



# Sub 5 Track Club

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

Newsletter

May 2019

## Running the City of Brotherly Love Marathon

By Amy Doss Cangelosi

Last October when Geoff asked if I would submit a piece about my upcoming attempt at the Philadelphia Marathon, I had hoped that the subtitle would read “How I qualified to run the Boston Marathon”. Spoiler alert: I need to come up with another subtitle. So here it is: Running the City of Brotherly Love How I Fell Even More in Love with Philadelphia and Had a Fantastic Time While Watching My Goals and Dreams Wash Away in the Schuylkill.

It's a long subtitle, but it pretty much sums up my experience. I had more fun than I had in any of my three prior marathons and I can't wait to do it again! So, despite the fact that I wish my story had a different ending, I have no shortage of reasons why anyone looking for a big city marathon should consider a trip to Philadelphia.

The Philadelphia Marathon hosts about 30,000 participants, making it one of the ten largest marathons in the country. It also makes it ten times as large as the biggest marathon I had run. There were nine corrals at the start and some quick math revealed that my corral contained more runners than the entire Maine Marathon! But I never felt overwhelmed or even crowded. I also got a taste of home when it turned out that the woman I was chatting with at the start was from Kennebunkport.

In quick succession, each corral headed out down the Benjamin Franklin Parkway, leaving the famous “Rocky Steps” and the Philadelphia Museum of Art in our wake.

We were cheered on by spectators two deep past City Hall and into China Town. Next, the route took us through the historic neighborhood past the Liberty Bell, Betsy Ross house, and the

U.S. Mint. Then it was along the Delaware River to South Philly.

Each new neighborhood brought a new style of crowd support, each as enthusiastic as the last. South St. was filled with cheering families and lots of little hands to high five, then there were DJ's mixing beats, followed by a gospel choir and band plugged in outside their church. The Drexel campus offered students outside tossing footballs (Fly Eagles Fly) outside frat houses. Then we started the longest climb of the race and my spirits were raised by a group of guys in front of me who broke into the theme from Rocky and kept it up until the course flattened out again. (Continued on Page 4)



Philadelphia Marathon 2018 Finishers Medal and T-shirt

## **Board News**

**By Geoff Dapice**

The Sub5 Annual meeting was held on March 16th. Starting the day was a group run followed by a potluck lunch and meeting. Much was discussed, but in a nutshell Sub5 is a healthy, active organization that has an active group helping to keep it running as well as an active number of members. Many thanks to Johanna Szillery for her role as President the past year and to Paul Tormey for serving as the Vice President. Joe Roberts was nominated and elected as the new President and Deedra Dapice as the Vice President. Pete Lodge, Shane Martin and Matt Revitt have agreed to continue in their roles as Membership Directory, Treasurer and Secretary, respectively. Glendon Rand will also continue in his role as Webmaster and Scholarship Coordinator. The rest of the Board is listed at the bottom of the page. Thank you to those who have stepped up to new roles and for those that continue to server in vital roles for our organization.

## **Sub5 Online signup is now available**

Did you know that signing up to be a member of Sub5 can now be done online? Details can be found at the following Web address:

<https://runsignup.com/Club/ME/Brewer/Sub5TrackClub>

To register for the Walter Hunt July 4th Race go here:

<https://runsignup.com/Race/ME/Brewer/WalterHunt3K>

If you don't like the whole "online thing" Don't worry we still have the option to send in Paper forms. These can be found on our [www.sub5.com](http://www.sub5.com) website

### **2018 - 2019 Sub 5 Track Club Officers**

President:: Joe Roberts  
Vice President: Deedra Dapice  
Secretary: Matthew Revitt  
Treasurer: Shane Martin  
Membership Director: Peter Lodge  
Webmaster/Scholarship Coordinator: Glendon Rand  
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)

## **Sub5 Banquet**

The Sub5 2018 Road Race Series Awards Banquet was held on January 19th. Please see the article and pictures starting on page 5 for more details!

