



Sub 5 Track Club

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

Newsletter

Summer 2018

They Call It Dopey For A Reason

By Kim Shire

For the last 2 years I have written about my January travels to the RunDisney Marathon weekend in Florida. I have, in fact, gone to this event for 7 consecutive years with my family that consists of John and Sally, my parents, who live in Florida; and Nikki, Dave, and Preya, my sister and her family, who live in Hampden. Everyone has done at least one race a year.

For the last few years we have embraced the freedom to dress up that just seems right for Disney. Two years ago the girls dressed up and raced the 5k as “Minnie Mouse.” Last year 5 of us ran the 5k as Dalmatians and my mom was Cruella de Ville. This year all 6 of us chose to honor Pluto (the mascot of the 5k) with our choice of attire. The costumes were great, but did lose a little bit of their impact because we had to layer multiple shirts, fleece, leggings, hats, and gloves under the tank tops, skirts, and shorts to accommodate the 27 degree weather that descended on Florida that week. Not really the expected conditions, but despite the cold, the race was fun and we had a great time.



The Pluto 5k is just the beginning of the long weekend of races and is held on Thursday. On Friday there is a 10k. Saturday is the half marathon and then the weekend culminates on Sunday with the full marathon. Disney, a company that is great at creating excitement to spend money, began offering Goofy’s Race and a Half Challenge in 2006 which involves completing the half

and full marathons for a total of 39.6 miles. I survived this challenge in 2015 and actually had a blast with it.

In 2014 Disney decided that people were dopey enough to pay for, and actually want to do, all 4 races for a total 48.6 miles over the 4 days. They were correct, and the Dopey Challenge was born and was instantly a sell-out event (over 7,000 Dopey registrations in 2018). This year was the 5th anniversary of the Dopey Challenge as well as the 25th anniversary of the marathon and one thing that seems to have become a guarantee is that “anniversary” year medals are even better than the regular medals.

When planning for the 2018 races our family knew that this was going to be our last year because Preya is now in school and keeping her out for an extra week right after the Christmas holidays will no longer be an option. As a result, my line of thought was: 2 anniversary medals, not coming back, I’ve already done the 5k, half, and full ... I should just do all of them and get it over with and have great bragging rights. It seemed like a good idea in April 2017 when I registered. Boy, did I learn that they call it Dopey for a reason.

I did follow the Hal Higdon Dopey training plan (it’s that popular that Hal covers it). My goal was never PR or speed. It was pretty much a focus on survival—of both the training regime and the actual event. Workouts started off as back-to-back and as the training program progressed they were back-to-back-to-back-to-back. Getting used to running day after day after day is key. They do call it Dopey for a reason.

During the event, running was tiring, but waking up was the hardest aspect of the Challenge. Disney is popular. There are thousands of people to get to the start, shuttle through security and into the corrals. The races start early so the parks can open. I woke up every morning at 2:50 am and was on a bus by 3:30 am. I was at the staging area by 4 and into the corrals by 4:30 for remarks, anthem, and staging for the 5 am race start (or thereabouts – I was never in the first corral). I waited patiently for my turn with all the other exhausted, crazy, but enthusiastic participants. They call us Dopey for a reason.

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The President's Corner

by Johanna Szillery

Dear Sub 5 members and friends,

Welcome the height of the running season in Maine! Hope that training, racing, running, jogging, race walking, or whatever you find yourself involved in are fun and fulfilling.

This is the busy time of year for racing. The next races on the Sub 5 calendar are:

Tour du Lac 10 miler in Bucksport – June 30 at 7:30am

One of the favorites in the Sub 5 series, with homemade jam prizes! Rolling hilly course.

Walter Hunt 4th of July 3k in Brewer/Bangor – July 4 at 10:45am

A fun and fast race from Brewer to Bangor along the 4th of July parade route.

Registration information on these and other races in the area is available on our website at www.Sub5.com.

