

Gorham Times Welcomes New Board Members

The Gorham Times welcomes three new members of the Board of Directors: Kathy Corbett, Peter Gleason, and Carol Jones.



Kathy Corbett



Peter Gleason



Carol Jones

Although her father's family has been in North Gorham since the Civil War, Kathy Corbett only moved to Gorham after retiring in 2000. When Corbett was a child her family came each year from New Jersey to their camp on Sebago Lake. Five generations have enjoyed being together there ever since. Corbett now lives in the house her aunts built for their retirement on family property, which she and her sisters bought and enjoy together each the summer.

She has an M.A. in American History from the University of Missouri-St. Louis and was an historian and exhibit developer for the Missouri Historical Society.

One of Corbett's two sons lives with his family in St. Louis. The other has just moved to Maine with his wife and is network administrator for the Scarborough Public Library.

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James Rathbun: Mild-Mannered Librarian Competes in 2014 Spartan Death Race

BY JACKIE FRANCIS
Staff Writer

Patrons of Baxter Memorial Library may know him as a soft-spoken, mild-mannered Public Services Librarian, but participants of the 2014 Spartan Death Race, which begins on June 27 of this year in the dense woods of Pittsfield, Vermont, will know James Rathbun as a formidable endurance athlete whose mental and physical strength belies his 130-pound frame.

Born, raised and educated in the Midwest, Rathbun, who is one of only 300 athletes accepted to participate in what is believed to be the world's most challenging endurance race, is in training mode. He's lifting weights and carrying five-gallon buckets of rocks. He is running marathons, rowing machines, climbing steps and ropes and hiking mountains heavily weighted. He is crawling through mud and, starting mid-May, he will be swimming in the very cold Saco River and purposely depriving himself of sleep every night to prepare himself for what is sure to come—two days of sleepless nights.

The 2014 Death Race is a 40-mile course designed by eight endurance athletes and one Royal Marine who all participated in an Ironman Race, climbed Mt. Everest and served in the military. "It is designed to push and aggravate people to such a point that even the most stoic eventually fail," says co-founder Joe De Sena. After last year's race only 10% of the athletes were standing after the nearly 70 hours of grueling challenges. Rathbun has no idea what to expect this June, except for the unexpected, and, for an endurance athlete, not knowing



Public Services Librarian James Rathbun might seem calm, soft-spoken, and composed, but, as this photo depicts, he is a fierce and tough endurance athlete.

when a race ends can be pure agony. But, Rathbun maintains his mental prowess to be his greatest strength. "I have a calm, composed demeanor and I don't get easily frustrated. I can put up with just about anything; very little gets under my skin [in these races]."

It's a good thing Rathbun isn't easily frazzled. In past years, Death Race competitors were asked to chop wood for two hours; complete a 30-mile hike carrying rocks and weighted packs; build a fire from scratch; cut a bushel of onions; or, after 24 hours of racing, memorize the names of the first 10 U.S. presidents, hike to the top of a mountain and back and recite them back in order. Miss a name and you get to hike to the top of the mountain again until you get it right. Why does he do this? "I think I do these races simply to see what I can do, to test my own limits," says Rathbun. "I hold

myself to a weird high standard and I want to know what I'm made of."

In 2013, Rathbun participated in 16 Spartan Race Series (5K's, half marathons, marathons and obstacle courses) across the country and is ranked 114th in the U.S. and 137th in the world. Still recovering from a torn abdominal muscle he suffered last summer in a Spartan Sprint Race (jumping over a tennis court net 75 times), Rathbun will have to carry all his own food and water supply throughout the 48-plus hours of competition. As a vegan, Rathbun finds it challenging to ingest adequate amounts of calories while he is training. "I eat lots of carbs, sugar and salt while I'm training, the kind of stuff most people avoid. I eat wheat gluten, tofu, pea and soy protein." Throughout the race, however, Rathbun expects to purify local

water and to eat concentrated carbs and electrolytes in bar form.

It's hard for the average person to imagine why someone would want to endure sleep deprivation, bodily injury and exhaustion to finish a race, but Rathbun smiles and nods. "I think it amounts to me being a childish adult. It's inherently foolish, but if someone says to me, 'I bet you can't jump over that fiery barbecue pit,' I'll jump over the pit. The Death Race is that same sort of gauntlet. I mean, there are plenty of ways to challenge yourself and most of them are safer than this!"

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