



# Sub 5 Track Club

AN AFFILIATE OF THE ROAD RUNNERS CLUB OF  
AMERICA (RRCA)

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Newsletter

Winter 2015

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## Orbit Around the Sun

by Meegan Bolduc

There is this moment, usually after the first mile, where everything becomes steady. My lungs begin to welcome oxygen at an even, slightly elevated pace, and my heart regains its melodious, but quickened, pattern. *Lub-dub-Lub-dub-Lub-dub*. My legs partner with gravity to lengthen my strides, and my feet arch in my purple and gray Asics, pushing against the ground with an equal and opposite force. My abdominal muscles tense to relieve the effort from my lower extremities and my arms pump the air, twisting my torso slightly with each swing. These familiar movements drive my body to ecstasy, and everything else melts away.

My purple and gray Asics scatter dirt along the floor with every propulsion. They wear their mileage in their brownish tint and their ragged lacings. They smell of salty sweat and unwashed laundry, but no one cares on the road or on the trail. Perspiration lines the contours of my arms and face. It pools at the bottom of my neon-yellow sports bra and black Dri-FIT shorts. My lungs welcome the break from the frigid fall temperatures, no longer forced to warm every breath before perfusion.

The trees sway mystically and whisper secrets to me as I run past. *I see trees of green*, and they speak to me, encouraging me to quicken my pace and broaden my stride. Clumps of wet, dark moss cling to the barks of these trees, clearly as entranced by their wonder as me. In the distance, a woodpecker drums in search of food and two squirrels rustle leaves while playing tag. The glimmering sunlight peeking through the gaps in the branches warms my face. I close my eyes briefly, letting my feet lead me along the winding road. I pretend I can transform the sun's warm rays into my own energy source, letting the warmth rejuvenate my tired muscles.

The forest smells of the warm mountain air of Baxter State Park. It smells of recently laundered clothes and hot

summer nights by the lake's edge. Blinding orange and yellow flames have begun to brighten the world around me, leaving only a few emerald evergreens. In the last few weeks, fall's cold brush has painted these treetops anew. Soon the temperature will relinquish itself to the ritualistic progression of seasons, but for now beads of sweat trickle down my nose. I ignore the fire brewing in my muscles and continue to chase the sunlight weaving between the trees. My heart sings—*Lub-dub-Lub-dub-Lub-dub*—and everything else melts away to white.

The snow crunches beneath my feet and the blustering winds rub my face raw, leaving my lips feeling chapped. I marvel at my tired breaths, each like a puff of warm fog intruding on the cold air. Raising a hand to my cheek, I feel the heat of my own body contrasting with the cold wintery air. Confused, I spin around, searching for the rust colored trees and the warm autumn air. All around me is white silence and the glittering icing of winter's embrace. With the passing miles, the autumn leaves have bled dead, leaving a veil of white lace and winds with a frosty bite.

A flurry of snow swirls around me, coating my eyelashes and tickling my nose. The sun peeks through the bare branches, dancing with the icicle chandeliers. Deer footprints disrupt the innocent glaze of the snowy floor. The wind smells of sharp moisture and burning wood in the distance. Even the image of a crackling fire, of hot chocolate, and of warm cookies cannot prevent the cold from licking at my face and creeping under my clothes. An aggressive tremor trickles throughout my body, spreading goose bumps in its wake. My chapped lips fade to blue, and tremble with a similar vigor. I lengthen my stride and increase my pace in an attempt to outrun winter's tyrannous reign. Every breath is labored, and my lungs burn with increasing intensity. The bitter cold stains my nostrils, and cuts through my marrow with constant blows. My muscles ache with their growing strain. I begin to lose track of time. Have I been running for thirty minutes, or

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# The President's Corner

I want to remind everyone that the annual membership meeting will be March 14<sup>th</sup>. This is an opportunity to participate in running our running club. We encourage both long-standing and newer members to participate. We want to continue those things that we do well. The Board is also looking for new ideas to help make the club even better.

