



Sub 5 Track Club

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

Newsletter

Late Summer 2015

Boston 2015 - A Spectator's View

By Dave Farrar

Ok, so I did not qualify for Boston YET, but my training partners, Shane and Johanna did! So, what to do? Go to freakin' Boston with our good friend, Kim, and cheer them on, of course. I spent a good deal of time running with Shane and Johanna as they followed their "Hal" training ritual, but really only a fraction of the dedicated effort they put in. You could see the excitement build from their qualifying race at Sugarloaf through the arduous hills of training on the South Road of Holden (The Alps of Maine). As a spectator I could easily decide between 15 hilly miles for Shane and Johanna in sub-zero wind chill or, well, no thank you Hal, maybe just 10 for me. April was getting closer, so Kim and I began discussing our plans for watching our friends run Boston. Thank god for Kim, a B. U. grad, who could help this country bumpkin from East Eddington navigate the big city. Kim went down for the whole weekend to enjoy the Boston Marathon experience, while I took the train down from my sister's house in Saco on marathon morning.

Kim was able to help me choose a subway stop through cell phone communication that would get us close to the finish line. Stepping off the crammed-like-sardines subway, I spotted Kim right where she said she would be – so organized, this girl. "Did you bring an umbrella, Dave?" Of course not, but no worries, Kim has an extra! Going to be a tough marathon day, cool showers turning to a steady rain with cool headwinds for the runners. Ah, but for spectators, we have time for a quick breakfast before we start walking back along the course for a good viewing opportunity. We cheer wheelchair racers, military personnel jogging in boots with heavy packs, and finally, Meb and Desi, as if they were our next door neighbors we have known forever! Our phones start chirping with the runners' app, which allows us to load a dozen or so local runners from the Bangor area and Downeast. We can follow their progress – such cool technology.

Hey, here comes Adam. Go! Go! I got a picture! Oh my god, runners are now coming in waves and I just saw

Eric. Now Ken comes into sight and I'm looking for Ian, taking pictures of the throngs of runners. Where in hell is Ian, my fellow Monday night runner? Must have missed him and our app confirms it. There goes Homich, but we haven't seen Tunney. Kim and I realize we are catching only about half of the Mainers coming through. We keep on taking pictures with frozen fingers in the cold rain, giving high fives to the unknown runners celebrating their accomplishment here in Boston. We know we have a little time before Shane and Johanna come through, so Starbucks here we come. Hot coffee thaws my insides and my numb fingers. Kim, who talks to anyone and everyone, befriends a reporter for Boston Public Radio. Kim is asked to do an interview about being a spectator and we end up having our picture posted on their website!

Back into position at mile 22, we yell for Tiemann as he hurries by. Awesome job Andrew! We start taking pictures again of the groups coming by, many having fun with the crowd and some grimacing in pain on this cold and rainy course. Do I really want to do this someday? Hell yeah! Wow, here comes Shane! I am able to get a great picture as we scream his name. Now we are watching for our running bud, Johanna. Watching and waiting but no Jo. Kim and I are in disbelief that we have missed her and saddened that we didn't get to scream/high five as she cruised through. The app confirms we missed her, but we are sure she knows we were ready to cheer her on! Oh well, that is Boston and 20,000 + runners having the experience of their lives.

Kim and I grab the subway to the chaos of the finish, meet up with our friends and celebrate their day with pizza and beer! So not all of us will be able to experience the Boston Marathon as runners, but if we train hard, enjoy the company of good friends on long runs (long run discussions are the best) and give it our best shot to qualify, we all can experience the same journey they do. Isn't that what this sport is all about?

Oh, by the way, both Kim and I took great pictures of Johanna by accident as she snuck by us at Mile 22!

The President's Corner

This is my first column since being re-elected as President of the Sub5 Track Club. I am happy to be able to serve in this role for another two years. My goals are to work with the Board to keep the club healthy and positioned for the future. How will we meet these goals? In terms of financial health, the club is in good shape. We have ample reserves to maintain our insurance and to support scholarships for young runners to attend a summer running camp and start college. We are pleased to contribute to the development of young runners and we hope that they all become life-long runners.

The club is no more, nor less, than the membership. There is always a need to recruit new members for a variety of reasons. Our membership is particularly thin in the 20- and 30-year age groups. We need to find ways to increase our membership in these age groups. We also have a problem with perception. Some people think that Sub5 is only for elite runners. We do have many talented and dedicated runners in the club and we do want new runners to feel welcome. The Board is exploring ways to help develop new runners and to instill a love for the sport. We are considering different activities, including runs that are not part of the race series. We welcome your ideas about activities that would be fun for new runners. Group runs and summer track work outs are already a regular offering for Sub5 members.

