

Name: Pete Bottomley
Age: 51
Height: 6' 4"
Weight: 165
Nickname: BIG PETE
Residence: Cape Elizabeth, ME
Day Job: Co-owner and MA sales guy, Coast of Maine Organic Products. The Lobster Compost Company!
High School: Oxford Hill HS in S. Paris, ME, '79
College: UMaine at Orono, '83
Club: Dirigo (Maine)

Avg Miles per Week: About 50
 I try to have a purpose for each week such as:
 1) High mileage (60-100)
 2) High intensity (40-50)
 3) easy recovery with some days off (20-30)

Notable PR's

2 miles (indoors) - 9:17
 Road 5k - 14:57
 Road 10k - 32:02
 Half - 73:26
 (all as a young man)

Favorites

Races:

USATF-NE Cross Country at Franklin Park
 Beach to Beacon 10k
 Syracuse Festival of Races / USATF 5K

Workouts:

My favorite is a workout I do with my Dirigo teammates in the fall as we prepare for XC races: 5 to 7 X 1200M grassy loop with a long gradual hill and a short steep hill. The workout is either continuous at tempo effort or repeats at 5K effort for 800 with a 400 recovery.

We also do 3 to 5 2K repeats on a hilly trail and grass course. I don't like this workout, but it makes us tough!

During the warmer months, I do barefoot strides and drills on grass at least twice a week. This helps keep my feet strong, builds good core strength, and improves form.

Places to Run: Cape Elizabeth, where I live, is a terrific place to run. I put in a lot of easy miles on the local greenbelt trails. If I could live anywhere based on sweetness of running, it would be San Luis Obispo, CA.

Running Shoe: Saucony Kinvara, Nike Lunar Racer, Nike XC flats, New Balance 101 and 110.

Workout Songs: I don't listen to music while running, but I do like to belt out "I've got the Power!" by Snap in the minutes before the start of a race.

Books: For running inspiration, I like reading "Once a Runner" by **John L. Parker** and "The Boston Marathon" by **Tom Derderian**.

Hobbies: Walks in the woods looking for rare plants, mushrooms, and creatures. Learning about beer by drinking it.



Big Pete Bottomley at the USATF NE XC Championships
 Photo by Scott Mason