



Sub 5 Track Club

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

Newsletter

June 2017

Dear Donald Duck: Thanks a Lot for Cancelling My Half Marathon (or, Save the Volunteers!)

by Kim Shire

Dear Donald Duck,

I'm writing to thank you for cancelling my Half Marathon at Walt Disney World on January 7, 2017. You do realize how much work it took to be ready for that race, don't you? Just to get into it I had to take a day off from work to register – the Disney races are getting so competitive to get into and they aren't very cheap races either. Of course there is all the training and, living in Maine, it can be difficult to train for a January race. Mother Nature isn't always accommodating and it's dark. Really dark. Then there are the holidays, one right after the other, that all seem to conspire against any training. Getting to Florida presents its own plethora of headaches. Taking time off, finding a flight that fits my schedule and budget. Packing—it is always stressful for a destination race. Is it going to be a hot, warm, or cool race? Will I need leggings or shorts? Tanks or sleeves? Rain gear? Carry on or checked bags? Oops—more money. As travel day approaches I worry about the Maine weather—will my flight get out? Is there a storm? A Nor'easter? Or perfect weather predicted? It is January, after all.

I can't wait to arrive at Disney and just run with the 25,000 other enthusiastic runners who all did the same things that I did. I'll finally be able to stop worrying about all this other stuff and just run.

Then you cancelled my race. You were sending out messages about weather alerts the day before the race, but the text at midnight, 2 hours before I had to get up for the race, was your definitive statement. You cancelled the race due to "an elevated risk of lightning in the area" and because "sections of the course could not provide immediate access to shelter". I read that as I lay on my pull-out couch in the hotel room listening to the anxiety-inducing, loud and hair-raising sharp cracks of lightning outside. I just crossed my fingers and hoped that the window would hold and nothing would catch fire.

HMMMMMM! Couldn't really argue with your weather statement and assessment.



So, Donald Duck, I really would have liked to have had the chance to run my race, but in all honesty I am happy that you had the courage to protect your staff, including the huge number of volunteers who would have been preparing my racecourse during the most violent hours of that lightning storm. Sure, you were protecting me and the other runners and for that I am appreciative. But in all honesty the storm was most violent at midnight when the support people would have been setting up cones and food and water stops, putting out the medals and photo

stations, and prepping the entertainment that Disney races are known for. I was afraid lying in my bed in a building. I would NOT have wanted to be outside anywhere during those hours.

I've run a lot of races and I've volunteered at a few. Volunteering is super fun, but it isn't easy. A lot of work occurs, before the race starts and after it ends, that most runners never see. Some runners don't even notice the volunteers in the midst of the race, but plenty do and really appreciate their work. No matter how hard it is to cancel a race and how many people get upset, SAFETY is the ultimate goal and I commend you for sticking to that goal for my sake and for the safety of the volunteers. I want them to be around next year when I run this race again.

Oh, and by the way, Disney did an amazing job of compensating all of the runners. We got our medals and were able to choose from a variety of compensation packages. I took the full refund in the form of a Disney gift card and used it to take my husband to Epcot. Win, win, win.... My un-run half marathon medal is hanging on my wall with a cocktail umbrella taped to it as a reminder of the event that it was.

Disney Marathon weekend occurs in the beginning of January every year and includes 4 days of racing. Every day there are kids' races from a "diaper dash" to a kids' 1-mile run. For the "grown up kids" there is a 5k on

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The President's Corner

by Johanna Szillery

It a wonderful time to be running in Maine... long days, warm temperatures, and plenty of race opportunities. And, black flies that keep everyone moving!

It's also a great time of year, in a training sense. Many Sub 5-ers and friends have just achieved running in the Boston Marathon, Sugarloaf Marathon, and Maine Coast Marathon. These runners have trained and reaped the rewards and personal achievement of the marathon. And, they are in great shape now, to boot! Then, there's the group of runners just getting out running after the long winter, and planning out their string of 5ks, trail runs, or triathlons. There are more and more opportunities in Maine to explore different sorts of outdoor events, from trail and ale runs, to sprint and half-Ironman triathlons, to mud and obstacle runs. Sub 5 wants to be part of supporting and encouraging you in your goals.

