

Sub 5 Track Club

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

Newsletter

August 2017

Triathlon Triumph!

by Larry Merrill

It was obvious to me at an early age that the athletes were the popular kids, so I wanted to be one. Unfortunately my genes weren't very cooperative. I'm 5'7" with average coordination at best. People talk about fast twitch and slow twitch muscles; a coach once told me mine barely quivered. As a freshman in high school I was the worst player on a basketball team that went 2-16, scoring three points all season. As a junior, I was on the track team; my highlight was entering the mile and two mile events at the County meet and finishing last in both of them. In college I tried wrestling and lacrosse, which I had never even seen before. I had no particular talent for either, and gave them up after freshman year.

After college and law school, a friend talked me into buying a kayak, and then another talked me into racing it. After a learning curve, I did all right in local races, accumulating assorted t-shirts, trophies, and ribbons. Part of my secret was that there wasn't much competition at the time. Mostly to stay in shape for kayaking, I took up running again, which I hadn't done much since my high school track experience. I entered some local races and had decent endurance but was never fast enough to take even third place. I've always ridden bikes but had never entered a race with one.

I continued kayaking, running, and biking despite advancing age, and when I was 58 I decided to try a triathlon that included the three: a four mile run, thirteen mile pedal, and four mile paddle. My primary goal was to avoid being last and I achieved it; four people finished behind me out of about fifty. I did the same event three years later and moved up to sixth in the over-50 class.

In 2006 some of my friends started their own informal triathlon. They tried different courses but always included swimming, biking, and running—about a half mile swim, twelve mile bike, and three mile run. Each year there were fifteen to twenty-five entrants, mostly in their 20s or 30s. No entry fee, and no awards other than bragging rights.

I didn't hear about the first before it happened. When the second came I was training for a marathon (I actually did two marathons in one day—my first and my last), so

when the starting gun went off, I just ran the bike course, skipping the swimming and biking. It was a good training run and I finished before some who did the course correctly, but it obviously didn't count. The next year I decided to do it correctly. Unfortunately I'm a terrible swimmer and almost drowned. I was the last swimmer to finish, passed a few people with my bike, but took a wrong turn on the running course and would have been disqualified if anyone had cared enough to bother.

For the fourth I volunteered to act as lifeguard with my kayak during the swim, and was able to help two swimmers who could have been in serious trouble. After the last swimmer finished I pedaled part of the bike course and did the running leg just for fun, with no one keeping my time.

When Bridgette, the race organizer, asked for people to lifeguard the swim in 2011, I said I'd do it with my kayak, but wanted to do the race and would want compensation for being the last person out of the water. I mentioned that I ride a recumbent bicycle, illegal in many races, and then said I wanted to use my Diamo bike to make up for my late start. I'd do the running leg normally. Though I led her to believe my "Diamo bike" was my recumbent bicycle, it's actually a motor scooter with top speed about 55 MPH.

I mentioned the deception to my wife, claiming all was fair in love, war, and triathlons, but she insisted that I confess to Bridgette, so I did. Since her brother Brad had won every year, she thought it would be fun to give him some competition, so she agreed I could use the "Diamo bike," and not tell anyone in advance.

Race day dawned with a steady rain. I rode the Diamo to the starting area, put it out back, and put a tarp over it, partly to keep it dry but mostly to keep people from noticing it.

On the swim leg, I followed the slowest swimmers with my kayak and was the last person to finish. Brad, a good swimmer, was about fifteen minutes ahead of me, and biking was his specialty. I knew I'd have to pass him long before the running leg to have any chance of beating him.

(Continued on page 3)

The President's Corner

by Johanna Szillery

A new president of Sub 5 Track Club may think... what more can be written in the President's Address? What hasn't been covered? Is there any new spin to add to what is essentially just putting one foot in front of the other—again and again? It is so very ordinary.

And maybe it is exactly the so very ordinary, mundane nature of the sport we love that makes it extraordinary too. And just like that, the motif for this article came in clear and consistent... through quite a few voices. A friend and I were discussing the joy of running, and the observation that running offers a mix of extraordinary people achieving extraordinary things and ordinary people achieving extraordinary things. What a gift both of these opportunities are.

These concepts were solidified as I considered two races in which I had recently participated—the Mount Washington Road Race on June 17, 2017 and the Beach to Beacon 10k on August 5, 2017. The Mount Washington Road Race featured incredible athletes who were able to run the 7.6 mile, 4,650-foot elevation gain race in an hour! The average grade of the road is 12% with sections that are 16%... there were some amazing performances, which I only heard about, of course! What is just as amazing is that over 1,000 participants finished

the race. One of these participants, George Etzweiler, was 97 (yes, ninety-seven) years old on race day. George has finished the race eight times since age 85. Hold on to your hats, because the two finishers before him were 61 and 86. And for each of the finishers that day, who travelled up the same mountain, the effort and achievement were extraordinary.

