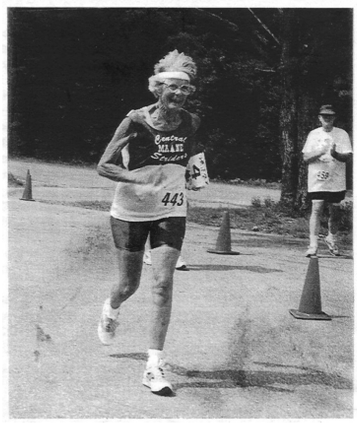
The Interval Newsletter

October 2020



Note from The President

First, I'd like to apologize for an error I made in the last newsletter. I said that the woman running in the photo above was Leona Clapper. However, it has since been pointed out to me that this is in fact Mardie Brown.

In other news, temperatures are falling and fall is indeed on the way. This fall promises to be one of the more exciting ones in recent history with the addition of the Central Maine Striders Fall Classic 10k to everyone's race calendar. What's that you say? You haven't registered yet?!?!? Well, you'd better hurry up. The deadline to receive a technical running shirt with your registration is September 20. The race registration will remain the same price after that, but you won't receive a race shirt. Also, at the time I'm writing this, THERE ARE ONLY THREE SPOTS REMAINING IN THE RACE BEFORE IT'S SOLD OUT. Register now by going to https://runsignup.com/Race/ME/Waterville/CentralMaineStridersFallClassic10k.

On a more administrative note, is there anyone out there with some webpage building experience that would be interested and willing to help us out on our page? Email me at run@centralmainestriders.com if you are interested.

-Ryan Goebel
Central Maine Striders Club President

For the latest info on the Central Maine Striders Fall Classic 10k, please visit the race webpage or the Facebook event page.

Click here to Register for The Central Maine Striders Fall Classic

Doc and Mardie 5k Results

Our only live LOCAL race was held successfully on Saturday, August 22, 2020.

Upcoming Striders Events

Central Maine Striders October Meeting
Tuesday, October 6, 7 p.m.
Virtual Meeting via Zoom

Central Maine Striders November Meeting
Tuesday, November 10, 7 p.m.
Virtual Meeting via Zoom

Featured Upcoming Races

Central Maine Striders Fall Classic 10k
Waterville
October 11

Save Your Breath Virtual 5k
October 25- 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

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 overall standings and age group standings can be found by clicking here.

Photos from the race can be found here on Maine Running Photos and here on Flickr.

Congrats to overall winner Elijah Caret (M, 19) with a time of 0:16:59,8.
Top female finisher was Strider Cecilia Morin (21) with a time of 0:20:56,2.
Oldest female finisher was Paula Sawyer, and oldest male finisher was Ron Paquette.

You can find a list of Striders that particpated and Striders race photos click HERE.

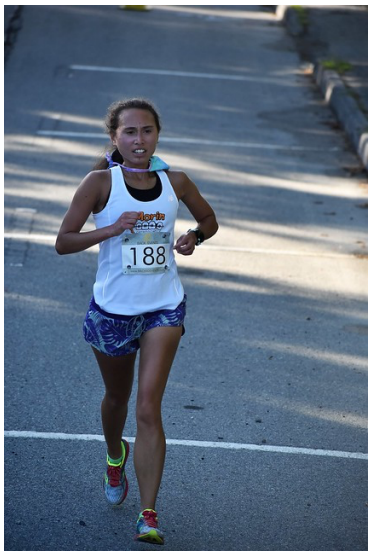


Photo credit- David Colby Young

Follow this link to the Strider's web page for this race.

Follow this link to the Doc and Mardie race results page

Doc and Mardie 5k Race Report

by Cecilia Morin

On the morning of this year's Doc and Mardie Brown 5K, I added a new step to my typical race day ritual when I tied a multi-colored cloth mask (sewed by my grandma) around my face. My dad, fellow Central Maine Striders member Brian Morin, and I arrived at the Alfond Youth & Community Center around 7:00AM to check in to the race. Just before 7:30AM, the start time for our wave, masked

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The exclusive Central Maine Striders discount code is:

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(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:

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www.RunningWarehouse.com

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runners gathered loosely around the starting line. We received our signal to “go” and off we went charging across North Street’s flat terrain with the knowledge that we would soon tackle a steep hill. Once ensuring that everyone around us had sufficient space, we removed our masks. After charging up the “Colby hill”, I solidified my game face and focused on maintaining a powerful stride. The rewarding downhill on Mayflower Hill was followed by a short incline then a turn. I momentarily lost my rhythm turning on to the uphill on West Street, but then I regained my stride with the motivation of an approaching finish line. I turned left into the Alfond Youth & Community Center parking lot. Looking at my watch, I told myself I still had time to break 21 minutes. I ran through the finish line, clocking in at just under 21 minutes. After my usual post-race hands-on-my-knees crouch, I placed my mask on my face and walked to my dad and the other finishers.