To this end, we offer the following opportunities:

Monday night group runs, that meet at 5:30 p.m. on the Bangor waterfront (Railroad Street, by the Sea Dog). This is a social run of friendly folks who go from 4 to 6 miles each Monday, and offer ideas on races, training, and general support.

Wednesday night track workouts in the summer. Meet at 6:00 p.m. at the Pendleton street track in Brewer. See more info on the track workout from Coach Peter Lodge in this newsletter.

The **Sub 5 newsletter**, providing information, updates, and tips. The next deadline, for the late summer issue, is August 10—send your submissions to sub5editor@gmail.com.

The **Sub 5 Facebook page**, providing a forum for discussion and ideas.

We look forward to providing opportunities to help you reach your goals! Have other ideas for Sub 5 activities? Let any one of our Board members know!

*****VOLUNTEERS NEEDED!*****

The annual Black Bear Marathon and 10K takes place on Sunday, June 4th.

We need your help: volunteering to make the race safer!

The Black Bear Marathon, Half Marathon, and 10K is right around the corner on June 4th, 2017. This year we expect over 600 runners from all over the country. A critical part of the success of the marathon is the help we get from our volunteers. If you have any time to spare on June 3rd or June 4th, sign up online to help out.

Volunteers will receive a t-shirt and are eligible to attend the volunteer party at 5:00 p.m. on June 4th at the Family Dog, where you will receive a free hot dog or \$5.00 off your meal (excludes alcohol).

Sign up: signupschedule.com/blackbearmarathon



Track Workouts!

The summer season's track workouts have begun. Track workouts will begin promptly at 6:00 p.m. on Wednesdays at the Brewer Track, located at the Brewer Community School on Pendleton St. Paid Sub 5 membership is required. Membership applications will be available at the track.

ALL ABILITIES WELCOME! Workouts will be designed for each individual's personal ability level.

See you there!
Coach Pete Lodge

2017 - 2018 Sub 5 Track Club Officers

President: Johanna Szillery
Vice President: Paul Tormey
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: Pam Nourse
Race Standings: Katherine Collins (male series statistician)
Dave Farrar (female series statistician)

Members-at-large: Tim Cole
Deedra Dapice
Ezra Dean
Pete Lodge
John Peckenham
Glendon Rand
Kim Shire

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

The newsletter is published three times a year, in April, August, and December. The deadline for the **August 2017** issue is August 10.

Sorrows of a Broken Runner

(or, what I think about when I know I can't or shouldn't be running)

by Tim Cole

I just turned 60, and it seems a good time to reflect on my running life. For the better part of the last five years or so I have been, not to put too fine a point on it, a broken runner. Known for periodically epic rejection of running by my low back and hips, that problem was slowly overcome, but then both of my big toes decided to announce their arthritic presence. (I'll never forget the kindly podiatrist, a runner himself who has manned many a medical tent, at Boston and elsewhere, who, when asked by yours truly "gee, are these toes the wages of my running lifestyle," responded with a compassionate laugh: "well, yeah!") That was in 2015, shortly after limping to a personal worst at the Hartford Half Marathon, which my son and I have run together since 2011. 2016 turned out to be a wash as well, as plantar fasciitis hobbled me to an extent that prevented me from running the race.

Hartford has been a target race for me and for my son for a variety of personal reasons. It was also the site of my first—and so far only—marathon attempt (a finish of 4:53:11). My half results are revealing:

2011: 2:29:56

2012: 2:31:51

2013: 2:19:39

2014: 2:31:52

2015: 2:42:36

2016: DNS

I have long since come to terms with the fact that I am not a speedy guy, but at least for distances of the half marathon, 10K, and 5K I have put up times a lot better than this, and not so long ago. At the half marathon distance, my personal best was in 2008, age 51, clocking in at 2:04:06 at the Maine Marathon/Half Marathon in Portland. Even at my half marathon inaugural, the MDI half in 2007, battling my first (and worst) case of plantar fasciitis, I managed a 2:07:42 on a pretty hilly course. The 2007 Orrington 10K (a race I dearly miss), my first ever road race, was a delightful surprise, mostly because I realized road races were fun. My 54-minute-flat finish (8:42 pace) remains my personal best at that distance. At 5K my personal best is somewhere around 26 minutes.

