



Sub 5 Track Club

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

Newsletter

December 2017

Race Series 2017 Results!

Women's Series Results

by Dave Farrar

As another great season of women's road racing comes to a close, I can report that 2017 had well over 600 female participants in our road race series! Walter Hunt Fourth of July race is still our largest race in terms of attendance with the Turkey Trot in Brewer a close second. The series continues to offer runners a variety of races throughout the year in a variety of locations. The Epic Finale in downtown Bangor is actually the kickoff to our season, usually taking place New Year's weekend. This 5k race oftentimes features cold, snow, and ice and it's so great to see all the hardy winter athletes layering up for this one! The series then takes a break until early Spring with the Flattop 5k in Lamoine, with variable weather conditions and growing numbers every year! A few weeks later we are stretching our legs out for a 10-miler in Bridge The Gap which takes us across the "Bridge" around Verona Island and finishing in downtown Bucksport! Another race with the efforts of new race director, Gary Allen, with ever-increasing numbers, and a supporter of our Sub5 scholarships. Next up is a very fast one-mile scoot at the Memorial Mile in Ellsworth, on Memorial Day, of course. After this, we visit our friends downeast for the Cobscook 10k followed by their famous BBQ (salmon) after-race party on Cobscook Bay! Near the end of June we are back in Bucksport for the famous Tour Du Lac, a 10-miler around Silver Lake and a chance to cool off after in the town pool! Walter Hunt, a super fast 3k from Brewer to Bangor on the 4th is next up with many families running together to celebrate the holiday! The Bucksport 5k is next followed by another long time race at the end of the summer, Labor Day 5 miler in Bangor. We wrap up our season with the The Great Pumpkin 4k in Blue Hill, the Black Bear 5k at UMO and of course our 3-mile Turkey Trot in Brewer!

Our series winner this year is a female runner who has burst onto the local running scene in a big way, **Tracy Guerrette** of St. Agatha, Maine. Tracy is now living and working in the local area. Although, her concentration is

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Men's Series Results

by Katherine Collins

The 2017 Sub 5 series concluded the Sunday before Thanksgiving with the running of the 36th annual Turkey Trot at Brewer High School. How local runners approach or react to the standings should be studied in Psych 101 as an exercise in short-term vs long-term gratification. Some log into the website after the last race and think, "Oh, I got a prize," or "Oh, I guess I should have run more races." Others keep the site bookmarked to make sure that the statisticians entered the points correctly, not just for themselves, but for all the runners, after every race. Dave and I do our best to enter the results not only correctly, but in a timely fashion, especially since a new rule has evolved this year to award a beer to the one who gets each race's stats posted first on Facebook.

Erik McCarthy is our 2017 series champion, no surprise to those who compete against him in races. Erik works hard in training and is super competitive while running, but quick to laugh and chat while waiting for the prizes to be awarded. Judson Cake came in 2nd place overall in the series, but he wins his share of local road races, including Pie in the Sky, a favorite for the yummy pie prizes. It was very exciting to watch the wicked fast men finish the last ½ mile of the MDI marathon and be able to yell, "Go Judson!" The 3rd place overall men's finisher is Perry LeBreton, one of the most helpful and encouraging runners I know. I always can count on Perry to finish a race and then cheer on his slower friends as he runs a cool-down mile.

The younger runners in the series seem to come in packs of two, Charlie and Timmy Collins, Lukas and Glenn Modrusan, and Alex and Erin Petley. Races are more fun the more kids you bring, but race registration fees do add up. Charlie had an outstanding racing season despite some growth spurts resulting in aching leg muscles. He has some serious competition next year when he moves up to the 13-18 age bracket, which has been dominated by Matt Shea for several years. Lukas has been running

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The President's Corner

by Johanna Szillery

Sub 5 members and friends,

Happy holidays and happy new year to you all!

There are some exciting events coming up!

