



Sub 5 Track Club

An Affiliate of the Road Runners club of America (RRCA)

Newsletter

October 2018

Hot, Cool, and 50

By Eric Boberg

Planning my running adventures this year wasn't intentional for my 50th year of life, but I don't think this year could have unfolded any better. It started almost three years ago, October 18, 2015, on the bus ride back to Bar Harbor after running the MDI marathon. The person sitting next to me recommended I explore overseas marathons. A few weeks later, that unexplainable allure of the next marathon piqued enough interest to research and email my running partner about the Reykjavik Marathon in Iceland. A quick reply stating I should find someone else shook me out of my dreams and back to reality. Yet, as this story goes, six months later, my running partner emailed me back about the same Reykjavik Marathon and how beautiful it would be. And yes, that turned out to be very beautiful, but more on that later. The planning had started for an August 2018 Iceland trip in April of 2016, and the first order of business was getting our (non running) spouses on board. No thoughts whatsoever on that year being my big five-o.

Hot... Fast forward to 2018. It has started to become a curiosity of mine to scope out the local running events when I travel. I feel I may have an interest for destination running events. And so it was this past June as my planning took shape to visit my mom in Kingman, AZ in July. Through an internet search, I stumbled onto a set of three 7 km or 7 mile races in the Las Vegas area. Each of the three runs were in different locations on 7/6 at 7pm and 7/7 at 7am and 7pm - see all those Vegas themed lucky 7's? Do all three, lucky 21. Since I was already in marathon training for Iceland, the 7 mile race option was a no brainer. Also seemed like a welcome break from my scheduled marathon training regiment, and good training for the DEST Relay. The local Triple Dare Running Company names this signature event Three Degrees of Hell - great marketing, I thought. Plus, my mom wanted to visit Las Vegas with my brother and I, so everything was falling into place. Why not sign up since the scheduling seemed so easy? No thoughts whatsoever on how hot it would be...in the desert...in July...

Triple Dare Running posted a great video on how to train for summer running in the desert. Training in hot and dry weather was not going to happen while in Maine. Thankfully, I would have four days to acclimate to the desert before the race. When I arrived in Las Vegas, while waiting for my brother flight, I got my first chance. Unfortunately, it was in the mid afternoon sun, but, hey, I needed to experience the dry heat, and I wasn't going to happen by convincing myself that it was too hot. I drove out near Hoover Dam to a historic railroad bed that was converted to a multi use trail that winds towards the dam through tunnels in the mountain with great views of Lake Mead. The car temperature in the parking lot read 107°F, and a sign that read "DANGER, STOP, HEAT KILLS." A half mile into the run and trying to swallow, my mouth was so dry that my tongue, soft palate, uvula, and tonsils all seemed stuck together. Realizing that was why the athletes in those desert running videos held their water bottles, I did the same. Two miles out, two miles back, chased by bats in the tunnels, pelted by wind blown sand, I was spent. Questioning what I had gotten myself into, my anxiety grew for those last few days before the race. My anxiety even got to a point where I questioned why I was putting myself through this. I run for enjoyment, but I was not enjoying this lead up to this race.

Overcoming my fears, I showed up for the first race in Bitter Springs, about a half hour north of Las Vegas. The temperature on the drive there topped out at 117°F, but dropped back at the trailhead to 110°F. Somehow, the community of 57 runners that had gathered for the 7 mile race eased my anxieties, and it wasn't long before I was known simply as "Maine." Throughout the three races, I was honored to represent our fine state as I received cheers of "Go Maine!" This first race, as well as the second race at Rainbow Gardens in the mountains to the east of Las Vegas, were out and back trail runs into canyons. There was some beautiful scenery that I would never have seen otherwise. That second race the next morning in Rainbow Gardens

(Continued on Page 4)

The President's Corner

By Johanna Szillery

Dear Sub 5 Track Club members and friends,

Hope this newsletter finds you enjoying the cooler temperatures and less humid air of fall! And, as the season changes, maybe you're changing up your workout, goals, running routes, or other aspects of your fitness routine!

This time of year, many of us naturally think of change, and I am no exception. This year, thoughts of change are especially rampant in my mind, as my new husband and I work through the process of melding our two lives. In years past, as changes have come, one of the constants of my routine has been some sort of movement. In grade school years, this took the form of dance and track, while later in school it was cross country and track. Beyond college, different forms of biking, road, mountain, and others, as well as skiing were my movement of choice. There is a certain comfort that comes with the familiarity of running, biking, skiing, or hiking your favorite routes, year after year. One group of friends that I run with, planned to run the Dedham Hills four times per year – about once each season – just to check in on the familiar people, places and landscapes of the route. A whole different type of reassurance comes from communal movement, that is, running or biking or skiing with your people. And, at its most basic level, the simple act of running – the cadence, the rhythm of your breathing – is its own comfort. (maybe this is why ear buds, or, the Walkman was never part of my routine). So, as changes come and go, or come and stay, may we all find comfort in the familiar routes, runs, friends, and the sensations of movement. They are some of the touchstones that provide balance with change.

