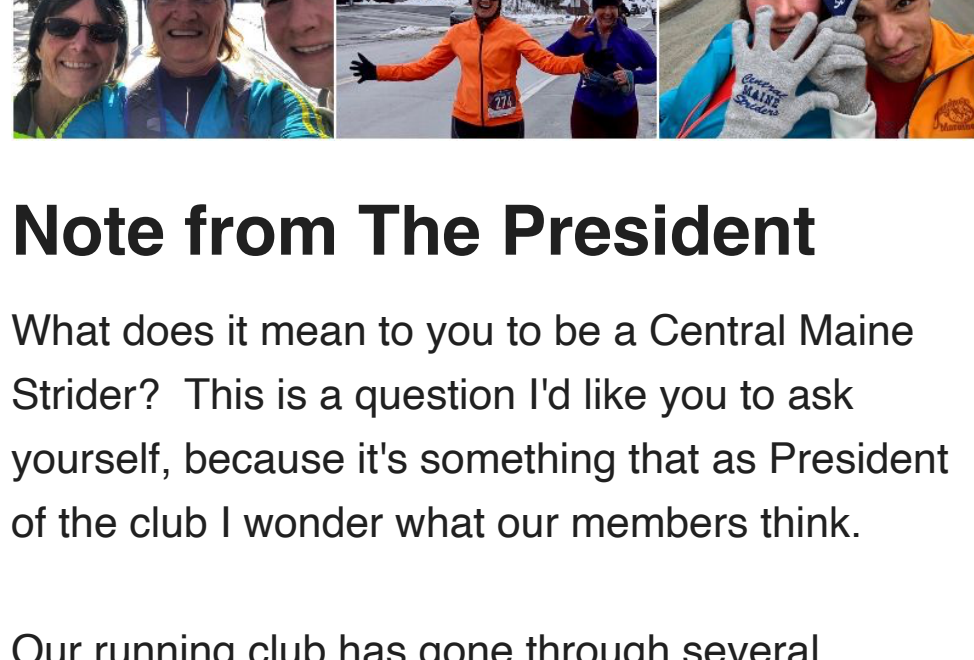


Central
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Striders

The Interval Newsletter

February 2020



Note from The President

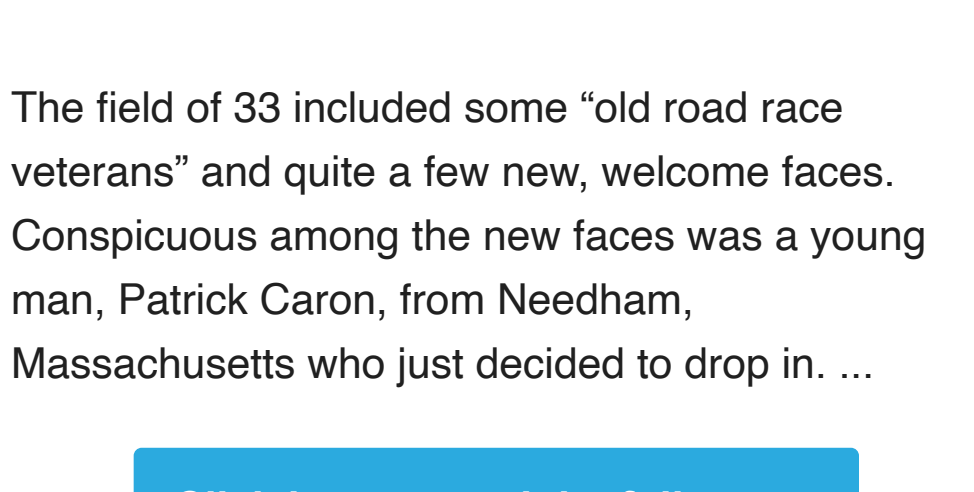
What does it mean to you to be a Central Maine Strider? This is a question I'd like you to ask yourself, because it's something that as President of the club I wonder what our members think.