As many of you may have noticed, our Sub5 web page went down this spring. We have gotten a replacement page up and running thanks to the efforts of Glendon Rand. His dedication to restoring the web page and lost data is a testament to his character and we are lucky to have his help. By the time you read this newsletter we expect to be back to normal.

The weather has finally warmed and the racing season is upon us. Even though we had a long winter with plenty of snow and cold, we managed to get some quality training in. It is a pleasure to be out on the road wearing shorts

and singlet rather than tights, long-sleeved shirt, wool socks, windbreaker, mittens, and wool hat. I made a vow that this summer I will not complain about a hot day. Stay well and run strong!

~ President John Peckenham

Sub5 Clothing

The New Balance Sub5 long sleeve tech shirts and New Balance Sub5 singlets are now available, direct from our local printer on their website. These items can be personalized, purchased and shipped through *goodwinglass.com*.



2013 - 2014 Sub 5 Track Club Officers

President:: John Peckenham

Vice President:

Secretary:

Treasurer: Shane Martin

Membership Director: Lynn Bolduc

Webmaster: Glendon Rand

Equipment Manager: Ryan King

Track Coach: Peter Lodge

Sub 5 News Editor: Pam Nourse

Race Standings: Katherine Collins

Dave Farrar

Members-at-large: Lynn Bolduc

Tim Cole

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Peter Lodge

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Glendon Rand

Matt Revitt

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Paul Tormey

****Please send news, race reports, essays, comments, photos and other newsletter items to sub5editor@gmail.com****

Reports from Cabot Trail Relay

The Maine-Iacs Make it Five in a Row

by Matt Homich

Seventeen legs. One hundred eighty-five miles. And now, a sandwich. The “Maine-Iac” is a quesadilla stuffed with roast beef, quinoa, cheddar cheese, tomatoes, onions, and horseradish. A unique combination, you say? Well, that’s just staying the course for the Maine-Iacs. Only the Cabot Trail Relay can bring guys who, week in and week out, try their best to bury each other on the roads together under one team name. Nowhere else are runners from Bowdoin, Colby, Bates, UMO, USM, and MMA setting aside their collegiate rivalries and banding together with hobby joggers who picked up the sport in an effort to simply pass the time or quit smoking. The recruiting process is laughable: know a Maine-Iac and hope there’s an open spot next year. No time standards. Year after year the goal is simple: have as much fun as you can...but remember that winning is the most fun of all.

Where does the sandwich come in...? The Highwheeler Café in Baddeck, Nova Scotia (start and hometown of the race) made a promise to the Maine-Iacs eleven years ago that a 5-year win streak would be rewarded with, well, a sandwich. After missing on the first attempt at a 5-peat in 2009, the Maine-Iacs had the second chance they had long been awaiting. Sandwich t-shirts were printed, the stakes were high. Local stud Erik McCarthy had the honor of starting things off on Leg 1 this year and with just over 2 miles to go, threw down a move on a Canadian National Team member and it was ON. The tone was set. Over the course of the next few legs, the overall lead swung back and forth between the Maine-Iacs and a team from Ontario called Cardio Arrest. Over the course of the next 8 legs, the Maine-Iacs would win 3 more (Dan Vassallo [Leg 5], Tim Tunney [7], and Matt Homich [9]) but the overall lead was still amazingly tight. The “Night Stealth Attack” was unleashed just in time as Rob Gomez [10] and Adam Goode [12] both won their legs and, just like that, the gap ballooned to half an hour. The outcome was never in doubt beyond that point, though that didn’t stop Vassallo from coming up with another emphatic leg record on the fabled finishing Leg 17. Leg 18 (everyone’s favorite leg!) was just a bit sweeter this year knowing that the elusive sandwich was now ours!

I’ve been to Cabot each of the last three years and this event somehow manages to surpass my wildest expectations year after year. Ask any other Maine-Iac and they’ll tell you the exact same thing. It’s a traveling running party in one of the most scenic places in the world – what’s not to love?! So find some friends, mark your calendars, and head on up to Baddeck next Memorial Day. And when you stop into the Highwheeler, make sure you order a Maine-Iac.

Rhino Redux on the Cabot Trail

by Judd Esty-Kendall and John Peckenham

Maine’s premier mixed running-team, Rhino Redux, participated in the 27th Cabot Trail Relay over the Memorial Day weekend. This relay race with 17 legs takes place on Cape Breton Island in Nova Scotia. It is a popular event that attracts teams from all over, including three from Maine. This year saw the return of the all-male Maine-Iacs, the all-female Maine Road Hags, and the mixed Rhino Redux. Sadly, the Maine Running Fossils were not one of the 70 teams selected for this year.