Beach to Beacon race director Joan Benoit Samuelson echoed a similar sentiment. In the special Beach to Beacon feature issue of Maine Magazine, Benoit Samuelson notes that "It's great to see the elite athletes come across the finish line, all attempting to run a personal best or improve the course record. But it's really the runner at the back of the pack who never thought they could cover the distance... achieving something that makes them feel so good. That's a reward that I never expected." That is the surprising gift of running, of the simple act of putting one foot in front of another. That with each step, each day, each race... you are that much closer to your goal, whether that is the top of Mount Washington, the finish of a 26.2 mile or 1 mile journey, or a 5-, 10- or 15-minute mile.

Sub 5 Track Club looks forward to being part of your ordinary and extraordinary—here's to all of it!



2017 - 2018 Sub 5 Track Club Officers

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Secretary: Matthew Revitt
Treasurer: Shane Martin
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Dave Farrar (female series statistician)

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John Peckham
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Kim Shire

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

The deadline for the **December 2017** issue is December 10.

Triathlon Triumph...

(Continued from page 1)

The rain had stopped during the swim. I ran to my Diamo, removed the tarp, and took off. The timers didn't know about my arrangement with Bridgette, and gave me some strange looks as I roared away. I soon started passing people, tooting the horn and smiling as I went by. Only Bridgette smiled back, and yelled encouragement as I passed her. I zipped by Brad with about two miles to go, with a big smile on my face and none on his.

I knew Brad could run a lot faster than I, so I expected him to catch me on the running leg. It was an out-and-back course, about a mile and a half each way. I was amazed that I'd made the turn and gone about two miles before Brad met me. I still feared he could catch me so I gave it all I had, and beat him by over three minutes. It was the first time in my life I'd ever led in a running event, and it was a strange but very nice feeling. I was actually fifth fastest on the running leg, quite respectable since I was at least 25 years older than anyone else.

Brad finished second and probably would have caught me, but it turned out his front tire went flat shortly after I passed him (no, I didn't strew tacks in the road) and he finished limping in on the rim, which probably cost him the race.

I'd told Bridgette I wouldn't mind if she disqualified me or at least used an asterisk on the results, but when she posted them I was listed as the winner. Brad wasn't very happy. I told him next time I saw him that I beat him "unfair and unsquare," and he agreed. I promised him I wouldn't use the Diamo again, and now I've sold it, but it certainly was fun to get my first (and probably only) win in a triathlon at the age of 66.

Experiencing the Cobscook Bay 10K

by John Tjepkema

Every Sub5 member should consider running the Cobscook Bay 10K at least once. It is a long drive to Pembroke from the Bangor region, but the experience is well worth it. After considering it for many years, I finally ran the race last year and again this year. Before doing it, I was warned about the steep uphill finish, and the black flies that are waiting for you during the picnic at the end of the race. I was also at a bit of a loss as to what to bring as a contribution to the picnic. In the end, the only downside has been the 2:05 drive from my home in Orono.

The spirited people who run the race are one of the positives. The race is the major fund raiser for the Down East Hospice Volunteers. Along with the usual ingredients needed for a road race, they provide transportation back and forth from the picnic site at the start and end of the race. They also set up shelters at the picnic and cook the salmon and burgers provided to the finishers. The salmon pieces cooked in foil are worth the drive! As for your contribution to the picnic, it could be anything that would add to the meal, such as fruit, potato chips, or other kinds of carbohydrate. With regard to black flies, I did not see any, either this year or last.

As for the course, the first 5K is along the ocean, and is relatively flat. It then turns, crosses the peninsula, and then turns again with the final mile on the gravel road into the park. This final mile goes up and down, with an uphill finish. Despite how the finish is described by some runners, the climb is only 56 feet over 0.3 miles (see the mapmyrun link found at the race website: <http://www.cobscookbayroadraces.org/>). I know that not all runners have felt the same, but I enjoyed the undulations of the final mile!

Although the picnic is at the Reversing Falls Park, you may not see much in the way of falls. Evidently the tide needs to be at the right stage to see very much, at least from the distance of the picnic site.

