



Sub 5 Track Club

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

Newsletter

October 2019

Destination Running Clubs

By Kim Shire

I like to travel. Always have and hopefully always will. These days travel is occasionally for the express purpose of competing in some sort of event. Often a weekend where I travel down (most frequently it's "down" from here, but not always) to a race on Friday, compete Saturday and travel home right away or maybe on Sunday. This kind of travel is pretty self-explanatory when it comes to deciding on a running route- it's pre-determined for me.

Another kind of travel is to a destination for an event and then stay a bit longer for a non-running vacation. It's a great way for my husband and I to travel. The race determines the destination and timing. I aim to do the event in the beginning of the vacation so I don't have to worry about food, sleep and his entertainment for too long. I race, get it out of my system and then we have fun with the rest of the vacation. Again the running is pre-determined so my planning is minimal.

Then there are those vacations with no races or events planned. The thing is that when these come along there is usually something in my future that I'm training for. The thoughts that go

through my head include: I can't go on vacation and not train, it'll put me behind, I'll get out of shape, I'll never be ready (blah, blah, blah is what my husband hears). I'm probably going to go out on a run (training or not) while on holiday and I have found that it is generally a pretty awesome experience. It is an amazing way to get the lay of the land, see things you would never see in a car or from a hotel room and my run will certainly justify the vacation food and drink I will partake in while traveling.

I love trips to Boston because I know I'm going to run around the Charles River and along the Esplanade. Trips to Portland get me out along the Back Bay or the waterfront or into the neighborhoods - I've found microbreweries that way. Traditionally visiting my parents leads to runs around their neighborhoods getting a feel for the life they live and seeing places they talk about.

Last year I upped my vacation running with a new experience when travelling to Georgia for a week. The first 3 days my husband and I stayed in downtown Savannah, which I highly recommend for a vacation spot. I was in the midst of training for MDI marathon and had a 20-mile run scheduled for the Savannah weekend. ... (Continued on Page 4)

President's message

By Joe Roberts

I just wanted to take a moment to thank you for choosing to be a Sub5 running club member. Memberships and sponsorships help to provide college and summer camp scholarships to local runners as well as nurture a robust running community. While the support makes the club possible, a group of hard-working volunteers keep it "running."

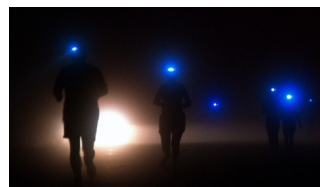
Thank you to board members and other volunteers that help pull together Sub5's Annual Walter Hunt race on the 4th of July. Volunteers also process the memberships and make sure you receive your membership card for club discounts. Volunteers run the summer workouts and Monday night runs, coordinate the Sub5 banquet, write the newsletter, tabulate the series standings and keep the website up to date. Thank you for all you do.

Best of luck Sub5 members in your fall running. Many say it is the best time of the year to run and with cooler temperatures that is hard to argue. One a couple of Tradewinds Marketplace Sub5 race series races remain The Black Bear 5k on October 20th in Orono, and the Turkey Trot on Nov. 24th in Brewer. See-Sub5.com for details. Remember runners

must complete 5 series races to qualify for end of year awards in January. Check out the standings on Sub5.com. While some age groups already have runners with 5 races, other age groups are a little more thin, looking for runners to qualify for awards.



Save The Date!
January 18th, 2020 for the
Annual Sub5 Banquet.
(Details coming soon)



Having trouble making out what is in the picture? Drivers can't tell either. Time to wear your Headlamps and Safety Vests.
Be safe, Be seen!

Editors note. I'm getting older and my eyesight isn't what it used to be. After creating the last newsletter I realized I couldn't read it without my bifocals. Hence the larger type for this issue. I may try this size font next time. But , overall, I hope it makes it a more enjoyable read for all.