Remember too that members make the club. The Sub 5 Board works hard to make being part of the club worthwhile. This is important because people's interests and abilities change over time. If we look at our membership, we see both strengths and weaknesses with many long-standing members and a fair number of people who are members for a short while. In terms of age-groups, we have very few women in their twenties and thirties and just a few more men. How can we make the club more attractive to this cohort of runners? Last fall we decided to get more teenagers interested in Sub 5 by providing cross-country coaches with a free membership to be given to one of their runners. Will this bring in more young runners? It is too early to tell. We hope to have greater participation from high school runners before they go off to college. We know that some people are reluctant to join a running club because they are purely recreational runners. We welcome your thoughts about how to make the Sub 5 Track Club more appealing to runners of all interests and abilities.

We concluded the 2014 Sub 5 Tradewinds Marketplace race series at our banquet in January. Once again it was a great series. The 2014 series was marked by some changes during the season and both the Milk Mile and the County Half Marathon disappeared. The remaining races in the series have had good participation and the competition was strong. We want to thank the many people who made the race series possible: Race Directors, Sponsors, Timers, and Course Volunteers. We appreciate

races that are well organized, safely managed, and efficiently completed.

We have announced the 2015 Sub 5 Tradewinds Marketplace Race Series. Please note that we have added two new events to replace races that no longer are offered. In April, the Bridge The Gap 10 mile race will now be part of the series. This race should satisfy those who like a longer course with plenty of rolling hills. We have added a mile race in May for all who like a short and fast run. The Main Street Memorial Mile in Ellsworth is popular and many people have set new personal records here in the past. Sorry for those of you who run the Cabot Trail Relay for having a conflicting date. The 2015 Series Races list can be found on our website, at [www.Sub5.com](http://www.Sub5.com).

The last few weeks of seemingly constant snow and sub-zero temperatures have made for challenging, if not impossible, running conditions. Although there is no substitute for a long run outside, I have been having to do more indoor workouts than usual. Shoveling snow doesn't quite count. Let's hope that March quickly shows its "lamb" side and gives us time to tune up for the new series (and Boston).

~President John Peckenham



## 2013 - 2014 Sub 5 Track Club Officers

President:: John Peckenham

Vice President:

Secretary: Dave Farrar

Treasurer: Shane Martin

Membership Director: Lynn Bolduc

Webmaster: Glendon Rand

Equipment Manager: Ryan King

Sub 5 News Editor: Pam Nourse

Members-at-large: Tim Cole

Katherine Collins

Lisa Kingsbury

Peter Lodge

Glendon Rand

Matt Revitt

Johanna Szillery

Mike Tormey

Paul Tormey

# Orbit Around the Sun...

(Continued from page 1)

has it been days or even months? The cold penetrates my skin, leaving me shivering too violently to consider caring that the sunlight is no longer peeking through the branches. Blackness begins encroaching on my peripheral vision, constricting my eyesight. My eyelids become lazy with sleep. Everything goes numb.

My hand grazes my cheek, and I feel nothing, not the cold, nor the roughness of my wind-brushed fingers. I stretch my hand in front of my face in an attempt to understand. The contours of my wrist and of each of my fingers seem blurred, almost as if they no longer exist. Snowflakes decorate my skin; or rather they become my skin. Jack Frost and twirling snowflakes dance in the space where my limb should have been. I blink twice to refocus my gaze, but the image remains the same. This hand in front of me is not my hand. I avert my gaze down my body, but my legs are no longer there. Arctic flurries swirl around where my bones should have been. My body is melting into this winter wasteland, and I feel apathetic.

My purple and grey Asics move slowly, unable to maintain their ritualistic pace, as if finally overtaken by winter's cold embrace. I scan my path ahead, looking for a comfortable tree perfect for life's greatest slumber. I find it quickly. Wet moss has begun to overtake the bark on my perfect resting tree. As I run closer, I realize that the snow is beginning to melt, displaying the brown grass and decaying trees beneath. Once again the warm sunlight peeks out between the branches. Its rays caress my face, diverting my thoughts away from hibernation.

