



Sub 5 Track Club

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

Newsletter

Late Summer 2016

A Team of Wackos Invading WaCo

by Matt Revitt

I'm not an outdoorsy sort of chap; I grew up in the UK 'burbs, for goodness' sake! So a 102-mile overnight relay in Washington County with bears, moose, and the whole "it's dark!" thing is not something I am naturally interested in. However, having just completed my third year running in the Down East Sunrise Trail Relay, I am already looking forward to next year.

In 2014, when the race was first announced, Sub 5 members Dave Farrar and James Jackson Sanborn

worked away at me during the Monday night Sub 5 runs and gradually I started to come round to the idea that it might be fun and the chances of actually meeting a bear were pretty slim (especially with my trusty bear bell). And that's how I ended up running the inaugural relay: starting in Ellsworth, going along the rail trail, and finishing in Eastport with a team known as "Wackos Invading WaCo." The relay is divided into 16 legs ranging in distance from approximately 3 to 10 miles, with runners taking different legs. This year there were 25 teams running, with staggered start times between 5:30 pm and 11:30 pm. Teams are allowed between 4-8 runners. There are different approaches to how teams assign their legs, but our approach is to try and keep the mileage as equitable as possible, leave sufficient time in between legs for rest, and play to runners' strengths (e.g. don't assign me to the rough trail legs). Each team is assigned a start time on Friday afternoon or evening based on their runners' estimated half marathon times (to which you obviously have to add on a few minutes when you are running overnight on a trail). The goal is to have each team finishing in Eastport at around noon the next day, in time for the post-race lunch.

Since this is our third year doing the relay, we have



worked out some rituals and logistics that work well for us. However, other things we are still finessing. Our captain James came up with 20+ leg scenarios which we debated during our planning meeting at the pub. There was some trepidation going into this year's relay, as last year had felt a lot tougher because we had all pushed a little harder, and while this meant our overall times had improved we were all exhausted. Also, some of the team had suffered some serious digestive issues:

who knew shepherd's pie and pints isn't necessarily the meal of champions?! This year we also lost Dave Farrar (thankfully not on the course), who was replaced by Jenny McCabe who flew in for the race from Wisconsin! Jenny joined James, Brian Olsen, Andy Young, and me on the 2016 Wackos' roster. Moe Correll was our support person (replacing Kurt Anderson), helping us out by being the reliable person driving, cycling to meet the runner near the end of each leg, and keeping track of everyone's times. Like Jenny, Moe had travelled from "away" – all the way from Colorado via Flagstaff!

Our start time this year was 10:30 pm and as with previous years I had volunteered (or demanded) that I run the first leg which is just over 9 miles. Unlike previous years there were actually three teams' runners starting with me which is a far cry from that first year when I was totally on my own! This year I had the honor of running with Maine running legend Michael Westphal and his pacer Leah Frost, who earlier this year had qualified for the U.S. Olympic Marathon Trial.

Our team pushed hard again, but thankfully there were no digestive issues and the storm that was predicted never

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The President's Corner

by John Peckenham

One of the most enjoyable aspects of the Sub 5 Track Club is the race series. It was the race series that got me back into competitive running as an adult. I went to many races before I started to think about the details of putting on a race that are almost invisible to the runners. Once I started paying attention, I realized the amount of work that is necessary to make a race go smoothly. I learned this quickly when I ran a 5K race that was not well organized. Somehow, I ended up being the race director the next year. This is a thank you to all the race directors and also to all who volunteer their time.

As runners, we typically want to get pre-registered, get a shirt, get to the start on time, and have some good refreshments afterwards. The registration paperwork, shirts, timing, and food all just magically happen. We know it isn't so, but it is easy to believe. In reality, the race director started working months before the run – lining up sponsors, designing and printing shirts, getting application forms ready (with an on-line option), hiring a race timer, getting local permits, arranging for insurance, and verifying the course. These are just the early details. Closer to race day we need tables, pens, pins, water, food, emergency services, course markings, traffic control, and prizes.