With the change of the seasons, we are nearing the last few races in the Sub 5 Tradewinds Series! Have you done all of the races in the series? Are you eagerly tracking your progress?

The Sub5 Board has begun preparations for the January Annual Awards Banquet! Here are the remaining races in the Sub 5 Tradewinds Series:

Black Bear 5K – October 21 – 11 am – Orono, Maine

Turkey Trot – November 18 – 1 pm – Brewer, Maine

And, we're looking forward to the first race of the 2019 race series... PLEASE NOTE, the date of the race has been updated from our 2018 race flyer, and is confirmed with Race Director Brad Ryder.

Epic Finale – December 30 – 10 am – Bangor, Maine

Sub5 Scholarship News

By Glendon Rand

Congratulations to the 2018 recipient of our \$1500 college scholarship - Oliviah Damboise of Old Town HS. Oliviah is a 9 time state champion and holds 6 school records in the triple jump, pole vault, and long jump. She will compete for UMaine Track and Field/XC this fall and will major in kinesiology and minor in pre-med.



2018 - 2019 Sub 5 Track Club Officers

President: Johanna Szillery
Vice President: Paul Tormey
Secretary: Matthew Revitt
Treasurer: Shane Martin
Membership Director: Peter Lodge
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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 **Winter 2018/2019** issue is **December 14**.

Running: A Family Affair

By Deedra Dapice

The Walter Hunt road race is as synonymous with the 4th of July as BBQ food and fireworks for me and my family. The week leading up to the fourth generally brings questions from someone in the family about what are we “doing” for The Fourth. Our family 4th of July celebrations have included an occasional gathering at a friend’s camp or picnicking at Fort Point State Park but most often feasting by the pool with my sister’s family. The one, unwavering certainty is that our 4th of July will start with running the Walter Hunt road race with the hope of finishing quickly enough to take in some of the parade that follows. My extended family knows by now that we won’t show up until well after most people want to begin their noon-time barbecuing, but hey a tradition is a tradition. By tradition I mean a long-standing tradition, at least for me, as the instigator of our now whole-family tradition. My husband has known me for 34 years and he doesn’t remember me ever NOT running the 4th of July road race. I ran it several times prior to college when we met, so I probably have a 36 year (or more) streak for this race. I ran it before it carried the Walter Hunt name and before it finished by crossing the current footbridge, maybe the footbridge hadn’t been built yet. I ran it the year they gave those little biking-style caps instead of t-shirts. I think I recall a year it was cancelled due to thunderstorms and maybe even a year the race turned left onto main street and finished in front of the old Bangor auditorium. Some of my fellow Sub5ers might be able to add clarity to those last couple of faded memories.

Most important in my numerous memories of running the Walter Hunt 4th of July race are when my family members started joining me in the downhill trek from Brewer to Bangor. The first accompaniment occurred in 1993 when I pushed my year-old daughter, Coralie, in a jogging stroller. For the next couple of years she joined my husband, her new baby sister, and other members of my family cheering from the sidelines. Then she was the first to accompany me as a runner in 1997, at the age of 5 - cheered on by a new baby brother. Within the next few years Coralie was joined by her sister, Shannon, and eventually their younger brother, Ethan. Dad/Geoff more recently left the ranks of number 1 cheerleader and runner support crew to join us on the racecourse. The rest is history - or at least tradition! My daughter, Shannon, expressed it best on her facebook page this past 4th of July - “The freedom to say no to running on this 91 degree day but then I would’ve ruined my (17 or 18? yr) streak.”

I would be remiss to let you think that the 4th of July road race is the only running my family has done, it is just the most together as a family. All three of my children were subjected to multiple years of summer track, my not-so-sneaky way to try to

(Continued on page 5)

2018 Summer Track Season

Roundup

By Peter Lodge



We had a terrific summer of track workouts this year. We began a little later this year, due to track availability, but otherwise, the summer ran smoothly. 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 73. We reached a high attendance of 30 runners the week before the Walter Hunt race. We had a variety of ability levels, with all working hard, and all showing improvement over the season. The season workout finally was capped off with time trials, which revealed to the regular participants just how much progress they made over the summer. I think the some runners may have even surprised at how fast they were able to run. I am very proud of the effort expended by this year’s runners.