Like a phoenix regenerating from the ashes of its predecessor, emerald green buds begin to poke out from the branches of the once-lifeless trees. The contours of my hand flicker into appearance, and my fingers regain their rosy complexion. A thousand needles scratch at my fingers. The sensation travels up my arm, awakening my nerves with a jolt. I contract my arm, bringing my hand closer to my face, and am welcomed by the familiar roughness of my wind-brushed fingertips. They are hot and thick with blood.

The air no longer smells aggressive. It smells of new life and rain and flowers freshly cut from the garden. Green vines crawl up the bark, reaching for the warming sun. Flowers, in vibrant shades of plum, magenta, and rose, form a runway. A warm, yellow radiance brightens my trail, embracing the blossoms and me. The sounds of birds chirping and bees searching for nectar fill the air with exuberant melodies. My purple and gray Asics are painted brown with the wet earth. My body begins to thaw, and I am grateful to no longer feel the wind's frigid touch. My muscles no longer ache with the acidic burn of lactate. I am able to regain a comfortable pace once again. As my heartbeat returns to its slightly elevated rhythm, everything feels renewed.

The salty coating of perspiration saturates my body as temperatures continue to climb. My purple and gray Asics kick up a swirl of dust with every stride. The warm gaze from the sun ignites the spread of blossoms, ferns and weeds coating the ground. The sun's amber brilliance shines so brightly, I can no longer admire it without squinting. The trees welcome the warmth and humidity, their green leaves breathing freshness and health into the forest. Large bushes, dense with blueberries and raspberries, entice me, yet their manipulative ways hold no leverage against my sport.

The forest reminds me of a picnic with its odor of a recently mowed lawn. It smells like *no school* and freshly squeezed lemonade. The air is thick with moisture and every breath is laborious, like sucking pudding through a straw. Beads of sweat trickle down my forehead, burning my eyes. I crave water, almost as much as I crave the adrenaline pumping through my veins. But I welcome the heat. Looking up, I see a baby blue sky peppered with cotton-ball clouds. An Eastern Bluebird crafts a nest high in the trees with twigs and moss. Its mating call is carried on the wings of the wind with an enchanting allure. The corners of my lips curl upwards, appreciating the perfection of the run and the forest around me.



## Race Report: The Mid-Winter 10 Mile Classic Race – Cape Elizabeth

by Shane Martin

The Maine Track Club hosted the 33<sup>rd</sup> Mid-Winter 10 Mile Classic race on February 1, 2015 in Cape Elizabeth. The Sub 5 Track Club's reigning men's series champion, Adam Goode, won the race in a time of 53 minutes and 22 seconds. The women's winner was also from north of Augusta – Gabrielle Wheeler of New Sweden won in 66 minutes, 26 seconds. Sub 5 Track Club members earning awards included Ian Fraser of Brewer (1<sup>st</sup> Place Male 30-34, 4<sup>th</sup> overall) and Jeanne Butterfield (2<sup>nd</sup> Place Female 65-69). Full results are available at Cool Running: [Mid-Winter 10 Mile Classic](#).

The Mid-Winter Classic serves as a good test for runners training for spring marathons. The course is challenging but fair. The race is large enough (688 finishers) that you can chase the next runner in front of you as you strive for a better time. Weather can play a part in the race and it has been postponed or cancelled in the past. The go/no go decision for this year's race was made on Friday, January 30<sup>th</sup> after it was decided that the roads had been cleared sufficiently to allow safe running.

The Mid-Winter 10 Mile Classic is held the first weekend of February each year with registration taking place the Monday after Maine Track Club's Turkey Trot 5K in November. Registration fills quickly so plan to register within the first hour of open registration. The 2015 registration fee was just \$20.00. Long sleeve tech shirts could be added at the time of registration for an additional \$12.00.

The 2015 start time was 9:45 AM, making it suitable for a one-day road trip from the Bangor area. The race started and finished at Cape Elizabeth High School. Locker rooms were available for changing before and after the race. Runners gathered before and after the race in the school cafeteria. Post race food was plentiful and filling, including pizza, bagels, yogurt, oranges, bananas, water, and coffee. One of the suggestions after the race was to offer chocolate milk next year.

The race's website is <http://www.midwinterclassic10miler.com/> and their Facebook page is "Cape Elizabeth Mid-Winter 10 Mile Classic."