And then we need volunteers to plug all the holes. You often see messages from me asking for help at races. Registration is always a mob scene and extra people are always needed. We usually need people on the course to make sure runners stay on the route and to look out for anyone who needs help, plus get traffic to pass slowly and safely. At the finish line we need more helpers to clear runners from the chute, check bib numbers, refill food and water tables, and give directions to the nearest toilet. A seamless race has plenty of moving parts.

Race directors are constantly in need of help and I am thankful that so many runners are willing to step in and do whatever is needed. As a race director, I have never had to go it alone. That is a testament to the character of our running community and it is one of the reasons why the Sub 5 race series is so great.

I belong to other organizations that struggle to find volunteers and members to keep things going. We are fortunate not to have this problem. Let's keep this streak going and continue the high level of support to the races and the club. To Race Directors, I want you to know that the Sub 5 Track Club understands how much you need to do to make a race run well. To our Volunteers, too numerous to count, thank you for stepping up for your fellow runners.

(Photos show some of our race volunteers from the 4th of July Walter Hunt 3K. For more photos from the race, see pages 6-7.)

Note:

We send messages to Sub 5 members via email. We often get some email addresses that no longer work. Please make sure that membership has your correct current email address in our records. Thank you – we wouldn't want you to miss any news!



2016 - 2017 Sub 5 Track Club Officers

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Race Standings: Katherine Collins (male)
Dave Farrar (female)

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Ezra Dean
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Glendon Rand
Paul Tormey

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

Race Report: Cabot Trail Relay Race – Baddeck, Cape Breton, Nova Scotia

by Shane Martin

A newsletter article and one person's perspective cannot properly describe the Cabot Trail Relay Race. The course is 185 miles/276.33 km, over 17 staged legs, starting on Saturday morning of Memorial Day weekend and ending Sunday morning. The race consists of 70 teams of 17 people ranging from elite teams of fast runners to groups wearing cat's tails or fake bare butts. The 2016 Cabot Trail race was my first try at the race and everything "fell together" to make it a great weekend with the Rhino Redux team.

When you decide you want to go to the Cabot Trail Relay race, your best bet is to find a team in the area that fits you: if you are fast male runner, look at the Maine-iacs – 2016 Cabot Relay Champions and the new course record holders (16 hours 11 min 38 sec); if you are a woman, look at the Maine Road Hags; if you want to have fun, whether you are old, young, man, or woman, consider Rhino Redux. If you are adventurous, have run Cabot in the past, and have 16 like-minded friends – consider forming a new team.

Once you have joined a Cabot Trail Relay team, your team will assign legs to each runner. Typically, you'll submit a list of preferred legs and your team captain will work through the requests, matching ability and preferences (or maybe Chris* Almy used a dartboard). Long-time Cabot Trail runners often seek to complete all the legs over the years, so some legs may get taken by runners with only one or two legs remaining to complete "The Trail."

What made the trip "fall together" for me was good weather and a "sub-team" of myself (leg 9), John Peckenhams (leg 10), and Phoebe Peckenhams (leg 12). We traveled together both from Maine to Canada and around the course, staying at the same motel on the way up and at the same bed and breakfast in Baddeck. This helped simplify logistics and made it easier for me since I was traveling with people who had run the course and knew the area.

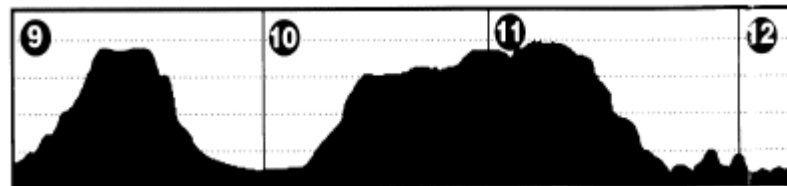
The trip up to Canada was a "short" 500 miles. What makes the drive fun is that the roads are high quality and you are driving (most of the time) away from population centers. It is slightly unnerving to see authorized ATV routes and crossings on a super highway. We opted for a slow drive up, staying in Amherst, Nova Scotia on Thursday night with an arrival in Baddeck on Friday. This allowed us to relax Friday afternoon and Saturday morning since our racing didn't start until my leg 9 in the early evening.

