The Interval Newsletter

May 2020

Note from The President

Here we are, another month has gone by and you have another Interval newsletter in your inbox. Rumor has it that it's spring and summer is right around the corner. There's a lot of uncertainty in the world these days, but one thing that I can say for certain is that the days are getting longer and warmer.

Another thing that I can say for certain is that the Central Maine Striders are doing our best as a club to keep the runners in central Maine connected. In this newsletter, we have information about our upcoming "virtual" Saturday group runs and pub runs.

Also, if you haven't yet, please mark your calendars for October 11 and our first annual Central Maine Striders Fall Classic 10k. We're still feeling confident that this event will happen.

And whether you are running virtually with us or virtually not running, we're glad that you're a member of the Central Maine Striders! Just like any marathon, we're going to get through this time of uncertainty. It's going to hurt for a while, but the finish line party is going to be pretty great!

-Ryan Goebel
Central Maine Striders Club President

Central Maine Striders Virtual Runs and Zoom Sessions

Are you missing group runs and socializing with other Central Maine Striders members? Well, we're not quite ready to start hosting group runs yet, but we do have the next best thing.

On Saturday mornings, we're holding virtual group runs. This means that you run by yourself and then join up with others via a Zoom videoconference at 11:30am. These Saturday brunches are such a great time for community and checking in with one another during these tough times. Come and join the fun! Hope to see you there! Contact VP Jordan Castillo at jtcastillo02011@gmail.com for more info and the Zoom link.

Upcoming Striders Events

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

Central Maine Striders June Meeting
T.B.A.

Featured Upcoming Races

Mount Washington Road Race
June 20
(decision on whether to postpone or cancel will be made no later than May 20)

Down East Sunrise Trail Relay
Postponed until Fall.
Exact date T.B.A.

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

We're also excited to announce the return of our summer pub runs, albeit a virtual version also. Sapan Bhatt and Jordan Castillo are bringing back the running and pubbing combo. On Thursday evenings starting May 7, they will host our virtual pub runs. Once again, you'll have to run on your own, but then join the other pub running Striders via Zoom at 7pm. It's BYOP (Bring Your Own Pub). It sounds like there might be a new theme each week, with May 7th being beach themed. However, the Striders Virtual Beach Pub will accept you whether you're wearing beach attire or winter parka. Contact Jordan Castillo at jtcastillo02011@gmail.com for more info and the Zoom link.

Meet Our Members: Kelley Carter

"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", Kelley Carter agreed to answer our questions over email. Kelley lives in Pittsfield and is one of the newer Central Maine Striders members.

When and why did you start running? My running can really be broken up into two distinct segments: before kids and after kids. Before kids, I liked to run, but never really took it that seriously. I knew that it was a "thing" that I was pretty decent at - I just never put any real effort into it. However, I did have this crazy ambition to do the Boston Marathon - like everyone else, right? After kids, (like 19 years after our first born), and 30lbs of added weight, I decided that I wanted to chase down that marathon goal. So I started in December 2018, quickly discovering that my body couldn't handle the types of runs I remembered 20 years prior (go figure!). Still, I took a careful, methodical approach, making sure to put as much effort into recovery as actual training. From there, my goal was to stay injury-free and just have fun.

One of the things that helped trigger my return to running was the fact that I turned 50 in 2019. Having the desire to do a marathon, I figured if I didn't do it now, I might not ever do it. Leading up to Sugarloaf, I was pretty certain that I'd be a "one-n-done" type of marathoner. Not fifteen minutes after completing that event, when I could barely walk from unspeakable pain I'd never felt before, my wife asked me if I'd ever do it again. Without hesitation, I responded with a firm "hell yeah!" I seem to have a mild obsession with it now, that I should probably seek counseling for! I'll never be a competitive runner, but for what it does for my mental state, I hope I never have to stop.

Did you manage to reach that Boston qualifying goal?

Click here to read more from Kelley Carter

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**!**

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Runners, Mark Your Calendars!

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!

We were hoping to bring you new details about the race in this month's newsletter, but have decided to delay any announcements regarding registration until we have a better idea of how and when other road races will start being held in Maine again.

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

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

Running in 2020 = Cha-Cha-Changes

by Harold Shaw

*L*et's think for a minute - for the year 2020 we all probably had goal races, big plans and were going to accomplish many of them.

Basically, my goals in 2020 were to race more than I have in a long time, well as long as the old body held up to the demands of training for an October 18th super-secret race. Unfortunately, like most of you, back in March I put all those great plans, goals, or whatever you want to call them...well to be blunt I and most other runners I know threw most everything out the window when....

The Coronavirus pandemic happened.

Click here to continue reading

Save Your Breath 5k

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

That was then, This is now

Running Backwards to 2011

A Jog Into the Striders Archives

So far "Running Backwards" has taken us to 1981, 1982, and 1999. Continuing our sprint forward in time, we're heading to 2011 in this issue. Don't worry, sooner or later, we're bound to stumble back into the 80's.

Our jog back to 2011 includes:
- An article about running the Athens Marathon on the 2500th anniversary of Phidppedies by Jerry Allanach.
- Gene Roy questions whether running is a sport.
- Mike Brooks writes about the knife fight he witnessed in Hawaii... or at least the 50k he was running at the time he witnessed it and the marathon he ran the next day.
- Ron Paquette questions the cost of running.
- Gene Roy tells a story about telling stories, and then about then and now.
- Ron Paquette shares a story about the Cricket Kingdom and the great outdoors.
- Patrick & Tracey Cote, Julie Millard & Erzsie Nagy, Ron Paquette & Donnajean Pohlmann, and Joanie & Adam Rhoda battle it out for which family duo can be printed in race results the most times that year.
- Ron Paquette pays tribute to Mike Brooks, the man who has ran marathons in all 50 states... FOUR TIMES!
- And various notes from the editor at that time, Linda Benn.

Click here to read more about 2011

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, May 5
June meeting TBA

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

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Contact Us

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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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