The team motto for the Rhinos is to HAVE FUN, and if we run well, and we did, so much the better. What an incredible, unpredictable, load of fun this year’s Cabot Trail was with a wonderful team of grizzled veterans (popularly known as the deadwood) and some great younger runners and even rookies.

First, for the rookies, a brief history. The original Rhino team was founded by Kevin “Rhino” Dow, who got his nickname from a South African T-shirt with a picture of a rhino that, well, looked a lot like Kevin and appeared to have some of his personality traits of persistence, toughness, etc. Kevin decided back in the 1990s that Bangor needed to send a second team (only the Maine-Iacs were in existence back then) that could have fun as well as compete for the top places. However, on the Friday evening before race day, Kevin found himself in Baddeck with just 5 runners. The Maine-Iacs then split, much to Captain Peter Millard’s disgust, with several runners joining the Rhinos and doubling, or in the case of Newell Lewey, tripling. Newell ran Legs 1, 9, and 16.

That was the one and only year for the original Rhino team. However, in 2008, as some of us retired ourselves from the Maine-Iacs and some opted out of the Road Hags, we formed Rhino Redux TO HAVE FUN. And again this year, fun

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Rhino Redux...

was had, but not necessarily on the course. We saw sun, wind, rain, sleet, snow, moonless dark and crystal clear. A lucky few got sun and wind while an unlucky few got wind, sleet, and snow. For those who know, the Cape Breton weather is notoriously unpredictable.

This year the Rhinos were 17th overall, beating our finish place from last year, although we were 14 minutes slower in 22:53:14. The team's best finish was 6th in 2013, which was also our best time of 21:42:13.

Our fastest runner was John Peckenham on Leg #1, at 7:05 per mile pace, although he was barely ahead of Sam Atkinson who ran 7:06 per mile on Smokey (Leg #4). Our top place finisher was Nora Hubbell at 11th overall on Leg #7, and first woman. Nora was also our third fastest runner at a 7:15 pace. Our Team Manager, Chris* Almy, who we know is all about fun, had himself more fun than anyone else, as he was out on Leg #14 for 1 hour, 49 minutes, and 23 seconds. That was 15 minutes longer than any other team member, but of course he had the second longest leg. For the record, we beat Fast Women Happy Men by only 24 seconds overall, so we have to watch out for them next year.

It is a long trip to Cape Breton Island and the course is tough – even the easy legs are hard. We had a great team that is already thinking about heading back next year. The 2015 team included: John Peckenham (1); Judd Esty-Kendall (2); Phoebe Peckenham (3); Sam Parkinson (4); Grace Nash (5); Brian Hubbell (6); Nora Hubbell (7); Linley Wakeland (8); Travis Vicary (9); Jeff Ashby (10); Amanda Bubar (11); Bret Vicary (12); Katrina Bisheimer (13); Chris* Almy (14); Dan Kusnierz (15); Pattie Craig (16); and Katherine Collins (17).

Who Was George Sheehan?

by Laura Nilsen

I saw in our winter Newsletter that at this year's Annual Awards Banquet no one was awarded the George Sheehan Writing Award for 2014 due to a shortage of newsletter submissions by fellow members. I wonder if many of our members, especially the younger generation, know who George Sheehan was? It perked up my interest because I belonged to the same running club (Shore AC of West Long Branch NJ) and often ran the same races as he did, always behind him, of course, until he became ill with prostate cancer. He died in 1993 at the age of 74 after a seven-year battle. He was such a great influence on me when I started running at the age of thirty in 1980. He had a weekly article on health and fitness, especially describing his experiences as a runner and racer, that new runners like myself inhaled and tried out. If you wrote to him asking for advice he would reply with a personal note.

He was a cardiologist by profession but his writings soon became widely read. Dr. Sheehan was the author of seven books. The final one, *Going the Distance, One Man's Journey to the End of His Life*, came out in 1996. Another of his books, *Running and Being, the Total Experience, 35th Anniversary Edition*, was recently re-released. I have a copy if anyone wants to borrow it. Besides all the technical, medical, scientific data revealed, I like the fact that he stresses that you should make going out and running FUN – play. Just enjoy the experience for now – the times, stats, awards, etc., will all come in time, but simply to run, to rejoice in the fact that you can do it, was his focus. He was the first fifty-year old to run a sub-five-minute mile, he was voted Outstanding Distance Runner of the Year, he was Medical Editor of Runner's World Magazine and a member of the Presidential Council for Physical Fitness, and he was posthumously named the first recipient of the George Sheehan Media Award presented at the inaugural ceremony at the National Distance Running Hall of Fame.