On Saturday we left our bed and breakfast and traveled the course backwards. This let each of us see our legs in the daylight so we would know what we would be getting into. By traveling backwards, we avoided the rolling traffic jam that is the movement of the race from the start,

counter clockwise around the trail. We got a chance to see the Margaree Valley and the village of Cheticamp in the daylight as we drove clockwise around the course. Cape Breton Highlands National Park was visible in the light of day instead of with car headlights or a runner's headlamp. In our pre-race drive we happened to meet up with two of the Maine Road Hags, Pattie Craig (leg 8) and Katherine Collins (leg 9), near the start area for leg 8. Pattie and Katherine had similarly teamed up for travel, lodging, and racing consecutive legs. Pattie Craig would duel Dale Lolar of Rhino Redux on leg 8 with Dale squeezing out a win by 10 seconds. This would be followed by my race against Katherine Collins on leg 9.

After we left Katherine and Pattie at the start of Pattie's leg, we finally headed to the start area for my leg 9 up (and down) North Mountain. After months of planning, training, and a practice run up and down Cadillac Mountain, I would soon start on my first leg of the Cabot Trail Relay. For some insane reason I selected North Mountain as my debut leg at Cabot. I'm not a strong uphill runner and I ran my best marathon ever at the largely downhill Sugarloaf Marathon in 2014. When the race started, the Rhino versus Hag duel for leg 9 was on – Martin vs Collins over 11 miles and 1,500 feet of elevation gain.

Profile of Legs 9, 10, 11, and 12 from www.cabottrailrelay.com



When facing North Mountain, it quickly becomes apparent that you will be working very hard for the first five miles. Thoughts of "racing" go out the window as you try to keep pace with the pack and not let too many people pass you by. The practice run up Cadillac was a confidence booster – I knew I could do a tough uphill run and follow it with a fast downhill. On the uphill run, Katherine and I traded places a few times when she would slow down, I would pass her, and then she would pass me back, and so on up the mountain. When we got to the top Katherine had built a lead and I worked to slowly catch up.

Once I caught up to Katherine we had reached the fun part of the race. The race starts in the early evening and the sun was still out as we crested North Mountain. As we ran down the mountain the sun was slowly setting before us and darkness was gradually enveloping the course. We passed several runners on the downhill as our stamina built from marathon training carried us down the mountain and towards the finish.

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Running in a Mini, er, I mean Minnie Skirt

by Kim Shire

I learned to run in Bangor, motivated by many things including weight loss, support from friends, encouragement from Sub5 track club members, and the availability of approachable events. When I started this venture I was NOT a runner. I didn't even like running – it hurt too much, but with patience and time I learned and I improved. In my experience, the running scene in Bangor is very community-based with awesome recurring events that allow for consistency and predictability, and a connection to the local running community.

As much as I like Maine events, I'm starting to love destination runs too. They are totally different from local runs and add an entirely new perspective to the world of running. The best aspect is that I get to go places!

For the last five years I have travelled to Walt Disney World in Florida each January to join my family for Disney's Marathon Weekend. My family consists of my parents John and Sally (in their mid-70's); my sister, Nikki and her husband, Dave; and my now-6-years-old niece, Preya. Each year Preya has done the kids' race; someone has done a marathon, others have done the half marathon, and there has always been at least one 5k runner. This trip has become a tradition for the family.

When we signed up for the 2016 race, our goal was for all six of us to run the 5k together. We figured it would be our last year doing this race as a family, as school was going to become an issue. Unfortunately the Disney races have become so popular that they sell out in minutes. We learned that the hard way when only my sister, mom, and I got into the 5k, leaving the boys and Preya on the virtual curb. It was extremely frustrating at the time, but as the months moved forward and we drew closer the actual race we came to the realization that we needed to do this in style even if we weren't all running.

