The Interval Newsletter

March 2020

Note from The President

Once again, we have a lot of exciting news and information to share with you in this edition of The Interval newsletter.

First up, we have a race report for the "local gem" of a race, the Millinocket Marathon and Half, written by Julie Millard. Maybe it will inspire you to sign up for this year's race. Registration is now open for the 2020 Millinocket Marathon and Half, the most famous free marathon and half in the world!

For those of you who would like to get to know a little bit more about some of your fellow Striders, we've written articles that we're calling "Meet Our Members" about two Striders this month. Coincidentally, both are named Rebecca. One Rebecca is one of our newest club members and the other was practically born into the club forty-some years ago. Thanks Rebecca Tracy and Rebecca Roy for sharing your stories with us!

We're going to be running more profiles on club members like this in future issues. Let us know if you'd like to be featured! Don't worry - your name doesn't have to be Rebecca.

Most runners have a love/hate relationship with buying new running shoes (but probably more love than hate). Harold Shaw knows a thing or two about running shoes and shares his thoughts on what he's learned about them over the years in this issue.

Speaking of buying running shoes, the online running store Running Warehouse is now offering Central Maine Striders members a 10% discount. Now, 10% might not seem like the biggest discount, but think of it in terms of our Central Maine Striders membership. You paid $20 for your 2020 membership (or if you paid early enough, it was only $15). If you spend $200 at Running Warehouse, your 10% discount code will get you $20 off. Just like that, your membership paid for itself. We're doing our best to bring the most value to your membership.

Although we can't hop in a time machine back to 1982 to buy even cheaper running shoes, we can take a jog back through the Striders archives to 1982, which is the year that this month's "Running Backwards" article takes us.

If you prefer to stay in the present day, we think you might like the fact that we've started an Instagram account. Thanks to our phenomenal club vice-president, Jordan Castillo, we now have an Instagram account. Follow us @central_maine_striders.

I also have to give a big shout out to Jordan, Julie Millard, and Ron Peck for keeping Striders group runs and brunch gatherings going through the winter. No one loves running in freezing weather, but it's always better when you have others to share the experience with. Thanks guys!

Upcoming Striders Events

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

Featured Upcoming Races

Mount Washington Road Race
June 20

Down East Sunrise Trail Relay
July 17-18

Save Your Breath 5k
November 7
$5 discount for Striders members - details coming soon

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**!**

As the weather starts to improve this spring, we're hoping to start some more group runs aimed at a wider range of paces and distances. If you're interested in leading a group run or two, let us know at run@centralmainestriders.com or just post something in our Facebook group.

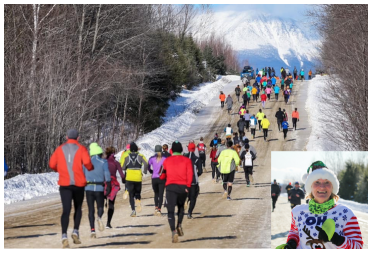
Ok, enough from me, I'll let you get to the rest of the newsletter.

Enjoy!
-Ryan Goebel
Central Maine Striders Club President

P.S. In case you haven't noticed, our webpage has undergone a complete redesign. Also, if you happen to be curious about historical results from the January Thaw Road Race, they have all been added to the webpage starting in 1980 (except for 1981 and only partial results for 1982-1984).

Sunday Funday Group Run

Julie Millard will be leading a group long run this Sunday. The plan is 15 miles at about 10:00/mile pace. Email Julie at jtmillar@colby.edu if you are interested in joining.



Race Report: Millinocket Marathon and Half

by Julie Millard

Runners are widely known for their questionable idea of fun. For example, running 6 miles up an old logging road in the winter, looping around for an even 13.1, and possibly even doing the whole thing again might seem crazy to some. But with a creative race director, such an event lured 2,000+ runners up to Millinocket, Maine in December!

2019 marked the 5th running of the Millinocket Marathon and Half, the brainchild of Gary Allen, who also directs the Mount Desert Island Marathon and the Down East Sunrise Trail Relay. The race philosophy is simple: “Don’t run Millinocket for what you get; run Millinocket for what you give.” There is no entry fee; instead runners are expected to somehow contribute to the local economy, such as by staying at a local motel, shopping at the artisan fair, and/or eating at the spaghetti supper or pancake breakfast.

My first trip to Maine’s Biggest Small Town was back in 2017, when I was bold enough to register for the full marathon. I attribute this error in judgment to not really grasping the significance of the elevation profile up the Golden Road, which didn’t look like much on paper. Despite the balmy temperature (30 degrees) and clear roads, I quickly learned to respect the course and was relieved to finish both loops before the season’s first snowstorm arrived. Club members Pat and Tracey Cote both ran strong races that day, with Tracey even setting an age-group record that still stands.

This year marked my third trip up north, this time running the half with fellow Strider Susan Brooks...

Click here to read the rest of the race report

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
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Fall Race Committee
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Relay Runners Wanted!

We are looking for some runners to join a casual 8-person team for the Royal River Relay, Maine's only 24-hour lap relay, on May 23-24 (Memorial Day weekend). Our team will have 24 hours to complete as many laps as we can on a beautiful, scenic, 5.5 mile trail at Pineland Farms in New Gloucester, Maine.

Don't worry if you're not the fastest runner. We're looking for runners of all abilities.

