



Sub 5 Track Club

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

Newsletter

Winter 2016

2015 Sub 5 / TradeWinds Series Recap

Men's Series Results

by Katherine Collins

The 2015 Sub 5 series is complete now that the Turkey Trot has been run, the age bracket winners received their turkeys, and the leftovers have been turned into hash and noodle soup. The runners who needed to get that 5th race in the books to qualify for loot at the banquet managed to get to Brewer on the Sunday before Thanksgiving and they promise that they won't be caught almost short again, but will run more series races earlier in the year. The 2016 series will begin with two cold 5Ks: the December Epic Finale and the Flattop in Lemoine come March.

Eighteen men finished in the overall standings, meaning that they placed as a top ten finisher in at least one race. Erik McCarthy pulled it out at the end, running the Turkey Trot as his 5th race and earning 47 points. Ian Fraser was leading the overall series for much of the year because he scored big points at some of the earlier races, and finished in 2nd overall with 42 points. Perry Lebreton rounded out the top three with an impressive 38 points and 9 race finishes.

Our newest age bracket is the 0–12 year old category and we had 3 boys complete at least 5 races. Charlie Collins and Lukas Modrusan both ran 7 races, including the Tour de Lac 10 Miler for both, and Lukas also ran the Bridge the Gap 10 Miler. Eleven year old Charlie finished with 49 points, 9 year old Lukas was right behind him with 48 points, and 7 year old Glenn Modrusan finished with 29 points. Next year Charlie and Lukas will be running cross country together for All Saints Catholic School.

The 13–18 year old age bracket saw some fierce competition between the three series finishers. Ethan Dapice definitely didn't stop running once he graduated from Brewer High School, finishing with 48 points and beating many of the fast men, scoring 13 points in the

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Women's Series Results

by Dave Farrar

Well over 600 women participated in the Sub5 women's race series this year with twenty-six completing five of the eleven races and therefore qualifying for the series awards. Our most popular race is still the Walter Hunt on the Fourth of July, but the Turkey Trot on the Sunday before Thanksgiving is not far behind. We welcomed two new races this year with Bridge The Gap 10 Miler on Verona Island and the Memorial Mile in Ellsworth. The races in our series, which vary in length from one mile to as much as 10 miles, feature four in Bangor, one in Brewer, one in Lamoine, two in Bucksport, one in Verona, one in Ellsworth, one in Pembroke, one in Blue Hill, and one in Orono. These locations and varied distances allow many runners from various locations and abilities to compete in the series.

Sarah Mulcahy from way downeast was our Women's champ this year by winning all five races she entered and scoring 50 points. Katherine Collins competed well with a score of 41 points as she ran in nine series races. Lisa Kingsbury was just behind Katherine with 39 points competing in 5 races. Congratulations to our top 3 female runners of 2015!

Maggie Collins won the 12-and-under age category with 47 points. She had some close competition earlier in the year, but Maggie was the only competitor to complete the required amount of races in this age group. Margaret Peckenham won the 13–18 age group with 36 points. She also had some early competition, but was the only one to qualify in her category. Our 19–29 age group was dominated by Sarah Mulcahy, but Ashley Conti (42 points) and Susy Fay (27 points) also had great seasons. The 30–39 group was paced by Heather Knowles of Brewer with 43 points and second place went to Stacy Modrusan with 13 points. One of our most competitive

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The President's Corner

by John Peckenham

We are nearing the end of the 2015 Sub5/TradeWinds Marketplace Race Series. There has been great competition in many of the age groups and we will soon know the final rankings. Take a look at the different age groups: some are loaded with many people vying for number one, while others are wide open. It is clear that in certain age-groups and genders we do not attract enough runners. This is a problem that has the attention of the Sub5 Board. How do we attract new runners to compete in the race series, and become members of Sub5?

This is not a unique problem for Sub5 – I know of other clubs and civic organizations who have the same concerns. We plan to do more than talk about it. In 2016 we intend to sponsor some new activities to support and retain new runners. One will be a program to welcome and support new runners. There are many people who want to run, but are put off by the high-end competitive nature of the series races. We want to change that perception. Sub5 will continue to encourage competitive racing, but we also want, and need, to bring in new members. We are certainly open to new ideas about what might work. Feel free to share them with us.

The club is run by volunteers. We do this work happily for the love of the sport. We also have others who direct races, time events, help with registration and at the finish line. We could not have such high quality races without all of the generous support. I thank each of you for all that you have done and we hope that you can continue to help next year. There are plenty of cheerful faces that we see at many races and it is an important part of what makes the Sub5 Club great.