Route 9 is the fastest way to get to Pembroke from the Bangor region, and I followed the route suggested by Google maps. It leaves Rte. 9 at Davis Rd, turns to Arm Rd, and then onto Cooper Rd to 191, then 214 to Pembroke. I found this to be a pleasant part of the drive, with little traffic. Davis Rd and Arm Rd both have street signs. But last year I turned off Rte. 9 too soon and had to ask for directions (I use neither GPS nor a smart phone!). I knew that Davis Rd leads to Pleasant Lake, but I did not realize that there is another road that leads to Pleasant Lake, which is the one I took by mistake. To avoid any problem this year, I determined in advance that Davis Rd is about 14 miles beyond the intersection of Rte. 192 with Rte. 9.

Once you get to Pembroke, turn right on Rte. 1 and go a short distance. Registration is in the back of the building at the intersection of Old County Rd and Rte. 1. The Pie Ladies Bakery is in the front of the building. If you are interested in pies, they have a website.

If this race were closer, I would do it every year! It raises money for a good cause, the course is scenic and interesting, and the salmon and conversation at the picnic are a bonus.

Sub 5 Scholarship News

College Scholarships

The Sub 5 Track club is pleased to announce that Hannah Steelman of Orono and Paul Casavant of Hampden have each been awarded \$1,500 college scholarships. Each year the club makes the awards to high school seniors who have competed in Cross Country and/or Track and Field for high schools in the Penobscot Valley Conference. Applications are reviewed for athletic accomplishments, recommendations and answers to essay questions.

Steelman, a member of the All-Conference Cross Country team for four years, was also an individual champion at the conference, regional and state levels. She also holds the PVC record in the 4 x 800M and the Foxcroft Academy facility record in the 3200M.

"I run to test myself and see what I'm capable of," she said. Steelman plans to study biology at Wofford College in South Carolina with an eye toward a career in nutrition science. Her goal is continued athletic improvement, and an opportunity to compete in an NCAA regional or national championship.

Casavant is a very accomplished runner as well. He is a 4-time state champion in 1 mile, 2 mile and 3200M events, and a 13-time PVC champion in various events. He was the 2015/2016 Gatorade Maine Boys Cross-Country Runner of the Year.

Casavant plans to attend Cornell University in New York, where he will pursue bioengineering. He says he will keep running, and would like to get into coaching at the

high school or college level. "I cannot imagine my life without running," he says, "my goal is that I will be able to run well into my old age."

Sub 5 President Johanna Szillery says the club's board was inspired by the applicants' many achievements, their positive outlook and their love of the sport.

"The whole point of this club is to promote the running sports, particularly among young people," Szillery said. "We're privileged to assist these amazing athletes in realizing their life goals."



Sub 5 college scholarship recipient Hannah Steelman and scholarship coordinator Glendon Rand at the Walter Hunt 3K on July 4.

High School Scholarship

Mary Brenna Catus was a recipient of a 2017 Sub 5 HS Summer Running Camp scholarship. Her letter to the club is below.

Dear Sub 5 Family,

I cannot thank you enough for making my attendance at the Dick Fosbury Track Camp possible. My experience at the camp was invaluable. I wasn't sure what to expect, exactly, but the camp was amazing. In particular, I came away with "ground work" skills that I didn't know existed, previously. At camp, the coaches had the time to drill down into which specific core exercises help prepare you for different track events, and why. Knowing the "how" and the "why"—the breakdown and science behind each exercise—and the idea that proper preparation is so important to successful execution, was so helpful to me. I also learned, from the 45-65 minutes we spent stretching after every run, how to take care of my body post-exercise. I learned that I have been short changing myself in both preparation and post-exertion. Those lessons, in and of themselves, are invaluable, and are probably my most important "take-aways," but I also had a chance to learn some techniques that I haven't had the chance to pick up, previously. In addition, I cannot tell you how wonderful it was to be surrounded by so many highly motivated and talented peers. My only experience, until now, has been running for two small schools—I have never been exposed, on a day-to-day basis, to so many folks who have the same goals. It's good for the soul. I had no idea that I would walk away from camp with friends from all over the state and the country.

So thank you. Thank you, immensely. I definitely owe part of my growth, as a runner, to all of you.

Gratefully,

Mary Brenna Catus

What's In A Name?

by Kim Shire

What do YOU think of when you hear the name David? Your answer could be David Ortiz of the infamous Boston Red Sox, or David Bowie, 70's singer. Maybe you are planning a formal event and David's Bridal comes to mind. The first things that come to my mind are my brother-in-law and my Sub5 friend Dave Farrar. Someone else out there certainly thinks of their spouse or child or both. This name, like every name out there, generates different feelings for each person and means something unique to each individual.

