



THE INTERVAL

Central Maine Striders



February 2013

Ramblings of a Strider

David Benn

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When I started running actively back in 1985, the 10K was the most common race everyone did and the goal was to break 40 minutes which I did with the help of Geoff Hill at the Sentinel 10K Classic on September, 1987. You hardly ever saw a 5K race, the one that seems to show up the most on the race calendar in recent years.

There was a race every week from the end of February right through the first week of December, many of which were directed by a Strider. John LeRoy published a popular magazine 10 times a year called Mainely Running and attempted to coordinate a very busy race calendar working with the active running clubs at that time so that races didn't conflict with one another.

John was a very proactive runner who supported the running community in many different ways.

Just look at some of the races that Striders were directing throughout the year as listed in our newsletters of 1991.

January Thaw—Gene Roy
Snofest 5 miler—Russ Martin

(Continued on page 2)

Editor's News—Linda Benn

Well we are into February already. I would like to thank David for doing the front page this month. I will need a front page for March and following months. Any takers? The renewal form is page 6

along with the Striders have paid to date. If you have paid, but are not listed please let me know. I didn't get to post office this week so they probably aren't up-to-date.

Also if you ran a race and didn't get listed, please let me know, thank you. I don't always get every-one.



Crosby Park 4 miler-David McIntyre	Lobster Classic 10 miler-Bob Myers/ Ann Bacon	Citibank United Way 10K-Phil Pierce
Killarney's 10K-Tom McGuire/Jerry Saint Amand	Palermo Days 5K-Mardie Brown	Jay 5K-Mike Simoneau
Boston Primer 15 miler-David Gugan	Bert 'n I 5 miler-Mert Dearnley	Christmas Classic 5K-Jack Paul
Championship 15.5 miler-Vern Dem- mons	Blueberry Festival 10K-Bill Yates	Gasping Gobbler 10K-John Schwerdel
Terrier Trot-Jim Moore	Dyer Memorial 5K-Gene Roy	Season's Greetings 5.5 miler-Ron Paquette
Jaycees 10K-Walter Crockett	Ralph Thomas Masters Mile-Jerry Saint Amand	As you can see ther were several races with Strider directors and I apologize to anyone I left out. Our members provided many opportuni- ties to run races inexpensively, some as low as \$2.00 or \$3.00.
Unity 5K-Ed Raiola/Gary Zane	Gerry Poulin Open Mile-Jerry Saint Amand	The Striders were very active as a club thanks to the leadership of the club at that time and the many strider members who willingly gave of their time to direct races. I might add that many Strider volunteers showed up regularly to help.
Togus 5miler-Chris Bovie	Samoset 10K-Alan Reilly/Al & Carlene Sproul	Hopefully you can recognize how ac- tive the club has been. I trust that I haven't gone overboard to show you just how many races we did have on the calendar. One thing you may have noticed is that some races also in- cluded an open and master's mile. That continues to happen still at the Dyer Memorial 5k.
Rape Crisis 5K-Ruth / Jerry Saint Amand	Colby 5 mile Classic-Jerry Saint Amand	
China 5 miler Classic-Jane Rau	Joan Benoit Masters Mile-Jerry Saint Amand	
Sugarloaf Marathon + 15K-Chip Carey	Seb Mamo Open Mile-Jerry Saint Amand	
Apple Blossom 15K-Doug/Nancy Lu- dewig	Kennebec 10K-Bob Hagopian	
Joseph's 5K/Open and Masters Miles- Jerry Saint Amand	Sentinel 10K Classic-Jerry Saint Amand	
Gardiner Common 5 miler-John Schwerdel	Kingfield 10K-Chip Carey	
Tour du Lac 10 miler-Fred/Joan Mer- riam	Run o' the Irish-Kevin Vickers	
Belgrade Lakes 10K-Geoff Hill	Pine Tree Marathon-Jerry Saint Amand	

**Central Maine
Striders**

**Financial Report
January 2013**

BALANCE FORWARDED	<u>\$1,436.20</u>
<u>REVENUE</u>	
DUES	330.00
MISC	10.00
RACE FEES	93.00
TOTAL REVENUE	<u>\$433.00</u>
<u>EXPENSES</u>	
DONATIONS/RENTALS	25.00
INTERNET	10.00
POSTAGE	27.00
PRINTING	25.94
TOTAL EXPENSE	<u>\$87.94</u>
NEW BALANCE	<u>\$1,781.26</u>

Mt. Washington Reminder

The lottery for entry into Mt. Washington opens Feb. 14 and expires Mar. 14. Drawing is on the 15th and if we want the 5 club nos. they have to be completed and entered on 3/16.

So if interested in running it, try the lottery. If you don't make it, get in touch with me immediately. My e-mail is uphill@uninets.net!