Train hard, stay healthy, and I'll see you at the next race!

Women's Series Results...

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groups was the 40–49 women with six women qualifying. Katherine Collins led the way with 50 points followed closely by Robin Clarke of Ellsworth with 44 points (Robin is race director of the Memorial Mile as well as other races in her area) and Deedra Dapice of Brewer with 43 points. Robin edged Deedra at the Turkey Trot for second place; great racing, ladies! Katrina Bishiemer, Jennifer Noonan, and Diane Thomas all qualified and raced well in this category. The most competitive group is our 50–59 women with seven qualifiers for 2015! Lisa Kingsbury totaled 50 points in just five races to win the age group. Margaret Jones finished second with 47 points leap-frogging two competitors at the Turkey Trot (not literally of course, but that would be fun to watch, Margaret). Annette Hatch-Clein took third place with 42 points. Mary Rouff, Kelly Havlin, Andrea Pelletier, and Marion Frehill rounded out the field in this category and all raced well this season. In the 60–64 age group Linda Marconi led the way with 46 points and Laura Nilsen was right on her heels with 42 points. For the 65–69 age category we had Jeanne Butterfield just edge out Robin Emery 50 to 49. Great racing season for these two competitors as usual! Veteran runner Rene Collins takes home the honors in the 70–74 age group with 47 points and our amazing Mary Alice Bruce scores 50 points to take the 75–79 category!

We all hope to see all you great women runners again next year at our series races and hopefully at our banquet in January. Congratulations to all our women racers in our Sub5 series this year!



2013 - 2014 Sub 5 Track Club Officers

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Race Standings: Katherine Collins
Dave Farrar

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Dave Farrar
Peter Lodge
David Nantkes
Glendon Rand
Matt Revitt
Johanna Szillery
Paul Tormey

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

Men's Series Results...

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overall men's standings. Earning 32 points each, Matt Shea and Colby Rand both finished with 5 races under their belts this year. Ezra Dean scored 29 points in the 19–29 year old bracket, proving that you can be a new member of the Sub 5 board and get to vote on the series prizes without guilt.

The 30–39 year old age bracket is where many of our area's fastest runners are situated. Erik McCarthy's overall men's win means that all the other runners move up a notch, but he did score 49 points among his peers. Ian Fraser ran some very fast races this year and scored 48 points. Matt Revitt, our favorite Brit, showed up for his 5th race at the Turkey Trot and finished with 38 points. Matt Booth thought he had been edged out of the prizes and was relieved to find that he came in 3rd in the age bracket due to the Sub 5 series fine print rules that says the overall winner isn't eligible for age bracket prizes. He finished 8 races in the series with 36 points. Rounding out the finishers is Eric Hutchins with 17 points.

More 40-something year old men completed the series than in any other age bracket, with a total of 9. There is an intense competition in this bracket, with many of these men finishing in the top 10 of local races, so even those who didn't make the top 3 finishers deserve our kudos. Perry Lebreton ran 9 races and finished with 48 points; Eric Petley also ran 9 races and was right behind with 43 points. Incidentally, Eric also won a cross-country race at Dorothea Dix this fall with a 6:15 pace. Rob Shea rounds out the top 3 with 41 points. The rest of the series finishers are Joe Roberts, Greg Dean, Mark Libby, Scott Heideman, Steve Sullivan, and Ray Bolduc.

Seven men in the 50–59 year old bracket completed the series with 5 races. Chris Jones dominated the field with a perfect score of 50 points. Chris Holt, who simply had a phenomenal racing season, finished right behind with 49 points. Andrew Tiemann, when he wasn't collecting tickets from the Acadia National Park police or charging up Heartbreak Hill at the Boston Marathon, ran well in the series to score 43 points and some bling at the banquet in January. Rounding out the impressive finishers from this bracket are our esteemed track coach Pete Lodge, our club president John Peckenham, Dave Slagger, and our club treasurer Shane Martin.

The dentist from Castine, Bob Ciano, took home a perfect 50 points in the 60–64 age bracket, leaving men half his age in the dust. Ed Hughes scored 46 points, coming in 2nd overall at the Cobscook 10K. Dave Samuelian, who ran an impressive 11 races in the series this year, finished with 49 points in the 65–69 year old bracket. The 70–74 year old bracket was highly competitive as well, with 5 men finishing at least 5 races. Dr. Lloyd Harmon scored 50 points to finish first, with David Jones coming in 2nd place with 42 points, and John Tjepkema scoring 39 points. In our 75+ age bracket, Dick Storch ran 7 races this year and scored 50 points, while Marty Elliot came right in behind with 47 points. I hope all the runners who completed the series keep on racing and inspire others to join our club, run local races, and earn great prizes in the 2016 Sub 5 series.

