The Interval Newsletter

April 2020

Note from The President

We are living in strange times. I never thought I'd be writing anything that references a pandemic, unless I decided to become a novelist and focus on post-apocalyptic fiction. However, here we are in the midst of a global pandemic that has most of the world on "stay at home" orders.

Despite all the doom and gloom out there, one bright side to all of this to keep in mind is that running is one of the few activities that is generally being allowed as an acceptable reason to be outside of your house. Unfortunately though, this means that most races have been cancelled. I feel badly for all of you that had been training for the last several months for a marathon or other race this spring, whether it was the Sugarloaf Marathon, Boston Marathon, London Marathon, or even a local 5k. Hopefully, things return to some sort of normalcy in the not-too-distant future and all of us can get back to doing the racing that we love.

As most of you probably guessed by now, we will not be having a meeting at Mainely Brews on Tuesday. Instead, we are going to have the first ever Central Maine Striders Virtual Club Meeting via a web app called Zoom. Many of you are probably familiar with this application, although I realize that many of you are not. It's free to download and relatively easy to use. If you are interested in joining our meeting on Tuesday, April 7 at 7pm, please email run@centralmainestriders.com and we'll send you the link. This is how we'll be conducting all meetings until this pandemic lockdown has passed and the state approves public gatherings to resume.

Stay healthy out there, remain positive, and keep placing one foot in front of the other!

-Ryan Goebel
Central Maine Striders Club President

Sponsored by:

Upcoming Striders Events

Central Maine Striders April Meeting
Tuesday, April 7, 7 p.m.
Virtual Meeting via Zoom

Central Maine Striders May Meeting
Tuesday, May 5, 7 p.m.
Virtual Meeting via Zoom

Featured Upcoming Races

Mount Washington Road Race
June 20

Down East Sunrise Trail Relay
July 17-18

Central Maine Striders Fall Classic 10k
October 11
More details coming soon!

Save Your Breath 5k
November 7
$10 discount for Striders members using code: Breathe2020

For more Maine races, please visit our online race calendar by clicking here.

Submit your 2020 race

Find more races

Race Info:
It is the responsibility of participants to confirm all race times, dates, locations, and other info directly with the group or individual responsible for that event. Information can change.

Join the Striders Facebook group to connect with other runners and keep up with our latest information.

Follow us on Instagram!
@central_maine_striders

Find out where other members run. Compare miles run, elevation gained, and more on the weekly leaderboard. Find out who holds that local Strava course record...for now.
Join Central Maine Striders on Strava!

Runners, Mark Your Calendars!

I was hoping that this would be the biggest headline of the spring, but it seems that this pesky Covid guy stole our spotlight. But assuming everything is more or less back to normal, there's going to be a great new road race that should be on the calendar for every runner in central Maine. That's right! The Striders are going to be hosting a new 10k road race this fall. Whether you're interested in running or volunteering, mark your calendars for October 11th. It's never too early to start training! More details coming in next month's newsletter.

Special thanks to Kate Scott and Tom McGuire for getting the planning for this race off to a good start!

Save Your Breath 5k

We're also excited to announce that Free ME From Lung Cancer is offering all Central Maine Striders members $10 off registration for the Save Your Breath 5k on November 7 in Gardiner. Click here and use registration code **Breathe2020**. You are encouraged to register early to be eligible for some great raffle prizes.

Also, they are willing to waive ALL registration fees if any Striders member wishes to fundraise $50 or more. If you are interested in fundraising for this event, please contact Deb Violette at deb@freemefromlungcaner.org and she will create a code for you to register.

This is another great race to add to your calendar for this fall.

Click here to register

Meet Our Members: Amy Stabins

"Meet Our Members" is where we get to know a little more about our fellow Striders -- who they are, why they run, and why they're part of the Central Maine Striders.

In this edition of "Meet Our Members", Amy Stabins agreed to answer our questions over email. Amy is 51 years old, joined the Striders about 3 years ago because she'd like to connect with other runners, prefers trail running over road running, and would love it if we'd have more group runs targeting slower runners [Editor's note: We're working on it].