February 2013

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		

March 2013

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

X = race on that day

Check your race calendar and with race director

JANUARY THAW 4 1/2 MILER - BELGRADE - 1/27/13

1	Jeff Jones	42	24:37	8	Kate Cooley	34	37:49*	15	Xar Adelberg	31	41:20
2	David Drew	48	28:24S	9	Lloyd Harmon	72	38:14	16	Lettie Nickerson	49	46:48*
3	Ron Haney	55	31:53	10	Mark McPheters	51	39:16	17	Mike Brooks	67	51:19S
4	Shon Theriault	37	32:11	11	David Benn	67	39:45S	18	Ron Paquette	71	51:19S
5	Harold Shaw	55	32:42S	12	Tom McGuire	66	39:46S	19	Tiffany W	33	57:56*
6	Jeffrey Preble	59	36:29S	13	Kaye McLaughlin	28	40:12*	20	Denny Morrill	73	59:52S
7	Crystal Siren	43	37:04*	14	Casey Nickerson	49	46:48*	21	Lori Drew	47	61:44S*



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

Mid-Winter 10 Mile Classic—2/3/13

		Gust Stringos	1:20:11
Dan Manus	1:15:56	David Benn	1:30:11
RJ Harper	1:17:14	Phil Pierce	1:36:11

January Thaw 4.5 1/27/13 Penguins are Coming



Membership Information - Form

TIME TO RENEW

Please fill out the following information for our records and return as soon as possible, thank you. Only need to fill out if anything has changed, such as your address.

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

Dues: \$15.00 per family which includes one Interval per household (12 issues).

List each runner of your household below:

Runner's Name: _____ Gender ____ DOB: _____
 Name: _____ Gender ____ DOB: _____
 Mailing Address: _____ Home Phone: _____
 City: _____ State: ____ Zip: _____
 Email Address: _____ Volunteer: Yes: __ No: __

Send by email: Yes: ____ No: ____

The January, February and March issues will list all of the Striders who have paid their dues for 2013. If you became a member after October 31 then your membership is good until December 2013.

2013 Central Maine Striders as of 2/9/2013

Beth/Doug Allen	Cliff Fletcher	Sam Mitchell
Helen Amazeen	Patrick Guerette	James Moore
Jeffrey Arsenault	RJ Harper	Dennis Morrill
Bob Bachorik	Dianne Heino	Ron Paquette
Peter Bastow	Tony/Jules Hess	Donald Penta
Linda/David Benn	Bill Hill	Phil Pierce
Guy Berthiaume/Jane Rau	Ormond Irish	Robert Poirier
Susan Brooks	Mark Johnston	Jeffrey Preble
Mike Brooks	Mary Louise McEwen	Joanie Rhoda
Charles/Leona Clapper	Nancy Lagin/Julie Lagin-Nasse	Gene/Sarah Roy
Don/Rebecca Conry	Michael Levey/Michael Brown	Harold Shaw
Richard Cummings	Craig Lewis	Clifton Smith
David Cunio	John Lothrop	Gust Stringos
Keith Curtis	Doug/Nancy Ludewig	Rick Stuart
Nancy/Leonard Duffy	Tom/Lynda McGuire	Laura Woodbury
Eric Ellis	Dan McManus	David Colby Young
Mark/Linda Fisher	David McManus	

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**

MARCH

9- **CHAMBERLAIN MARCH HALF MARATHON & 5K**, April Mckinney/www.chamberlainmarch.com

REGISTRATION INFORMATION: FEE: 5K: \$15 pre-entry; \$20 race day;

Half Marathon: \$35 pre-entry; \$45 race day **T-SHIRTS:** First 50

START: Brewer Armory, 133 Elm St., Brewer, ME at 10:00 a.m.

17- **KERRYMAN PUB 5K**, David Arenstam/207-229-4377/davidarenstam@gmail.com/Saco/12 noon

17- **LUCKY LEPRECHAUN 5K**, Julie Sells/207-322-0627/jksells@yahoo.com/Rockland, ME at 10:00 a.m.

30- **RACE2THE POINT 5K**, Kate Norfleet/207-408-5851/race2thepoint@gmail.com

REGISTRATION INFORMATION: FEE: \$\$20 **T-SHIRTS:** First 250

START: Blue Point School, 174 Pine Point Road, Scarborough, ME at 11:00 a.m.

APRIL

14 - **BOYS/GIRLS CLUB 5 MILER**, Tony Myatt/207-873-1069/tonedog86@gmail.com

REGISTRATION INFORMATION: FEE: \$15 before 1/31; \$18 until race day; \$20 race day **T-SHIRTS:** First 500

START: 277 Cumberland Avenue, Portland at 12 noon

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)

20- **FALMOUTH 4-MILER**, Tony Myatt/tonedog86@aol.com

REGISTRATION INFORMATION: FEE: \$17 pre-entry; \$20 race day **T-SHIRTS:** All pre-entry by 4/7/2013

Similar events to this have taken place at the Falmouth Community Park. A Paark Fest 4-miler took place from 2003, & FCP 4-miler in 2010. A Toys tots 5k took place in 2010 and 2011. If you competed in any of these and are listed in the results (verify at coolrunning.com your entry fee is \$15 and please check the "Alumnus" box.

START: Falmouth Community Park, 18 Winn Road, Falmouth, ME at 8:30 a.m.

CENTRAL MAINE STRIDERS

cmstriders@myfairpoint.net

P.O. Box 1177
Waterville, ME 04903

We share the roads.



Striders

February 16—March 15

Catherine Johnston	March	08	Leona Clapper	March	11
Amy Johnston	March	08	Gary Zane	March	14
David McManus	March	08	Brent Violette	March	15