2018 - 2019 Sub 5 Track Club Officers

President: Joe Roberts
Vice President: Deedra Dapice
Secretary: Matthew Revitt
Treasurer: Shane Martin
Membership Director: Peter Lodge
Webmaster/Scholarship Coordinator: Glendon Rand
Equipment Manager: Ryan King
Gear and Apparel Manager: David Farrar
Track Workout Coach: Peter Lodge
Sub 5 News Editor: Geoff Dapice
Race Standings: Katherine Collins (male series statistician)
Dave Farrar (female series statistician)

Members-at-large: Tim Cole
Ezra Dean
Scott Lamontagne
Glendon Rand
Kim Shire
Johanna Szillery

Thank you to our
Race Series Sponsor



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

The deadline for the **February** issue is **January 31st**.

Sub-5 2019 Scholarship Recipient Camille Kohtala

By Glendon Rand



Following the 39th Annual Walter Hunt 4th of July 3K Road Race Camille Kohtala was presented with the 2019 Sub5 \$1500 Scholarship.

Chosen from a strong field of applicants, Camille just completed an illustrious career in track and cross country at Orono High School where she was an incredibly versatile performer. She was a state level performer in jumps, sprints, hurdles, middle distance, and cross country. Everything from 55 meters to 5000 meters! She had 7 Individual state championships and was a member of 6 state championship teams.

She was the highest female Maine finisher in the recent New England Championship meet at Thornton Academy - finishing second in the long jump - losing by only 3/4". In addition, at the 2019 Eastern Maine Indoor Track League championship meet, Camille long jumped 19' 4", improving on her old league record by more than a foot. At the time it was the 7th best jump in the country and is the second furthest in Maine history only behind the great Kate Hall.

Camille is attending University of Alabama Crimson Tide where she will continue her track career and major in Exercise science/Kinesiology. She says that she would like to "help people be healthier and happier".



Podcast Review: The "Running for Real Podcast" with Tina Muir

By Geoff Dapice

I am an avid podcast listener. Being a "computer guy" I tend to listen to a lot of "techie" podcasts when I'm driving or puttering around the house. But when I'm out on a long run I enjoy listening to running related podcasts. I hope to introduce some of my favorites to you and welcome any recommendations you might have.

One of my favorites is the Running for Real Podcast with Tina Muir <https://tinamuir.com/rfr-podcast/>. Tina is an elite runner, relatively new mother and a great interviewer. Every week she talks about a different topic related to running. Some of her latest include an interview with Dr. James Hull about Asthma and Running, an interview with Stacy Sims about Running and Menopause, and a Live show where she interviewed Meb Keflezighi, Jenny Simpson and Rachel Pratt.

I'm still listening to interviews that are over 2 years old as I started listening from the beginning and really enjoy the "still relevant" content. Some of her interviews cover more woman-specific issues, but it is important information if you have any woman runners in your life. We have had some good conversations in our home as my wife, Deedra, enjoys her podcasts as well. Finally, but less important. Tina is from Britain and has a great accent, who doesn't love that?... Happy listening!



Destination Continued ... Sure, I could do it alone, but I wondered if there were there any pre-measured routes? I Googled running clubs in Savannah and found the Savannah Striders. A few emails to the director and I had plans to meet them Sunday morning for a run. Best decision ever! I ran 4 miles on the treadmill in the hotel (a little too dark in an unfamiliar city for running alone at 5 am). Once the sky lightened a bit I headed out to run the few miles to the start of the group run. I expected a group like our Monday night crew 5-10 people maybe. NOPE there were over 40 people and I think 5 dogs. Two standard routes – you choose which one to go. Everyone was welcoming and jovial. A quick speech that included a farewell water dousing of 2 members moving out west, a group photo and we were off. Some people ran solo, some in groups it seemed like runners were everywhere at every pace.

