

**Christmas In July
July 18-19, 2014
Lisle, IL
Steve Richey
Aurora, IL**

Central
MAINE
Striders

Interval

This event is in Lisle IL and will, I think, become a major annual event for this area. It was a running festival from Friday evening through Saturday night -- kids' fun run, 5K, 10K, 6 hour, 12 hour and 24 hour events were held during that time. A huge amount of lighted Christmas decorations, full aid station on the ~1 mile paved loop, early on there was a live band playing rock versions of Christmas carols, later a lot of cheesy Christmas songs on the sound system, and a good number local ultra runners -- and a few from out of town/state.

The 5K/10K races were run on the nearby streets (by Lisle High School),

but the timed events (6 hr./12 hr./24 hr.) were on the ~1 mile loop. Weather (for July) was fabulous -- when I started my event (11 PM Friday), it was in the upper 60's. It dropped to around 60 during the night and rose to around 76 by the time my event was over (11 AM Saturday). I don't have a problem with loops, so the course was OK for me -- it's really the only practical way to manage fixed time events. The course had one minor hill in it, but it became somewhat significant, since you encountered it each and every mile for, in my case, 12 hours. There was one sharp annoying turn (120-150 degree type thing) -- again, no-

ticeable because it kept reoccurring. The course was not really lit, but I never used a head lamp or flashlight -- there were low voltage luminary lights about every 5 meters outlining the course, lighting from the various Christmas displays, regular lighting at the aid station, the usual Chicago area light pollution, and a visible moon. Even for an old guy with bifocals, it was easy enough to see.

In an event like this, you run a few laps with a lot of different folks -- early on, I mostly ran with old friend Art Sundry and Ryan Wilhelm (both left the event early - Ryan to get to his daughter's AM swim meet, and Art ran

News from the Editor-- Linda Benn

Welcome to the new Central Maine Strider members: Amy Tardy, Ryan Smith, Patricia Jackson, Caragh Fitzpatrick, and Ron Peck. An S used to signify Strider members and an as-

terisk to identify women in the results. Thanks to Jerry Alanach for the front page article. I still need Striders who are willing to do the front page. Also since I have done the Inter-

val for 22 years I am ready to pass the torch on to someone else. David and I will help to make the transition as smooth as possible. I have enjoyed working on the newsletter.

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into trouble after 6-8 hours). Also met a 73 year old guy named Jim from Joliet. Later (after sunrise), went several loops with Ryan Wilhelm's friends Heather & Heather. And, of course, a lot of folks from the local ultra running clubs -- New Leaf Ultra Runners (NLUR), who also did most of the aid station work, and some from McHenry (Co.) Ultra Dudes & Dudettes (MUDD). I never took a major break during the 12 hours, though I certainly took frequent brief pit stops. Going into this one I knew I wasn't going to "race" -- simply not in race shape, not that long since the previous ultra, had ran shorter races the two previous weekends, track workout the previous Wed., no sleep during the day Fri. before the night time start, etc., etc. (at this point, briefly queue one very small violin ...). The folks there, the race set up and the nice weather more than made up for all of that. I was simply running because I wanted to. The first 8-9 hours chugged on pretty much as I expected, at which point a rather annoying and unexpected blister formed on the ball of my left foot. Rather than stop and try to fix it, I simply walked the rest of the time. The sun had come up, it was get-

ting warm, and a lot of other folks were taking long walk breaks as well, so it just seemed the thing to do. My walking pace at that point (on the blister) was modest -- between 16:45 and 19:00, depending on whether or not I stopped at an aid station (though I did walk a few 14-15 minute paced miles with one or more Heather).