## **Track Workouts Starting Soon!**

Trying to get a new PR? Like pushing yourself and encouraging your running friends to improve? Our yearly track workouts with Coach Pete Lodge are scheduled to start on Wednesday May 29th. Come to the Brewer track behind the Community School prepared to listen, run , and learn how to pace and give yourself that extra edge at your next race. Please note that you do have to be a Sub5 member to participate. If you would like to join, you can do so online, or Pete usually has paper applications you can fill out prior to the workout. See you there!

## **Tradewinds Sub5 2019 Race Series**

Thank you once again to Tradewinds Markets for sponsoring the Tradewinds Sub5 2019 Race Series. It is well underway with 3 races already completed. It is too early to declare a winner so get out there and run one of the upcoming races!

5/27 Main Street Memorial Mile, Ellsworth

6/1 Cobscook Bay 10K for Down East Hospice, Pembroke

6/29 Tour du Lac 10 Miler, Bucksport

7/4 Walter Hunt Memorial 3K, Bangor

For the complete list of races go to:

[http://www.sub5.com/wp/wp-content/uploads/2019/03/sub5\\_tradewinds\\_series\\_2019-v03-02-19-.pdf](http://www.sub5.com/wp/wp-content/uploads/2019/03/sub5_tradewinds_series_2019-v03-02-19-.pdf)

Members-at-large: Tim Cole  
Ezra Dean  
Scott Lamontagne  
Glendon Rand  
Kim Shire  
Johanna Szillery

**\*\*Please send news, race reports, essays, comments, photos and other newsletter items to [sub5editor@gmail.com](mailto:sub5editor@gmail.com)\*\***

The deadline for the **August** issue is **August 1**.

# Iron Deficiency Awareness and How It Can Affect Your Running

By Katherine Collins

In the summer of 2018, after resuming my regular running schedule post-Boston, I would start off a run well, but would tire quickly and have to stop and catch my breath. Knowing something was wrong, I went to the doctor's office and then did a lot of research on the internet. I wanted to share what I learned with my fellow Maine runners because there wasn't a lot of relevant information out there and, since the NP wasn't experienced at treating athletes, she didn't know what was wrong either.

My hope is that a parent of a high school cross country runner, or anyone similarly affected will be able to use this information to fix the underlying issue in a timely manner. All of the information below is from *Running Writings*, I simply condensed the information as much as possible. Please read the full article by John Davis at: <http://www.runningwritings.com/2017/04/low-ferritin-and-iron-deficiency-anemia.html?m=1> Another article that I found very educational was: <https://www.runsub5.com/single-post/2015/10/01/Fatigue-1-2-miles-into-your-run-LOW-FERRITIN> by Janet Leet, a cross country coach.

"Iron deficiency is a significantly under diagnosed problem in distance runners. Low levels of hemoglobin in the blood, or low levels of the iron storage protein ferritin, can have a profoundly negative impact on your ability to have successful workouts and races. Your body's iron reserves are mostly locked up in ferritin. As you might guess, when ferritin levels in the body are inadequate, hemoglobin synthesis slows down and your body can't produce as many red blood cells.

Low ferritin is extremely common among runners, affecting 2-17% of male runners and 28-45% of female runners. An even higher proportion have iron levels that are low enough to impair performance but do not fall outside standard reference ranges for the general population. Low ferritin, even in the absence of low hemoglobin, causes impaired performances in distance runners. Runners should aim for a serum ferritin level of at least 40 ng/mL.

The only way to determine if low iron is the cause of a runner's troubles is to get a blood test. You will need to request two separate tests: A "CBC," which stands for complete blood count, and a serum ferritin test. When your doctor calls to report your test results, make sure

ask for the specific number and units for both hemoglobin and serum ferritin.

Hemoglobin values tell you whether or not you have iron deficiency anemia. Standard reference ranges vary a bit from lab to lab, but normal hemoglobin values are 13.5-18.5 g/dL for men and 12.0-15.5 g/dL for women. Now the real controversy begins. For the general population, the normal range for ferritin is 12-500 ng/mL for men and 12-200 ng/mL for women.

For a long time, doctors and physiologists insisted that low iron cannot cause poor performance in runners unless it's also accompanied by low hemoglobin. It's hemoglobin, not ferritin, that carries oxygen to the muscles, so even if low ferritin could cause anemia *later*, if your hemoglobin levels are normal, how could your performance be suffering?

