The Interval Newsletter

July-August 2013

Note from The President

Here we are. Another month has passed. And another issue of The Interval has made its way to your inbox.

Although the running world wasn't ready for it, we've had a pretty busy month here at the Central Maine Striders. Summer Race Series going on right now. Thank you to all of you Striders that continue to support the club by participating in our races. We've had a few more races in the planning stages for the remaining weeks on the year and every year. Also, due to this year's asynchronous format, we're glad that Pat gets to experience his life course for himself.

Lots of other great content in this issue:

- A run back to 2013 (to the start of the Quarry Road Race Series)
- Catching up with Joanie Rhoda
- Meet Alicia Wilcox, our July CM
- Dates for our July and August club meetings
- Our discount code for Running Warehouse
- And more!

Also, in case you missed it, Strider Run Pack was interviewed for the Morning Sentinal regarding the cancellation of the Boston Marathon. If you are interested in reading what we had to say, you can find the paper. Ron even managed to slip in a plug for our fall 10k in the article!

And this month, I have a plan for you.

Why was the tag cat disqualified from the race?

Because it was a cheetah!

Thanks for reading, thanks for being a Strider, and don't be a cheetah!

-Ryan Goebel
-Central Maine Striders Club President

P.S. You may (or may not) have noticed that I've lifted this issue the "July-August 2009" issue. Instead of sending this out at the beginning of the month, I'm going to switch it to mid-month. So, you can expect the next issue around August 15th (or sometime between August 10 and 20, and we'll call it the September issue.

Running Backwards to 2013

A trip into the Striders Archives

So the last relic that we've found, thanks to our resident historian Ron Pelletier, is our newsletter from 2013, which turns out was probably one of the biggest years in Strider history during that millennium.

Our big back to 2013 includes:
- Mike Brooks runs a lot of marathons in a lot of states
- The Striders get a webpage thanks to Harold Shain
- Quarry Scramble gets involved, starts the Quarry Road Summer Race Series, and gets attacked by President (perhaps as punishment for making people run such tough courses at Quarry Road) *Ugh.*
- Excellent articles by David Bonn, Ron Paquette, and Gene Roy reminiscing about the history of the Striders and of running
- Ron Paquette writing about qualifying for Boston at the age of 50 and then running Boston the year of the bombing
- Ron Paquette runs her final (and only) ultramarathon
- The Striders get officers for the first time in many years
- As always, there are plenty of race results and much more!

Click here to read more about 2013

Catching Up With The Pack: Joanie Rhoda

The Central Maine Striders are proud to have several active members that have been with us since the beginning. Joanie Rhoda is one of them. With The Pack is a series of back-to-back Q&As that will get some updates on what's going on in their lives. Last month, we caught up with Scott Simpson. And this month, as I was looking back at the 2013 newsletter, I found Joanie's Backwards: A Jog Through the Striders Archives! I came across a couple excellent articles by Joanie in that issue, including her qualifying run for the Boston Marathon at the age of 49, only to have her Boston experience marred by the 2013 bombing. Joanie has been a fixture in the running scene for pretty long while. I decided to do another 2013 and 2013 marathon articles here, along with our "catching up" with her.

I believe the last time I wrote in the Club newsletter was in 2013 when I was training for the Boston Marathon. That was the race where the terrible bombing happened at the finish line. I had reached the 25 mile mark, and was on a long stretch of road where a number of runners were stopped in their tracks and could not complete the race. It was a disappointment for me, but I was able to run for thousands of other runners to not complete something we had aspired to and trained for, for months and even years.

Click on the link below to read more about what Joanie is up to today, as well as the complete articles about her marathon experiences in 2012 and 2013.

Click here to finish reading about Joanie

Quarry Road Summer Race Series Update

From Race Director Patrick Scarrette

COVID-19 has really crushed the local racing scene this summer, which is one reason why I am so thankful for the Quarry Road Race Series itself that provides an option for runners to compete. Not only are the courses just as challenging, time trials are still a great way to measure your fitness, but you don't even need to push yourself when you are trying to close the gap on another runner, or running alone. Plus, you can do the race when to push yourself on a solo effort, it will make you a stronger runner & racer in the future.

With nearly 60 runners signed up to run this summer, and over 40 Striders in each of the first 2 weeks we have exceeded our original expectations for the series this summer. With that said, if you are a Strider and have not yet signed up for the series, there are still plenty to register for! *7 of 8 remaining!* races by clicking here.

After the first 2 weeks, it looks like there will be quite a few closely contested age group battles, which adds a lot of excitement to the race series. If you want to keep up on the results, we invite you to view our race results and standings online here.

See you on the trails!

-Patrick Scarrette

Don't forget that you are 10% off automatically as a Central Maine Strider member!

Special congrats to the following Striders who are winning their age groups in the most recent standings:

Cecily Mann
Jeff Bonin
Jared Stacey
Patrick Cote
Ron Paquette
Brian Morin
Susan Brooks

Also, special shout out to Patrick Guerette, Ron Pack, Kate Scott, Mac Blanco, Alexa Wilcox, Lindsey Madsen, Amy Sabine, and Jim Moore for finishing all three races so far.