Each year, Sub 5 holds an annual meeting of its membership, generally in March. This meeting serves as an opportunity for members to elect the Sub 5 Board, and for the Board to then elect the officers. This year, the meeting was on March 17, preceded by a run, potluck lunch, and gear swap. The meeting featured a talk by physical therapist and runner Tim Wakeland on shoe fit and biomechanics. We would like to thank two retiring Board members, John Peckenham and Pam Nourse, for their service. John Peckenham has been a Board member and served as board President for over five years. John is an avid runner, coach, and teacher. He has shared his joy of running with generations of not only his kids, but also others through his coaching. As the President of Sub 5, John served as a pragmatic, focused, and hard-working leader. Pam Nourse has been the editor for the Sub 5

newsletter for many years... her commitment to this role extended to the west coast. While Pam has been completing doctorate studies in California, she has continued to serve as newsletter editor for Sub 5. Her gentle and consistent service is much appreciated by many Sub5 members. It is not easy to fill a newsletter, as most of us would rather be on the roads and trails!

The Sub 5 Board welcomes Joe Roberts, as member at large, and Geoff Dapice, as newsletter editor.

Sub 5 regular Board meetings and the Annual Meeting are open to the membership. We welcome your input and volunteer efforts!

Happy Running, See you out there!



The newest addition to the Sub 5 family, Owen Revitt (son of club secretary Matt Revitt), meets President Johanna.

2018 - 2019 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: Geoff Dapice
Race Standings: Katherine Collins (male series statistician)
Dave Farrar (female series statistician)

Members-at-large: Tim Cole
Deedra Dapice
Ezra Dean
Glendon Rand
Joe Roberts
Kim Shire

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

The deadline for the **Fall 2018** issue is September 1.

Dopey...

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For me the Pluto 5k was fun with my family at a pace set by my 7-year-old niece, Preya (3.1 miles done, 45.5 to go). It doesn't feel too Dopey yet.

The 10k was a fun and entertaining run with my brother-in-law, Dave (9.3 miles down, 39.3 miles to go). Yeah—it's starting to feel a little Dopey

For the half marathon I was the only one in my family to run. It was an absolutely miserable race for a variety of reasons including fatigue (did not sleep well) and persistent GI issues. I did survive it and then crashed hard on the couch for hours (22.4 miles done, 26.2 to go—ughh). Here we are, 3 days in and not even halfway through the mileage—yup, this is one of the reasons they call it Dopey.

Fortunately, my nap was effective and I recovered enough for marathon day. Along with me, my mom and sister participated in the full marathon. We woke up at the not-so-lovely 2:50 am time and traveled together, but we didn't run together. I felt much better than I did during the half and I worked hard to keep my focus on having fun, maintaining my pace, and surviving by trusting my training and taking photos with characters. Each step was one step closer to being done with this nutty idea. There was the occasional niggling in the back of my head that I wouldn't finish, and it took a full 25 miles before I finally squelched that thought, but I did. They **definitely** call it Dopey for a reason.



Dopey racers not only get 48.6 miles of running around Disney World while experiencing Disney style entertainment, we get other stuff too. For our efforts we received 6 long-sleeved tech shirts and 6 medals (1 for each race, 1 for the Goofy Challenge, and another for the Dopey Challenge). I agree that it's a bit excessive, yet very Disney, and it definitely represents an accomplishment. But without a doubt, it really is Dopey.

My recovery, post-Dopey, was the longest I've ever had, yet I'm glad I did this, because I was able to set a big goal and work towards it, regardless of the challenges that presented themselves. While the Dopey medal is extremely cute and the Dopey culture is powerful, I *will* resist future pressures and will NOT take one of the coveted registration spots for this challenge in the future so that ***YOU have the opportunity to sign up and experience DOPEY for yourself.***

My First Boston Marathon (Spectating...)

By Ezra Dean

I couldn't have picked a better year to watch. The weather couldn't have been better, and by better I mean bitter...cold.

It was cold, windy, rainy, gusty, but it was all Boston. I have been watching the Boston Marathon for years, but decided it was finally time to take it all in in person. Someday I will qualify and take it in from a totally different view but for now this will have to do.