All this is pretty vexing to me. If I had been a distance runner since my 20s I could more readily accept (maybe) the Satchel Paige dictum that "the older I get, the better I used to be." But I've only identified as a "runner" since my late 40s and my personal bests are times I posted in pretty recent memory. What on earth is going on?

Here are my thoughts, in no particular order:

Overall, my performance record in the half marathon has coincided with increasing professional responsibilities at work, and the darn

job keeps interfering with my training schedule. Not enough miles.

I've been a serious runner for over a decade, and what have I learned about pacing? Answer: I don't know a damn thing about pacing. Take my 2011 Hartford Half result. Full of the exuberance that can only come from the joy of running with your son in a venue you really like, we crushed the first half of the half in less than an hour. The question, of course, was whether that pace could be sustained for another 6.5 miles, and the answer in my case was an emphatic "NO!" Start out way too fast, then hold on for dear life, that's my m.o.

Maintaining the discipline to stay closer to race weight than I've managed in recent years would be nice. Part of this is about my first point, and not enough time to log the miles I need. But it's also something many a runner deals with, namely the "I can eat whatever I want because I am a runner and in great shape" syndrome. Guilty. Today I'm a good 20 pounds over where I'd like to be for ideal race weight.

Maybe I'm just prone to injury. This one I try not dwell on. If it's true, what do I do? One answer, favored by my disapproving daughter, is to look for another form of exercise. Another answer that I understand intellectually, but need to make a habit, is strength training. The other thing I understand is that if I run through pain, I am an idiot. For years I was a pain idiot. (Are there other runners out there who have had the exasperated/compassionate look from their significant other when you ask him or her to tie your shoes for you because you can't bend that far, and, well, you need to get out for your run? True story in my case.)

The curse of expectations. My personal bests at 13.1, 10K, and 5K came early in my road racing career, and ever since I've been chasing goals that seem ever more elusive. The current project is to work on being grateful that I can run at all, to walk when I need to without shame, and not worry about it all so much, but I would be less than honest if I didn't admit that the desire to get (at least a little bit) faster remains lodged in my brain.

So what's to be done? Well, embedded in the above is some useful advice, at least for me, if only I'll listen. I am very slowly building miles again, I am not pushing it, and I do listen to my body more. My guess is that I will remain slow, (probably) overweight, and (probably) injury-prone, but my road race season starts soon (Caravel 5-miler on May 20), and I can't wait!

Setting records in your old age?

by John Tjepkema

I would like to live a long life and keep running and competing until close to the end. Perhaps you share this wish or are interested in people who have done this. One is Ed Whitlock, who last October at age 85 ran a 3:56 marathon, which broke the record by almost 40 minutes. Sadly, he died in March of prostate cancer. He had natural speed, with a 4:31 mile in high school. He then stopped running between ages 21 and 41, but then worked up to a 2:31 marathon at age 48. At age 73 he ran 2:54:48. As is true for all four of the athletes that I discuss, he trained almost daily. When preparing for his 2:54 marathon, he did 60 three hour runs over 20 weeks, doing loops in a nearby cemetery. Between marathons, he raced most weekends. In common with the other three athletes, he ate a diet relatively low in meat and high in vegetables. His carbs were bread, pasta, and potatoes, with some fruit. He also included milk, butter, cheese, and almost daily ice cream.

As you would expect, there are few athletic records for those who are age 100 and older. One is held by Fauja Singh who ran an 8:11 marathon at age 100. At age 92 he ran a 5:40 marathon. As a young man in India, he sometimes competed in athletic events and in later years often jogged to go places. At age 82 he moved to London to live with his son. At age 89 he became aware of marathon races and took up the sport. His training for his marathon at age 100 included walking or running 10 to 15 km every day. He is a life-long vegetarian, with his major foods being lentils, vegetables, a daily mango, yogurt, a daily chapatti, “brown bread,” and tea with milk.