Nikki, Preya, and I decided that costumes were a must and we knew that mom couldn't know too early or she might balk at the idea. After lots of discussion and online searching we finally settled on Minnie-like costumes. Now, let's be clear: I was finally okay with admitting that I was a runner, but not one to bring attention to myself. I run races in and around the Bangor area. I run in standard gear, not skirts, and certainly not mouse ears, but that was what I had just agreed to. All of us being "matchy, matchy" was going to be *über* dorky, and yet ...

In Disney, you stand out more without a costume. Finding the necessary supplies was exceedingly easy (interpret this as "we were not even close to being the first ones to do this"); the ensemble we put together was comfortable and conveyed that we were together and intent on having fun, Disney-style. We did not stand out at all – we were definitely not in Bangor.

We had a blast. I willingly admit that I totally enjoyed myself. It started with an entertaining unveiling of the costume to my mom a few days before the race. After the initial (and expected) horror, mom was on board (granddaughters help ease anyone into stepping outside their box). Heading to the race was fun. Lots of like-minded and supportive runners and spectators surrounded us. Running the race was a good bonding experience as the three of us stayed together, took photos, smiled, and laughed a lot. Crossing the finish line together while holding hands overhead was something that won't happen too many times in the future, so it was something to cherish. Again, and most importantly, it was fun.

I still like running in Bangor, but being able to step outside of my normal box and run in a Minnie skirt from time to time is something that I now look forward to. I encourage all runners, budding runners, and devoted non-runners to do the same. Figure out the walls of your box, put on your own Minnie skirt and step right out into a new experience. You may just love it.



Sub 5 Race Series Standings Update

Women's Standings

by Dave Farrar

We are eight races into our twelve-race series. Rules say competitors need to complete at least five series races to be considered for end of the year awards. The four races left are the Labor Day 5 Miler in Bangor, Pumpkin 4k in Blue Hill, Black Bear 5k in Orono, and the Turkey Trot in Brewer.

Our overall series for the women has been dominated by Katherine Collins, Lisa Kingsbury, and Robin Clarke, who are top three and all have enough qualifying races. Tracy Guerette, with two wins in two races, and last year's winner Sarah Mulcahy, with a win in her only race, are still in the hunt. Laura Overton, Kristine Guaraldo, and Katrina Bisheimer have all had competitive races and scored well in the overall results.

In the 12-and-under category, Sara Shea is leading the way with 36 points in four races. In second place is Ava Dowling with 19 points in three races, while Olivia Bean and Katrina Modrusan are battling for third with 9 and 8 points respectively.

The category 13-18 is a two-way battle for first between Emma Bragdon, 41 points in six races, and Margaret Peckenham, 37 points in six races. Hannah Rice is in the third spot with 15 points in two races.

In the 20's category only one runner has three races completed, Erica Doyon with 10 points. Laura Overton, Meg Kelly, Veronica Wentworth, and Kassie Strout have all completed two races and scored well with 20, 18, 18, and 17 respectively.

The 30's also have only one runner with three races, Lauren Libby with 20 points. Tracy Guerette with 20 points in two races and Heather Haskell with 10 points in two races are second and third in this category.

The 40's category is filled with competitive runners and three, Katherine Collins with seven races completed, Robin Clarke with five races completed, and Diana Thomas with five races completed, have run enough qualifying races. Katherine leads the way with 50 points, Robin has been coming on strong with 43 points, and a number of runners are competing for the third spot including Kristine Guaraldo, Tricia Brown, Diana Thomas, Jessie Damon, and Kim Shire.

There is also some great racing happening in the 50's category. Lisa Kingsbury is leading the way again this year with 49 points in five races. Katrina Bisheimer is second with 36 points in four races. In third is Lisa Kearns with 30 points in four races. This category also has a number of runners looking to break into the top three, including Lisa Tweedie, Margaret Jones, Mary Roulf, Deedra Dapice, Marion Frehill, Annette Hatch-Clein, and Susan Hanson.

