



THE INTERVAL

Central Maine Striders



March 2013

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Ironhorse 100 Mile, 100K and 50 Miler

Mike Brooks

My wife Denise and I flew to Jacksonville Florida on Feb.1. I did the Melbourne Marathon on the 3rd with Ron Paquette and we planned to also run the 100K together. I was suppose to do Ironhorse in 2012 but was in the hospital instead sucking on ice chips, no food, for 7 days.

Arriving at our motel we met up with good friends Ron, Carl Hunt and Andy Velazco. Both of them had no plans of what distance they would run for sure.

It was near perfect weather at the 7:00am race start, 50's and only warmed up to about 70 during the day and back in the 50's at night. The 100K is two 25 mile loops and 12 miles mostly out and back at end. The loops are about 13.5 miles of forest service roads mostly beach like sand and gravel, 2 miles of old railroad bed with sharp rocks

and the remainder of the course is asphalt on an old railroad bed. Aide stations were about 5 miles apart with water, ultima and a few had some food. The water tasted like it came from a nearby swamp but the volunteers were super. The first loop seemed easy to Ron and me. Andy injured his ankle at about 12 miles and Carl stayed with him. I tried to get Andy to call it a day when his ankle got sore, but he insisted on finishing the loop. They both called it a day at mile 25. They did not plan on doing much more so it was not really a DNF.

I had a few miles early in loop 2 that I felt terrible but recovered to my regular slow pace. Ron had injured his shin area in the the third marathon of the Savage 7 on 12-28. He finished the marathon but was

hurting big time. Ron had to do some painting in Melbourne the next day and by this time his leg was reportedly several different colors of the rainbow and it was not because he spilled some paint on it. Interestingly about 16 runners signed up for all 7 marathons but only 10 of us finished them all. Janice Gagnier of the MTC was one of them. At least four suffered some type of leg injury. This injury started to bother him in loop 2. Both of us found loop 2 to be much tougher than the first time we did the loop. The rocks seemed sharper, the beach like sand deeper and the miles longer. I tripped over a rock that was so small that we had a hard time finding it after I got up from my face plant fall. Figuring I

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Gardiner 5k Race—Mark Johnston

Stride into Summer 5K Walk-Run

Gardiner – The Boys and Girls Club of Greater Gardiner will again be hosting the Gardiner 5K Walk-Run on Monday, May 27, 2013 (Memorial Day!) at 8:00 AM, beginning and finish-

ing at the Waterfront Park in Gardiner. Proceeds of the race will benefit the Boys & Girls Club of Greater Gardiner's summer programs. A 1-mile time split, refreshments, and t-shirts (while they last) will be provided. Registration

forms are available by contacting the Boys & Girls Club of Greater Gardiner at 582-8458. Race directors are Orm Irish (irishorm@aol.com) and Mark Johnston (mjohnston244@ymail.com).



was not going to set a course record I had covered myself with suntan lotion figuring at least I would get a tan . Between the lotion and my sweat the sand stuck to me to make an awful mess. About 15 miles into the loop it got dark and started to feel cold to these to old guys. We could have dropped back to do the 50 miler and get credit for it but you get a nice belt buckle for the 100K and that is the race we signed up for. It was awful tempting to just do the 50 miler when people started cheering us at the 50 mile finishline ,congratulating us . We told them we were doing the 100K so "don't cheer for us , we ain't done yet".

As in most ultras the last miles are the toughest. In this race it seemed especially true. Ron is 71 and I am 67 , maybe this is why these races seem to get tougher every year? Going over the rocky section of the course for the last time a 100 mile runner came

up from behind us and said " you have the midnight wabbles , you guys are zig zagging all over the place". Boy was he right. By mile 55 we were hurting big time especially Ron with his shin . Getting through the sharp rock section felt great , less than 3 miles on asphalt to go and no rocks or roots to trip over! At the finishline we were greeted with cheers and that "we did it feeling". It would have been so easy to drop to the 50 miler but I would rather be "Dead Firetruck Last" in the 100K than drop to the 50 miler. BTW " Dead Firetruck Last " is much better than "DNF" (did not finish) in my humble opinion.