How about your thoughts on a company called Apple? Does your brain go right to music with iTunes? Maybe you think of one of the many devices—iPad, iPod, iPhone, i-yi-yi, it goes on. Maybe your first thought is actually about the actual edible fruit or possibly about how much you love your non-iSomething computer/phone/device. Once again, a single name can take people to many different places.

So this brings me to wondering about YOUR thoughts when you hear the name Sub5 Track Club. In the running community, the first thought for many is that of a sub5-minute mile. It IS an achievable time—for elite and talented athletes. For the rest of us it elicits thoughts of “yeah, that'll never happen” or “I can only dream” or maybe even “uh huh, when I was younger, but not now.”

Does the Bangor/Brewer area actually have enough Sub5 athletes to support a club and are YOU the right fit for the club? ABSOLUTELY—You DO belong. Sub5 Track club may have started with the elite, fleet-footed runners at Brewer High School but the club morphed and changed over the years and now, like the names David or Apple, the name Sub5 means very different things to many different people.

So what COULD Sub5 mean to you?

Sub 5 minute **miler**

Sub 5 hour **marathoner**

I'll run, but less than **5 miles** at a time

I'll run, but less than **5 times** a week

I'll run, but in Maine it will likely be less than **5 months** a year (you know, the weather and the dark)

I've been running less than **5 years**

I'll run so I can lose those pesky **5 pounds** I put on this winter/holiday season

I like to race, but I'm busy so no more than **5 races** a year

I've been running less than 5 miles at a time, but I want to **step it up**

My favorite race of the year is on **the 4th** (that's Sub 5, right?)

I'm seeking **camaraderie!** (my personal favorite)—could be fewer than 5 people or more; doesn't really matter, just want like-minded people!

Whatever your definition of Sub5 is, I guarantee that it is the right one because it's yours.



Long May You Run

by Ed Rice

Maine Public Radio has a sporadic feature that is called "Music That Moves Me" and offers listeners the opportunity to share music that has affected their lives along with the story associated with its impact. The piece below was featured on June 7, 2017.

My wonderful friend and fellow long-distance running addict, Fred Merriam, was on a mission.

Fred was the artfully innovative president of our Central Maine running club, the Sub 5 Track Club. And he felt we were in need of a motto...something to affix to our web site, our newsletter, our racing jerseys. Looking for something catchy, I'd run through the usual song clichés... Springsteen's "Born to Run," Seeger's "Against the Wind," and Jackson Browne's "Running on Empty." These were wonderful songs that, unfortunately, had rather tiresomely been played again and again at Maine's numerous road races.

The inspiration came to me while listening to a Neil Young album; it came in the form of Young's poignant ballad, "Long May You Run." But I waited to spring my idea upon Fred at the most obvious time...a training run. The fact that

(Continued on page 6)

New Additions to the Sub 5 Family!

Welcome Enzo Lander, born July 10, 2016. Some of Enzo's favorite activities are fast rides in the stroller, bath time, and slow crawls on the beach, as well as dancing to classics like Old MacDonald and Itsy Bitsy Spider.



Welcome to Anne Thibodeau, born November 28, 2016. Anne loves anything outdoors, and has been spied helping her dad fly fish! When fishing is not an option, she enjoys rides in the stroller and harassing the dog.



New Membership Benefit!

Alixandria Winchell, Licensed Massage Therapist, is now offering a discount to Sub 5 members. Simply provide your Sub5 membership card upon arrival. Experience the health benefits from massage. (Quality deep tissue massage is also available.)

Rates

30 Minute Session: \$40.- With Sub5 Discount: \$35.-
30 minutes of relaxing massage in your choice of modality (not including stone therapy or deep tissue)

60 Minute Session: \$65.- With Sub5 Discount: \$60.-
60 minutes of relaxing massage in your choice of modality (not including stone therapy or deep tissue)

90 Minute Session: \$85.- With Sub5 Discount: \$75.-
90 minutes of relaxing massage in your choice of modality (not including stone therapy or deep tissue)

In Home/Out of Studio: +\$85.- With Sub5 Discount: \$75.-

Massage sessions provided at your home or workplace with 60 minute minimum booking. Please private message for more details.

Stone Therapy: add \$30.-

Your choice of Hot or Cold Stone, both provide unique benefits to the body. You pick the length of the session and add the \$30.00 to the price shown.

Contact: Email alixwinchell.LMT@gmail.com; phone number (call or text) 207-659-0759; Facebook @alixandriawinchellLMT

Located at 88 Hammond Street, Bangor (4th floor)

Long May You Run...

(Continued from page 5)

we were circling Silver Lake in Bucksport...in the dead of winter...wind chill temperature at minus LARGE double-digits... icicles dripping from any facial hair like stalactites...today...only adds to the charm of the memory, one of those "trunks of memories" I retain of Fred.