Christy Stout is dominating the 60-64 category with 40 points in four winning races. Donna Kausen and Jen

Men's Standings

by Katherine Collins

Labor Day is fast approaching and, therefore, the Sub 5 race series is beginning to wind down. The last four races are the Labor Day 5 miler, the Great Pumpkinfest 4K, the Black Bear 5K, and the Brewer Turkey Trot. A minimum of five races are needed to qualify for prizes at the Sub 5 banquet in January.

The men's overall standings have had fierce competition, with only five points separating the first five runners. Only two, Eric Petley and Bob Ciano, currently have completed their five races so when/if the rest of the super speedy men run, the point standings will dramatically shift.

The addition last year of a 0-12 age bracket has given younger runners a chance to compete against kids their own size and it looks as if some members have taken advantage of that opportunity. One of my sons, Charlie Collins, has swept seven races, with his little brother Timmy coming in right behind. Lukas Modrusan, in third place, gets special recognition for completing the two 10 mile races, both this year and last. Matt Shea has accumulated 45 points in just four races in the 13-18 age bracket. He showed recently that the series races aren't his only place to shine, teaming up with Robin Clarke in the Dynamic Duo to sweep the top spot.

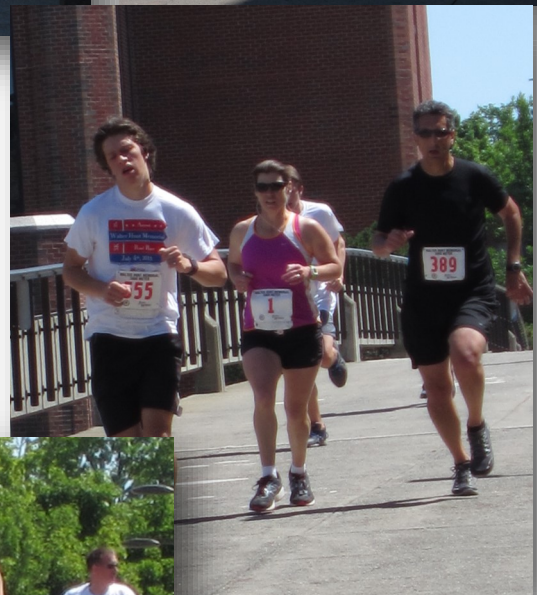
Ezra Dean is the leading male in the 19-29 age bracket with 41 points. Several other fast young men are hard on his heels, but must jump in and get their five races in before it is too late. There is also a lot of potential in the 30 year old group, but currently only Eric Hutchins has already completed five races. Erik McCarthy deserves special kudos for lately winning the Rockland Lobster Festival 10K. The 40-49 year old men take seem to take running the Sub 5 races seriously as ten of them are likely to complete the series, and three, Eric Petley, Scott Heidemann, and Joel Bragdon, have finished seven races so far this year in the series. Scott's dedication to Wednesday evening track workouts is certainly paying off.

Only 10 points separate the first four men in the 50-59 age category. Chris Jones and Andrew Tiemann are neck and neck for first place, but if there were a costume contest, Andrew would win hands down. I especially like the caveman outfit he wore at the Flattop 5K. Shane Martin and John Peckenham have also battled back and forth all season; only time will tell who comes out ahead at the finish. Bob Ciano is simply a fabulous runner no matter the age bracket, showing that by winning the Bucksport Bay Festival 5K. You feel a little sorry for the other men in the 60-64 age bracket, but Ed Hughes is easily holding his own and one of the toughest runners I know. Dave Samuelian seems to have trimmed back his racing schedule, missing two races this year, but still has

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Walter Hunt 4th of July 3K

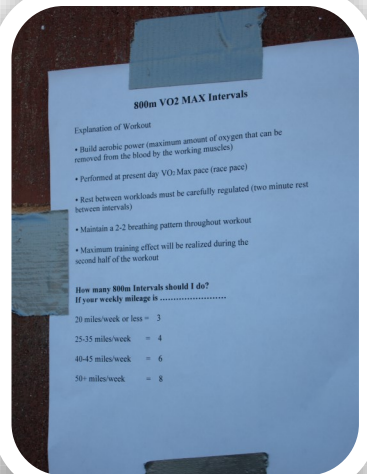


Walter Hunt 4th of July 3K



Summer Track Workouts

Many thanks to Coach Pete Lodge for another successful summer of track workouts!