My GPS said 45.03 miles, though I think the official results had me at 42.68 miles -- that's a rather large discrepancy. I guess those couple of trips to the port-a-pots were longer than I thought. However, the loop was supposed to be 0.97 miles, and after 7 loops my normally accurate GPS said 7.25 miles (with no trips yet to the aforementioned port-a-pots). An extremely modest result (my hot weather trail PR for 12 hours is around 60 miles, and in cool weather I've gotten under 8 hours for 50 miles), but a very enjoyable night of running. To my later surprise, that total left me tied for first place in the 50-59 AG (but then, there were only 6 guys in my AG in the 12 hour event). The only negative for me was the blister. During the event, I ate two gels, 3 PB&J sandwiches, some water melon and one pancake (the

aid station was cooking pancakes and bacon a little after sunrise). I drank only a couple of 20 oz. bottles of Gatorade, going mostly with Dr. Pepper (3 x 12 oz.), water and ginger ale (1 x 12 oz.). Since I wasn't drinking much Gatorade, I did take a few electrolyte capsules as well (maybe 2 or 3). The only caffeine was what was in the 3 small bottles of Dr. Pepper.

I haven't seen the results, but there were a wide variety of runners. The 5K was won by a young guy who ran something in the 16's. The 24 hour event was won by Shannon Riggs with around 110 miles (well under his goal of 135 miles). Shannon, of course, is one of the faster local 50K/50M runners. A lot of the 24 hr. runners stopped when they hit 100K - I think only one other runner (Juan Juarez with 103) besides Shannon broke the 100 mile barrier in the 24 hr. event. There were ~50 runners in each of the 3 timed events plus ~100 or so in each of the 5K and 10K events.

So, "marathon or beyond" #98 is in the books. Next month? Lean-horse Ultra in South Dakota for (hopefully) #99



This photo was taken around 6 AM at the Christmas in July fixed time ultras in Lisle IL. In our defense, the lady (Dani) was in the 6 hour event, concluding her final lap, and heading to the finish line -- whereas the Hispanic guy (Juan) was finishing up a loop in hour 8 of his 24 hour event, and I (59 year old guy in blue tee-shirt) was finishing up a loop in hour 7 of my 12 hour event. Both of us guys were, of course, a little closer to the ground than was she.

Central Maine Striders Financial Report August 2014

BALANCE FORWARDED	<u>\$1,461.35</u>
<u>REVENUE</u>	
CLOTHING	0.00
DUES	0.00
TOTAL REVENUE	<u>\$0.00</u>
<u>EXPENSES</u>	
INTERNET	15.00
POSTAGE	19.60
PRINTING	21.25
TOTAL EXPENSES	<u>\$55.85</u>
NEW BALANCE	<u>\$1,405.50</u>

Quarry Road Race Week 6-Waterville-7/15/14											
1	David Currier	24	30.34	16	Marcus Hall	35	42.00	30	Don Taylor	48	49.30
2	Ron Peck	39	32.52S	17	Cecilla Morin	14	42.37*	31	Kathy Lipshultz	19	50.09*
3	Patrick Cote	38	33.03S	18	Chad Allen	37	42.40	32	Libbi Magoon	41	51.27*
4	Greg Goodhue	48	33.25	19	Brett Goodrich	38	42.45	33	David Benn	69	53.08S
5	Samuel Redstone	21	33.43	20	Amanda Veth	22	43.34*	34	Cipperly Good	35	53.21*
6	Barry Hopkins	47	34.31S	21	Jessica Walsh	36	44.11*	35	Leslie Doolittle	56	53.29*
7	Brian Morin	51	35.09	22	Stephanie LeBlanc	45	44.20*	36	Karen Rodrigue	59	53.41*
8	Chris Burnham	21	35.50	23	Bob Marden	60	44.27	37	Kerri Jarosz	45	59.15*
9	Nicholas Dall	13	37.33	24	Alicia MacLeay	38	45.34S*	38	Jim Moore	71	59.39S
10	Ethan Keyes	42	38.02	25	Jayne Labbe	47	47.28*	39	Ron Paquette	73	61.19S
11	George Voigt	19	38.21	26	Skip Pratt	60	47.29	40	Burke MacLeay	10	64.53S
12	Tracey Cote	43	38.41S*	27	Jared Goldsmith	36	48.18	41	Dave MacLeay	39	64.54S
13	Buster Brown	25	38.46	28	Marc Nawfel	47	48.38	42	Mike Campbell	32	65.46
14	Forrest Labbe	20	41.20	29	Madison Taylor	14	49.05*	43	Wanda Grenier	53	70.36*
15	Linnea Morrison	30	41.26*								