He reacted like the child who actually GETS A PONY! He hummed it, and sang it all through that run...and nearly drove his wife Joan crazy, playing it at home. When I was challenged by a friend and fellow track club member that, "Ed, the song is about a car," I'll admit to thoroughly enjoying a mischievous moment that allowed me to be devilishly condescending in reply: "Kevin, it's an apt metaphor, don't you think?"

Because of Fred's tragic death, succumbing to brain cancer in 2004, many of us in the Maine running community have so terribly "missed the shift" with Maine Running Hall of Fame member, the late Fred Merriam, "on the long decline." Today, I'll sometimes run alone and imagine him alongside of me, "rollin' down that empty ocean road," accompanied by the music that so deeply affected us.

And, today, so many years later, the Sub 5 Track Club still uses the motto, "Long May You Run."

My name is Ed Rice. I live in Orono, Maine and St Andrews by the Sea, New Brunswick...I'm a journalist, adjunct college instructor and author of *Baseball's First Indian*...And this is music that moves me.

2017 Summer Track Season Roundup

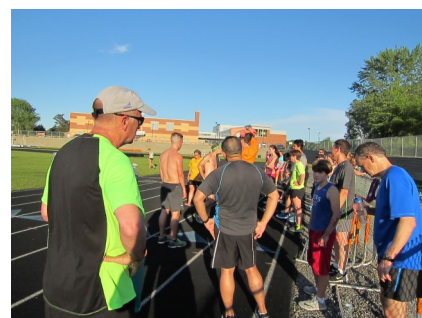
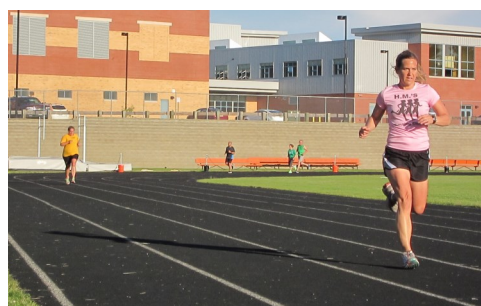
We've had a terrific summer of track workouts this year. During the course of the summer, over 50 people participated in our track workouts with a core group of between 20 and 25 runners each week, ranging in ages from 10 to 68. We had a variety of ability levels, with all working hard, and all showing improvement over the season. I am very proud of the effort expended by this year's runners.

Workouts wrapped up on August 23. Thank you all for a wonderful summer season. Happy Running.

— Coach Pete Lodge



2017 Summer Track Season Roundup



Walter Hunt 3K—July 4, 2017

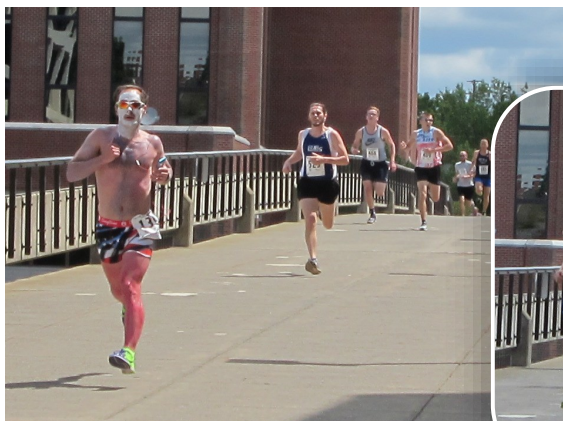
Ready for registration...



The start...



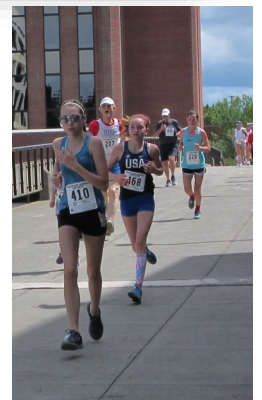
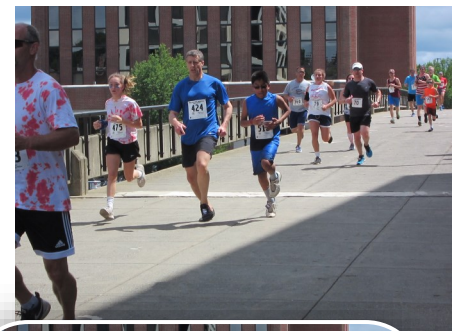
...and the finish!



Walter Hunt 3K—July 4, 2017



Walter Hunt 3K—July 4, 2017



Walter Hunt 3K—July 4, 2017