RUNNING WAREHOUSE OFFICIAL PARTNER

The exclusive Central Maine Striders discount code is:

CMAINESTRD

(This discount code is intended for Central Maine Striders dues-paying members only. Please do not share it with anyone outside of the organization.)

In addition to your 10% discount code, Running Warehouse offers:

Customized apparel
Expert product knowledge
Online gait analysis
Learning center
Insightful blog
Free shipping and returns

www.RunningWarehouse.com

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Race Calendar
Sapan Bhatt

Fall Race Committee
Ron Peck
Kate Scott
Tom McGuire

Why and when did you start running? I started running in the summer of 2010. I had been a road cyclist, but was starting to feel unsafe on our crumbling rural roads. I also love hiking, but its hard to find the time to travel to the great hiking on a regular basis. I knew several people who had taken up trail running and really loved it. I had always hated running, but decided to give it a try. It could fill my need for exercise (instead of the bike) and my love of being in the woods, exploring local trails.

Why do you run (now)? I fell in love with it! I love running through the woods. Also, having one parent with demetia, and another who had type 2 diabetes and heart issues, I am particularly motivated to make healthy choices when it comes to diet and exercise.

Click here to read more from Amy Stabins

Hey, How about we run a marathon?

by Jordan Castillo

Club Vice President Jordan Castillo shared his wonderful story of how he started running. It all began with his dad saying those words. Here's Jordan's running story is his own words:

One day after school during my 10th grade year, my dad asked me a question that became the spark to a life-changing journey.

“Hey, Jordan, how about we sign up for a marathon?”

I turned to him and gawked at this absurd-sounding question. “Dad, what? Are you for real?”

With confidence and excitement, he responded, “Yeah! Your younger brother is going to join, too! C’mon! It’ll be fun!”

After feeling a bit uncertain, I eventually agreed to sign up with my dad and brother for Grandma’s Marathon, set to take place June 20, 2009 in Duluth, MN. I felt like I had no idea what I was signing up for. But if my dad believed I could run a marathon, then so did I.

Training began in January, which means I quickly learned how to brave running with near-zero temperatures and snow-covered sidewalks. Our first run was three miles at a slow, jogging pace. It was a slog. At the end of the run, I probably screamed something like, “Dad, how the heck are we going to get up to 26.2 miles? Three miles is enough, this is crazy!”

Click here to read the rest of Jordan's running story

Running Backwards to 1999

A Jog Into the Striders Archives

Our last two editions of "Running Backwards" went to 1981 and 1982, and were huge hits with our readers. Thank you again for all the positive feedback. This month we're going to sprint forward to 1999. Pace yourself. It's a long one. And don't worry, we'll stumble back into the 80's and early 90's soon enough.

Our jog back to 1999 includes coverage of the final Killarney's 10k, with a race director named Tom McGuire and notable finishes by some guys named Pat Guerette, Jim Moore, and Ron Paquette. Other highlights include various race results for the entire Roy family, a nice article about why the Boston Marathon is the author's favorite spring race, Susan Brooks ran a couple half marathons and at least a few 5k's, "President's Page" articles from multiple presidents and one non-president, some tips for "women running smart" including to carry coins, the loss of Al Sproul, a short note from Rick Stuart out west, a longer letter from Jerry Allanach in the Midwest, some race results for Donnajean Pohlman and one for Ormond Irish, and lots of old photos including one that may or may not be of Julie Millard, as well as results for a 5k where Susan Brooks beat Julie by 10 seconds.

Click here to read more about 1999

Virtually Racing is Probably Better Than No Racing

Gene Roy told me that back in the 50's and 60's, high school cross country coaches would arrange "postal meets" where local schools arranged coordinated time trials with schools on the west coast, and then scored their results against each other. Although it might lack the suspense of waiting for the results in the mail, there are a lot of virtual races going on these days that could possibly whet your appetite for racing. One in particular that seems worth the registration fee to me is the 2020 Quarantine 5k and 10k Series being hosted by Back 40 Events right here in Maine. I believe the cost is $10 for the entire series, which is scheduled to run until at least the middle of May. "Finishers" will receive a race medal in the mail and are eligible for some great raffle prizes from Lamey Wellehan Shoes, Baxter Brewing, and Pineland Farms.