Saturday, January 20, 2018 at the **Sea Dog Banquet Room**, Sub 5 will celebrate the race series and the accomplishments of this past year. The festivities will begin at 5:00 pm with a social hour, with appetizers and beverages. Dinner will begin about 6:15pm. This year's banquet will feature series awards, special awards... and back by popular demand, the Sub 5 quiz show and Sub 5 band. Come for a great night of celebration and comradery with fellow runners.

March 17, 2018 at **CES, Inc.**, on South Main Street in Brewer, Sub 5 will have its Annual Meeting and Elections. The Annual Meeting, as well as all Board meetings, are open to all members! As we look to the future, Sub 5 aims to encourage new runners to try the sport, and encourage all runners to achieve their goals. As we look at the age distribution of our membership, and also in road races, we have few men and women in their twenties and thirties. How can we make the club more attractive to this cohort of runners? We welcome your thoughts about how to make the Sub 5 Track Club more appealing to runners of all interests and abilities. We continue to explore ideas to recruit more runners into this age group. As we think of the benefits that Sub 5 membership offers, how can we offer perks that are beneficial to both members and the local business community?

The schedule for the Annual Meeting will be finalized in mid-February. In past years, we have planned a run in the area at about 9:00 am, followed by a potluck lunch meeting at 11:30 am. Showers, changing areas, and a small kitchen are available at CES.

We concluded the 2017 Sub 5 Tradewinds Marketplace race series with the Brewer High School Turkey Trot in

November, and in a few short weeks, we'll celebrate the achievements at the Annual Banquet. It was a great race series. We had a successful transition in race directors for the Bridge the Gap race—thank you to Sue Bernier and Belle Ryder for a great race, which transitioned to Gary Allen and Crow Athletics. Thanks for taking on this race, Gary! The remaining races in the series have had good participation and the competition was strong. The Sub 5 Board continues to have inquiries for new additions to the series, and the Board strives to have safe, fair, and successful races in the series. Thank you to the many hands that made the race series a great success: Race Directors, Sponsors, Timers, and Course Volunteers.

The Board is finalizing the 2018 Sub 5 Tradewinds Marketplace Race Series. At this time, the Fort Knox Festival 5K will no longer be part of the Sub 5 Tradewinds Race Series, due to changes in leadership with this race. The remainder of the race series will remain the same, with 12 races comprising the 2018 Series. Once finalized, the 2018 Series Races list can be found on our website, at www.Sub5.com, and will also be shared on the Sub 5 Facebook page.

As we enter into the cold and dormant time of year, I hope you can relish this opportunity to plan your running and athletic endeavors for the year—and, also, to focus on cross-training and trying something new this winter. [Ed. note—see the article on snowshoe training elsewhere in this issue!] There is no substitute for a nice long weekend run, but, it is that much sweeter after a respite!

Happy New Year,
looking forward to a
new year of goals and
achievements,



2017 - 2018 Sub 5 Track Club Officers

President:: Johanna Szillery
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Secretary: Matthew Revitt
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Sub 5 News Editor: Pam Nourse
Race Standings: Katherine Collins (male series statistician)
Dave Farrar (female series statistician)

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Deedra Dapice
Ezra Dean
Pete Lodge
John Peckham
Glendon Rand
Kim Shire

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

The deadline for the **April 2018** issue is April 10.

Women's Series Results...

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on her marathon training, with awesome marathon results, she has also done a great job in our series! Congrats, Tracy, we are extremely proud of your accomplishments! Second place overall went to ***Kristine Guaraldo***, who came on strong from the Walter Hunt 3k on to edge out ***Deedra Dapice*** by a point. Deedra had a phenomenal season running out of the 50's age group to capture third overall!