I started the day by going on a quick 5 mile run. Just this short run gave me a taste of what the runners would face in the less-than-ideal conditions and let's just say I was not a fan! I got back to the hotel and tuned in to the local news to catch the start of the elite woman. The gun went off and there they went on their long journey from Hopkinton to Boston—the

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Boston...

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same roads where other greats like Clarence Demar, Johnny Kelley, Boston Billy, Joan Benoit, and Grete Waitz made history. The 122nd Boston Marathon was underway. Twenty-eight minutes later the elite men and first wave started that same journey, a journey that will test the mind and push the body to the limits. That is exactly what I saw on display on those streets heading to Boston. Runners from all across the globe come to one place to run from one point to the next. Seems crazy, and maybe it is, but it's a good crazy!

I had gone down Sunday night, with a friend and training partner of mine and. we stayed in Newton just 1.5 miles from the course. We hopped in the car and headed down to the course to start watching from mile 17 in Newton. We were lucky enough to find "shelter" under a cedar tree. Still exposed enough to experience the atmosphere to the fullest but sheltered enough to stay at least a little dry. There was an old timer standing there who lived right by the course. She started telling us of her days in the 70's and 80's watching Bill Rodgers run by. She spoke of the "Duel in the Sun" in '83 and Joanie winning in '79. It was like taking a page from a book and having it read aloud. It was a pleasure listening to her stories and it helped the time pass as we waited for the first runner to round the corner and into view.

Around the corner they came, one soggy runner after another. On all their faces they wore determination and grit. It's humbling to see even the best of the best grimace with exhaustion and fight all at the same time. Not far behind this first group we saw our very own Tracy! As we shouted her name she recognized us, her smile grew as she came to our side of the street. A quick high five and she was on her way!

The wind blew the standing water in swirls in the street; the rain drove at a sideways angle right into the runners' faces. Still they ran on! One step after another putting them closer to the finish line on Boylston Street.

After watching for a while we went to try to get a view from mile 21. We did so and were able to watch as more runners passed. A group of fans had an aid tent where they were passing out paper towels, and we watched as the runners took them and wiped the rain from their eyes and faces. At this point there were more runners than not wearing rain ponchos. There was however the one brave soul who decided it was a good day to run shirtless. I guess if you have put the effort in to train and qualify for Boston you can wear (or not wear) whatever you want, even if it is 35 degrees!

After a while we went back to the car to make our way back to mile 17 to watch a few more runners we knew pass by. About this time word was coming in that an American was leading the women's race. I quickly got online and started following. Desi was in the lead with 6 miles to go! It brought me back to 2014 when I was

sitting on my couch as Meb turned right on Hereford and left on Boylston.

Could it really happen for the women just 4 years later? If anyone was going to do it, it was going to be Desi. I think back to her 2011 second place finish by 3 strides. I can only imagine she was thinking about the same thing as her feet made splash after splash on the wet streets. Mile 23 the update was that she had lost the lead, but she dug deep and started to pull away...this was it! Time to turn on live stream! I sat there in the car as runners ran by in front of us and watched the live stream. Two miles to go and it was hers to lose. Stride after stride she made the distance grow. ONE mile to go, I could almost feel the excitement brewing at the finish line 5 miles away from where I sat.

Then she turned and was headed down the home stretch, she could finally celebrate. She had done something no US woman had done in 33 years. She had won the Boston Marathon. I had to hold tears back as I watched her celebrate. A sense of American pride came over me just like in 2014.

I watched the celebration for a bit and then it was time to go cheer on some more hearty souls. There was still a lot of running left! Some runners would be out there for many more hours.

We drove and wove our way back around closed streets and parked cars and eventually got back to mile 17. We were able to scream out some names of runners we knew passing by: Pete, Deedra, Kathrine! I like to think that we gave them a little motivation to keep on going. But, then again, I'm sure they already had what it took to finish! They were running the Boston Marathon, and they trained for it in Maine in a wicked cold winter. These people are tough, bad to the bone, runners. I'm not sure if they needed my "whoop, whoop" but it felt good that I was able to cheer them on. After watching the runners pass by, one after another, you realize that these are the heart and soul of the race. The elites may get all the attention but these runners make the race what is it. They can all tell a different story and each one had a different path to get to where they were. But today they were all together on the streets leading to Boston. Male, female, old and young all trying to accomplish the same goal—to finish!