Our running club has gone through several iterations, as well as many ups and downs, throughout its history. In its early days, the Central Maine Striders were a pretty competitive bunch of runners and the club sponsored several races throughout the year. Eventually, the club morphed more into a newsletter subscription. It wasn't so long ago that you couldn't just go online and do a google search to find local races. Running club newsletters (sent the old "snail mail" way) were a vital source of information for upcoming runs and results from past races. In recent years, our club has become more of a social running club. In our last issue of The Interval, I outlined some of my hopes and plans for the future of the club, but now I'd like to hear from you. Why did you join the club? What are you hoping to get out of your membership? What do you hope the club does for you? How would you like to help the club? What do you want to read about in our newsletters? What does it really mean to be a Central Maine Strider to you?

I'd love to hear from you. Email me at run@centralmainestriders.com.

This month's newsletter is particularly exciting. We have the results and a race report for the 41st annual January Thaw road race, news of one of our members who is ranked globally in the marathon for his age group, we're looking for runners and volunteers for the Mount Washington Road Race, and we have an awesome new feature looking back into the archives of older newsletters.

Enjoy!
-Ryan Goebel
Central Maine Striders Club President



January Thaw Race Report

by Tom McGuire

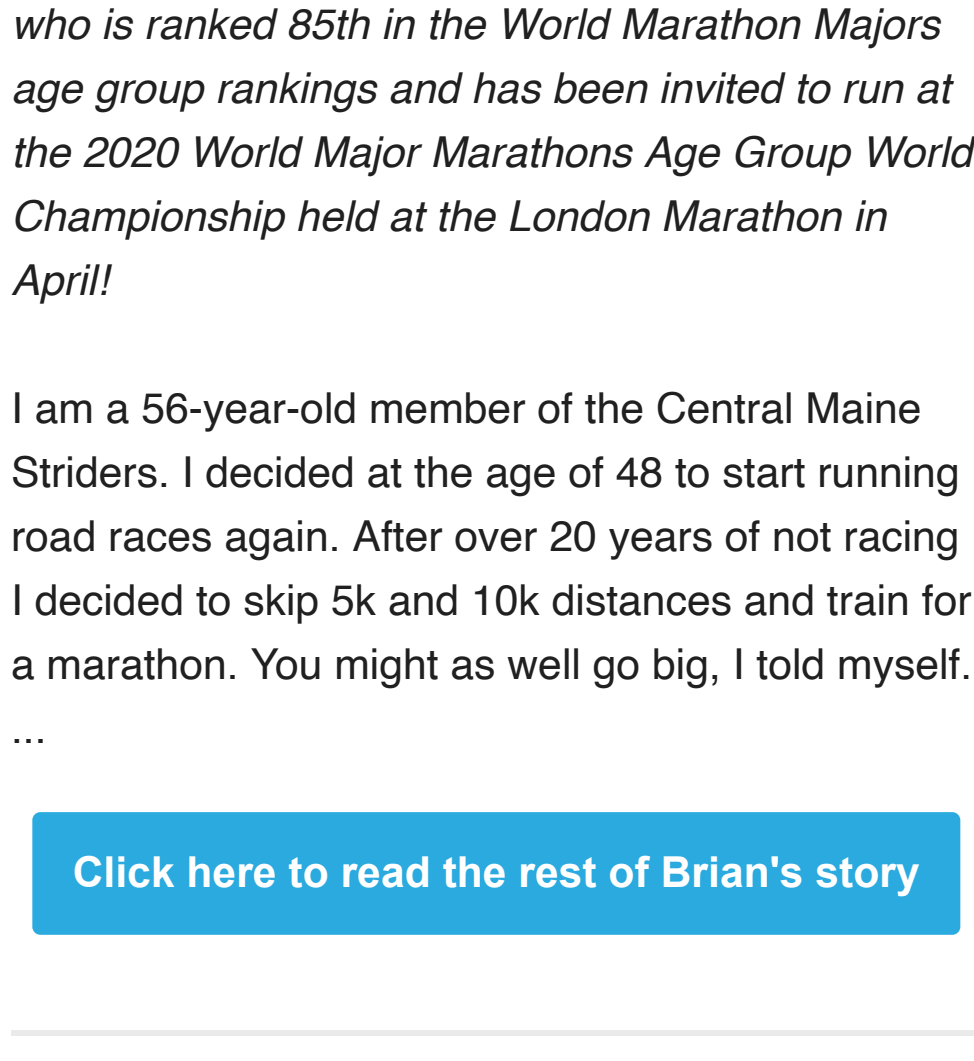
With the 41st January Thaw on January 19th postponed due to an impending storm, the rescheduled date of January 26th dawned with clear roads and balmy, almost spring-like temperatures. Buoyed by a strong team of volunteers including Gene Roy, Geoff Hill, John Manzer, Harold Shaw, Rob Krickus, Deb Violette, and Lynda McGuire, the race kicked off without a hitch.

