

Cady

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Cady also relinquished responsibility for the PVC championship meets, instead serving as an assistant for her heir apparent, Sarah Shorette.

Never one to leave loose ends, Cady wants to make sure things will continue to run smoothly in her absence.

"As I said to (Orono athletic administrator) Mike Archer, do you want me to drop dead on a track some day and have nobody know how to do things, or wouldn't it be better if I started training people and mentoring them and be there to answer questions?" she quipped.

Cady still enjoys directing meets and interacting with athletes, coaches and officials, but at 66 she knows a change is coming.

"It's just time for other people around here to learn to do things," Cady said.

Call of duty

Cady and husband Rob, who had met at Fort Riley in Kansas while in the Army, moved to Maine in 1983.

Three years later, she took a track and field officiating class through Orono Adult Education. She debuted as a meet director in 1988 when Orono High athletic administrator Nelson Beaudoin needed someone to run a meet.

"He handed me a score sheet, an order of events, a microphone and said, 'you're in charge.'"

The complexities of organizing and running a track



ASHLEY L. CONTI | BDN

Mary Cady of Orono (right) checks over results in the scorers' tent during a recent meet in Bangor. Cady, who has served as the director of the Penobscot Valley Conference-Eastern Maine Indoor Track League for many years, has run events in the region for nearly 30 years.

meet meshed perfectly with Cady's skill set. Turns out she likes being in charge.

"The military background didn't hurt," she said. "I'm organized, I pay attention to details and I know how to tell people what to do."

"Fortunately, microphones don't bother me because I had done command briefings when I was in the Army," added the former public affairs officer, who retired from the Army Reserves in 1995 as a Lieutenant Colonel.

Cady learned the nuances of track and field from area coaches, including Cliff McCormick, Jeffrey, Rod White and Glendon Rand.

"They were the ones who

really helped me learn to be a good meet director," she said.

Cady earned a reputation as a no-nonsense meet director who makes sure things are done right. She doesn't allow mistakes or sloppy handling of situations negatively impact the athletes or the meet.

"She's so precise," said White, the longtime Old Town coach. "You don't always agree with some of the things she says, but she's usually right and the management of the meet is going to be perfect."

Cady's unmistakable voice has been effective in getting the intended results, whether to shoo spectators out of the competition area or to beckon a coach for a

discussion about a ruling or other situation.

"When she comes over that microphone and she says, 'Chris Libby, please report to the officials table,' that means I'm in deep crap, I've done something that has displeased her greatly," Libby said with a laugh.

"Through that rough exterior is pretty much a softy, especially when it comes to kids," Jeffrey said. "She barks, but she doesn't bite very much."

All for the kids

Cady's efforts are geared toward making sure the athletes and coaches are able to concentrate on what they're doing without having to worry about whether entries were logged properly,

events are being judged correctly or that the meet is on schedule.

Many years ago, Cady received a thank-you note from former Sumner High School runner Parker Prutt, who went on to compete at Dartmouth College.

"He made a comment in there that, 'when meets are run well, I run well and I thank you for running good meets,'" she recalled.

"I just want the kids to concentrate on their running and their jumping and their competition and not worry about how the meet is going or how it's going to be run," Cady added.

That is accomplished, she said, by building an extensive network of qualified and dedicated officials. It's a group that includes many former area athletes.

"I've been very pleased with a lot of the young officials that we're getting. It takes a lot of people to run a track meet and do it right," said Cady, who also has hosted USATF officiating clinics in Orono for more than 10 years.

"You can guarantee when you go to a Mary Cady track meet that it's going to be run very well, and that means it's going to be efficient, it's going to be fair, the rules interpretations are going to be done right," Libby said.

One for the girls

For Cady, perhaps the most rewarding aspect of working track meets is watching the continued development of girls and women in the sport.

With sports not an option, Cady instead honed a talent as a markswoman and com-

peted on the Kansas rifle team for three years. She was the Big 8 champion as a junior. It was that skill that opened the door to the Women's Army Corps Student Officer Program and a career in the military.

Cady lives vicariously through PVC-EMITL athletes, many of whom have gone on to excel at the collegiate level.

"I think how far we've come and how advanced the girls are," she said.

"I really just enjoy watching the girls and what they can accomplish and the records they set and all the events that they do," Cady added.

Cady harkened back to days when Maine girls weren't allowed to participate in the pole vault because of safety concerns. The EMITL then became the first league in Maine to let girls compete in the event.

"I'm going to finally admit it, kids. Pole vault is my favorite track event," Cady said. "It's just awesome to see what they're doing."

Cady is not stepping away from track completely. In addition to working for Brewer Timing Services handling entries and the Hy-Tek Meet Manager software, she is expected to return as the director of the PVC-EMITL and will continue to help out coaches as needed next spring.

She also takes entries and compiles the results for University of Maine home meets and is running some youth summer events.