Another record holder is Ida Keeling who set a 100 meter dash record for age 100 of 1:17.33. This corresponds to a speed of 20.7 minutes per mile. She was faster when she set the 60 meter record for age 95 of 29.86. This

corresponds to 13.35 minutes per mile. She began running at age 67, with entry into a 5K. She switched to shorter events at age 80, doing the 800 meter and then the 60 meter in World Masters meets in Buffalo, Atlanta, and Clermont-Ferrand, France. She exercises for an hour each day, with a combination of calisthenics, weights, sprints, and a stationary bike. Three days a week she goes to a gym. Her diet includes grains, produce, and small portions of meat (fish, liver, or hamburger at breakfast—her biggest meal of the day). Desserts are rare.

Perhaps the most remarkable record holder is Robert Marchand who in January, at age 105, cycled 22.55 km (14 miles) in one hour on an indoor track in France. He previously completed 24.25 km in an hour at age 100. After a training program supervised by exercise physiologists, he covered 26.93 km at age 102. At age 100 he also cycled 100 km in 4:17. He has been a serious cyclist since the age of 67, and has competed in many long-distance events. Included was one for 260 km, with his 4th completion being at age 87. He continued to compete in somewhat shorter events for many years after age 87. He begins the day with 10 minutes of calisthenics followed by an hour on his stationary bike. Four times a week he cycles outside for an hour with friends. His diet includes large amounts of fruits and vegetables, yogurt, cheese, a little meat, coffee, tea, and a limited amount of wine. He also “devours” books on sport and nutrition.

So, what can we learn from these remarkable athletes? All exercise daily, for an hour or more. All eat a very healthy diet, with many fruits and vegetables and limited amounts of meat. Three of the four include yogurt and other dairy products—I could find no information on Keeling. We cannot expect to duplicate their feats by daily exercise and a good diet, but they do provide hope for us!

Dear Donald Duck ...

(Continued from page 1)

Thursday, and a 10k on Friday. The weekend hosts the half marathon on Saturday and a full marathon on Sunday. My family has travelled to this race weekend for the last 6 years and participated in all forms of the event. In 2017, we all ran the 5k dressed as Dalmatians, which my 6-year-old niece thought was amazing. My parents and brother-in-law ran the 10k on Friday and my sister ran the marathon on Sunday. I was the family representative running the half marathon on Saturday, or—as it turned out—sleeping in.

Volunteers are amazing and essential. I encourage everyone to volunteer at least once a season at some event. Giving back is so rewarding and truly eye opening.



The Importance of Visibility When Running

When you go running, you understand that making sure you are visible is extremely important. There is a legitimate risk when you head out for a run because cars are always a threat to pedestrians. Making sure that drivers can see you is critical to your safety. If drivers don't see you, you are much more likely to be hit by a passing vehicle. To make sure you are safe and noticeable, here are some tips to make sure you stand out when you are going for a run.

Bright Clothing

When you wear regular colors, you are much more likely to be camouflaged and blend in with your surroundings. Fluorescent colors will help you stand out, so you will be noticed. You can wear a fluorescent safety vest or a brightly colored shirt or jacket. Hot pink, neon yellow, lime green, and bright orange are definitely ways to get attention. Don't wear white, black, green, or brown, as those colors blend in with the surroundings and can keep you from being noticed.

Run Toward Traffic and On the Sidewalk

Make sure you run where you will be able to get out of the way of a motorist if their car is headed toward you. This means you should always run toward traffic so you can see approaching vehicles. This will also help drivers notice you much more quickly. If you can, you should run on the sidewalk so you will be far enough out of harm's way.

Follow Traffic Regulations

You should always adhere to traffic regulations and run in a predictable manner so the drivers will know where you are headed. This means not running around and between vehicles, stopping at stop signs, and using caution at

traffic lights. When running through areas with several parked cars, stay at least four feet away from vehicles so you aren't hit by a door that is being opened. Be attentive to your surroundings and watch out for vehicles around you.