Monday Night Runs Continue!

Summer track workouts have ended for the year, but the Monday night group runs continue year round! Join us at the Sea Dog in Bangor on Monday evenings at 5:30 for a 4-6 mile run at 8:30-9:00 minute pace. Rumor has it that the group occasionally stops in to the Sea Dog afterwards for refueling! (Watch our Facebook page for more information—<https://www.facebook.com/groups/Sub5TrackClub/>)



Congratulations to the Sub 5 Scholarship Recipients

Every year, Sub 5 Track Club offers scholarships to graduating high school seniors who plan to continue their running careers at the college level. This year's college scholarships were awarded to Allison Pickering of Orono High School and Erick Seekins of Brewer High School. Erick will attend the University of Maine, where he hopes to break 22' for the long jump and 50 seconds for 400 meters. Allison will attend the University of Southern Maine, and hopes to improve her height in the pole vault and her times in her running events; she will also be running cross country in addition to continuing in track and field. Sub 5 wishes them both very successful college careers!

Sub 5 also awards scholarships to high school students to allow them to attend summer running camps. This year's running camp scholarships were presented to Arianna Geiser, Aubrey Duplissie, and Nick Luce, all of Brewer High School. Congratulations to all our scholarship winners!

Sub5 Clothing

Sub5 members and friends can find Sub5 running shirts and singlets by New Balance – both short and long sleeve – on the Sub5 website (www.sub5.com/apparel/) or through Goodwin Glass and Graphics (www.goodwinglassandgraphics.com/). These shirts come in either the navy blue with white print or the neon yellow with navy blue print. Goodwin Glass and Graphics can also customize these shirts for you with a name or nickname on the sleeve. Support your club and wear Sub5 for your next running event!

Dash & Dip

A group of Sub 5 members gathered in mid-August for a Dash & Dip—an easy 3-4 mile run from the Brewer Boat Launch, followed by a dip in Brewer Lake! Thanks to Eric Boberg, the event actually turned into a Dash, Dip, & Dine, to the delight of all who attended.



Women's Standings...

(Continued from page 5)

Pilotte are tied for second with 28 points in three races. Competitive runners in this category also include Shannon Martin, Debbie Ambro, Marion Syverson, and Annette Nelligan.

The 65-69 category is led by Jeanie Butterfield, winning all five of her races for 50 points. Robin Emery and Laura Nilson have both completed three races for 26 and 24 points respectively.

Mary Alice Bruce has won all four of her races for 40 points to lead the 75+ category as usual.

With four races to go in our series there is definitely some great racing to come. Remember, you need to complete five races to qualify for the awards ceremony at the Sub 5 banquet. Happy running and I hope to see you all on the roads and trails soon!

Wackos Invading WaCo...

(Continued from page 1)

