



THE INTERVAL

Central Maine Striders



April 2013

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Someone once told me that it's too bad I run through the woods and don't "Stop and smell the roses". Running right by what nature has to offer. Well I might miss a wildflower or two by running by, but I do get to seek out wildlife. Perhaps catch it off guard and have a close encounter. The following are a few of the close encounters I have experienced.

Running down Bigelow Mtn. on the Fire Warden's Trail I caught up to a porcupine running down the trail. I slowed down and followed him. He was fun to

watch and follow. Waddling as he ran, I could hear his foot strikes; thud thud thud. After a while I decided I can't run much longer at this slow pace. But how do I pass this quilled friend, he's not getting off the trail. He looked back at me and looked me over. I think we both had the same realization; we are in the same age group. He sped up a bit and the race was on. Now I had incentive to pass, I need to beat this guy in this race. So I looked for a wider spot on the trail and I took him. This time I looked back, all I saw was despair in porky's eyes. He gave up

and waddled off to the side.

Running the cross country trails behind Auburn Middle School one summer afternoon I came upon a turkey vulture in the corner of the field eating on a woodchuck carcass. As I approached closer he spotted me and took flight. Now there were trees behind and to the sides of him so the only way out of the corner of the field was to fly directly over me. Which he did, and it was just a few feet over my head. The wing span on the bird was six feet and I could hear the wind

(Continued on page 2)



Rocky Coast races are being held on May 4. The ERA FOR MDA is being held on May 5.

Thank you Bob for this month's front page.

I need a front page for next month.

through his feathers as he beat his wings. I am glad I didn't scar the \$#!@ out of him and he dropped it as he flew over.

There is an abandoned railroad bed that goes through west Minot and goes through Hebron, Buckfield, Sumner Canton and heads up through Jay. The rails and ties are gone and the trees have grown in from the sides. It is like running down a tunnel through the trees in many places. I was running up the railroad bed one morning and I noticed perched overhead in the trees were many turkey vultures. They watched me as I ran under them, it was a little eerie. I just yelled up to them, "Nothing but skin and bones here boys you are going to have to look elsewhere for your breakfast".

Again running on this railroad bed one late afternoon, off to the right I heard a pack of coyotes heading towards the trail on up ahead. As I continued to run forward they were coming in closer and closer to my right. Do I stop, or keep going? Are they going to come right out to the railroad bed were I am at? Do I yield to them or will they yield? Well just as I was deciding, the yelps went quiet. They must have smelled or heard me. I didn't see them or hear another call. They yielded. My heart was racing!

I have had many whitetail deer encounters. Running on this same railroad bed but in the opposite direction, down in Poland, I found myself chasing a deer. I was on the railroad bed between two ponds. The deer had to run down

the bed away from me rather than jumping to the side into one of the ponds. So the race was on! It is so much fun to be sprinting chasing a deer. His tail was up and we were running like a crazy. As soon as he cleared the ponds he went to the side and into the woods. I also took chase with a deer while running along a snowmobile trail in Minot. I spooked him and he took off down the trail away from me. The sprint was on again! A deer when spooked usually doesn't run far before it stops. It will stop and look to see if the pursuer is still following, and I was. As I caught up to him he took off again and I on his heels, for a short distance. This went on for three sprints. Man that was a workout. In Hebron on the paved road I was running one early morning. My head was down for some reason, and I heard these hoof strike noises hitting the pavement. I looked up and right in front of me was a big buck. What a sight!

Running one early morning on a back road in Jackson, NH a big black bear ran across the road into a field right in front of me. Fortunately no cubs, it must have been a male. I quite often run the eight peaks of Sunday River in the summer. I was coming up a gravel road and it opened up to one of the ski trails. Right in front of me was a mother bear and her three little cubs. I stopped to watch. They hadn't seen me and the wind must have been right so they couldn't smell me. I just stood there and watched the cubs play and fight with each other. The sow was grazing and munching on blueber-

ries I would guess. This was a once in a lifetime experience. Finally I moved on a bit and the sow saw me and made one little grunt to the cubs and the cubs went running off into the woods then the sow slowly moved on with them.