Run With a Buddy

Two people are more noticeable than a single person. Whenever possible, run with a buddy. Both of you should dress brightly and follow traffic laws. Another advantage to a buddy is that one of you becomes injured or gets ill, the other can call for help. There are several benefits of running with a partner.

Run in Areas That Are Properly Lit

If you're running after dusk or when it is dark, you should choose areas that have proper lighting. This helps you see so you won't trip and you can watch for debris, but it also helps vehicles see you as well. You should still have reflectors on your clothing and do everything you can stand out, but make sure you stay where it is well lit.

When you head out for a run, always stay alert and do everything that you can to make yourself more noticeable. Make sure you are aware of the traffic regulations where you are running, so you can adhere to the laws of the road as well.

*This Article was written by Personal Injury Help; however, this article is not intended to be legal advice nor should it be construed as such. To learn more about Personal Injury Help, you can visit their website at personalinjury-law.com or email them at help@personalinjury-law.org

In Memoriam—A Celebration of Life

A Celebration of Life for John Riley is planned for June 15th from 5:30 p.m. to 7:00 p.m. at the Buchanan Alumni House. John, a native of England and an engineering professor at the University of Maine, was a very active member of Sub 5 back in the day. John's British sense of humor was second to none, and is remembered by many Sub 5-ers and others who ran with him.

Martha's Vineyard Half Marathon—Race Report

by Andrew Tiemann

This old scoundrel ran the inaugural Martha's Vineyard Half marathon on May 21st (there was an associated full also). I was 10th overall, and won the age group (55-59). Of note, the first 9 were all young enough to be my children (no surprise there), but I also skunked the AG of 40-44, 45-49, and 50-54.



Sub 5 High School Scholarships

Every year, Sub 5 Track Club awards scholarships to area high school students who wish to attend a summer running camp. To be selected for the scholarship, athletes must have been a ninth-, tenth-, or eleventh-grade student during the 2016-17 school year at a high school that is a member of the Penobscot Valley Conference, and must have competed in at least one season of cross country, indoor track, or outdoor track for their school during the 2016-17 school year. Applicants were asked to write on each of the following: (A) Why I participate in cross country and/or track and field, and (B) Why I would like to go to a summer running camp.

Sub 5 congratulates this year's scholarship recipients: Mary Brenna Catus of George Stevens Academy, who will be attending the Dick Fosbury Track Camp at Bowdoin College, and Gage Smith of Old Town High School, who will be attending the Slovenski Maine XC Running Camp. Their winning essays are below.

Mary Brenna Catus:

I was pushed into running. The fact that I fell, headlong, for running, after being pushed, is where my story really lies, however. But I will forever be grateful to my best friend in sixth grade for pushing, prodding and pulling me into that first season of Cross Country. Because that was all it took: one season, and I was hooked. Now, running is such a part of my identity that I can't imagine myself without running. When I think about who I am, "RUNNER" is what comes to mind, first. I run, because without running, everything becomes imbalanced. Only another runner will understand what I mean when I say that running keeps me "centered." The act of strapping on my training shoes is one of my favorite things in the world: my feet slide in, and suddenly I'm home. The pavement doesn't care what grade I got on my AP Physics exam, doesn't care what my hair looks like, doesn't care about who's going with whom to the prom. The rhythm of my stride and my breathing and the fresh air—even if it's cold—brings everything into focus. The things that I found annoying during the day—comments and actions that bugged me—become insignificant, trivial: they shrink to the size they should be, and I grind them into the asphalt. With every step I am stronger, my head clearer. I feel like laughing. Joy wells up inside me. I have "me" back, again. All is right with the world. And all it took was a run.

I take part in Cross Country, Indoor Track and Outdoor Track because I love to run. And I love to be around other people who love to run. And you know what? I have friends from all over the state, now, because of running. In other sports, you don't typically see students from different teams cheering one another on. You see it all the time, in running. I regularly hang out with runners from at least four different schools. I also love the fact that runners, in my experience, are "clean" athletes. They take care of their bodies: they eat right, they drink LOTS of water and they generally try to get enough rest (even as teenagers). You talk with any serious runner and there is an instant connection: they understand you; they understand that running is more than a sport, it's a lifestyle.