Your entry fee includes an event t-shirt, a race medal that doubles as a bottle opener, free barbecue dinner (vegetarian options available), free breakfast, live music, and one beer from Sebago Brewing. Beer from Nu Brewing will also be available onsite for purchase.

Are you interested in joining us? Email run@centralmainestriders.com

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Meet Our Members: Rebecca Roy

Although she lives in Vermont now, Rebecca Roy is a proud member of the Central Maine Striders. As the daughter of Gene Roy, she was basically raised into the Strider family. Although she's been battling an injury lately, she's hoping to get back to running soon. As part of our ongoing series to get to know more about our members, we recently asked Rebecca a series of questions over email. Here's an excerpt of what she had to say:

Thank you so much for thinking of me for this. I am very honored and it means so much to me because I grew up with the Striders, all the old timers are family to me. I feel far away but by being a member of CMS I feel connected which means a great deal.

Why are you a member of the Central Maine Striders? CMS is the best running club out there, the club played a huge important role in my childhood, and want to stay connected. It will be fun to run races in Vermont with my CMS gear!

How long have you been a member of the Central Maine Striders? I feel like I was born into the club because my dad was an early member. I spent my childhood going to races with my family every weekend, and that thrilled me. I still love going to races to just watch and I love hearing people's play by play stories of their races. Almost all my childhood memories involve adventures at races with the Club. I moved to Vermont nineteen years ago and had a big gap in my membership. I joined again when my dad was honored as Strider of the Year [in 2017], and will continue to be part of the best running club out there.

What do you think about when you run? I brainstorm ideas to solve problems I struggle with. I also love nature so I spend time watching for wildlife and identifying plants on the fly while trail running.

What's your favorite running quote? "As every runner knows, running is more than just putting one foot in front of the other; it is about our lifestyle and who we are." --Joan Benoit Samuelson (I adore her!)

Click here to read more about Rebecca Roy

Meet Our Members: Rebecca Tracy

We'd like to welcome one of our newest members to the club. Rebecca Tracy is a 65-year-old runner living in Raymond, who started running about 13 years ago for health reasons and has since ran many races.

"I began running shortly after having surgery for Normal Pressure Hydrocephalus (NPH). in 2007. Prior to that, I had poor balance and sometimes fell. Once I got "back on my feet" I started running 5ks 10ks and everything in between. I've run 3 half marathons but probably won't do any more. 13.1 takes too much out of me. However, this year, I will be part of a 4 person relay team at the Maine Marathon. I'm very active in the Southern Maine Running Community and recently joined the 65+ Run Club. For the last 8 years or so, I've run 45-55 races a year, summer and winter. I'm not fast but I finish...and as the photo shows, I like bright colors. I've been known to end up dead last and still win my age group. Getting old has its benefits." ...

Click here to read more about Rebecca Tracy

Running Shoes - Yes, We Need Them

by Harold Shaw

Over the past few years, I have bought far too many pairs of running shoes (about 20-25 pairs a year since 2012) - hoping or is that dreaming about the "right" shoes that will magically allow me to become the runner that I have always wanted to be.

A typical runner's dream, isn't it?

Unfortunately, as I have learned the expensive and hard way, there is no such thing as a pair of magical running shoes that are going to make you or I, a better runner. If you buy into that line of thinking you will spend a LOT of money searching for that magical shoe.

I have.

Besides, just like everyone else my body changes a little each year and what would have worked for me as a younger person, doesn't work for me now. Those Asics Excalibur GT's that I loved in the '80s would kill my feet now and so many other shoes that I have loved over the years would not work at all for me in the body that I have now.

This is something I think that we tend to overlook when we look at running shoes, how much our bodies do change as we get older. The reality is that it really doesn't matter what our age is, our bodies are always changing whether we 25, 43, 62 or 75 and the type/style of running shoes we need constantly change as well.

What have I learned...

Click here to continue reading

Running Backwards - 1982

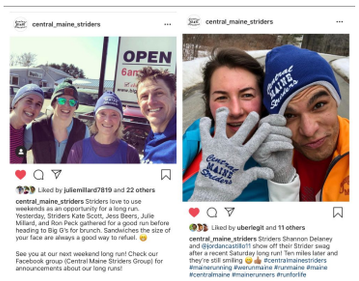
A Jog Through the Striders Archives

"Running Backwards" is a new feature of our webpage and Interval newsletter that will highlight some excerpts of a chosen year in the history of the Central Maine Striders, as seen through past issues of the club's newsletter. Our last edition of "Running Backwards" to 1981 was a huge hit with our readers. Thank you for all the positive feedback. This month we're going to 1982. We hope you enjoy it!

Our look back at 1982 includes news about a New Balance factory store opening in Skowhegan, a race report from a very cold January Thaw Road Race, Striders results from various races including the Boston Marathon where four Striders ran it in 2:50 or faster, it was the last year that only one Strider ran up a big hill in New Hampshire, the introduction of the name "The Interval" for the club's newsletter, and much more.... including the President begging for help from other members (some things never change).

Click here to read more about 1982

Introducing Our Instagram Account!



We are excited to announce that the club now has an Instagram account! It can be found at instagram.com/central_maine_striders. If you have an Instagram account, please follow us.

A special thanks goes out to Striders Vice President Jordan Castillo for taking the initiative to start and maintain our Instagram.

Follow Our Instagram

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, 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!

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

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

www.RunningWarehouse.com

Contact Us

Email: run@centralmainestriders.com

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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
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