



The Interval Newsletter

December 2020 / January 2021



Note from The President

What a year it's been! Despite having to deal with a pandemic and all of the associated restrictions, I feel like the Striders made the most of 2020. We've grown our membership by 25% from last year (from 60 to 75 family memberships) and successfully started a new race -- the Central Maine Striders Fall Classic 10k. Thank you to all of you for helping to make this year a success!

In case you are too lazy to scroll down further in this newsletter, I want to let all of you know that we're going to be having an "Online Striders Pub Trivia Night" after our regular meeting on Tuesday, December 15. The topics for the questions will primarily be based on running and the Central Maine Striders. If you are the type that likes to study for these things, I'd recommend reading past issues of your newsletters, especially those from this year (hint, hint). I promise you that it will be a good time!

-Ryan Goebel
Central Maine Striders Club President



December Meeting and Virtual Pub Trivia!

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.

This month's meeting is on **Tuesday, December 15 at 7pm** followed by "Striders Online Pub Trivia" at 8pm in lieu of a year-end banquet.

Click here to join the Zoom call: [Zoom Meeting](#)

(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!



It's Time to Renew Your Membership

It's getting to be that time of year again. The temperatures are dropping and 2021 is approaching. That also means that it's time to renew your membership for 2021. Memberships for anyone who joins now will be valid through December 31, 2021.

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
- 25% off the Doc & Mardie 5k
- \$10 off the Central Maine Striders Fall Classic
- \$10 off the Save Your Breath 5k
- 10% off the Quarry Road Summer Race Series
- Discounted or free Central Maine Striders gear
- And more benefits coming soon!

Also, we are offering Central Maine Striders buffs to the first 50 people to join or renew their 2021 membership! All you have to do is pay your 2021 dues and show up to one of our events (alternative arrangements can be made during pandemic lockdown). There is a limit of one buff per household membership.

[Renew Now](#)

Central Maine Striders Running Gear

Are you interested in purchasing some Central Maine Striders gear?

We've partnered with Joseph's Sporting Goods in Waterville for some exciting new Striders apparel. They'll have Striders short and long sleeve tech tees, singlets, hoodies, and hats available for ordering. [Click here to download the pricing sheet.](#)

To order, you can call Joseph's at (207)660-6676, or stop by their store at 146 Kennedy Memorial Drive in Waterville.



Striders VP Jordan Says Goodbye

by Jordan Castillo

Fellow Striders,

For those of you whom I haven't had the pleasure of meeting, my name is Jordan Castillo, and I've been so happy to serve as Vice President of this running community for the past year.

Last December, I was just a guy looking for some friends to run with. I heard about the Striders, saw a Facebook post about a monthly meeting coming up, and decided to go. When I showed up, the camaraderie was almost tangible -- I could tell this running community had deep roots and was great at creating opportunities for people to bond over running. And I thought it was so cool how the Striders have been the oldest, active running club in Maine!

I knew I wanted to be involved, and there was an open Vice President position. The Striders at the meeting encouraged me to take the position, and I thought, "Heck, why not!" I definitely knew I was excited to organize social runs and events for the Strider community, so stepping into the VP role felt like a fun (cool-sounding!) way to do that.

[Find the rest of Jordan's message here](#)

Flashback to 1990

A Jog into the Striders Archives

Our jog backwards into 1990 includes:

- An overview of bygone running magazines
- a feature on Doc and Mardie Brown
- Running legend Joan Benoit Samuelson
- Running family from Oakland, the Roys
- Race reports
- More!

[Read The Intervals from 1990 here](#)

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

Upcoming Striders Events

[Central Maine Striders](#)

[December Meeting](#)

Tuesday, December 15, 7 p.m. followed by Trivia at 8 p.m.

Virtual Meeting via Zoom

Click here for [Zoom Link](#)

Password: run

Featured Upcoming Races

Watch this spot for upcoming race info!

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.

facebook

Join the [Striders Facebook group](#) to connect with other runners and keep up with our latest information.

Instagram

Follow us on Instagram! [@central_maine_striders](#)

STRAVA

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!](#)



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

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Ryan Goebel

Ron Peck

January Thaw Committee

Ron Peck

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Contact Us

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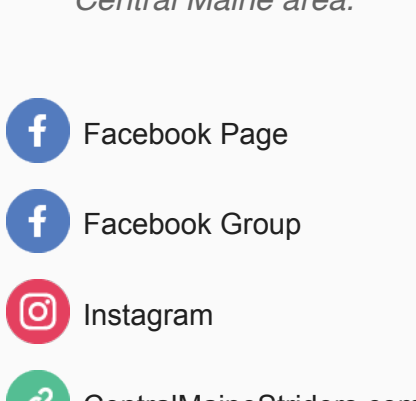
Central Maine Striders

P.O. Box 1177

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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.



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