Getting out in the woods or away from the city on a small country road gives us many opportunities to enjoy the wildlife around us. I have seen many birds such as pileated woodpeckers with their jungle call, raven, grouse, owls, hawks, bald eagles, turkeys (they are fun to chase), and all sorts of ducks. I have also seen pine martin hiding in a spruce tree, mink running underfoot, weasels, coyote, beaver flapping their tail sounding alarm, moose, raccoon, and too many skunks. A skunk I think is the one animal I am scared of having a real close encounter with.

I do "stop and smell the roses" at times. When I am running in the White Mountains, I will be running through a section of forest that is very unique and special. Or to discover a stream gorge that has rock and old logs totally covered with green wet moss. Or to be on a mountain summit with surrounding mountains, ridges, valleys, rock formations, and forests as far as you can see. I just have to stop and look and be in awe of nature's beauty.

Dear Lord "Good job well done"!

**CONGRATULATIONS TO THE FOLLOWING STRIDERS
ON THEIR RACE PERFORMANCES**

Patriot's Day 5 Miler-4/14/13

Jim Moore	54:40
Mike Brooks	56:22
Denny Morrill	1:04:13

WAIVER & ENTRY FORM - JOSEPH'S 5K

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and know these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Maine Striders Club, City or Town officials, race directors and all sponsors, their representatives and successors for all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons name in this waiver

NAME: _____ AGE: _____ SEX: _____ T-SHIRT SIZE: _____

ADDRESS: _____ Date of Birth: _____ Walker? _____

Signature: _____

Parent/Guardian if under 18 _____

Return to: Julie Millard, 608 Winslow Road, Albion, ME 04910

FEBRUARY 1, 2013 TO MARCH 1, 2013

Central Maine Striders

Financial Report

March 2013

BALANCE FOR-WARDED **\$1,781.26**

REVENUE

DUES	180.00
MISC	20.00
<i>TOTAL REVENUE</i>	<u>\$200.00</u>

EXPENSES

INTERNET	10.00
POSTAGE	27.60
PRINTING	25.94
<i>TOTAL EXPENSE</i>	<u>\$63.54</u>

NEW BALANCE **\$1,917.72**

April 2013

May 2013

X = race on that day

Check your race calendar and with race director

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Quarry Road Summer Race Series
Proceeds to benefit the Boys & Girls Clubs and YMCA of Greater Waterville

Overview:

The Quarry Road Summer Race Series will be a 10 week trail running series held at the Quarry Road Recreation Area in Waterville, ME. Each week a new course will participants will complete different courses of varying lengths from 3k-10k, utilizing the full extent of the Quarry Road Trail System. Along with the featured race each week there will also be a kid's fun run for children 12 & under.

Program Goals:

1. Provide a low cost running event for the Greater Waterville Area.
2. Develop an event that increases the sense of community amongst runners in the area.
3. Promote health and wellness through running to the community.
4. Raise funds to support the Boys & Girls Clubs and YMCA of Greater Waterville.
5. Increase interest and support for the Quarry Road Recreation Area.

Dates & Times:

Races will be held weekly on Tuesday nights from June 4th – August 6th (10 Weeks). The following timeline will be used each week:

5pm – Registration Opens

5:30pm – Kids Fun Run, followed by awards.

6:00pm – Featured Race, followed by awards.

Race Fees:

Featured race - \$5 /week

Kids Fun Run - *Free*

T-shirts – Quarry Road Summer Race Series Short Sleeve Tech T's will be sold for approximately \$15-\$20 at each event.

Sponsorships:

The sponsorship goal will be to find a race sponsor for each week of the series that will provide the minimum support of \$100 in gift certificates for that week's prizes. Sponsors will also be encouraged to run a promotion the night of the each race to attract runners to their business, our goal being to partner with area restaurants.

An overall series sponsor will also be recruited to provide prizes to the overall series winners.

Prizes:

\$25 Sponsor Gift Certificate for overall Men's & Women's Winner (2)

\$10+ Sponsor Gift Certificates raffled off to race participants. (Number dependent of sponsor support)

Point Series:

Each week participants will receive points based on their finish in their age group. These points will accumulate over the series to determine overall series winners.

