



INTERVAL

Central Maine Striders Celebrate 40 Years

And we want your photos and memories

Did you know that Central Maine Striders is Maine's oldest active running club! Established in 1975, this year our club celebrates 40 years of local running. To celebrate this milestone, we're collecting club photos, history, and memories.

We're hoping to create a timeline and online photo album from the past four decades to share on the club website,

www.centralmainestriders.com, and in this newsletter. And we need your help.

Please share your club photos, history, and memories (the older the better) by email (alicia@macleay.com) or mail with me (Alicia MacLeay, 17 Richardson Road, Rome, ME 04963).



Please note any known names, dates, locations, and other info for images sent. Original photos can be returned upon request.

I'm looking forward to learning more about our club's past events, races, and runners, and sharing it with all of you.

Lastly, I want to thank Linda Benn for her many years of hard work as editor of the *Interval* newsletter. Thanks for all of your efforts to support the club and its runners, Linda! I'm excited to continue your Striders legacy as the club's new editor. — Alicia MacLeay, *Interval* editor

February Club Races & Events

Quarry Snow Shuffle 5K

Sunday, February 22, 9 a.m.

Quarry Road Recreation Area, Waterville

5K snowshoe race and free family fun 1-mile run/walk. Strider members get 20 percent off with promo code CMS15.

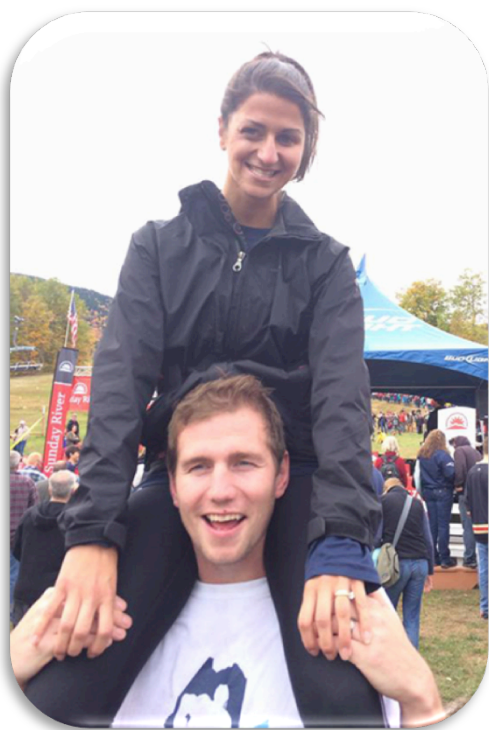
www.makeithappengroup.org

Monthly Board Meeting

Tuesday, February 10, 6 p.m.

Alfond Youth Center Boardroom (2nd floor), Waterville. All are welcome to attend the club's regular monthly meetings.

Meet Your 2015 Club Board



Patrick Guerette President

Patrick lives in Sidney with his wife, Kristina, (the real runner in the family) and is the Program Director at Waterville's Alford Youth Center, where he directs the Doc & Mardie 5K and the Quarry Road Summer Race Series.

Patrick grew up in the Central Maine area and always enjoyed running Central Maine Striders 5K races throughout high school and college. He's eager to provide those same opportunities to other local runners.

In 2015 Patrick would like to:

- Run under 18 in a 5K for the first time since college,
- Build the Doc & Mardie 5K into one of the area's biggest and best races,
- Place top three in the North American Wife Carry Championships, and
- Recruit more members interested in taking a leadership role within the club.



Tracey Cote Vice President

Tracey is head coach of the men's and women's Nordic Ski Team at Colby. A collegiate runner and Nordic skier at Northern Michigan University, she found her way to Colby via graduate school in Wyoming. Originally from Wisconsin, she's an avid Packers fan. Tracey enjoys adventure and used to race as a professional in the world of adventure racing.

Tracey lives in Oakland with her husband, Patrick, and three boys, Caden, Beckett, and Lex. An avid trail runner who likes to hop into marathons, you'll see her at area events. As club vice president, Tracey is in charge of a club spring social event, so stay posted on details. She also runs a weekly morning track workout in the summer on the Colby track for anyone who wants to join.

Running since: The '70s!

Favorite Run: Messalonskee Stream Trail

Goal Race: Bond Brook Winter Triathlon

2015 Club Board continued



Kate Cooley
Secretary

Kate lives with her two kids in an old farmhouse in Athens. They live a few miles from the start of the Farm to Farm summer race series, so are regulars at those races. This is also where Kate met many of the ladies that now call themselves the Divas on the Run.