The prevailing medical wisdom ran counter to what coaches had witnessed for years. They would observe formerly fit runners succumb to fatigue and exhaustion abnormally early in their workouts and races, then send them in for iron testing. Inevitably, they would come back with low ferritin but normal hemoglobin, and yet, their performances would improve once they had increased their ferritin levels.

These two observations spurred physiology researchers to study the role of ferritin in endurance exercise in greater detail. Now, we've finally got enough evidence to make a strong case for iron deficiency having an independent, detrimental effect on performance, even without anemia. After reviewing the research, this much becomes clear: Runners should aim for ferritin levels above 40 ng/mL to avoid fatigue and impaired performance from iron deficiency. In most cases, the easiest and most straightforward way to fix iron deficiency is the most obvious one: increase your iron intake. This can involve increasing your dietary intake, taking an iron supplement, or, preferably, both.

Dietary sources of iron can be grouped into "heme" and "nonheme" categories. Heme iron is iron that's already been incorporated into an easily available format. Heme iron occurs only in meat, which makes sense—the animal you are eating has already done the absorption for you. Red meat is especially rich in heme iron. Heme iron is not only readily absorbed; it is very resistant to other factors which inhibit absorption.


Continued on page 4

### “Brotherly Love” Continued

The course then leaves the streets behind and continues along the trail that runs beside the Schuylkill River, home to the famous Boathouse Row (featured in the opening of the TV classic *It's Always Sunny in Philadelphia*) where the local university crew teams practice and compete.

Another highlight is the neighborhood of Manayunk, which suddenly appears like a wild and crazy oasis with shoulder to shoulder cheering crowds and beer stations alongside the water stops. Just in case one's mind was in the zone on the way through town, you get another shot at it on the way back through because it's part of an out and back section. For any inquiring minds, I did not partake in the free beer (maybe I should have). Another benefit of the out and back section is the chance to see the elites run past on their way to the finish. It was humbling and an experience unique to the sport of running. Where else can a recreational athlete literally compete beside some of the best in the world?

Finally, the back of the museum comes into view and hundreds of cheering spectators welcome runners to the finish. Even the mayor is there to high five runners as they approach the finish line. The numbers on the clock weren't what I had hoped for but I was still bestowed with a medal complete with a fully functional Liberty Bell. It's hard not to be happy when surrounded by thousands of runners jingling with every painful step they take.

In case you need more selling points, it's flat, the fall weather in Philly is ideal for running, and it's all just an hour and a half flight from Bangor. Also, if you all you need to tip the scales is a determined training partner, I know just the person. 


**Editors note:** Want to find out more about the Philadelphia Marathon? Check here: <https://philadelphiamarathon.com/>

### “Anemia” Continued

All other dietary sources of iron, including grains, beans, and vegetables, are classified as nonheme iron. Things that promote nonheme iron absorption include meat, poultry, and fish as well as vitamin C. Meat and vitamin C aid absorption by forming chemical bonds with the iron and incorporating it into compounds that are water-soluble and easily absorbed by your body.

The opposite is true for foods that inhibit nonheme iron absorption. These include antacids, tea, calcium, and a class of chemicals called polyphenols that are found in many fruits, vegetables, and spices. In the case of tea and polyphenols, these compounds form bonds with iron that are not soluble or readily absorbed.

In a 1989 paper, researchers reported that a dosage of 60mg of an elemental iron supplement per day was able to prevent iron deficiency in 65% of female cross country runners, but the remaining 35% needed a dosage of 180mg per day.”

Personally, I have increased my ferritin levels from 12ng/mL in June 2018 to 68ng/mL in January 2019. I feel so much better and am now able to run my short and long runs with no excessive fatigue. 

**Editor's Note:** Special Thanks to John Davis for allowing us to quote his blog for this article. Please check out his blog at <http://www.runningwritings.com/>

**Editor's Note 2:** As with all changes in diet, exercise, medications we recommend that you consult with your Primary Care provider.

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## Please, Don't Help!