Central Maine Striders
Tuesday, September 2, 2014 at 6:00pm
Alfond Youth Center Library

Attending: Tracey Cote, Alicia Macleay, Patrick Guerette, Tom McGuire, Jim Moore, Kate Cooley

Items of Discussion:

Membership Report

146 members (84 memberships)

Suggestion by Tom that Striders should designate that they are Striders on race registrations

Suggestion by Tracey that results should include club distinctions

CMS Race Jerseys

Have orders in by 9.9.14

Tracey and Patrick will come up with a design

Tracey will get order in

Equipment Tracking Calendar

Tom will come up with a system and keep track of for now

Executive Term Limits

Design a rotating schedule

Recognize new positions (communications, web master, equipment manager...)

Role in Community Races

Modify club mission statement

What does club provide? (we are not a timing business)

Suggestion to have tips on doing a 5K on the club site

Training

General discussion on winter training, train for a race, early morning workouts

Regional Scope

Where are we looking to be? Compete or bring together with Augusta area

Next Meeting: October 7, 2014 at 6PM Alfond Youth Center Library (upstairs)

Doc and Mardie Brown 5k-Waterville-8/9/2014

1	David Chelimo	21	16:12	30	Bob Warzycha	52	24:57	58	Maria Bickford	42	30:36S*
2	Jesse Young	24	16:20	31	Marissa Paquette	18	25:34*	59	Paula Sawyer	65	31:10S*
3	David Kerschner	28	18:09	32	Dustin Shepherd	18	25:50	60	Fred Wiand	74	31:19
4	Ron Peck	39	18:17S	33	Sara Rushton	40	26:03*	61	Erin O'Donnell	13	31:54*
5	Wes Danforth	29	18:39	34	Eric Brown	47	26:15	62	Derek Brotherton	22	31:55
6	Greg Goodhue	49	18:47	35	Diana Hopkins-Fletcher	29	26:34*	63	Velma Whittier	58	32:55*
7	Kevin Alter	21	18:52	36	Suzanne Walsh	48	26:37*	64	Max Sheehan	57	33:00
8	Matt Alter	23	19:13	37	Seth Poplaski	27	26:49	65	Carrie Hall	36	34:10*
9	Chris Cardenas	29	19:50	38	Janet Stocco	39	26:52*	66	Michelle Gayne	32	34:16*
10	Eric Peavey	37	20:12	39	Rosalind Waldrow	63	26:55*	67	Brenda Nichols	43	34:39?*
11	Matthew Bown	41	20:50	40	Kara Robeson	27	26:56*	68	Christine Nichols	44	34:43*
12	Ben Parsons	36	21:09	41	Charles Sawyer	72	27:05S	69	Donnajean Pohlman	63	34:58S*
13	Bill Shepherd	54	21:43S	42	Christie Roy	38	27:10*	70	Ron Paquette	73	34:59S
14	Bucky Love	32	21:50	43	Kate Cooley	35	27:34S*	71	Linda Stewart	51	35:26*
15	Tracey Cote	43	21:58S*	44	Sarah Love	28	27:35*	72	Susan Cook	61	35:27*
16	Marcus Hall	35	22:09	45	David Benn	69	27:59S	73	Jill Lawrence	39	35:49*
17	Philip Nyhus	47	22:31	46	Sophie Boardman	16	28:06*	74	Michael Levey	70	36:25S
18	Anna Doyle	21	22:32*	47	Jeff Stone	54	28:23	75	Jennifer Campbell	46	37:40*
19	Soren Nyhus	14	22:48	48	Kevin Hoehn	60	28:28	76	Lynn Ware	57	38:52*
20	Amy Bown	38	22:55*	49	Hazel Labbe	41	28:30*	77	Jennifer Brown	26	39:30*
21	Cadyn Wilson	21	23:36*	50	Ryan Simpson	26	28:41	78	Shawna Quimby	18	40:52*
22	Austin Fletcher	30	23:40	51	Peter Bastow	77	29:10S	79	Dana Quimby	18	40:53
23	Mallory Pollard	26	23:55*	52	Gail Carlson	48	29:18*	80	Beth Bridger	49	41:59S*
24	Benjamin Blaisdell	17	24:08	53	Quincy McCarthy	27	29:24	81	Amanda Wiswell	14	42:43*
25	Stephanie Leblanc	45	24:10*	54	Tom McGuire	68	29:30S	82	Lana Waters	60	42:44*
26	Shel Sherman	42	24:27	55	Phil Pierce	72	29:39S	83	Jim Spicer	68	43:58
27	Ken Walsh	53	24:32	56	Chelsea Hendrick	27	29:44*	84	Claudia Ritch-Smith	46	50:02*
28	Louisa Nyhus	16	24:43*	57	Karen Curtis	42	30:35*	85	Cory Peavey	32	50:58
29	Susan Brooks	55	24:50S*								