The aspect of this year’s Doc and Mardie Brown 5K that stands out to me the most is how much the event felt “normal” in the context of the COVID-19 pandemic. Just like any other race, I tied up my racing flats and I wore a race bib. I still slowed down running uphill and I still appreciated the downhills. I still did not beat my dad (maybe next year) and my legs still felt sore after charging the “Colby hill”. I am grateful to have had the opportunity to run in a (non-virtual) road race while feeling safe about the implemented public health guidelines.

You can find the rest of Cecilia's write-up and more photos here

Photo credit- David Colby Young

Quarry Road Summer Race Series Results

Another Quarry Road Summer Race Series has successfully wrapped up. Due to Covid-19, the format was different this year -- runners had one week to run the coarse at any time that was convenient to them and then submit their results to the race director.

A big shout out goes to Patrick Guerette for organizing another successful summer series, despite the challenges that 2020 threw his way.

The final overall standings can be found by clicking here.

Age group standings can be found by clicking here.

Congratulations to all of the Striders who ran in the series this year:

Joshua Way
Patrick Guerette
Ron Peck
Caden Cote
Patrick Cote
Andrew McCormick
Brian Morin
Kristina Guerette
Jordan Castillo
Cecilia Morin

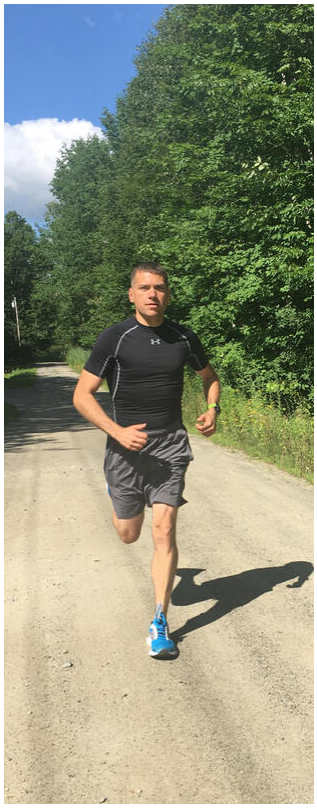
Jess Beers
Kate Scott
Tracey Cote
Dave Angelini
Janet Stocco
Julie Millard
Susan Vogt Brooks
Mac Stocco
Lindsey Madison
Alicia Wilcox
Robert Krickus
Amy Stabins
Mike Hallee
Ryan Gallant
Patty Hallee
David Benn
Beth Bridger
Jim Moore
Julia Scott
Ben Scott

Meet our Members: Kate Scott

I was inspired to start running by my big sister, Becky, an avid and accomplished runner. I remember her, as a high school student, training for an annual road race in our hometown. I was nine at the time, always wanting to tag along, and pestered her into taking me for a jog. Eager to impress her, I ran as fast as I could muster for our half-mile loop. I was proud of myself for keeping up, but also exhausted, and then totally bewildered when she deposited me at home and then took off for the rest of her run!

A few years later, I participated in a summer track and field program and ran my first race. I loved the feeling of running fast! Eventually I joined my high school cross-country team, and then continued with indoor and outdoor track. Being on a team was an important part of my high school experience. It gave me a sense of belonging, an identity, and the confidence to navigate the usual challenges of growing up. My coaches taught me many life lessons, too, particularly in goal-setting, mental toughness, and the importance of being well-prepared. I loved running so much that I also became a member of the Annapolis Striders, ran many road races, and spent my summers coaching kids. Running was who I was. And then somehow, in college, running stopped being fun for me.

Find the rest of Kate's story here.



Meet our Members: Drew McCormick

My running story is a little bit different from the other Central Maine Striders members I have read. I never actually set out intentionally to run in the first place.

My story begins 2 and half years ago when I turned 35. I was overweight, had been for about 15 years, and was generally unhappy with my body and health. I always felt tired and never put much thought into exercising and changing my lifestyle habits. The one week a year I felt my best was when I took my family to Florida to visit my parents who spend their winters there. It was coming back from the trip of my 35th birthday that changed me. Without realizing it, I had managed to lose 15 lbs. just in that week! Wow, I thought that's incredible, how can I keep this momentum going?

Find the rest of Drew's story here

THE INTERVAL

Central Maine Striders

Running Backwards to 1984

A Jog Into the Striders Archives

So I've been told that everybody loves to run backwards. In this issue, we're running back to 1984.

Our jog back to 1984 includes:
- The newly ratified Central Maine Striders Constitution.
- A review of the book 'Eat to Win'.
- A profile on Gene and Sarah Roy.
- References to quaint technology (diskettes, anyone?).
- As always, there are plenty of race results and much more!

Click here to read more of the 1984 issue of The Interval

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
- 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
- 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, October 6, 7 p.m.

Tuesday, November 10, 7 p.m.

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

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.

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