The field of 33 included some "old road race veterans" and quite a few new, welcome faces. Conspicuous among the new faces was a young man, Patrick Caron, from Needham, Massachusetts who just decided to drop in. ...

[Click here to read the full report](#)

January Thaw race results can be found [here](#).

Race photos from Maine Running Photos can be found [here](#).

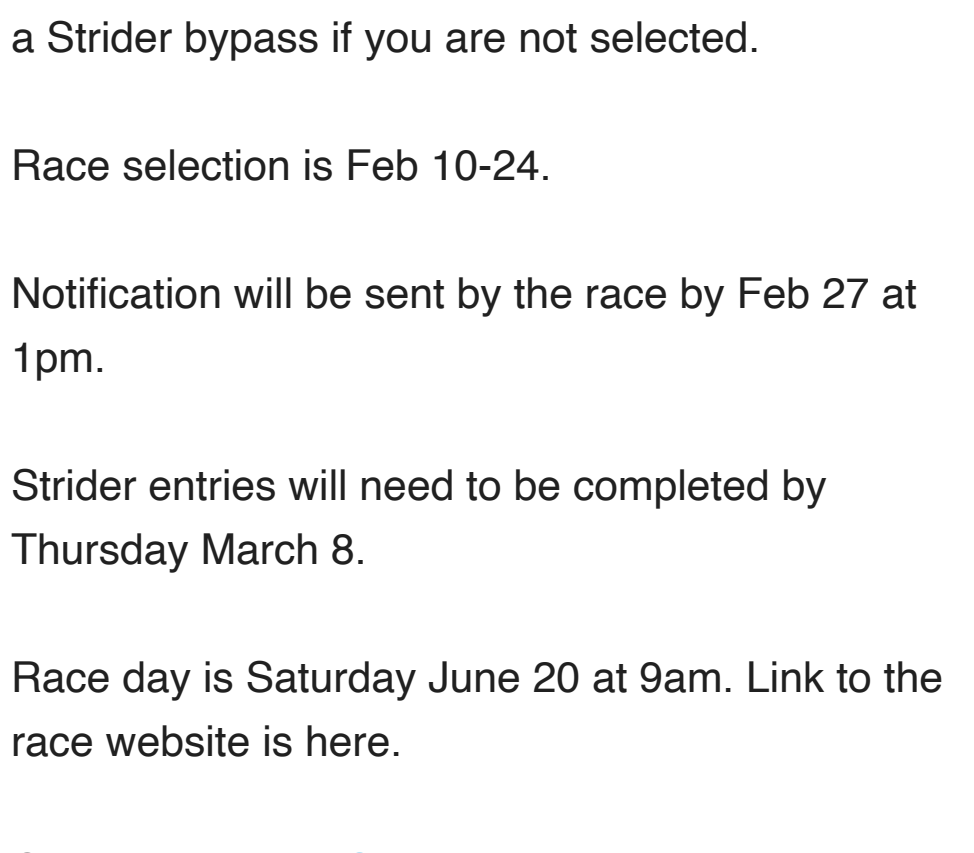


Brian Morin Ranked Globally

Congratulations to our club member Brian Morin, who is ranked 85th in the World Marathon Majors age group rankings and has been invited to run at the 2020 World Major Marathons Age Group World Championship held at the London Marathon in April!

I am a 56-year-old member of the Central Maine Striders. I decided at the age of 48 to start running road races again. After over 20 years of not racing I decided to skip 5k and 10k distances and train for a marathon. You might as well go big, I told myself.

[Click here to read the rest of Brian's story](#)



Looking for runners and volunteers for the Mount Washington Road Race

The Mt Washington Road Race lottery registration is opening Feb 10. If you want to run, but you do not get picked by the race, Central Maine Striders has 5 bypass entries. In exchange for the guaranteed entry, you will need to pay the regular fee, and provide a volunteer to assist with the post race trash duties. Please contact [Brendan Gilpatrick](#) if you are considering entering the regular lottery, and if you would be interested in a Strider bypass if you are not selected.