Age group awards were as follows:

0-12:

1st - ***Ada Pultorak***

2nd - ***Erin Petley***

13-18:

1st - ***Ava Dowling***

2nd - ***Grace Smith***

19-29:

1st - ***Meaghan Geroux***

2nd - ***Susy Fay***

3rd - ***Jessica Landry-Lyons***

30-39:

1st - ***Tracy Guerrette***

2nd - ***Rachel Umphrey***

3rd - ***Heather Durell***

40-49:

1st - ***Kristine Guaraldo***

2nd - ***Robin Clarke***

3rd - ***Katherine Collins***

50-59:

1st - ***Deedra Dapice***

2nd - ***Lisa Kingsbury***

3rd - ***Annette Hatch-Clein***

60-64:

1st - ***Christy Stout***

65-69:

1st - ***Jeanne Butterfield***

2nd - ***Linda Marconi***

3rd - ***Laura Nilsen***

70-74:

1st - ***Robin Emery***

75+:

1st - ***Rene Collins***

2nd - ***Mary Alice Bruce***

Congratulations to all our age group winners! There were many close results that came down to the last race of the season to decide the awards! All of the running women above will be recognized for their achievement at our awards banquet in January.

Lastly, we need to thank all our hardworking race

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Men's Series Results...

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competitively in middle school for two years now and it shows in his age bracket points (43). Timmy ran his first year of cross country this year and brought his time down in the Turkey Trot by over 2 minutes from 2016. Alex is only in 2nd grade and is running 3-mile races—I can't wait to see how fast he gets by 5th grade!

The young bucks in the 19-39 age brackets really are among some of the fastest runners in the state of Maine. Hunter Umphrey came in 1st in the 19-29 bracket with 47 points, running 11 races, the most of any man in the series this year. Ethan Dapice was right on his heels with 46 points. Ethan had a great Thanksgiving, winning a turkey at the Turkey Trot on Sunday and winning a pie on Thanksgiving Day at the Turkey Trek. I just hope he ran off all those calories since then. Erik McCarthy and Judson Cake of course took the top two 30-39 spots, leaving third place for Jonathan Goupee, who uses our favorite marathon training plan, the run once-a-week plan. It isn't for everyone, but if anyone can run 26 miles by only running on Sunday mornings, Jonathan can.

The two most competitive age brackets are the 40-49 and 50-59 groups. Twenty-three men completed at least 5 races, 11 in the younger group and 12 in the more mature group. Qualifying for Boston doesn't even get you a top 3 prize in this class of men, where every point is strategically planned and fought for in every race. Perry LeBreton won the 40-49 bracket, with new-to-the-scene Erik Knickerbocker one point behind. Eric Petley came in 3rd place, always going back to cheer on his small children after finishing. Jim Hunt, who looks like he is out for a jog on the beach with those long shorts, won the 50-59 bracket. Christ Holt, training on the MDI carriage trails every weekend, came in 2nd, and Tim Pearson was just one point behind Chris in 3rd place.

The 60+ men are not as numerous at any given race, but that doesn't mean that they are any less ruthless when it comes to beating each other and as many others on the course as they can. Just seeing that Bob Ciano has shown up to a race is enough to make many 30- and 40-year-olds concede more than a few overall points. The man is just plain fast. He swept the 60-64 bracket in every race he ran, leaving 2nd and 3rd place to Dave Farrar and Ed Hughes. Those two tied and I am currently trying to figure out which one came out on top. It will give a bit of suspense to the banquet, so make sure you make plans to attend! Chris*Almy won the 65-69 bracket. John Tjepkema won the 70-74 bracket with Dave Samuelian coming in 2nd, and Larry Merrill, my new best water-stop volunteer friend, coming in 3rd place. Lloyd Harmon swept the 75+ bracket, always taking his little dog for a walk after each race, with David Jones and Phillip Pierce coming in 2nd and 3rd respectively. Dick Storch is the only 4th place winner acknowledged here, but he has to be because of sharing the sheer joy of seeing his smiling face before, during, and after each race.

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Women's Series Results...

