The Interval Newsletter

September 2020

Sponsored by:

Note from The President

BIG NEWS!

Are you tired of virtual races and looking forward to a real, live, in-person race?

Well, we have two of them for you!

First, The Doc & Mardie 5k is happening on August 22. Scroll further down in this newsletter for the registration info.

And then, on October 11th, the Central Maine Striders will be hosting what we hope will become a marquee fall running event -- The Central Maine Striders Fall Classic 10k. Although circumstances are definitely different than we had originally planned due to Covid-19, we have decided to go ahead with the race as an in-person event, but will limit registration to a total of 40 runners. Also, ***face masks will be required*** when within 6 feet of another participant, including at the start line.

Since we only have space for 40 runners, we wanted to open registration to all Central Maine Striders members first. So, this is your official notification that REGISTRATION IS OPEN NOW!!! Between now and August 22, registration is limited to Central Maine Striders only. After that, we will open registration to the public to fill any remaining spots. With only 40 spots available, we recommend you register now.

To register for the Fall Classic 10k, go here: https://runsignup.com/Race/ME/Waterville/CentralMaineStridersFallClassic10k

Good luck everyone!

-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

Upcoming Striders Events

Central Maine Striders September Meeting
Tuesday, September 1, 7 p.m.
Virtual Meeting via Zoom

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

Quarry Road Summer Race Series
June 16 - August 16
(see www.quarryroadraces.com for details)
CMS members get 10% off registration

Doc and Mardie 5k
August 22
See newsletter for details!!

Central Maine Striders Fall Classic 10k
October 11
See newsletter for details!

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

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

It's really happening! There's going to be a live, in-person, non-virtual race in Waterville this month!!!!

The 2020 Doc & Mardie 5k will be a LIVE race, with waves of 40 or less participants in each wave.

Face masks will be required when within 6 feet of another participant, including the start line. We will modify the start to allow for social distancing.

In the spirit of Doc & Mardie there is even awards for the oldest Male and Female finishers!

Join us Saturday, August 22nd for our 15th Annual Doc & Mardie 5k, an amazing time!

We are going to put on an actual live race in a few week. Wave starts with 40 or less people in each wave.
Sounds like a few of you may be itching for a race with live competition!

All Central Maine Striders members get 25% off their registration fee.

For more details on race modification and information on registering, visit:
https://www.centralmainestriders.com/news/doc-mardie-5k-the-2020-covid-edition

OR the Doc and Mardie Brown event page:
https://runsignup.com/Race/ME/Waterville/DocMardie5kandYouth1MileFunRun?fbclid=IwAR1pBa3FqSLxUUieLSyrUJClMdUwW_SIJS95w5X3HkP5gDIqmR2Q0hi6JFs

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THE INTERVAL
Central Maine Striders

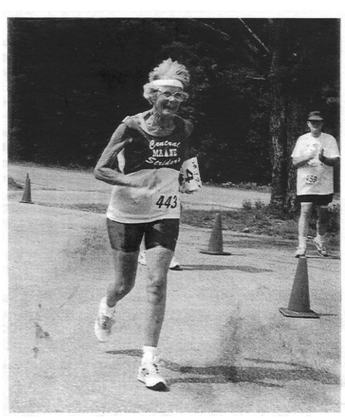
Running Backwards to 2009

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 2009.

Our jog back to 2009 includes:
- The still-speedy-today Julie Millard discussing the Aging Runner.
- The Niptuck Trail Marathon race report from Mike Brooks.
- Memories of the life of Mardie Brown.
- Excellent articles by David Benn, Jim Moore, and Paul Josephson reminiscing about the history of the Striders and of running.
- As always, there are plenty of race results and much more!

Click here to read more of the 2009 issue of The Interval



Maine Running Hall-of Famer Leona Clapper

We are sad to announce that a former member of the Central Maine Striders and inductee to the Maine Running Hall of Fame, Leona Clapper passed away earlier this summer.

Leona E. Clapper
March 11, 1930 - June 28, 2020

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!

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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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From her 1992 Maine Running Hall of Fame profile:

Leona Clapper
Unselfish Giving Has Made All the Difference

A native of North Haven, Leona Clapper, born March 11,1930, is one of the legendary Clapper family of Bucksport, perhaps the best-known running family in road racing from the late 1970s through the '90s. Leona and her husband, Charles, also an avid road-racer, raised twelve children, six of whom took up competitive running. The best-known was Gerry, who became one of the best college distance runners ever to run for the University of Maine.

Leona, a housewife and mother most of her life, started running when she was 48 in 1978, drawn into the sport from watching her children run. "We decided we wanted to do it too," she said in 1994, a few months after she was inducted into the Maine Running Hall of Fame at its ceremony in Waterville. Leona was one of only a few women who competed in the 50-plus age bracket during the early 1980s, and she set many course records.

Her best career efforts include a 22:09 5k at age 54 in 1984; and a 1:18:52 10-miler at age 52 in 1982, when she also ran her fastest marathon, 3:50:33, in Orono. Among her best races were a 45:33 in the Great Pumpkin 10-K in 1981 at age 51; 22:39 in the Cranberry Island 5-K, 1982; 22:29 in the Terry Fox 5-K, 1984, age 54; and 72:14 15-K at Schoodic Point in 1984.

Click here to read more of Leona's Running Hall of Fame Profile and her Bangor Daily News Obituary.

Quarry Road Summer Race Series 8k Race Report

From Strider's Vice President Joran Castillo:

The time is 7:45AM on Wednesday, July 29, 2020. A few other Striders and I are at the starting line for one of the virtual 8k races within the Quarry Road Summer Series. It's early, but the heat and humidity are strong. The thick aroma of the dense greenery and freshly cut grass floods my nostrils, and I feel as if I can nearly taste the scenery. Despite feeling a subtle daze, my heart begins to quiver with excitement as I look around at the five-or-so other Striders who are jogging in place, preparing their bodies and minds for the race ahead. And though there aren't any spectators and it's not a typical race environment, my body still fills with electric anticipation as I prepare to give it my all in my first ever trail race.

I warm up with a few butt-kicker's, some high-knees, and a few other exercises to get my blood flowing. As the clock nears 8am, I gather with the other Striders (socially-distanced, of course!) at the starting line. To make sure we have plenty of space between each other on the course, we spread out the start times of each runner. This actually makes it a bit more exciting, because each runner has their own personal starting time, so the whole group yells and cheers as each runner takes off onto the course.

Finally, after 13 minutes of waiting for the other Striders to start their race, it's my turn.

Click here to read the rest of Jordan's race report.

Quarry Road Summer Race Series Report

From Strider Patty Hallee:

Being new to the running scene within the last year, my husband Mike and I decided it would be fun to try something different. So we signed up for the Quarry Road Summer Race Series. We didn't realize how much different it would be trying to race on a trail vs the road. Trail running definitely requires a lot more work than the road. Again this was our first year and because of the Pandemic we all ran our own race and turned in our time and our GPS maps by Sunday evening. The series runs 9 weeks and starts with a 3k which takes you down the backside of the field by the Yurt and around the Riverside loop. It's not a bad run but still a challenge for an older, inexperienced runner such as myself. It was a fun run and made me want to do better.

Click here to read more of Patty's Quarry Road Series report

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, September 1, 7 p.m.

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

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Contact Us

Email: run@centralmainestriders.com

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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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