I chose the longer of the runs (I needed 20 after all). We were able to run on I17 over the Talmadge Memorial Bridge (a cable bridge like the Penobscot Narrows Bridge in Prospect). This bridge is closed, to pedestrians – except for the run club on Sunday mornings. I could never have done this without the club, in fact I would never have considered it. On the far side of the river I was able to look back at Savannah and see my hotel where my husband was likely still sleeping. When the group run finished I still had 5 miles to go so I refilled my water, thanked everyone and headed off to finish by running the squares of Savannah, during which I passed a number of the club members walking home or into town. I ran by tons of brunch spots including the one my husband and I went to after I finished and showered. I had



Savannah Striders Group Picture. Kim is in the 2nd row, 2nd from the left with a pink visor

an amazing feel for the town now, so for the rest of the day I acted as tour guide. I had so much fun and a great long run broken into unique segments thanks to the club.

For the rest of the week in Georgia we were on Tybee Island where I had short daily runs during which I think I canvassed the entire 3.2 square miles of island – I found a great coffee shop, strange lawn art and lots of interesting architecture meant to allow homes to survive hurricanes.

This past March I visited my parents in Florida and had my usual plans to run the neighborhoods alone. I did a couple of times, but I also found The Villages Running Club (TVRC). Disclaimer here – it wasn't hard to "find" this club as my parents are members and a fellow Bangor runner, now retired to The Villages, is also a member. I ran with them 3 days and one of these days ended with yoga on the boardwalk, being cheerily heckled by Dragon Boaters. I also met a member of the club who recognized me from Maine as he used to work in the same building as me – small world. I would never have found him or done the yoga class had it not been for the run club.

(Continued on Page 5)

Destination Cont.

Running clubs are inherently welcoming. I have found that you garner all kinds of information from them and you have experiences that you could never get running alone. I will absolutely look for running clubs in the future if the vacation warrants it and I hope people find our club when travelling through Bangor.



The Perfect Race - Ralph K. Thomas 8K

By Judson Esty-Kendall

I was in the checkout line at Hannaford's the other day wearing my Ralph K. Thomas hat. The young clerk gave me a big smile and said, "that's my favorite race!" It was easy to agree. Bob Bryant, the director, was Sub5's Race Director of the Year last year. The course is beautiful; mainly on Indian Island, it includes an off road section through the woods at the North end of the island and a short loop over the bridge into Old Town and back. While weather in early November can vary; last year it rained so hard the night before it washed away the arrows we tried to paint to mark the course, but we got the markers done early on race morning, and it proved a great day for running with sunshine and a little bite to the air. There are lots of prizes, with traditional Penobscot baskets for the overall male and female winners that are true works of art. There is post-race refreshment a-plenty, including moose chili.

But most of us run for more than just ourselves. This race supports important work, as the proceeds go toward awareness and prevention of diabetes, a disease that disproportionately affects tribal members. And there is the history. Ralph, who comes to the race but these days at

age 83 walks it instead of running, was the best Maine road racer of his generation

and one of the first 5 runners inducted into the Maine Running Hall of Fame in the inaugural class in 1989. (Also inducted in that first class was Andrew Sockalexis, an earlier Penobscot runner from Indian Island who, through story and legend, was Ralph's early inspiration).

So on Sunday, November 3rd, come to the Sockalexis Arena on Indian Island (race time 10 am), support a good cause, have a great time, meet Ralph and run in the footprints of the great Penobscot runners from earlier generations, and of course say thanks to Bob Bryant.



Avocado cookies.

By Ezra Dean

2 small or 1 large ripe avocado (3/4 cup)
1/2 cup coconut sugar
1 egg
1/2 cup dark cocoa powder
1 cup dark chocolate chips
1/2 tsp. baking soda
Optional sea salt

Instructions

Preheat oven to 350.
Process the avocado, egg and the sugar.
Mix in the cocoa and baking soda.
Stir in chocolate chips by hand.
Using a cookie scoop, place a small amount on a baking sheet lined with parchment.
Bake for 8-10 minutes
Sprinkle with sea salt after you take out of the oven
Cool before eating.
Enjoy!

