

The Bangor Daily News has improved login and subscription systems. Click [here](#) to learn more.



Bangor, ME



70° F

Clouds

[Subscribe To Print](#)

[Subscribe To Digital](#)

Bangor's Labor Day road race comes down to final kick

by **Sam Canfield**
47 mins ago

Nick Swisher's round at the Home Run Derby X



-0:19





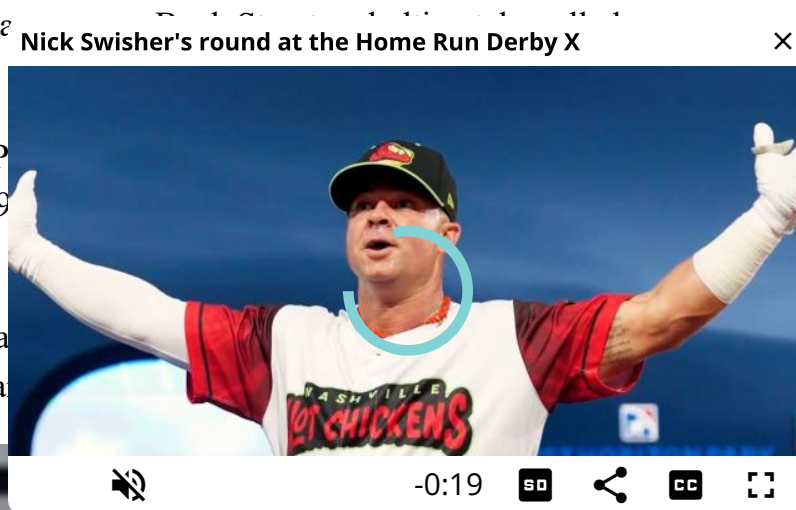
The city of Bangor's 61st annual Labor Day Road Race kicked off in front of Geaghan's Brewing on Dutton Street. Runners proceeded to the waterfront, ran through downtown, turned south at Holland Street and Valley Avenue, and finished on Main Street past the interstate. Credit: Sam Canfield / BDN

Bangor's 61st annual Labor Day 5-mile Road Race came down to the wire Monday morning, as newcomer Frank Sternberg of Orono beat out nine-time defending champion Erik McCarthy of Orono by three seconds.

Sternberg, 27, and McCarthy, 43, ran shoulder-to-shoulder through the end of mile 3, when McCarthy began to stretch out a comfortable lead on West Broadway near Stephen King's house. Sternberg trailed McCarthy for approximately one mile, but caught back up at the Race's final stretch down Main Street.

Sternberg crossed the finish line in front of the Bangor Police with a time of 26:57. McCarthy clocked in at 27 minutes flat, and 19th-place runner Erik McCarthy finished third with a time of 28:54.

"Erik definitely made it hard. He almost broke me. For a moment, I was thinking, 'This is going to be a tough race,'" Sternberg said. "It was a fun race. It was my first time, and I was really excited to be here."





Frank Sternberg, 27, won the 61st Labor Day 5-mile Road Race in Bangor with a time of 26:57. Nine-time defending champion Erik McCarthy finished three seconds behind him. Credit: Sam Canfield / BDN

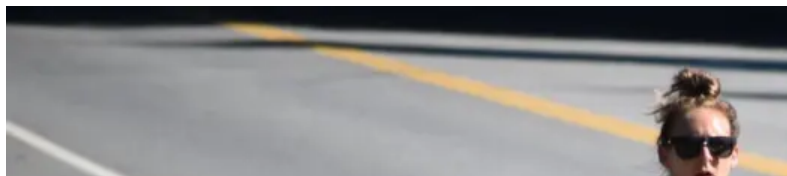
McCarthy, a Greene native, is one of 13 runners to have their Labor Day Road Race bib numbers retired by the Sub 5 Track Club, and has the longest winning streak (nine years) of anyone on record, for both the male and female divisions.

“Obviously I hoped to keep the streak going, but at some point it’s time for somebody else to win,” McCarthy said with a laugh. “Last year I was only three seconds ahead of second place. I’m 43, so I knew my days of winning are numbered. It was fun.”

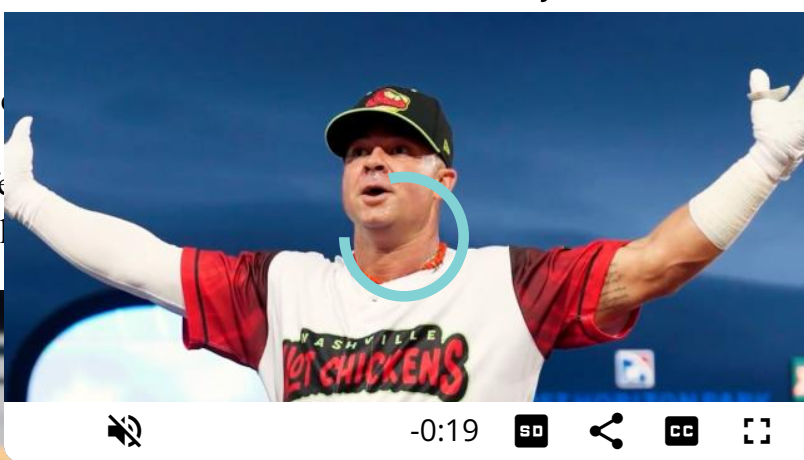
McCarthy is a 10-time winner of the Labor Day Road Race for most first-place finishes (15) all-time.

“That retired number, one day, would be pretty cool to go

Winning this year’s Robin Emery award for the fastest female runner in Hampden, with a time of 33:03. She finished 17th overall



Nick Swisher's round at the Home Run Derby X





Caitlyn Smith of Hampden was the top female finisher with a time of 33:03. She is pictured here headed to the finish line on Main Street. Credit: Sam Canfield / BDN

“I didn’t know I was first. It’s super exciting,” Smith said. “I did Boston [Marathon] in April, and am training for Chicago in the fall, so this is the fun one to do. This is an awesome race, it’s good for the community.”

A total of 134 runners finished on Monday, up from 78 finishers last September.

Sub 5 Track Club President Joe Roberts attributes the increase in participation to Ruth White’s Gatorade Player of the Year community grant, which covered the \$40 registration fee for runners aged 13-18.





Runners work their way up the lengthy Holland Street hill — a defining point in the Labor Day Road Race — between Valley Avenue and Ohio Street. Credit: Sam Canfield / BDN

Just two teenagers participated in last year's Labor Day Road Race. Nineteen signed up this year.

“At Sub 5, our mission is to get more people to run. The trend has been less younger runners running,” Roberts said. “We’re so proud of what Ruth has done as a runner, and we’re so excited she was able to make that donation. We want to reduce that barrier to entry, and get more kids to run in these races.”

Nick Swisher's round at the Home Run Derby X