"She's just been amazing," White said. "I'm hoping she keeps her foot in the door a little bit."

Van Avermaet wins mountain stage, claims yellow jersey

THE SPORTS XCHANGE

Belgian rider Greg Van Avermaet won the first mountain stage of the **TOUR DE FRANCE** on Wednesday to claim the overall leader's yellow jersey.

The 31-year-old BMC rider was part of an early nine-man breakaway before accelerating past fellow Belgian Thomas De Gendt with 10 miles to go to win his second career Tour stage.

The 134-mile fifth stage from Limoges to Le Lioran, France, featured five climbs, including the 5,213-foot Pas de Peyrol.

"It's special for me. It's the best jersey in the world," Van Avermaet said. "It's my first time and perhaps the last so I will enjoy every moment. It's the best moment of my career. Winning a stage is already quite something but this takes it to another level."

Defending champion Chris Froome of Great Britain and two-time runner-up Nairo Quintana finished in the main pack.

Van Avermaet does not consider himself a threat for the overall title. He plans to support BMC captains Tejay van Garderen and Richie Porte in the Pyrenees and Alps.

"It's good to have good morale in the team and to take the pressure off," Van Avermaet said. "The main goal for us is having Tejay or Richie on the podium in Paris."

De Gendt finished second, 2:35 behind, and Rafal Majka of Poland crossed third. Peter Sagan, who was wearing the yellow jersey for a third day, fell out of contention.

In the overall standings, Van Avermaet holds a lead of 5:11 over French rider Julian Alaphilippe, with Spanish veteran Alejandro Valverde third, 5:13 behind.

Stage 6 on Thursday is a flatter 118-mile leg from Arpaon-sur-Cere to Montauban.

Softball

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Perry has played for the Thunder for several years, commuting to Portland on Sundays and playing in tournaments across the east coast during the summer.

"She is definitely the best catcher in our league," said Old Town coach Jenn Plourde. "She can throw from her knees. As a hitter,

she's scary. She has quick hands and moves her entire body through the ball. She is such a good hitter."

Foxcroft Academy coach Scott Anderson said Perry is the "best catcher we faced this year" and added that she is a tough out at the plate.

Perry said she didn't become a full-time catcher until her sophomore year at Hermon. She played a variety of positions as a freshman and currently plays dif-

ferent positions for the Thunder.

"I want to focus on my catching. That's the position I want to play. But I also want to continue to play other positions because being a utility player will give me more opportunities to play," she said.

She will also look to improve as a hitter and said playing for the Thunder gives her the opportunity to face a lot of quality pitchers from other states.



LARRY MAHONEY | BDN

The new FieldTurf can be seen Wednesday at the Winkin Sports Complex, home of the Eagles' baseball, football and field hockey teams, at Husson University in Bangor.

Husson

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from hosting events such as the Legion tournament is helpful in the recruitment of students.

The baseball lines will be put down on soon, he said.

The new turf replaced a surface that was 14 years old.

A shock pad to improve

the resiliency of the field as well as new drainage was installed under the FieldTurf.

Pergolizzi said the new \$28,000 digital scoreboard will probably arrive in mid-August.

"We're still finalizing the design and artwork," said Pergolizzi.

That will coincide with the completion of the expanded weight room, which will cost \$260,000.

The money was raised by donors.

Two rooms are being merged into one 2,200-square-foot facility.

"That is on schedule as well," said Pergolizzi. "The construction work should be done by the end of July, they'll install the flooring the first week of August, and all the equipment will go in the second week of August just in time for the first day of football practice."

NHL

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with five and he had seven power-play goals, which was second best.

He was third in goals and points.

Purcell helped lead the Black Bears to the Frozen Four.

Devils re-sign Kalinin

The New Jersey Devils re-signed restricted free agent center Sergey Kalinin to a

one-year, \$800,000 contract.

In his first NHL season, Kalinin recorded eight goals and seven assists with 33 penalty minutes in 78 games. He was signed as a free agent by the Devils on May 29, 2015, after five-plus seasons playing in Russia.

Ducks sign three veterans

The Anaheim Ducks signed veteran wingers Jared Boll and Mason Raymond and depth defenseman Jeff Schultz.

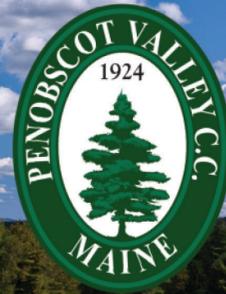
Boll signed a two-year deal worth a reported \$900,000 per

season. The 30-year-old has scored 27 goals while adding 35 assists with 1,195 penalty minutes in 518 career NHL games with the Columbus Blue Jackets.

Raymond, who just had the final three years and \$9.45 million of his previous contract bought out by the Calgary Flames, signed a one-year deal worth a reported \$675,000.

Schultz signed a one-year, two-way contract that pays \$575,000 at the NHL level and \$250,000 in the AHL.

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