Congratulations to all the 2015 Sub 5 Award Winners!

Bill Pinkham Award

Dave Samuelian

George Sheehan Writing Award

Dave Farrar

Fred Merriam Award

Ryan King

Volunteer of the Year Award

Brad Ryder

Race Director of the Year Award

Brewer High School Sophomores, Turkey Trot

Male Rookie of the Year

Mark Libby

Female Rookie of the Year

Ashley Conti

Outstanding Male Runner

Eric Petley

Outstanding Female Runner

Mary Alice Bruce

The Transformation of Mark Libby

by Dave Farrar



Meet Sub5 member Mark Libby, and you meet a runner who has developed a love and enthusiasm for our sport that is contagious. This young man has taken charge of his own well-being to the tune of a 125 pound weight loss over the last eight years. A lot of this has been accomplished through a change of lifestyle including eating habits. That's right, folks, no more fast food restaurants for this guy. The last couple of years, running has helped him keep those pounds off and lose even more as the pictures accompanying this article will attest to.

Mark started running in 2014, deciding he just wanted to give it a try. Encouraged by running partners, Perry LeBreton and David Slagger, Mark has honed his running skills and fallen in love with our sport. He loves to race and competes in many of our races in the Sub5 series. If you have paid attention to this guy, you are watching a transformation right before your eyes! He has dropped his normal pace from around 9:30 miles to about 7:30 miles (no easy task). He competes in 5Ks and 10Ks, and worked his way up to the grueling 10 miles of Tour Du Lac this past summer.

Mark has goals for this upcoming season of trying his first half marathon and, if all goes well, maybe a fall marathon. Watching his progression over the past couple of years I am confident he will achieve whatever he puts his mind to. Mark encourages all of you experiencing weight management issues to not give up. In his words, "Keep trying, never give up, exercise in whatever way works for you and you will succeed."

Spend a few minutes speaking with Mark and you will believe, as I do, he is absolutely right. Mark, have a great 2016 racing season! Sub5 is proud to have you as a member.

What's Your "Fitness Age"?

Want to calculate your fitness age? This test takes 5 minutes and was reported in an Academy of Nutrition and Dietetics monthly e-newsletter.

Check out:

<https://www.ntnu.edu/cerg/vo2max>

Submitted by Lynn Bolduc, MS, RD, CDE

Running in the Sun

by Laura Nilsen

Dear fellow runner, I write to you from my living room, with ice pack gently placed on my "steri-strips" covering the reconstructive surgery I had as a result of Mohs surgery last week on my nose. Skin cancer on my face? I was not one to spend a great deal of time at the beach in the sun but in the thirty-five years I have been running, yes, I was in the sunshine, and exposed to lots of reflected sunlight at least a couple times a week.

As a runner, race walker, and cross country and downhill skier, I did tend to forget the most important thing to apply before going out on my course of exercise: sunscreen! I know we should grab a baseball cap or something with a bill, to block some of those rays, and our eyes need protection with the proper kind of sport sunglasses with polarized lenses to slow down the eventual cataracts of our future. We don't realize that while running in the winter, beside the effect of freezing weather on our faces, the ice and snow reflect just as much of sunlight's harmful rays as the sand and water at the beach. When my dermatologist was giving me a screening a couple of years ago, he said that even the back of the calves of our legs are exposed to harmful rays when walking/running or riding a bike. So check yourself often, visit your dermatologist, and use as much sunscreen as you can stand.

My husband, who had melanoma ten years ago, uses a sunscreen he can tolerate and won't make his eyes tear. In spite of that he had gotten his skin cancer through his shirt on to his shoulder. We have now found clothing that has a SPF (sun protection factor) of 50, even rash shirts with protection if you need to be near water or on a boat. There is a clothes detergent that you can wash into your clothing that will increase the protection of your clothes against the sun's rays. If you have sparse hair or no hair on your head, always consider a hat of some type. You can find hats that have a SPF rating also. So get out there and enjoy the sunlight, just not too much. When I get my stitches out tomorrow I know the long road to recovery for my sore nose is just beginning, but I can't wait to get out there and join my fellow Sub5 runners at the next race, with sunscreen and a hat on, of course! See you out there.



