom Kirby @ 667-9771 remery@ellsworthshools.org; takirby@roadrunner.com
May 5 @ 9:00 a.m.	FinishLynx Orrington 10K	Donne Sinderson @ 825-3868 donsin@roadrunner.com
June 2 @ 10:00 a.m.	Cobscook 10K/5K	Jonathan Aretakis @ 726-5858 jonathan.aretakis@gmail.com
June 9 @ 9:00 a.m.	Bangor Y Milk Mile	Tammy Hodgdon, Bangor Y @ 941-2815 thodgdon@bangory.com
June 30 @ 7:30 a.m.	Tour du Lac 10 Miler	Chris or Margaret Jones @ 469-9901 christopher.jones@bucksportschools.com
July 4 @ 10:45 a.m.	Walter Hunt Memorial 3K	Sub5/Margaret & Joe Capehart @ 947-7399 maggie100@hotmail.com
July 28 @ 8:00 a.m.	Fort Knox Festival 5K	Bucksport Bay Chamber Jim Zeman @ 469-6818 kjzeman@hotmail.com
August 11 @ 8:00 a.m.	County Open Half Marathon	John Walker @ 415-1688 jswalkerinc@gmail.com site: www.countyopen.com
August 18 @ 8:00 a.m.	Machias Blueberry Run 5 Miler	Michelle Potter @ 255-4934 mpotter@nextstepdvproject.org
September 3 @ 9:00 a.m.	Bangor Labor Day 5 Miler	Bangor Parks and Recreation @ 992-4490
September 30 @ 10:30 a.m.	Great Pumpkinfest 4k	Chuck Lawrence @ 374-5137 chukc@aol.com
October 21 @ 11:00 a.m.	Black Bear 5K	Thad Dwyer @ 581-1081 thad.dwyer@umit.me.edu
November 18 @ 1:00 p.m.	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: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-64, 65-69, 70-74, 75 & 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 & presented at Annual Tradewinds/Sub5 Banquet held in January.

For more information about the Sub 5 Track Club – Please visit [www.sub5.com](http://www.sub5.com) or write to Sub 5 Track Club PO Box 63, Brewer, Maine 04412.