Eventually it was time to hit the road and north we went, out of the city, as runners continued to make their way to the Citgo sign and beyond. As we drove away I could not help but feel that we had just witnessed history, and those running got to run on the very roads that history was made on. But in my book they all made history, and the runner who finishes in 2 hours is just as much a hero as the one who finishes in 6. They all ran the same distance, hit the same wall, endured the same weather, climbed the same hills and felt the same pride that is BOSTON. And I cannot help but be drawn closer to the race: for now it may be spectating, but watch out, 'cause those streets will soon feel the soles of my Sauconys headed northeast to Boston!

Boston...



Big, Small or Something in Between?

*When it comes to picking a race, size matters.
The pros and cons of big and small events.*

By Amanda Loudin, RRCA Journalism Excellence
Winner – 2017

If you ask Janet Sherman, nothing beats a big, raucous race, full of spectators, energy and fantastic amenities. When the 53-year old Wyoming-based school teacher plops down her race fee, she likes to feel as if she is getting something in return, and big races fit the bill, she says. Of the five to 10 races she runs each year, the vast majority are in the large category.

Eric Collard, by contrast, prefers his races on the small side. The 39-year old public relations professional from Ottawa has done his share of big races—everything from the Ottawa Marathon to Ironman-branded events—and found they're just not his jam. He'll pick small over big every chance he can.

There are pros and cons to every race size. What's important is discovering what fits your personality and preferences best so that you can get the most out of your experience. This means knowing your goals and then finding the races to help you achieve them.

"Size definitely affects the experience of the race and can impact your time," says RRCA-Certified Coach Kristina Craig, from Buffalo, NY. "I always recommend that runners consider the size in conjunction with the course."

There are other factors that come into play as well: Do you like to travel to races and make a trip out of the experience? Do you prefer sleeping in your own bed the night before? What about the medal, the shirt, the crowd support? All are factors to weigh before signing on the dotted line. The beauty of it is: There's a right fit for everyone.

A Case for Big

Carly Pizzani, a Vermont-based RRCA coach, says that it definitely takes some trial and error to figure out the best fit for your personality and goals. But for many new runners, she says, big is a great way to go. "They offer so much support for the runners," she says. "They usually have the organization down pat, so they have plenty of volunteers, aid stations, and are well run."

While Sherman has been running for years, she's learned that the bigger races provide plenty of bang for the buck. "You get tech shirts, lots of on-course support, and finishers' medals," she says. "I also like five-year age groups, which you might not find in smaller events."

Put the after-race party with plenty of food for everyone in the bonus category as well, says Sherman. "I love the excitement and vibe of a big race," she adds.

There's also this: for Sherman, who often places at

smaller, local races, the large crowds at a big event removes some pressure. "I'm really hard on myself," she admits, "and in a bigger race, I assume there are plenty of faster runners in my age group. If I do place, it's a pleasant surprise."

Pizzani says that another plus for big races is the option to train with groups leading up to the event if you live in the area. On race day, she says, "There's nothing like that big-city crowd cheering you to keep going, especially during the tough parts."

This encouragement can come from a fellow runner or pace group, too, something in greater quantities in a big event. "Most large races have pacers and they can be extremely motivating," says Craig, "as can your fellow competitors."

Craig points to one of her recent half marathons, during a point where she was struggling on a big hill. "A pacer passed me and I thought to myself, 'oh no he doesn't,'" she says. "That was the push I needed and I caught up and passed him, while he gave me encouragement to finish strong."

On the Other Hand

Small races have their share in the plus category as well. Eric London, a 53-year old communications and policy consultant in D.C., has certainly given large races a try. His resume includes the Marine Corps, Philadelphia, Pittsburgh and Baltimore marathons. "It's definitely nice to have crowd support," he admits. "But the start line really throws me off. I don't like the pushing and shoving, the time you must allocate to get there, and the over-the-top adrenaline that surrounds you."