This summer, I would like to attend the Dick Fosbury Track Camp at Bowdoin. I am hoping for several things from attending this camp: (1) I am hoping for tips to lower my times in my mid-distance events: the 400m, 800m and 1600m, and new ways to effectively train; (2) I have never had a chance to really get any coaching in high jump—I'd like to try it out; (3) I am looking to build a rapport with different coaches and exposure to different coaching styles; (4) I hope to make more running friends!

If you are reading this, it means you are considering awarding

me a scholarship to attend track camp, this summer. I want to thank you for your consideration, for taking the time to read my application. And thank you for offering a scholarship so that students such as myself can further our running.

Maybe I'll see you on the track or the road, this summer!

Run Happy,
Mary Brenna

Gage Smith:

When I was younger I participated in all the usual team sports but couldn't find myself excited during practice until WE HAD TO RUN LAPS! While most of the kids were complaining, for me it was fun! When I decided to try summer track, I received a sweatshirt that said, "My Sport is Your Sport's Punishment!" I've been enjoying the "Punishment" ever since. Now, I am a freshman at Old Town High School. I participate in X-Country (my favorite) and track. On weekends, you might find me running in 5k races. A few years ago, I ran in a costume race for the Bangor Theatre. I dressed as a Pirate. In the end, I raced "Wonder Woman" to the finish. I had a good time and finished with a Good TIME!! My most unforgettable race was at the Animal Orphanage 5k. I ran with my beagle, who likes to run as much as I do. We were "chasing our rabbits" near the front of the pack, with just yards to go when ... my dog zigged and I zagged! Her leash tangled around a stop sign and suddenly we were on the ground upside-down in a heap! That didn't stop us. We got up and hobbled to the finish line. We finished the day with a long dog nap and 6 stitches to my leg but, we still had fun! That's what running is for me: FUN, no matter what the outcome!

Last X-Country season, I had a chance to run a few varsity races and earned my school letter. My goal for next year is to be on varsity every race. I'm not yet the best runner in the Coyote Pack but I'm improving every season. I especially need to work on my pacing and finishing speed. I want to build my mileage and become a stronger competitor. At camp, I look forward to learning from the coaches and hanging out with fellow runners. If given this opportunity, I know running camp will help prepare me for my next X-C season ... because I believe ... One man's "PUNISHMENT" is the next man's "FUN"!



Sub 5 Annual Meeting Minutes March 30, 2017

Attended: Johanna Szillery, Shane Martin, Matthew Revitt, Paul Tormey, Ezra Dean, Kim Shire, Deedra Dapice.

Absent: John Peckenham, Peter Lodge, Glendon Rand.

1) Race Series Update

The Flattop 5K on April 1st is the next race in the Sub 5 Race Series. There are approximately 100 pre-registrants which is a good amount for this race.

Following Flattop, the next race in the Series is Bridge the Gap on April 9th. Johanna and Dave Farrar have spoken with the race's new director Gary Allen about Sub 5 support for the race and agreed to a water stop, promotion, and recruiting volunteers. In the previous two years the Bridge the Gap directors have donated \$2,000 to Sub 5's scholarship funds. With currently 100 fewer runners registered compared with last year it's unclear at this stage whether Sub 5 will receive the \$2,000.

The Board discussed what the criteria are (or should be) for races to be included in the Series and what the motivating factors are for running Series races, including points and supporting charities. Based on the 2016 Series results there appear to be approximately 60 runners who actively competed in the series. There doesn't appear to be a formal policy on requiring Series races to donate a percentage of their proceedings to charity. The Board will monitor the situation with Bridge the Gap this year and discuss with Gary any future agreed-upon stipulations for the race to be a part of the Series. In the meantime, Johanna will discuss with Gary the thinking behind the race going paperless (with no race day registration) and the effect this might have on registration numbers, and how to handle runners who turn up expecting to be able to register on the day of the race.