In the summer there were weekly 5K races on the New Jersey coast, consisting of four laps around a beautiful Takanassee Lake at sunset, and Dr. Sheehan normally would be there, enjoying the camaraderie of fellow runners, young and old. His influence on my beginning running experience will never be forgotten. I want to go out and play, make running a fun thing to do every day – I hope you will, too.

I enclose a picture taken twenty-eight years ago in 1987 of George Sheehan standing with myself on the left and my immediate family except for my husband who is taking the picture while at Takanassee Lake after a race. If you look closely, the shirt I am wearing is from the Asbury Park 10K Classic. Who would know that just a few years later, after his death, that very race would be relocated to Red Bank, New Jersey where he worked and near where he and his family lived, and it would be renamed the George Sheehan 10K Classic? It is still a successful yearly event in his memory. So do as the doctor ordered, get out there and play!



Race Report: Second Annual Caravel 5 Miler

by Ezra Dean



A group of 44 runners and walkers toed the line for the 2nd annual Caravel 5 miler in Carmel on Saturday, May 9th. The 5 mile loop starts and finishes at the Caravel middle school.

The race, which is directed by Jonathan Rice, has grown since last year when for the inaugural race there were 31 runners who braved downpour conditions to run. This year there were perfect running conditions, 55 degrees, overcast and no wind.

The course is best described as challenging...but fun. The first two miles are downhill to flat followed by 2 rolling miles and a steep hill at mile 4.

Spirits were high and the camaraderie was great!

Everyone had a great time and smiles weren't hard to come by.

The top 5 on each side were...

Men:

1 st Perry LeBreton	29:41
2 nd Scott Dorrity	30:45
3 rd Greg Dean	32:10
4 th Ezra Dean	32:42
5 th Shane Martin	35:00

Women:

1 st Rebecca Cox	40:57
2 nd Tia Jehnings	41:44
3 rd Crystal Fonrouge	43:22
4 th Jackie McKenney	44:15
5 th Sarah Darrah	45:50

All proceeds raised from the race go to the CMS 8th graders for their annual school trip.

We are looking to see this race grow into something great! It's a nice time of year to get out and run. And since there are not too many 5 milers it's a great chance to race the distance.

Results: http://www.coolrunning.com/results/15/me/May9_Carave_set1.shtml

Sub 5 Track Club High School Running Camp Scholarship

Each year, Sub 5 Track Club awards a scholarship to allow a high-school runner to attend a summer running camp. Applicants are asked to write no more than 250 words on each of the following: "Why I participate in cross-country and/or track and field," and "Why I would like to go to a summer running camp."

This year's scholarship recipient was Matthew Keresey, from Orono High School. Here is his winning essay:

(A) I participate in cross country and track and field because running is the sport I fell in love with, ever since I started I can't get enough. Every day I look forward to practice, to getting my workout in, and leaving satisfied, knowing its getting me that much closer to my ultimate goal. Every week we get a chance to measure that progress in what is probably my favorite part of running; competing. Nothing compares to that rush just before the gun goes off, to the out-of-breath "good lucks" when you overcome your competition, to unleashing that hidden drive in the final stretch allowing you to finish strong, knowing the whole race, that all that time, and effort, all the sweat and "pain" could pay off today, resulting in that satisfying personal record.

Track, and XC are sports that fit me because i am willing to work hard to see improvement, and I thrive on the close competition, and love meeting all the other kinds of athletes (I for one am also a pole-vaulter). Another reason why I like competitive running is that there's more to it than just running, you need strategies if you plan on winning against different types of runners and every race is run differently, you need to know your own and your competition's strengths and weaknesses in order to effectively deal with obstacles. This just touches on some of the reasons of why I participate in track and field and cross country.

(B) I would like to go to a summer running camp because I understand that in competitive running your performance is a direct product of how much work you put in. I am eager to learn new ways to improve myself, and I'm sure I will learn more than a few useful things during my time at one of these camps. Also it would be nice to meet some other serious runners like I am who could be future competition, and of course leave with more friends. I'm also very interested in talking to some of the coaches because I have always been interesting in training and have made my own summer training regimens that I have seen great improvement on, just to see if they have any great workout ideas, or maybe some unheard of form drill to get me to the next step in my running career. A running camp would help fortify my love for running and could help me learn to be a better runner in the future.

Summer Track Workouts

Many thanks to Coach Pete Lodge for organizing another successful season of summer track workouts. The workouts have ended for the year, but weekly Monday night group runs continue – check out Sub 5's Facebook page for more details!