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directors and volunteers: Brad Ryder—Epic Finale; Tom Kirby and Robin Emery—Flattop; Gary Allen- Bridge the Gap; Robin Clarke—Memorial Mile; Jon Aretakis—Cobscook Bay; Chris and Margaret Jones—Tour Du Lac; John Peckingham, Johanna Szillery and Dave Farrar—Walter Hunt; City of Bangor Parks & Rec- Labor Day; George Stevens X-Country—Great Pumpkin 4k; UMO Student Rec- Black Bear; and Brewer High School Sophomore Class—Turkey Trot.

Thank you all for an awesome 2017 racing season and I can't wait for 2018 (Epic Finale is the last weekend of December)!



Men's Series Results...

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I am not only happy to compile the race stats month after month for the opportunity to give back to Sub 5 and the running community, but also for the free beers that Dave Farrar now buys me for putting the results on Facebook faster than he does. It might not be technically cheating to get up at 4am to type all 250 men's names into the spreadsheet after Walter Hunt, but I need all the help I can get. My least favorite moment was realizing that since Bradford Eslin had the audacity to turn 40 right after his 4th race, I deleted his name and had to go back and find all his results and recalculate his points. Thank you to all the runners who participated in the Sub 5 series this year, all the runners who ran 5 or more races, and all the runners who won their age brackets. It was exciting to see who was ahead, who dug deep and beat their fiercest foe to pull ahead in the standings, and who ran for fun and to finish. Sub 5 is a vibrant and fun running club because of our members and our board. Good luck in 2018!

Winter Is Coming—Try A New Type Of Training!

by Laura Nilsen

As the days are getting shorter and the outside temperature colder we start to want to hold on to our fireside armchair and skip the normal training schedule we carried on all summer and fall. Don't look on this time of year with dread, there's an exciting world of snow shoeing waiting for you. With the new type of snow shoes available you will have a winter of running even in snowy Maine. I don't wear boots, but continue to wear my Gortex running shoes and Smartwool or Swiftwick socks clamped in my snow shoes with gaiters to keep out the snow and add warmth to my ankles. My neighbor/running friend and I participated in the World Snow Shoe Championships at Saranac Lake near Lake Placid, New York last February. We ran a shorter race than the pros called the Shoe-Be-Doo race basically a "Citizens race." I hope you will try it out. Some of these races are very challenging because they are held on mountains and hills, basically hiking/cross country ski areas. Your racing times will suffer because you are mountain running on snow shoes. You will wear very light clothing, just like cross country skiing, just something for your hands and head. Dion Snow Shoe Company lends out their small, lightweight snow shoes for free to let you try them out at many races. You don't have to worry about slipping because under each snow shoe is a sharp "crampon" that grips any crusty snow or ice you encounter. I don't use a tread mill. I have the outdoor snow to explore wintering wildlife and frozen beauty of our forests. Rarely do I use

ski poles any more. By continuing your running on snow shoes, you are able to keep in shape and add to your yearly total of running miles and you'll be in great shape for the normal summer running season. I hope you will give it a try. Running on snow shoes or just sauntering through the landscape is sure to beat cabin fever.

Photo: Linda Marconi and Laura Nilsen at Saranac Lake last February.



Join us for the 2017 Sub 5 Track Club/Tradewinds Road Race Series Awards Banquet

January 20, 2018 5:00 p.m.

Sea Dog Banquet Center

Bangor, Maine

Celebrate the races and achievements of the 2017 year. Race series awards and special awards will be awarded. The Sub 5 Band, Sub 5 Quiz and race series raffle are also back by popular demand.

Social with appetizers and beverages begins at 5pm, dinner begins at about 615pm.

Cost is \$20 pre-registered (until January 5, 2018) or \$25 at the door. Watch the mail for your RSVP postcard, or see Sub5.com for more details. You can also renew your 2018 Sub 5 membership at the banquet!



**Sub 5 Annual Membership
Meeting
March 17, 2018**

***Come be part of running the
next years...***

long may you run...