2) Newsletter

Johanna will approach Pam about continuing to work as editor for the newsletter. Johanna's idea will be to ask each Board member to be responsible for writing an article, which should be enough for content for at least two newsletters per year. The Board discussed potential ideas including: recipes, Dave Farrar to write an article on Michael Westphal presentation (3/30), feature on Sub 5 members who run the 2017 Boston Marathon, Matt on "stuff he has to do for rides!" and running back in the UK, and the Cabot Trail Relay.

3) Sponsorship

The Board discussed Sub 5 member benefits, including offering those wider than just running or biking; examples discussed included massages, vitamin shop, and daycare. While the discount from Turner Goods has been removed from most member cards it still needs removing from the Sub 5 website.

4) Walter Hunt Planning Update

Dead River Company have confirmed they are willing to be a sponsor of the 2017 Walter Hunt Race. Dave Farrar is still waiting to hear back from Lamey Wellehan who last year donated \$500 which paid for bib numbers.

Lamey have asked about having an exhibit on the day. The Board discussed how space could be an issue in Parks & Rec, but agreed with Ezra that having a tent for the exhibit outside would be a good option. Deedra suggested that Lamey would need to check with Parks & Rec to ensure they were okay with the exhibit.

Ben from Lamey is also attending the Sub 5 Monday night run on May 8th to have the runners test Topo running shoes. The Board discussed logistics for the testing and agreed Lamey should be responsible for organizing space.

The Board discussed holding a kids' art competition for the design on the race shirt. The kid receives the honor of seeing their design on the shirt and a presentation and promotion. The Board discussed whether it would be easier to go through Parks & Rec rather than schools which might already have a set curriculum. An alternative option is having the competition for veterans instead. Kim agreed to contact the Veteran's Center. Paul commented that there's not much time for the competition, so the Board needs to start the process now. Johanna will reach out to April. Johanna will also reach out to W.S. Emerson regarding the shirt order.

Dave Farrar has spoken to Doug Damon from the 4th of July parade committee about the time of the race, etc. Doug Damon wants Dave to help promote his Veteran's Day 5K.

Ezra still needs to have the "winners' plaque" updated with the names of recent winners of the race and then return the plaque to Dead River Company.

5) Clothing Update

Dave Farrar has looked into having Sub 5 hoodies and Johanna brought some examples to show the Board. The Board liked the "light" hoodie which is \$25 (dependent on order size) and comes in different sizes and colors. The Board agreed it made sense to put out a call for pre-orders, so it could gauge how many to order and hopefully avoid excessive surplus items.

6) AOB

Dave and Tracy Guerrette will be discussing local running at 6:30 a.m. on April 5th on the 92.9 sports station. The Board discussed how it was important that they mention Sub 5 and its sponsor Tradewinds. Johanna will produce a calendar for Sub 5 activities, which she hopes will help her and the Board plan for major activities like the banquet and Walter Hunt. Google Calendar might be an option and could also be linked to a shared Gmail account that could help Sub 5 with communications and document management.

Sub 5 currently has a member tarp which it uses at races, but is a pain to bring. The Board discussed having 2-3 banners instead that could be used for start and registration at races. Deedra agreed to look at Creative Print Services and examples at Masons. Tim uses a banner at UMaine and can look into whether it can be used outdoors and the cost.

Matt has renewed Sub 5's USTAF membership. The Board still needs to find out (possibly from Chamber of Commerce) whether the Fort Knox race is going to be

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Annual Meeting Minutes...

(Continued from page 7)

run this year.

At the Board's next meeting they will revisit the idea of organizing an annual picnic.

7) Date of next meeting

5:45 p.m. on Tuesday May 2nd at Bangor Parks and Rec.

Sub 5 Track Club Board Meeting Minutes, May 2, 2017

In attendance: Johanna Szillery, Paul Tormey, Shane Martin, Peter Lodge, Deedra Dapice, Ezra Dean, Glendon Rand, John Peckenham, Dave Farrar, and Kim Shire.