Conclusions: Was it fun – yes! Would I recommend it to a friend – yes!



## *From the Cauldron*

Recipe submitted by Lynn Bolduc

### Sweet and Sour Pork

Serve this with rice or noodles, and you have a complete meal. This recipe also works well in diabetic menus.

1 pound pork tenderloin, cut into 1/2" cubes  
1 teaspoon chopped garlic  
1 cup fat-free chicken broth\*  
1 tablespoon lite soy sauce  
1 1/2 cups sliced green bell pepper  
2 cups sliced celery  
1 can (8 ounces) unsweetened pineapple tidbits, in juice, not drained  
2 tablespoons cornstarch

Spray a skillet with nonstick cooking spray. Brown pork with garlic.

Add chicken broth, soy sauce, green pepper, and celery. Cover and simmer for 10 minutes.

Meanwhile, drain the pineapple, reserving the juice.

Blend cornstarch with reserved pineapple juice and add to the skillet. Cook, stirring constantly, until mixture thickens. Add pineapple and heat thoroughly.

Makes 4 cups; 4 servings – Each Serving 1 cup

Carb Servings: 1

Exchanges\*\*:

1 fruit; 1 vegetable; 3 lean meat

Nutrient Analysis:

calories 212

total fat 4g

saturated fat 1g

cholesterol 65mg

sodium 339 mg

total carbohydrate 18g

dietary fiber 2g

sugars 11g

protein 26g

Source:

[Quick & Healthy Volume II, 2nd Edition](#), © 2009 Brenda J. Ponichtera, R.D, Published by Small Steps Press, publishing health conscious books for the general population, a division of the American Diabetes Association;



# Races, Places & Faces!



*photo provided by David Slagger*



*Lisa Kingsbury and David Slagger at the Tradewinds Great Pumpkinfest 4k, Blue Hill, September 2014.*

*photo provided by David Slagger*



*At the Ralph Thomas 8k*

*photo provided by Robin Emery*



*At the Epic Finale 5k*

*photo provided by Marion Syverson*



*photo provided by Robin Emery*



*Epic Finale 5k*

*photo provided by Marion Syverson*



*Veteran's Run, DownEast YMCA*

*photo provided by David Slagger*

*Mt. Desert Island Half Marathon*

*photo provided by Robin Emery*



# Sub 5 2014 Annual Awards Banquet




***Congratulations to all the 2014 Sub 5 Award Winners!***

## **2014 Sub 5 / TradeWinds Marketplace Race Series Winners**

<b>Male Series Winners</b>	<b>Female Series Winners</b>		
	<i>Overall</i>	Chris Jones Shane Martin John Peckenham	50-59 Lisa Kingsbury Annette Hatch-Clein Kelly Havlin
<i>Adam Goode</i>	<i>Kristine Guaraldo</i>		
	<i>19 &amp; Under</i>	Chris* Almy Judd Esty-Kendall	60-64 Laura Nilsen Jeanne Butterfield
Luke Rand Ethan Dapice Zac Bragdon	Margaret Peckenham Emma Bragdon		
	<i>20-29</i>	Dave Samuelian Bill Hansen Paul Ciarrocchi	65-69 Robin Emery
Ken Akiha			
	<i>30-39</i>	Lloyd Harmon John Tjepkema Bob Bachorik	70-74 Rene Collins
Erik McCarthy Ian Fraser Perry Lebreton	Grace Nash		
	<i>40-49</i>	Dick Storch Marty Elliot	75+ Mary Alice Bruce
Eric Petley Greg Dean Greg Leavitt	Katherine Collins Robin Clarke Deedra Dapice		



# Sub 5 2014 Annual Awards Banquet



Sub5 Track Club


long may you run...


Bill Pinkham Award  
2014

Is Hereby Presented to:

Roberto Lopez-Anido

Signature \_\_\_\_\_ Date \_\_\_\_\_





Sub5 Track Club


long may you run...


Fred Merriam Spirit  
Award 2014

Is Hereby Presented to:

Shane Martin

Signature \_\_\_\_\_ Date \_\_\_\_\_





Sub5 Track Club


long may you run...