If you do run this or any other virtual race, we'd love for you to tell us about it. You can post in our facebook group or send us an email at run@centralmainestriders.com.

Click Here for more info on the Back 40 Quarantine 5k and 10k Series

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Renew Your Membership

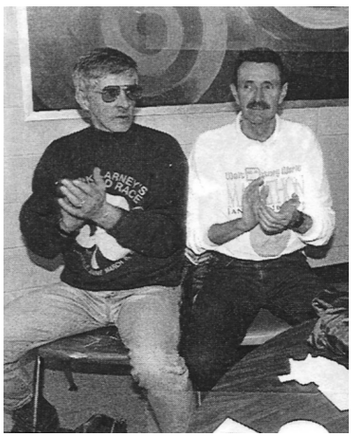
Have you renewed your Central Maine Striders membership for 2020 yet? Do you know any other runners that might be interested in joining the club?

Membership benefits include:
- Being part of the oldest, active running club in Maine
- Monthly newsletter, like this one
- $5 discount on January Thaw Road Race entry
- 10% off at Runningwarehouse.com
- $5 off the Central Maine Striders Fall Classic
- $10 off the Save Your Breath 5k
- And more benefits coming soon!

Also, we still have some Central Maine Striders performance beanies available. All you have to do is pay your 2020 dues and show up to one of our events (alternative arrangements can be made during pandemic lockdown). There is a limit of one beanie per household membership.

Join or renew online through runsignup, *or*
Print and mail a membership form and check for $20 to: Central Maine Striders, P.O. Box 1177, Waterville, ME 04903

Renew Now



Upcoming Striders Meetings

If you are interested in finding out about future club plans, getting more involved, or just want to socialize with other runners, you should come to one of our meetings. Our next meeting dates are scheduled as follows:

Tuesday, April 7
Tuesday, May 5

Our meetings are typically held at Mainely Brews in Waterville, but during this pandemic lockdown, we will be conducting all meetings online via Zoom.

We hope to see you there!

We'd Love To Hear From You!

Have you run in any races recently and would like to share your results with other members? Whether it's a just your time and place, a photo from a race, or a full race report, we'd love to feature it in a future newsletter, on our webpage, and/or in our Facebook group!

Do you have any good stories about the early days of the Central Maine Striders, or even memories from the 1990's, early 2000's, or even from five years ago? It would be great to publish some stories about the rich history of our club!

What do you enjoy about being a runner? And why are you proud to be a Central Maine Strider? Whether it takes you two lines or three pages to answer these questions, we'd love to hear your running story and share it with our other members!

Please send any and all submissions to
run@centralmainestriders.com

Exclusive Running Warehouse Discount Code

We are proud to announce that Running Warehouse is now an official partner of our club and is offering us a 10% discount on purchases on their website.

The exclusive Central Maine Striders discount code is:

CMAINESTRD

(This discount code is intended for Central Maine Striders dues-paying members only. Please do not share it with anyone outside of the organization.)

In addition to your 10% discount code, Running Warehouse offers:

Customized apparel
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Online gait analysis
Learning center
Insightful blog
Free shipping and returns

www.RunningWarehouse.com

Contact Us

Email: run@centralmainestriders.com

Mail:
Central Maine Striders
P.O. Box 1177
Waterville, ME 04903

Please add us to your Google Contacts or other email contact and address books so you won't miss club news.

Established in 1975, the Central Maine Striders running club is the oldest, active running club in Maine. The club is open to all interested runners and serves runners of all ages, abilities, and interest levels in the Central Maine area.

Facebook Page
Facebook Group
Instagram
CentralMaineStriders.com
Email

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