Increasing Muscle Mass

by Lynn Bolduc, RD

Muscle grows through exercise. Lifting heavy weights and performing resistance exercises can help muscles to grow and become stronger. It is a myth that dietary protein is solely responsible for building muscle. The job of dietary protein is to assist with growth and muscle repair. Some think that more is better when it comes to protein, but consuming more than what your body needs will either result in that protein is used as an immediate energy source or being stored as fat for later energy use.

The good news is that most of us, and especially athletes, take in more protein than we actually need. Those with the highest needs include:

- Endurance athletes
- People on calorie restricted diets
- Growing teens
- Those new to exercise

Too much protein may be bad for your health. It can replace necessary carbohydrates needed by muscles, leaving them starved for energy which results in fatigue. Too much can also lead to increased urination which taxes your kidneys and can lead to dehydration. Protein is a costly nutrient as well, so excessive amounts can be harsh on your wallet. And lastly, too much protein if in the animal form can lead to an excessive intake of saturated fats.

For vegetarians or for those trying to lose weight and choosing non-meat sources of protein such as beans, legumes, nuts, tofu, or other plant proteins, it is worth noting that your diet may lack some important nutrients such as iron, zinc or calcium. Discussing supplementation with your doctor or dietitian is advised.

It is important to remember that we only use what we need, storing the surplus as fat so there are not real benefits to excesses and there may be risks.

Category	Recommended grams protein per Kg body weight
Sedentary adult	0.8 g
Recreational athlete, adult	1.1-1.5
Endurance athlete, adult	1.2-1.7
Early intensive training (newer to exercise)	1.7
Body builder	1.2
Growing teen	1.5-2.0
Athlete, adult, restricting calories for weight loss	1.7-2.0
Established upper safe limits	2.0

*weight in pounds divided by 2.2 = weight in Kg

Community Educational Running Series

EMMC Sports Health is hosting a Community Educational Running Series event throughout the month of March. Our main focus is to educate community members on certain running topics as well as to motivate them for the running/race season.

March 2016: All events begin at 6pm

Proper Footwear

Thursday, March 10, 2016

With Ben Fletcher, Footwear Expert
Orono High School Cafeteria

Overuse & Common Running Injuries

Wednesday, March 16, 2016

With Crissy Mountain, ATC and Brianna Woodworth,
ATC
Ellsworth Middle School

Proper Nutrition & Hydration

Thursday, March 24, 2016

With Joanna Rosebush, PhD, RD, LD, Health
Improvement Manager
Old Town High School Library

Get Motivated and Stay Motivated Throughout Your Training*

Thursday March 31, 2016

With Gary Allen, Race Director
Season's Bar and Grill, Bangor

Appetizers will be served

*Registration required for this session by March 22, 2016.
Call 974-7400, email sports@emhs.org, or
visit sports.emmc.org.



News & Notes

Don't forget that Sub 5 **Group Runs** are happening all winter long! Meet at the Sea Dog Brewing Co. parking lot in Bangor on Monday evenings at 5:30. Everyone is welcome! Weekly reminders and updates can be found on the Sub 5 Facebook page:

<https://www.facebook.com/groups/Sub5TrackClub/>

Have you renewed your **Sub 5 membership** for 2016? Membership is only \$20 for individuals and families, or \$10 for high school or full-time college students, and includes free entry into the Walter Hunt Memorial 4th of July 3K race as well as discounts at numerous local and online stores. Visit <http://www.sub5.com/membership/> for more information and to download your membership application form.

The **2016 Sub 5 / TradeWinds Marketplace Race Series** is underway! You must compete in at least five series races to be eligible for awards; the top ten runners in each age group receive points for each series race they complete, and awards are based on each runner's five best series performances. To see the list of races and rules, visit http://www.sub5.com/wp/wp-content/uploads/2016/01/sub5_tradewinds_series_2016-v12-27-15.pdf

The **Sub 5 Newsletter** needs YOU! Without writers, we have no newsletter. We welcome any and all running-related submissions. Deadlines at the moment are fluid (and dependent on when I have enough material to fill the pages), but I hope to get the next newsletter issues out in the spring and fall. **Please** send your race reports, gear reviews, fueling tips and recipes, training tips, photos, etc. to sub5editor@gmail.com or pjwnmd@gmail.com. Thank you!

The **Sub 5 Board** needs you, too! Our **Annual Meeting** and elections are coming up, and several offices need volunteers to fill them. The meeting will be held on March 12, and more info on the time and place will be announced soon. Visit the Sub 5 website (www.sub5.com) or contact President John Peckenham at tullymongan@gmail.com for more information.