materialized. In a sport that is so much about individual performance, it's such a buzz to have your teammates cheering you on. Although the race is definitely primarily about having fun, our team does enjoy the competitive side. So, going into Eastport knowing there were only two teams ahead of us and one of the 11:30 pm teams still a ways behind, we knew we were in with a chance of finishing in the top three. The final leg is tough, but Andy had nailed it the previous two years, so we knew we could count on him again and boy, did he deliver. During the approximate 7-mile leg through the winding streets of Eastport in the midday sun Andy managed to pass two runners, one of whom was three minutes ahead of him at the start of his leg! Seeing Andy and our team captain James coming through the woods first (less than 400 meters from the finish) was definitely the highlight of the race. We all ran down with Andy to the finish line knowing that we were the first team to finish; Jenny actually flew, Superwoman style, over the finish. As the clock ticked we realized the third 11:30 pm team wasn't going to catch us, so we are able to toast our third place finish and collect our very cool medals and bronze rail spike. Special credit goes to Brian who on one of his legs actually PR'd in the 1 mile, 5K, and 10K! Brian and Moe both have two of the most infectious laughs I've heard, and having them laughing and singing along to Moe's awesome playlist helped to keep the team entertained and alert all night long, which is good because with a team of only five there's no option for sleep.

The race is an epic experience and part of it is definitely spending time with your team. The post-race picnic and the mid-day finish at an Eastport campground meant we had a fun day of recovering and resting. Although I might be more comfortable with the great outdoors I'm still a boy from the suburbs at heart, so while the other team members camped out I stayed in one of the campground cottages which even had a shower! We've already started our planning for next year – hope to see you there.



Men's Standings...

(Continued from page 5)

a commanding lead in the 65-69 age category with 47 points. John Tjepkema and Larry Merrill are battling it out in the 70-74 bracket, as are Lloyd Harmon and David Jones in the 75+ bracket.

Good luck to all our Sub 5 runners, in the series as well as the myriad of other local and statewide road/trail races. Make us proud!

Cabot Trail

(Continued from page 3)

After we reached the bottom of the mountain, I was able to gradually pull ahead of Katherine as the course flattened out. Even though I had taken a small lead, I kept pushing in case a sudden cramp or strain surfaced to slow me down. Over the course of the last mile I managed to pass a couple more runners before we reached the finish mat.

The glow of finishing a leg on the Cabot Trail Relay ends quickly as you get back to business. The race has intricate safety rules that dictate when cars can move in relation to the start of a leg. Ideally Phoebe Peckenham and I should have left in the car soon after I finished, leaving John Peckenham at the start of leg 10 as we drove ahead. This would have given us a better parking place at the end of leg 10. As it turned out, we had to wait until 20 minutes or so after leg 10 started to drive down the course. As I drove, Phoebe got to see her dad battling his way up MacKenzie Mountain. Leg 10 is considered the most beautiful leg that nobody sees. Runners who complete the 9 miles of switchbacks are awarded a picture of the road up MacKenzie Mountain at the post-race banquet on Sunday.

John ran a great leg 10 and we managed to get moving down the course before the mandatory traffic lockdown before the start of leg 11. This let us get to a good position at the end of leg 11 and start of Phoebe's leg 12. Rhino Redux's other first-time Cabot Trail runner, Shantelle Cyr, raced a strong leg 11 down the other side of MacKenzie Mountain. In 2016 this leg was extra difficult, because the road was under construction and was dirt for long stretches with limited safety fences.

The final race for our "sub-team" was Phoebe Peckenham's leg 12. The road took her out of Cape Breton Highlands National Park and into Cheticamp. For some teams Cheticamp is a pit stop where they get food and refreshments. Depending on leg assignments, people running some of the later legs may get a room in Cheticamp before running their leg. Once Phoebe finished, it was a race back to Baddeck in the car to catch a few hours of sleep before watching the finish of the race.

Sunday of the Cabot Trail Relay for us included a short rest at our bed and breakfast, a terrific breakfast, coffee (more coffee) (more coffee), as we watched the finish of the race, enjoyed the post-race banquet, and packed up for our return drive home. Some teams stay an extra night in Canada, but we opted to drive south immediately after the banquet so we could enjoy Memorial Day in Maine.

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

Links and references

Official race website (look for the leg descriptions):

<http://cabottrailrelay.com/>

Results by Atlantic Chip Sport Timing: <http://atlanticchip.ca/2016-results/>

Wikipedia – (needs update 8/5/2016): https://en.wikipedia.org/wiki/Cabot_Trail_Relay_Race