By Pete Lodge

PLEASE, DON'T HELP! It's that time of year again in Maine when people like to get outside and participate and/or watch outdoor sports. If you are at a ball field or a high school track and you see a jacket, t-shirt or car keys laying on a bench or a fence, leave them there. Most likely, they belong to someone who is either on the field or on the track and will return to get them as soon as they are finished.

You may think you are being helpful by picking them up and searching for a "Lost-and-Found", but instead, you are unnecessarily creating a problem for someone else. If it isn't yours, please, leave it alone.

In general, people don't go to the fields or tracks to steal things.

They want to be thoughtful--the best thing to do with thoughts is THINK. If there are people still on the fields or on the track, in all likelihood, the owners of the shirts, shoes, keys, water bottles, or whatever, will return shortly (and when it comes to car keys, whoever belongs to them won't be getting very far without them).

As the Sub5 Track coach, I observe this every year: someone "tries to help" and someone's stuff disappears for a week or more.

Again, if it's not yours, leave it alone--PLEASE, DON'T HELP.



# The Sub5 2018 Road Race Series Awards Banquet

**By Geoff Dapice**

On January 19th the Sub5 yearly awards banquet, sponsored by Tradewinds Market Place, was held at the Sea Dog Banquet Center. MC'd by the more than able Chris Jones, the evening included the toe tapping music of the "Usual Suspects" including my favorite song "Long May you Run". We were treated to another "fierce" table/team trivia competition and individual trivia questions organized by the quizmaster himself, Matt Revitt. A fun raffle for free race entries with prize runners Timmy and Julia Collins, Great food conversation, awards and the highlight of the evening our speaker and friend Tracy Guerrette.

Tracy talked about the path she has been following to hit her goal of qualifying for the Olympic Marathon trials. She spoke of the encouragement she has received, the disappointment, and most importantly the need for rest. She found herself so focused on reaching the goal that she admitted she had tried to push the training and had not given her body time to recover from her grueling schedule. This led to an injury that forced her to have to stop running altogether. The inability to run gave her a better perspective on how she was going about her training and the importance of rest. She also credited her faith for helping her through the rough patches. She has not given up on her goal of qualifying and had hoped to run a marathon this spring to try to qualify (Editors side note: She has since recovered from that original injury only to have more recently broken her foot. We are all pulling for you Tracy and hope to see news of a breakthrough soon!)

The Awards Banquet also had, you guessed it, awards. The special awards and their recipients included the following:

Fred Merriam Spirit Award to Robert Garnett Jr.

Bill Pinkham Award to John Tjepkema

Race Director of the Year Award to Robert Bryant

Rookie of the Year Award to Julia Ellen Collins

Outstanding Male Racing Season Award to Judson Cake

Outstanding Female Racing Season Award to Deedra Dapice

George Sheehan Writing Award to Kim Shire

**The Overall 2018 Race Series Winners were:**

**Female: Katherine Collins**

**Male: Erik McCarthy**

Age Group Winners, Male and Female as compiled by our crack statisticians Katherine Collins and Dave Farrar were as follows:

12&Under

Tim Collins

Alex Petley

Julia Ellen Collins

Erin Petley

13-18

Charlie Collins

Matt Shea

Ava Dowling

19-29

Ethan Dapice

Grace Smith

30-39

Andrew Goupee

Jon Goupee

40-49

Judson Cake

Erik Knickerbocker

Rob Shea

Kristine Guaraldo

Diana Thomas

Jennifer Noonan

50-59

Tim Pearson

Jim Hunt

Chris Jones

Deedra Dapice

Joyce Reardon

Amy Cangelosi

60-64

Rick Reardon

Ed Hughes

Tom Kirby

Christy Stout

65-69

Jake Ward

Jeanne Butterfield

Lynn Matoush

Laura Nilsen

70-74

Larry Merrill

Dave Samuelian

John Tjepkema

Robin Emery

75&Over

Lloyd Harmon

Philip Pierce

David Jones

Rene Collins

Mary Alice Bruce

Congratulations to all the winners and to all those who competed. Finally a big thank you to the organizers of the Banquet (who were taking copious notes for next year). Good luck to all in the 2019 series (Banquet pictures are on the following pages)