As club secretary, Kate records the club meetings and keeps the club memberships up to date. She also helps direct the Ron Paquette Riverfest 5K in Skowhegan in August.

Running Since: 1989

Favorite Race: Sugarloaf 15K

Coach she hears in her head: Bob Hagopian



Ron Peck
Treasurer

Ron grew up in Idaho and lived in Wisconsin before moving to Maine. He now works as a biology professor at Colby and lives in Waterville with his wife and two daughters.

As club treasurer, Ron ensures that Central Maine Striders club finances stay on track.

Running Since: 1992 (with a few multi-year breaks)

Favorite Run: North Loop at Quarry Road Recreation Area

2015 Goal: Beat his marathon personal record

2015 Club Board continued



Alicia MacLeay Communications

Alicia lives in Rome with her husband, Dave, and two kids, Burke and Adelle. She works from home as editor of Trailspace.com, the outdoor gear review site she and Dave founded in 2001.

Alicia helps oversee the club website, race calendar, Facebook group, and this newsletter. She would love to hear your running news (PR's, new distances, wins, personal highlights, etc.) to share in upcoming newsletters.

Running Since: 1989 (joined her high school cross-country team despite never having run distance before)

Favorite Run: Any quiet, wooded trail

2015 Goal: Run the Vermont 100

2015 BOARD

President
Patrick Guerette

Vice President
Tracey Cote

Treasurer
Ron Peck

Secretary
Kate Cooley

Communications
Alicia MacLeay

Newsletter Submissions

The club welcomes your running news, milestones, suggestions, and comments for the newsletter.

Please send them to:
alicia@macleay.com

Central Maine Striders
P.O. Box 1177
Waterville, ME 04903

www.centralmainestriders.com
centralmainestriders@gmail.com

Club News & Results

36th Thaw Race Starts off 2015

Congratulations to **Austin Landry** (25:41) and **Julie Millard** (35:06), the first male and female finishers of the 36th annual January Thaw.

The 4.5-mile road race was held in Belgrade on Sunday, January 18. Thanks to the 27 runners who turned out for the first club race of 2015.

You can find full Thaw results on the next page.



Granite City Running Opens in Hallowell; Club Members Get 10% Off

Need new running shoes or gear? Granite City Running recently opened a local, grassroots, community running store in Hallowell (148 Water Street). As an added bonus, Central Maine Striders members will get **10 percent off**.

Local runners Brian and Jacky Morin and Seth Hasty run the shop. The store is holding weekly group runs on Sunday mornings for interested runners (see picture below).

Follow Granite City Running on its Facebook page for more info:

www.facebook.com/rungranitecity

Second in Polar Dash

Member and club treasurer **Ron Peck** came in second (19:03) at the NRCM Polar Bear Dash 5K on December 31 in Portland. Congratulations, Ron!

Share Your Running News

The club welcomes your running news, milestones, suggestions, and comments for the newsletter. Please send them to: alicia@macleay.com.



36th Annual January Thaw 4.5M Results

January 18, 2015

1. Austin Landry (19): 25.41
2. Ron Peck (39): 26.43
3. Scott Potter (35): 28.03
4. Peter Wirth (20): 31.05
5. Erik Seastead (58): 32.47
6. Gust Stringos (60): 33.09
7. Matthew Stone (29): 34.43
8. Rich Beaudoin (37): 34.54
9. Julie Millard* (51): 35.06
10. Jeffrey Preble (61): 35.58
11. Mackenzie Beaudoin* (16): 37.46
12. Jason Rhoda (25): 37.47
13. Craig Garofalo (33): 38.27
14. Casey Nickerson* (21): 39.32
15. Joanie Rhoda* (61): 39.43
16. Missy Begin* (43): 41.59
17. Hazel Labbe* (42): 41.59
18. Jessica Dyer* (30): 42.53
19. Kate Cooley* (36): 44.16
20. David Benn (69): 45.36
21. Casey Beaudoin* (37): 45.52
22. Tom McGuire (68): 45.53
23. Jillian Davis* (29): 47.13
24. Lettie Nickerson* (51): 47.33
25. Jim Moore (71): 52.33
26. Donnajean Pohlman* (63): 53.09
27. Ron Paquette (73): 53.09



All January Thaw race photos courtesy of David Colby Young and Maine Running Photos.

Central Maine Striders Races

Sunday, February 22, at 10 a.m.