Volunteer of the  
Year 2014

Is Hereby Presented to:

Glendon Rand

Signature \_\_\_\_\_ Date \_\_\_\_\_





Sub5 Track Club

long may you run...


Race Director of the  
Year 2014


Is Hereby Presented to:

Margaret & Chris Jones

In recognition of outstanding leadership of the Tour du Lac 10 Miler

Signature \_\_\_\_\_ Date \_\_\_\_\_





Sub5 Track Club


long may you run...


Female Rookie of  
the Year 2014

Is Hereby Presented to:

Emma Bragdon

Signature \_\_\_\_\_ Date \_\_\_\_\_





Sub5 Track Club


long may you run...

Male Rookie of the  
Year 2014

Is Hereby Presented to:

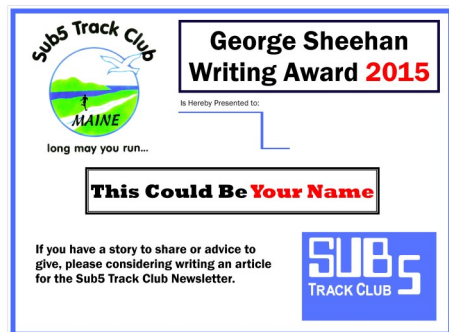
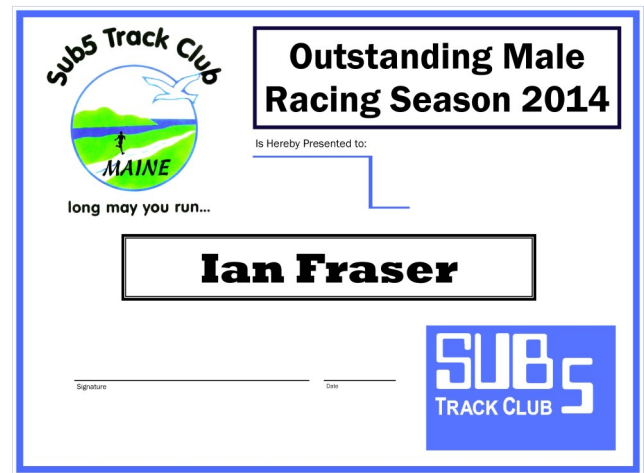
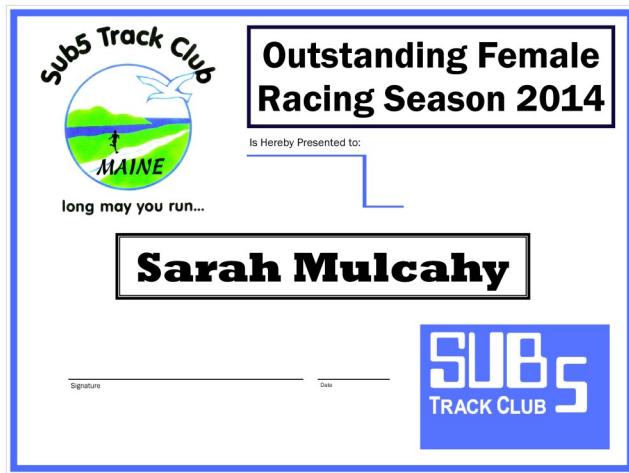
Ken Akiha

Signature \_\_\_\_\_ Date \_\_\_\_\_

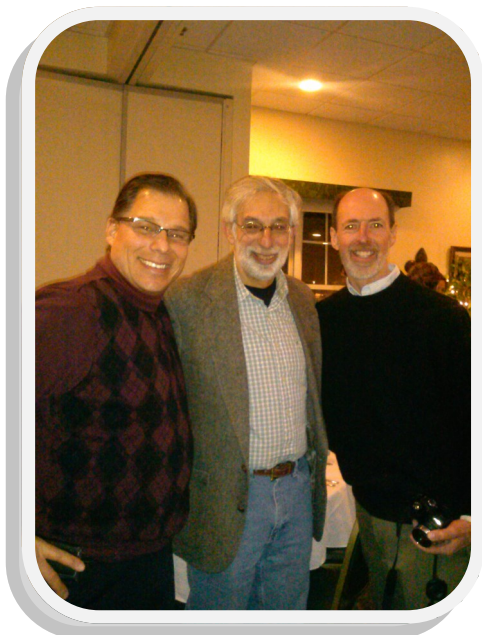




# Sub 5 2014 Annual Awards Banquet



*We were unable to award the George Sheehan Writing Award in 2014 due to a shortage of newsletter submissions! So send us your articles, essays, race reports, random musings – and next year you might see YOUR name here!*