Quarry Road Series , Week 7-Waterville-7/22/2014

1	David Chelmo	20	10:20	23	Jason Toner	43	15:24	45	Katie Stevens	12	19:02*
2	David Currier	24	11:06	24	Stephanie LeBlanc	45	15:31*	46	Roger Stevens	43	19:04
3	Samuel Redstone	21	11:26	25	Mark Nawfel	47	15:47	47	Cipperly Good	35	19:07*
4	Nick Dall	13	11:30	26	Caden Cote	10	15:49S	48	Burke MacLeay	10	19:39S
5	Ron Peck	39	11:34S	27	Ashley Lepre	23	15:54*	49	Tyler Harley	21	19:57
6	Greg Goodhue	48	12:02	28	Heather Doolittle	24	15:56*	51	Monique Sutherland	18	20:32*
7	George Voigt	19	12:11	29	Madison Taylor	14	16:04*	50	Mary Alice Laiho	49	20:32*
8	Jonathan Kent	32	12:13	30	Alicia MacLeay	38	16:05S*	52	Maura Taylor	12	20:59*
9	Chris Burnham	21	12:23	31	Ely Yang	13	16:09	53	Jacky Morin	46	21:02*
10	Buster Brown	25	12:26	32	Don Taylor	48	16:12	54	Kimlie Heng	43	21:02*
11	Taylor Pearlman	20	12:40	33	Skip Pratt	60	16:18	55	Jim Moore	70	21:51S
12	Brian Morin	51	12:45	34	Kathy Lipshultz	19	16:30*	56	Lassandra Von Appe	42	22:41*
13	Ethan Keyes	42	13:07	35	Ryan Yang	10	16:33	57	Sarah Jarosz	12	23:11*
14	Dwane Blomerth	44	13:34	36	Jayne Labbe	47	16:35*	58	Kerri Jarosz	45	23:19*
15	Nick Tiner	13	13:51	37	Robert Jacobs	55	16:35	59	Jadyn Arnold	9	23:28*
16	Cecelia Morin	14	14:17*	38	Beckett Cote	7	16:40S	60	Wanda Grenier	53	24:25*
17	Brett Goodrich	38	14:20	39	Jeff Tiner	48	16:41	61	Mary Taylor	21	25:27*
18	Jess Beers	33	14:54*	40	Susan Vogt Brooks	55	17:49S*	62	Joanna Dall	45	25:40*
19	Cody Speropob	19	15:00	41	Leslie Doolittle	56	18:11*	63	Beth Bridger	49	26:07S*
20	Julie Millard	51	15:13S*	42	Karen Rodrigue	59	18:36*	64	Zachary Schutzman	20	27:03
21	Amanda Veth	22	15:18*	43	E Conrad	53	18:38	65	Adelle MacLeay	6	33:34*
22	Jessica Walsh	36	15:23*	44	Katie Marshall	32	18:49*	66	Dave MacLeay	39	33:35S