1) Planning for the Walter Hunt race was extensively discussed. Lamey Wellehan was confirmed as a sponsor. Their contribution will go in part to buy race bibs, the order for which has been placed. Brewer Timing Services will provide timing for the race. Shoe tags will be used. Some discussion ensued about tag retrieval at the finish line. A 10% loss rate or better will mean the club breaks even on cost. The consensus of the discussion was that Sub 5 member volunteers could provide the necessary manpower to retrieve tags at the finish line. Online registration will be handled by Run Sign-Up. W.S. Emerson will be doing race shirts; it was argued that early placement of the order with Emerson's (by June 1) would be important. Discussion followed about artwork for the t-shirts, colors to employ, and sizes to order. Design for the t-shirt needs to be ready to go by May 23. Some exploration of renting tables for the finish line (delivery and pickup) will be pursued, as will such supplies as containers for recyclables. Food donations will be solicited at Sam's Club, Hannaford's, Tiller and Rye, and Walmart, along with bottled water from Maine Distributors. Shane Martin will work with his contacts at Varney for use of a pace car. Discussion also included consideration of whether the race has reached its capacity for number of runners, and whether the Record Prize was still in effect. Delicious pies will again be offered as prizes! There was some discussion of timing of the awards ceremony so more people will stay.

2) Discussion turned to whether some sort of club picnic would be a good idea. The consensus was that it was a good idea, probably best timed for late August. Location was discussed, with no decision yet reached.

3) Discussion turned next to the proposed newsletter schedule. Board members are assigned at least one original content article. Ideas about content were discussed. This year the publication schedule will be May, August, and December. Submission deadline will be 10 days before publication.

4) Next on the agenda was a race series update. By all accounts both the Flattop 5K and Bridge the Gap were successful. The board approved a proposal to apply \$50 for the Sub 5 logo to go on Memorial Mile t-shirts. The board declined to make the Waldo YMCA Pancake Run

part of the race series, but agreed that the race could be promoted by Sub 5.

5) Track workouts will begin soon. First workout will be May 11.

6) Other business: There was discussion about cost for banners that could be used at races and other Sub 5 events. Two Sub 5 banners and one TradeWinds banner can be obtained at reasonable cost, hopefully in time for the Walter Hunt race. Shane announced the big digital clock used at races is still on the fritz.

Date of next meeting: June 6 at 5:45 p.m. at the Bangor Parks and Rec building on Farm Road. All club members are welcome to attend!

Upcoming Events in the 2017 TradeWinds Markets / Sub 5 Track Club Race Series!

June 24–Tour du Lac 10 Miler, Bucksport

Registration at 6:30a.m.; race begins at 7:30a.m. Register by mail or on race day. Volunteers are also needed for water stops. Chris and Margaret Jones: 207-469-9901; christopher.jones@rsu25.org

July 4–Walter Hunt Memorial 3K, Bangor

Race begins at 10:45 a.m. Sub 5 members receive **FREE FREE FREE** entry into the **37th Annual Walter Hunt Memorial 4th of July 3k**...if you have lost your email with your member registration code, please contact President Johanna Szillery. Register by mail, online, or on race day. Paper and online registration are currently open for this race. Links available here to both methods:
<http://www.sub5.com/event/37th-annual-walter-hunt-memorial-4th-of-july-3k/>

July 22–Bucksport Bay Festival 5K, Bucksport

Registration at 7:00 a.m.; race begins at 8:00 a.m. Register by mail, online, or on race day. Paper and online registration links can be found here:
<http://bucksportbayfest5k.weebly.com/>

September 4–Labor Day 5 Miler, Bangor

Race begins at 9:00 a.m. Register online (preferred) or on race day. Bangor Parks and Recreation: 207-992-4490; www.bangorparksandrec.com

September 24–Great Pumpkinfest 4K, Blue Hill

Race begins at 9:30 a.m. Register by mail or on race day. DownEast Family Y / Blue Hill: 207-374-2248; jbragdon@defymca.org

October 22 @ 11 a.m. Black Bear 5K, Orono

Race begins at 11:00 a.m. Register by mail or race day. University of Maine, Thad Dwyer: 207-581-1234; thad.dwyer@umit.maine.edu

November 19–Brewer High School Turkey Trot 3 Miler, Brewer

Race begins at 1:00 p.m. Register by mail or on race day. Brewer High School: 207-989-4140