

2023 TradeWinds Supermarkets

Sub5 Track Club Road Race Series



DATE	RACE	REGISTRATION/ CONTACT
Dec. 31, 2022 @ 9AM COMPLETED	Finale 5K	
April 1 @ 9:30 a.m.	Flattop 5K	https://runsignup.com/Race/Events/ME/Lamoine/Flattop5k
May 6 @ TBA	Bridge the Gap 10 Miler	Crow Athletics
May 29 @ TBA	Main Street Memorial Mile	https://www.defymca.org/schedules/road-races/ (207) 667-3086
June 4 @ 10 a.m.	Cobscook Bay 10K for Down East Hospice, Pembroke	Register online, mail or race day www.cobscookbayroadraces.org Eric Mauricette
June 24 7:30 a.m. (tentative)	Tour du Lac	Bucksport Recreation/DEFYMCA
July 4 @ 9:45 a.m.	Walter Hunt Memorial 3K, Bangor	Register online, mail, or race day Sub5 Track Club, www.sub5.com
September 4 @ 9 a.m.	Labor Day 5 Miler, Bangor	Register online (preferred) or race day Bangor Parks and Recreation: 992-4490 Bangorparksandrec.com
September 17 @ 9:30 a.m. (tentative)	Great Pumpkinfest 4K, Blue Hill	Register by mail or race day Isaac Vaccaro i.vaccaro@georgestevens.org
September 24 @ 9 a.m.	St. Joe's Commit to Get Fit 10K, Bangor	https://runsignup.com/Race/Events/ME/Bangor/StJoesCommit
October 22 @ 11 a.m.	Black Bear 5K, Orono	Register by mail or race day UMaine, Thad Dwyer: 581-1234 tdwyer@maine.edu
November 19 @ 1 p.m. (tentative)	Brewer High School Turkey Trot 3 Miler, Brewer	Register by mail or race day Brewer High School: 989-4140

2023 Sub5 Series. DATES and TIMES subject to change

For more info: Sub5 Track Club – visit: sub5.com, on Facebook, or write to Sub5 Track Club, PO Box 63, Brewer, Maine 04412 VOLUNTEERS APPRECIATED, Contact Race Director

Sub5 Race Series Rules

***Rules subject to change pending number of races and Covid-19 impact**

*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, 75-79 & 80+.

*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 for example, one runner has completed 5 races and the other tied runner 6, then the runner with more races wins. 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 a full award.