For overall series standings, click here.
For age group standings, click here.

And if you haven't set it yet and want to register or just want more information, click here.

Meet Our Members: Alicia Wilcox

In this issue's "Meet Our Members" section, we get to know Alicia Wilcox a little better. Alicia is an associate professor at Thomas College and mother of 13-year-old twins. At Thomas, she teaches forensic science and criminal justice classes. She has a dog, a cat, a fish, a supportive company and likes to garden, travel, and hike.

"I started running in the summer of 2014 at age 36. I was in the middle of my PhD program and expressed my feelings of stress to a friend. She suggested that I start running and that I sign up for a marathon. They intended running a long run of 8 miles that weekend. I said I would join them for two or three miles. I ended up running the 8 miles with them and felt great. A few weeks later I applied for a marathon and ran it. I ran my first marathon and I completed that 4:30 in under 7 hours with very little training.

Click here to read more about Alicia

Doc and Mardle 5k

Race Director Patrick Guerette gave us the update about the Doc & Mardle 5k scheduled for August

Over 20 years ago I ran the Palermo Days 5k. I remember it was a hot day, I had a terrible race, in fact I have a pretty vivid memory of walking up the pier old lady from the race, and being completely crushed by her effort. I know I had run other races with Mardle Brown, but for some reason this is the race that sticks out in my mind.

As a teenager, I know I didn't fully grasp how much Doc and Mardle did for the running scene in Brown ownership, but after shooting the Doc & Mardle 5k for the past 6 years, and listening to other runners tell stories, I have developed a real appreciation for them. They inherited running a long run of 6 miles that weekend. I said I would join them for two or three miles. I ended up running the 8 miles with them and felt great. A few weeks later I applied for a marathon and ran it. I ran my first marathon and I completed that 4:30 in under 7 hours with very little training.

Central Maine Striders Fall Classic 10k

Sorry that we don't have any new info for you yet regarding this new race. We're exploring some options and waiting to see what decision some other local races make. We hope to be able to help make a decision about the race by the end of the summer.

For the latest info on the race, please check the race webpage or the Facebook event page.

Renew Your Membership

Has it been a while since you've renewed your membership for 2021 yet? Do you know any other runners that might be interested in joining the club?

Membership benefits include:
- Discount at the shelter, active running club in Maine
- Monthly newsletter, like this one
- Discounts on Running Warehouse (free entry ~10% off at Runningwarehouse.com
- $5 off the Central Maine Striders Fall Classic
- Free entry to the Quarry Scramble
- 10% off the Quarry Road Summer Race Series
- And more benefits coming soon!

Also, we still have active 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 for those unable to attend events). The cost of one beanie per household membership.

Join or renew online through mailchimp, or Print and mail a membership form and check for $25.00, to: Central Maine Striders, P.O. Box 1177, Waterville, ME 04903.

Renew Now

Upcoming Striders Meetings

If you're interested in finding out about future club events, 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, July 7, 6 p.m.
Tuesday, August 4, 6 p.m.

Our meetings are typically held at Waverly Brews in Waterville, but due to restrictions on in-door events, 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 write a race report for the newsletter? Whether it's a just your time and pace, a photo from a race, or a full race report, we'd love to hear from you. Please send submissions of our webpage and/or it on Facebook groups!

Do you have any good stories about the early days of the Central Maine Striders, or even memories from the 1980'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? Please send your responses to Ryan Goebel and we'll 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 ryan@centralmainestriders.com!

Upcoming Striders Events

Quarry Road Race Series #7
Tuesday, July 7, 6 p.m.
Quarry Road Race Course

Quarry Road Race Series #8
Tuesday, August 4, 6 p.m.
Quarry Road Race Course

Featured Upcoming Races

Quarry Road Summer Race Series #7
Tuesday, July 7, 6 p.m.
Quarry Road Race Course

www.quarryroadsummerseries.com
Fee: $5
100% Strider per 5K, all 8 registration

www.runningintheusa.com

Pine and Maine 5k
August 15th

www.runningintheusa.com

Quarry Road Race Series #8
Tuesday, August 11
Quarry Road Race Course

Make Your Breath 5K
Rescheduled
Rich Mahoney Athletic Complex
Saturday, August 15

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

Submit your 2020 race

Race info needed!

Race info:
Due to the possibility of announced & cancelled races, dates, locations, and other details may change. Please check with the race director prior to attending to confirm any changes.

facebook

Join the Striders Facebook group for more frequent updates and keep up with our fellow members!

Instagram

Follow us on Instagram! @central_maine_striders

STRAVA

Find and follow other Striders on Strava! Strava is a free app for your phone and there is a paid subscription option, but you can also track the local Strava club for free! Join the Central Maine Striders on Strava!

RUNNING WAREHOUSE

The Official Running Shoe Partner of the Central Maine Striders

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[This discount code is...] automatically applied to Central Maine Striders members only. Please do not share it with non-members or organizations.

In addition to your 10% discount, you'll also get Warehouse Bucks.

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www.RunningWarehouse.com

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Please add us to your Google Contacts to make sure email addresses function as you don'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 everyone consists of upper, athletic, and interest based in the Central Maine area.

Facebook Page
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