Quarry Snow Shuffle 5K Snowshoe Race

(Quarry Road Recreation Area, Waterville)

5K snowshoe race (10 a.m.), plus free family 1-mile run/walk (9:30 a.m.). Limited number of loaner snowshoes for registered racers. Event benefits WinterKids. Strider members get 20 percent off snowshoe race with promo code CMS15. www.makeithappengroup.org

Other Upcoming Maine Races

Saturday, January 31

Quarry Road Winter Carnival (Quarry Road Recreation Area, Waterville)

Family-friendly activities include skiing, snowshoeing, dogsled rides, winter golf.

www.quarryroadrecarea.org/calendar/event.html?id=106

Sunday, February 1

Cupid Dash Snowshoe 2K

(Roberts Farm Preserve, Norway)

2K snowshoe race uses preserve's Libby Trail.

Benefits United Way of Oxford County.

runsignup.com/Race/ME/SouthParis/RockPaperScissors5KSeries?

Sunday, February 1

Mid-Winter Classic 10-Miler (Cape Elizabeth High School)

Registration closed. Wait list only.

<http://www.midwinterclassic10miler.com/>

Saturday, February 7

Central Maine Ski Club Paintball Biathlon

(Quarry Road Recreation Area, Waterville)

www.quarryroadrecarea.org/calendar/event.html?id=107

Sunday, February 8

Longfellow February Frostbite 2.5K

(Portland High School)

Sponsored by The Longfellow Chorus.

www.longfellowchorus.com/frostbite.html

Sunday, February 15

Bradbury Whiteout 4.5M Snowshoe Race

(Bradbury Mountain State Park, Pownal)

trailmonsterrunning.com/bradburysnow

Sunday, February 22

Bond Brook Winter Triathlon

(Bond Brook Recreation Area, Augusta)

Presented by Augusta Trails, includes 3.5K run, 8K bike, 5K Nordic ski. Race as an individual or as a relay team. www.skireg.com/3831

Upcoming Maine Races continued

Sunday, March 1

Bradbury Blizzard 5M Snowshoe Race
(Bradbury Mountain State Park, Pownal)
trailmonsterrunning.com/bradburysnow

Sunday, March 1

Irish Road Rover 5K (Portland)
Benefits Habitat for Humanity of Greater Portland.
www.irishroadrover.com

Saturday, March 14

Winter Cowboy 5K Snowshoe & Snowrun
(Mt. Abram, Greenwood)
Baxter Outdoors Packed Powder Series
www.baxteroutdoors.com/packedpowderseries.html

Sunday, March 15

Shamrock Shuffle 5K (Rumford)
Road 5K benefits United Way of Oxford County.
runsignup.com/Race/ME/SouthParis/RockPaperScissors5KSeries?

Saturday, March 28

Spring Running Classic 5K & 5M (Bangor Waterfront)
5K and 5-mile road race. Kids 1 Mile Fun Run prior.
runsignup.com/Race/ME/Bangor/SpringRunningClassic?

Saturday, March 28

Race2thePoint 5K (Blue Point Primary School, Scarborough)
Kid's Fun Run and 5K. Benefits Scarborough PTA. www.race2thepoint.org

Visit www.centralmainestriders.com for our full calendar of upcoming Maine races and to submit your own.

All race info, dates, times, and locations are subject to change. Please contact race directors to confirm race details.

Represent Striders!

You can represent Central Maine Striders at your next race, whether you're running locally, in Maine, or further away.

- Wear your Striders gear.
- Register as a Central Maine Striders team, if your race recognizes team.

Stay Up-to-Date

Join Central Maine Striders on Facebook:
www.facebook.com/groups/449431201775954/

RRCA: Central Maine Striders is a member club of the Road Runners Club of America.



Renew Today

If you haven't already, [renew today](#) with Central Maine Striders for just \$15. You'll get all of this:

- Membership for your entire household
- This *Interval* e-newsletter featuring upcoming local races, events, and club news
- Reduced registration rates at certain local races
- Access to club events like seasonal group runs and training programs
- Opportunities to connect with other local runners of all ages and abilities

Plus, race directors who are active members can access the club's Road Runners Club of America (RRCA) insurance coverage, race equipment, and more.

As our club gets ready to celebrate 40 years of Central Maine running, we hope you'll join us on the roads, trails, or track in 2015. www.centralmainestriders.com/join.html

Our Mission

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. Join us!



Central Maine Striders

P.O. Box 1177

Waterville, ME 04903