Workouts came to a close on August 22. Thank you all for a wonderful summer season. Happy Running.

Are You Visible??

A quick reminder by Geoff Dapice

When you are out running can you be seen by drivers? This is a quick reminder that it is getting darker earlier and one of the best ways to be safe is to make sure you are visible. This can be achieved by wearing light colors and reflective gear. For more suggestions check out the June 2017 newsletter which has a great article on “The Importance of Visibility When Running”. Remember that soon, when the sun will be setting before or during our Monday night group runs, reflective gear and headlamps will be required. We like you and really want you to be safe.





was the toughest of the three for me. I hadn't fully rehydrated because I chose to sleep in, and there was a 340 ft climb in 1½ miles. And it really didn't help that it had "cooled down" to a still really hot 96°F, and was up to 103°F by the end of the race. The final race was in Henderson, just south of Las Vegas, at Whitney Mesa. A "DANGEROUS SNAKES" sign along the trail marked this double loop up a mesa with great views of the surrounding area and the Vegas skyline. The team at Triple Dare Running organized a most memorable event, with lots of race support, and put on a great after party with beer, pizza, and pool. While I haven't decided if I would do this race challenge again, I would recommend it to anyone who likes stepping outside their comfort zone.

...Cool... For destination events, Hal Higdon's marathon training book recommends traveling as many days ahead of the race as time zone changes. For us, traveling four days ahead of a race, especially since it was paired with a vacation with (non running) spouses, was not an option. Having traveled overseas with groups in the past, I saw plenty of cases where local cuisine did not agree with people, and if there were going to be digestive issues, it was not going to be during a marathon. So we settled on two days of time change adjustment, which, in hindsight, worked out best to enjoy our remaining time without any must-do's. At the large expo, it was easy to load up on free samples, and talk with vendors about their products - thankfully, English was spoken by everyone we encountered on the entire trip.

For an event with 1,352 marathon runners, and 2,597 half marathon runners, all starting together, there were few spaces for

staying warm, and a not well organized bag drop off system. But as the kickoff to the annual Reykjavik culture day, the atmosphere was electric. And as we experienced, especially through the neighborhoods in the first four miles, the whole city seemed to come out to cheer us on - playing instruments on their front steps, food spreads on street side tables, and even champagne. A starting temperature in the low 50's was perfect for running, though as we learned from previous days, the wind was going to be a factor. This proved especially true during miles 17 through 23, where the wind off the water from the west was noticeably chilly. The field didn't start thinning out until the half marathon route split off at 11½ miles, and the marathon route continued on through a local zoo, by a small waterfall, numerous parks, beautiful city views, and at least 7 miles of running along the Atlantic ocean. Approaching the finish line, it was a wonderful distraction to see the start of the kids fun run, right where we had started more than four hours earlier. The city was well underway to a full day of cultural events.

...and 50 I cannot finish writing about these memories without recognizing two people. First, for the support of my beautiful wife of 26 years, Shirley. While it is outside of Shirley's comfort zone to travel overseas, she is my constant supporter. Thank you, sweetie! Second, for my running partner, Erica. While it was uncertain if we would stay together for the whole marathon, it was special that we crossed that finish line together. Miles 19 through (at least) 22 would have been very unpleasant if you weren't next to me for encouragement. Thanks for the friendship and fostering my passion for running!

This year was a good year for my running adventures. After a moment shedding a few tears at the marathon finish area, water in one hand, pretzels in the other, and Erica sitting beside me, I realized 50 is a really good age.



make runners out of them. Coralie ran a year of middle school cross-country before plunging into the traditional ball sports for the remainder of middle and high school, although ventured back for a season of indoor track her senior year. Shannon was a four year participant in both indoor and outdoor track and ran her first half marathon September 30th. Ethan began as a sixth grader in cross-country and track and has never looked back, continuing to participate in club track at UMaine and lots of road racing. As many of you may know our Sub5 newsletter editor is my husband Geoff and he has made leaps and bounds of progress in his running endeavors over the past several years of taking up running.

In addition to traditional running, our family also competed together in the Tough Mountain Challenge the past two years. We had a blast getting muddy and spending time together as a family. I personally have also been showered with my family's support of my own running goals through the years. I can still recall my hesitation about embarking on training for my first marathon back in 2012. We having a typical family dinner and I asked them all what they thought about me possibly training to run a marathon. I got nothing but whole-hearted "yes's and "do its" - even when I told them it might mean they fend for themselves more because I would be busy running. That support continued right onto the rainy Maine Marathon course that September, when they enthusiastically held signs and hollered their encouragement. Over the past several years and through a few marathon and half marathon training cycles their sacrifices have not gone unnoticed by me, even when I don't say thank-you enough. How many thank-yous are enough for spectators who stood in the cold and rain for several hours at this year's Boston Marathon? I could not be a runner without my family. I rely on their support but especially enjoy and appreciate their participation with me.