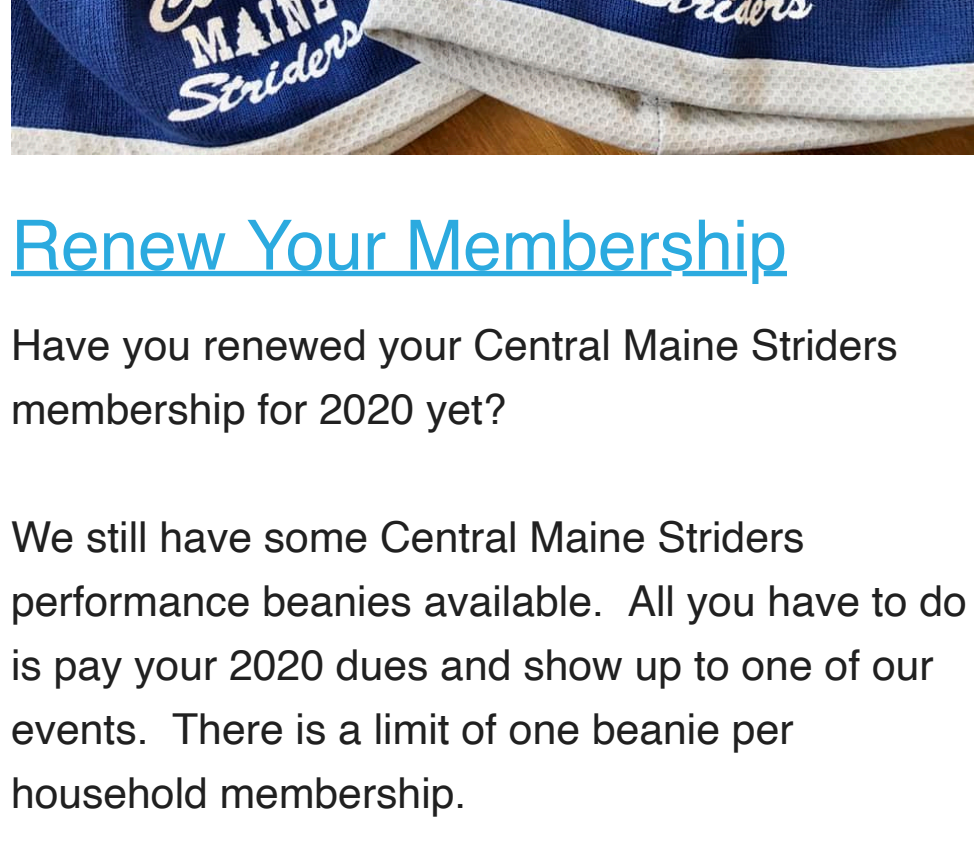
Race selection is Feb 10-24.

Notification will be sent by the race by Feb 27 at 1pm.

Strider entries will need to be completed by Thursday March 8.

Race day is Saturday June 20 at 9am. Link to the race website is [here](#).

Contact [Brendan Gilpatrick](#) if you have any questions or would like more information.



Renew Your Membership

Have you renewed your Central Maine Striders membership for 2020 yet?

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. 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, March 3](#)
[Tuesday, April 7](#)
[Tuesday, May 5](#)

All these meetings will start at 6pm and be held at Mainely Brews (1 Post Office Square, Waterville).

We hope to see you there!