Quarry Road Series Week 9-Waterville-8/12/2014

1	David Currier	24	29.14	14	Rebekah Quare	43	39.53*	27	David Benn	69	49.31S
2	Ron Peck	39	30.41S	15	Keith Languet	16	40.02	28	Ella Harrison	8	50.17*
3	Greg Goodhue	48	31.39	16	Julie Millard	51	40.16S*	29	Karen Rodrigue	59	50.23*
4	John Kent	32	31.49	17	Jess Beers	33	41.00*	30	Dennis Harrison	54	50.28
5	Samuel Redstone	21	32.32	18	Emilie Knight	26	41.01*	31	Rory Barry	32	51.37
6	Nicholas Dall	13	34.21	19	Stephanie LeBlanc	45	41.53*	32	Cipperly Good	35	52.01*
7	Rosalea Kimball	43	34.41*	20	Benjamin Blaisdell	17	42.45	33	Leslie Doolittle	56	52.27*
8	Ethan Keyes	42	35.46	21	Marissa Paquette	18	42.50*	34	Kerrie Jarosz	45	57.00*
9	Forrest Labbe	20	38.01	22	Jayne Labbe	47	43.24*	35	Kimlie Heng	43	57.29*
10	Dwane Blomerth	44	38.40	23	Jared Goldsmith	36	43.56	36	Ron Paquette	73	58.37S
11	Brett Goodrich	38	38.45	24	Mark Nawfel	43	44.29	37	Mike Campbell	32	59.31
12	Linnea Morrison	30	39.20*	25	Kevin Bois	19	44.56	38	Crystal Dickson	32	61.40*
13	Rheinhardt Harrison	10	39.40	26	Amy Stabins	46	48.52*	39	Wanda Grenier	53	66.38*

Race Calendar 2014



Quarry Road Series winners 2014

Quarry Road Series Week 8-Waterville-8/12/2014											
1	David Currier	24	19.10	18	Marcus V. Hall	35	25.10	35	Libbi Magoon	41	31.02*
2	Ron Peck	39	19.54S	19	Bekah Quere	43	25.17*	36	Karen Rodrigue	59	32.26*
3	Greg Goodhue	49	20.41	20	Linnea Morrison	30	25.23*	37	Leslie Doolittle	56	32.28*
4	Patrick Cote	38	21.13S	21	Karla Jeggie	17	25.42*	38	Aileen Pelkey	31	33.33*
5	Jamey Epstein	23	21.28	22	Jason Toner	43	25.58	40	David Benn	69	33.35S
6	Chris Burnham	21	21.28	23	Jess Beers	33	26.17*	39	Cipperly Good	35	33.49*
7	Taylor Pearlman	20	21.50	24	Keith Languet	16	26.24	41	Gail Carlson	48	34.13*
8	Nick Dall	13	22.13	25	Stephanie LeBlanc	45	27.17*	42	Shannon Williford	29	34.45*
9	Ethan Keyes	42	22.38	26	Amanda Veth	22	27.34*	43	Alisha O'Connell	27	34.52*
10	Tim Godaire	24	22.52	27	Alicia MacLeay	38	28.00S*	44	Kerri Jarosz	45	36.45*
11	Dave MacLeay	39	23.01S	28	Mark Nawfel	47	28.05	45	Laura Jeggie	14	38.21*
12	Eric Johnson	45	23.23	29	Jayne Labbe	47	28.08*	46	Katie Ford	21	39.31*
13	Forrest Labbe	20	23.36	30	Madison Taylor	14	28.35*	47	Harry Thibodeau	21	39.31
14	Nancy Jeggie	44	24.08*	31	Louisa Nyhus	16	28.35*	48	Mike Campbell	32	40.16
15	Brett Goodrich	38	24.36	32	Don Taylor	48	28.45	49	Wanda Grenier	53	46.54*
16	Soren Nyhus	13	24.57	33	Kathy Lipshultz	19	29.19*	50	Jadyn Arnold	9	48.36*
17	Molly Frankinburger	22	25.09*	34	Scott Jeggie	52	30.50	51	Kimlie Heng	43	48.37*

CENTRAL MAINE STRIDERS

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We Share the Roads

Our Website
centralmainestridders.com



October	01	Don Newell	October	09	David Colby Young
October	05	Barbara Covey	September	19	Emiley Wheeler
October	07	Patricia Newell	September	22	RJ Harper

Striders