To my family, thank-you. To my fellow Sub5ers, if you can convince your family members to participate in whatever capacity they are comfortable with -I encourage you to try-it ... it might be fun!



Some Notes from the RRCA

RRCA to Host Its First In-Person Race Director Certification Course

Since 2013, hundreds of race directors have completed the RRCA's Race Director Certification Course online. Developed in partnership with Road Race Management and other industry leaders, the course is designed to provide a baseline of knowledge for anyone that directs road or trail running events.

Held in conjunction with Road Race Management's annual Race Directors' Meeting, the RRCA will offer its first in-person Race Director Certification Course on Thursday, November 8, from 8:00 AM - 5:00 PM, at the Vinoy Renaissance Hotel in St. Petersburg, FL.

Presenters include:

- Phil Stewart Director of the Credit Union Cherry Blossom 10 Mile
- Becky Lambros - Deputy Director of the Credit Union Cherry Blossom 10 Mile;
- Dave McGillivray - Director of the BAA Boston Marathon;
- Sean Ryan - Director of the Fall 50 and Co-Director of the Across the Bay 10K;
- Jean Knaack - RRCA Executive Director.

Registration for the in-person RRCA Race Director Certification course is an add-on fee for the Road Race Management's Race Directors' Meeting and is only available to registered Race Directors' Meeting attendees. Registration for this in-person course is being managed by Road Race Management as part of the Race Director's Meeting registration. The fee includes a copy of the course textbook *Organizing Running Events* (second edition) by Phil Stewart. No stand-alone sign-ups for the course will be offered.



2018 Maine Running Hall of Fame Induction Banquet

The Maine Running Hall of Fame will induct eight outstanding runners who have made significant contributions to the sport of running in Maine, and two races at its 20th induction ceremony on Sunday, November 11, 2018 at the Governor's Hill Mansion in Augusta, Maine.

The 2018 Inductees are:

Gary Allen

Tom Blake

Pete Bottomley

Faye Gagnon

Rock E Green

Colin Peddie

Steve Reed

Ed Rice

Races:

Mid Winter 10 Mile Classic

MDI Marathon/Half Marathon

The Maine Running Hall of Fame was started in by Bob Payne to celebrate the rich history of running in Maine.

In 1987, veteran distance runner Bob Payne of Raymond began thinking about the need for a runners' hall of fame in Maine. In the spring of 1988, Payne presented his idea to the Maine Track Club. "The club was supportive and suggested that we reach out to all the running clubs in Maine." said Payne.

The intent of the Hall was to honor those distance runners and track and field athletes who had made particularly outstanding achievements, and to honor others who had made outstanding contributions to the sport of running in Maine. "I thought that a lot of running history in Maine was being lost," said Payne. His goal was to preserve as much of it as possible.

More information and event tickets can be found at:

<https://www.eventbrite.com/e/2018-maine-running-hall-of-fame-induction-banquet-tickets-49925633915>

Thoughts from the Editor

This is my first newsletter, ever. While I am a "Computer Guy" my knowledge of Desktop publishing is nonexistent. Fortunately, I had a great starting template and the previous newsletters to look at for examples on how it should be done. Thank you so much to Pam Nourse for her years of work on the newsletter. The baton has been passed to me and I will do my best to continue this quality publication. If this your first exposure to the Newsletter, I would suggest you check out the archives at the Sub5.com website.

Thank you so much to the Sub5 members who contributed articles for this issue. I truly appreciate your efforts. I was especially struck by the organic underlying theme of this issue; The importance of family, friends, and the community of runners.

I don't know if you could make out the thermometer in Eric's article. It looks like it is over 120 degrees in the direct sun. Talk about hot!

Johanna, Thank you for all the work you do for this organization, and thank you to all the board members for keeping Sub5 a vibrant and fun community.

Pete, Thank you again for coaching the Wednesday Night Track workouts. I look forward to them each week and appreciate the variety of workouts you come up with for us. If someone is looking for something fun, challenging and a way to improve your speed, I would encourage attending the track workouts next summer.

Deedra, I can't think of anything I'd rather do than run with and support our family in our running escapades.

Long May You All Run,

Geoff Dapice