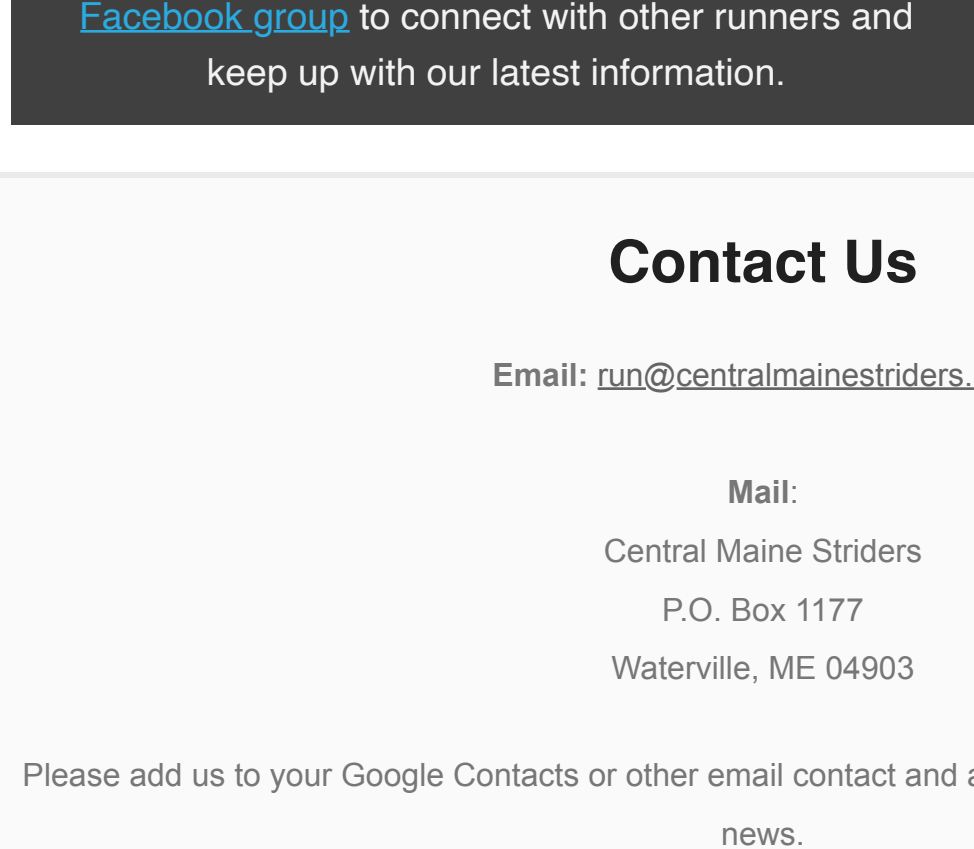
We'd Love To Hear From You!

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 it and share it with our other members!

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



Upcoming Striders Events

[Central Maine Striders March Meeting](#)
Tuesday, March 3, 6 p.m.
Mainely Brews,
1 Post Office Square,
Waterville

[Central Maine Striders April Meeting](#)
Tuesday, April 7, 6 p.m.
Mainely Brews,
1 Post Office Square,
Waterville

[Central Maine Striders May Meeting](#)
Tuesday, May 5, 6 p.m.
Mainely Brews,
1 Post Office Square,
Waterville

Maine Races

Saturday, February 15
[Norway Snowshoe Festival](#)
Norway

Sunday, February 16
[The Longfellow February Froshole 2.5k](#)
Portland

Sunday, March 1
[High Road Rover 5K](#)
Portland

Saturday, March 14
[Thirty Lakeschaun 5K](#)
South Portland

Sunday, April 19
[Thomas College Dirty Dog Mud Run](#)
Waterville

Sunday, April 26
[One in Five 5K](#)
Waterville
[Portland 10-Miler](#)
Portland

Saturday, May 2
[Bridge The Gap 10mi & 3mi](#)
Prospect to Bucksport

Saturday, May 9
[Shiobayd Maine Coast Marathon and Half](#)
Kennebunk and Biddeford

Sunday, May 17
[Supercat Marathon and 15k](#)
Eustis and Carrabassett Valley

Sunday, June 7
[YMCA Fittest 5k](#)
Auburn

Friday-Saturday, July 17-18
[Downeast Sunrises Trail Relay](#)
Ellsworth to Eastport

Sunday, July 19
[Emily's Run 5k](#)
Auburn

Saturday, July 25
[Peaks Island Road Race, 5mi](#)
Peaks Island

Sunday, August 23
[L-A Bridge Run 5k](#)
Auburn

Sunday, October 4
[Maine Marathon, Half & Relay](#)
Portland

Sunday, October 18
[MDI Marathon, Half & Relay](#)
Mount Desert Island

Sunday, November 7
[Save Your Breath 5k](#)
Gardiner

Saturday, December 5
[Millinocket Marathon & Half](#)
Millinocket

[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.

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!](#)

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](#) [Facebook Group](#) [Website](#) [Email](#)

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