RACE CALENDAR 2013

NOTICE: All race dates, starting times & race fees are always subject to change: Please contact race director as races approach to double check facts. ***Directed by a Central Maine Strider**

APRIL

20- **"UNITY COLLEGE SPRING 5K"**, Gary Zane/207-948-9241/gzane@unity.edu

REGISTRATION INFORMATION: FEE: \$10.00, no pre-registration. Register race morning starting at 8:00 a.m.

START: Unity College, Unity, ME at 9:30. Walkers start at 9:15a.m.

20- **"URBAN RUNOFF 5K"**, Erik Boucher/207-210-8655/erik@justgiddyup.com

REGISTRATION INFORMATION: FEE: 18+ - \$20 pre-entry; \$25 race day; Under 18: \$12 pre-entry; \$15 race day

Family \$50 pre-entry; \$60 race day (2 adults and 3 kids under 18)

27- **"JOSEPH'S 5K"**, Julie Millard/437-2896/jtmillar@colby.edu

REGISTRATION INFORMATION: FEE: \$12 pre-entry; \$15; race day; Students: \$10 pre-entry; \$12 race day

Families: \$25 pre-entry; \$32 race day (2 shirts max) Pre-entry date for all races 4/20/13. **T-SHIRTS:** First 50

START: Lawrence High School, 9 School St., Fairfield at 9:00 a.m.

28- **"RUN TO PREVENT CHILD ABUSE 5K/10K"**, Beth Allen/dballen@beeline-online.net

REGISTRATION INFORMATION: FEE: \$20 for 5k pre-entry; \$22 race day; \$30 for 10k; \$32 race day.

A student discount of \$5 is available for High School and College students. **T-SHIRTS:** First 50

START: 113 Church Street, Farmington, Maine at 9:00 a.m.

MAY

4 - **"KENNEBEC MONTESSORI SCHOOL 5K"**, Elizabeth Ward/dr.foleyward@gmail.com

REGISTRATION INFORMATION: START: Kennebec Montessori School, 38 Sheridan Dr., Fairfield at 9:00 a.m.

5 - **"HOSPICE 5K & REMEMBRANCE WALK"**, Hospice House, Auburn,/Teri Blaschke

REGISTRATION INFORMATION: FEE: \$20 for 13 and over. Dates for the races are May 5 in Farmington, May 18 for the walk only in Oxford Hills and May 19 in Auburn. Registration is available online. Website ahch.org

11 - **"ROCKY'S 4 MILER"**, Taylor Harmon/622-3229/ivesrun@gmail.com/Cony High School, Augusta at 8 a.m.

11 - "MAINE WALKS w/HAITI 4 MILE RUN", kсуva@korbiteante.org

REGISTRATION INFORMATION: START: Preble St. Parking Lot across from Hannaford at 9:30 a.m.

12 - "PORTLAND SEADOGS MOTHER'S DAY 5K", Contact number 207-874-9300

REGISTRATION INFORMATION: FEE: \$20 **TECH T-SHIRTS:** First 1500

START: Hadlock Field, 271 Park Ave., Portland at 9:15 a.m. Kid Fun starts at 8:30 a.m.

27- "STRIDE INTO SUMMER 5K", Boys/Girls Club of Greater Gardiner/582-8458

REGISTRATION INFORMATION: T-SHIRTS: While they last

START: Waterfront Park in Gardiner at 8:00 a.m.

ADDITIONAL INFORMATION: Other contacts Orm Irish/irishorm@aol.com

Mark Johnston/markjohnston@jmail.com

CENTRAL MAINE STRIDERS

cmstriders@myfairpoint.net

P.O. Box 1177
Waterville, ME 04903

We share the roads.



Striders

April 16—May 15

Jon Ives	April	19	Ron Paquette	May	03
David Cunio	April	24	Amy Rasmussen	May	09
Michael Levey	April	25	Maurice Kelleher	May	10
Doug Brooks	April	29	Lora Wilford-McManus	May	12
Julie Millard	April	29			