

# 2019 TradeWinds Markets / Sub 5 Track Club Road Race Series



## TRADEWINDS

*Market Place*



DATE	RACE	REGISTRATION/ CONTACT
December 30 (2018) @ 10 a.m.	Epic Finale 5K, Bangor	Register online, mail, or race day Epic Sports: 941-5670 www.epicsportsofmaine.com
March 30 @ 10 a.m.	Flattop 5K, Lamoine	Register by mail or race day Robin Emery: 667-9219 / Tom Kirby: 667-9771 takirby@roadrunner.com
April 6 @ 10 a.m.	Bridge the Gap 10 Miler, Verona Island	Register online, mail, or race day Crow Athletics, run@crowathletics.com www.crowathletics.com
May 27 @ 9 a.m.	Main Street Memorial Mile, Ellsworth	Register by mail or race day DownEast Family Y: 667-3086 defymca.org
June 1 @ 10 a.m.	Cobscook Bay 10K for Down East Hospice, Pembroke	Register online, mail or race day www.cobscookbayroadraces.org Eric Mauricette
June 29 @ 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 www.sub5.com www.active.com/
September 2 @ 9 a.m.	Labor Day 5 Miler, Bangor	Register online (preferred) or race day Bangor Parks and Recreation: 992-4490 Bangorparksandrec.com
September 22 @ 9:30 a.m.	Great Pumpkinfest 4K, Blue Hill	Register by mail or race day George Stevens Academy/ Larry Gray: 852-4493 l.gray@georgestevens.org
October 20 @ 11 a.m.	Black Bear 5K, Orono	Register by mail or race day UMaine, Thad Dwyer: 581-1234 thad.dwyer@umit.maine.edu
November 24 @ 1 p.m.	Brewer High School Turkey Trot 3 Miler, Brewer	Register by mail or race day Brewer High School: 989-4140
December 29 2019 @ 10 a.m.**	Epic Finale 5K, Bangor	Register online, mail, or race day Epic Sports: 941-5670 www.epicsportsofmaine.com

\*\* 2019 Epic Finale 5K is the first race of the **2020 Sub 5 Series**

For more info: Sub 5 Track Club – visit: [sub5.com](http://sub5.com), on Facebook, or write to Sub 5 Track Club, PO Box 63, Brewer, Maine 04412  
Race Series Rules on Reverse

VOLUNTEERS APPRECIATED, Contact Race Director v08-19-19

## Sub 5 Race Series Rules

\*You must complete 5 series races to be eligible for an award.

\*The age category of each runner is determined by their age at the first series race they enter for the calendar year.

\*The top 10 runners in each age group receive points for each series race they complete. (1st = 10 points, 2nd = 9 points, etc.)

\*Awards are based on the runner's total points from their 5 best series performances.

\*Awards are presented to the male and female with the highest point total overall, regardless of age category. These 2 runners are not eligible for an age group award.

\*Awards are presented to the top 3 runners in the following age groups: 0-12, 13-18, 19-29, 30-39, 40-49, 50-59, 60-64, 65-69, 70-74, 75 & over.

\*In the event of a tie, each runner's next best race performance (6th, 7th, etc.) is considered until the tie is broken and a winner is determined. If the winner cannot be determined, the runners may share the award as follows: Tie for 1st and 2nd place award is combined and divided evenly. Tie for 2nd and 3rd place award is combined and divided evenly. Tie for 3rd – each runner receives full award.

\*Type of awards will be chosen by the Sub5 Track Club Executive Board & presented at Annual Tradewinds/Sub5 Banquet held in January.