*The three Davids: David Slagger, Dave Samuelian, and Dave Farrar at the 2014 Annual Awards Banquet  
(photo provided by David Slagger)*

## ***Save the Date! Sub 5 Annual Meeting!***

The annual membership meeting for the Sub5 Track Club is scheduled for **4 p.m. on Saturday, March 14<sup>th</sup>**. The meeting will be held at the Bangor Recreational Building on Main Street. All are welcome. (Editor's note: rumor has it that a group run and food may be involved!) A reminder to all club members will be sent via email. The positions of President and Treasurer will be up for election. If you are interested in serving, or would like more information, please contact a member of the Sub 5 Board.





# 2015 TradeWinds Market Place / Sub 5 Track Club Road Race Series



*Market Place*

**TRADEWINDS**



DATE	RACE	REGISTRATION/ CONTACT
December 28 (2014) @ 10 a.m.	Epic Finale 5K, Bangor	Register online, mail, or race day Epic Sports: 941-5670 www.epicsportsofmaine.com
March 28 @ 10 a.m.	Flattop 5K, Lamoine	Register by mail or race day Robin Emery: 667-9219 / Tom Kirby: 667-9771 takirby@roadrunner.com
April 12 @ 10 a.m.	Bridge the Gap 10 Miler, Verona Island	Register online, mail, or race day Belle Ryder: belle.ryder@gmail.com www.bridgethegaprace.org
May 25 @ 9 a.m.	Main Street Memorial Mile, Ellsworth	Register by mail or race day DownEast Family Y: 667-3086 defymca.org
June 6 @ 10 a.m.	Cobscook 10K for Downeast Hospice, Pembroke	Register by mail or race day Jonathan Aretakis: 726-5858 jonathan.aretakis@gmail.com
June 27 @ 7:30 a.m.	Tour du Lac 10 Miler, Bucksport	Register by mail or race day Chris and Margaret Jones: 469-9901 christopher.jones@rsu25.org
July 4 @ 10:45 a.m.	Walter Hunt Memorial 3K, Bangor	Register online, mail, or race day Sub5 Track Club, John Peckenhams: 469-2636 www.sub5.com
July 25 @ 8 a.m.	Fort Knox Festival 5K, Bucksport	Register by mail, or race day Belle Ryder: belle.ryder@gmail.com
September 7 @ 9 a.m.	Labor Day 5 Miler, Bangor	Register online (preferred) or race day Bangor Parks and Recreation: 992-4490 Bangorparksandrec.com
September 27 @ 10:30 a.m.	Great Pumpkinfest 4K, Blue Hill	Register by mail or race day DownEast Family Y / Blue Hill: 374-2248 jbragdon@defymca.org
October 25 @ 11 a.m.	Black Bear 5K, Orono	Register by mail or race day UMaine, Thad Dwyer: 581-1234 thad.dwyer@umit.maine.edu
November 22 @ 1 p.m.	Brewer High School Turkey Trot 3 Miler, Brewer	Register by mail or race day Brewer High School: 989-4140
December 27 @ 10 a.m.**	Epic Finale 5K, Bangor	Register online, mail, or race day Epic Sports: 941-5670 www.epicsportsofmaine.com

\*\* 2015 Epic Finale 5K is the first race of the 2016 Sub 5 Series

For more information: Sub 5 Track Club – www.sub5.com or write to Sub 5 Track Club, PO Box 63, Brewer, Maine 04412

Race Series Rules on Reverse

VOLUNTEERS APPRECIATED, Contact Race Director

v.1-14-15