London says the crowded, slow first mile that comes along with a big race is also a downside to the bigger events. Plus, he says, he doesn't care about the shirts or medals. "They're generally too expensive for the value," he says. "So what's the point?"

With that view on the big races, London tends toward the smaller, low-key events in his area. "I love that these often support local running clubs, which are the backbone of running," he says. "Smaller races are low stress, easy, and you can often run faster because the course is wide open."

Craig says that smaller events allow you to focus and hit goal pace much earlier than their larger counterparts. "It's easier to pay attention to time and form, rather than spending time weaving around slower runners," she says. "There's also the fact that you get easier access to hotels, smaller lines, and parking."

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Sub 5 Happenings

Summer Track Workouts are underway! Workouts are held at 6:00 pm on Wednesday evenings at the Brewer Track located at the Brewer Community School on Pendleton St.

Paid Sub5 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.

Monday Night Runs are continuing—meet at the Seadog in Bangor (26 Front Street) on Mondays at 5:30 pm for a group run at a conversational pace! Reminders are posted on our Facebook page (www.facebook.com/groups/Sub5TrackClub/).

It's almost time for the **Walter Hunt 3k** race on the Fourth of July! Shirts & bibs are in. Pre-registration is still open and Sub5 members run for FREE with special code emailed to you in April!

Stay tuned for a special shirt and bib pickup July 3rd at our bib sponsor, Lamey Wellehan, with shoe specials and a special book signing! Follow our Facebook page for all the details.

There's still time to participate in the **2018 TradeWinds Markets/Sub 5 Track Club Road Race Series!** Runners must complete 5 series races to be eligible for awards, and there are still 6 races left. For a complete list of races, current series standings, and series rules, visit our website (www.sub5.com).

2018 TradeWinds Markets/ Sub 5 Track Club Road Race Series

Six Series Races Remaining!

June 30 @ 7:30 a.m.: Tour du Lac 10 Miler, Bucksport. Register by mail or on race day. Chris and Margaret Jones: 469-9901; christopher.jones@rsu25.org

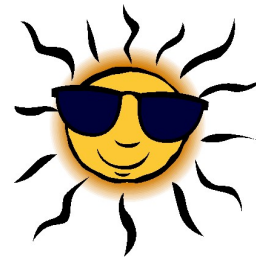
July 4 @ 10:45 a.m.: Walter Hunt Memorial 3K, Bangor. Register online, by mail, or on race day. Sub5 Track Club, John Peckenham: 469-2636; www.sub5.com.

September 3 @ 9 a.m.: Labor Day 5 Miler, Bangor. Register online (preferred) or on race day. Bangor Parks and Recreation: 992-4490; Bangorparksandrec.com.

September 23 @ 9:30 a.m.: Great Pumpkinfest 4K, Blue Hill. Register by mail or on race day. DownEast Family Y / Blue Hill: 374-2248; jbragdon@defymca.org

October 21 @ 11 a.m.: Black Bear 5K, Orono. Register by mail or on race day. UMaine, Thad Dwyer: 581-1234; thad.dwyer@umit.maine.edu

November 18 @ 1 p.m.: Brewer High School Turkey Trot 3 Miler, Brewer. Register by mail or on race day. Brewer High School: 989-4140.



Big, Small, or Something in Between...

(Continued from page 6)

Collard likes the fact that at most small races, you can sign up at the last minute, too. “They generally have less hassle and more charm,” he says of his preference, “and a smaller price tag.”

No matter which you prefer—big or small—every race has something to offer. You don't have to commit to one or the other, but it does help if you know what size will deliver your race-day goals. For his part, Collard plans to keep things relatively low key with one big exception: “I did get into the Chicago Marathon lottery, so I guess I'm training for that,” he says.

Pizzani's final piece of advice is to follow your heart: “Unless you are a professional runner making your living out there, you should find joy and fun in the races you choose.”

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