A few hand shakes and a Budlight , crummy beer but it was free, and we left for a hot shower and a good night sleep. The only thing that I had to figure out to get a good night sleep was keeping the weight of the blankets off my very sore feet. I slept sideways instead of on my back . We all met in the morn-

ing for breakfast then went our seperate ways. Andy and his wife Kathy flew their plane back to Atlanta , I think they flipped a coin to see who would be the pilot. Ron headed south to Melbourne to meet up with wife DJ. Denise and I drove Carl to the Jacksonville airport , we then checked into a nearby motel to stay another day. It was great seeing old friends once again and finishing yet another race with Ron . BTW , I tell people I meet that I am Ron's adopted son. He adopted me when I was 14 so he could work me hard on his farm up in Maine. Whenever we go through an aide station I always refer to him as "Dad".

If I go back to this race I will do the 50 miler . Done the 100K so why not the 50 miler?

Ironhorse races—100 Mile, 100K and 50 Mile February 9-10, 2013



**Central Maine
Striders
Financial Report
February 2013**

<i>BALANCE FORWARDED</i>	<u>\$1,781.26</u>
<i>REVENUE</i>	
DUES	180.00
MISC	20.00
<i>TOTAL REVENUE</i>	<u>\$200.00</u>
<i>EXPENSES</i>	
INTERNET	10.00
POSTAGE	27.60
PRINTING	25.94
<i>TOTAL EXPENSE</i>	<u>\$63.54</u>
<i>NEW BALANCE</i>	<u>\$1,917.72</u>

March 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	29	30
31						

April 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	29	30				

X = race on that day

Check your race calendar and with race director

Obituary -Carlton E. Mendell Jr.—10/19/1921-12/25/2012

On December 25, 2012, one of the great ultrarunning legends of New England died at Sanatara Northern Virginia Medical Center. Carlton began running in 1971 at age 50. Within a few years, he was running 85 races a year and by age 62 had set 15 national age group records, many of which were documented in Ultrarunning Magazine in the 1980s. In February, 1993, at the age of 71, Carlton set the North American age group record for 50 miles(9:21:53) and 100-K (11:27:10) in Central Park, New York at the National 100K Championships. Carlton was a World War II combat veteran and completed 47 missions over Germany as a lead navigator. His planes were shot up many times and one B-17 landed in Sweden where he was an extern for a few months. Carlton was 91 years, 2 months old at the time of his death and is survived by dozens of runners who remember the first time they caught Carlton in a race. Carlton was inducted into the Maine Running Hall of Fame and the New England Running Hall of Fame in the early 1990s. Phil Pierce, Jules Marzul, and Carlton ran races together for more than ten years, traveling all over New England and beyond. Now, only Phil, who wrote this piece, survives. Carlton will be buried at Arlington National Cemetery in the spring with high military honors, a 21 gun salute, befitting the great American that he was.

Happy Monday Everyone!

First off thanks for attending our CMS meeting the other night, we had a great turnout and some very good discussion. Before I go into the details of the meeting, **I want to let everyone know we will be meeting again Thursday, April 4th @ 5:30pm in the AYC Library.**

Below is a summary of what we discussed and those who are going to take on the task.

- 1) Re-design of the CMS logo, probably going to run a contest of some sort. (Patrick Guerette)
- 2) New CMS slogan, "we share the roads" doesn't accurately reflect the makeup of runners in Central Maine, because we share everything, probably have this tied into the logo re-design contest. (Patrick Guerette)
- 3) Bringing back some CMS singlets and t-shirts for members, pricing out options. (Patrick Guerette)
- 4) Checking with RRCA to see if we can add new races under the umbrella of the Central Maine Striders for insurance reasons. – Ron Paquette
- 5) Developing a Central Maine Striders website. Key components being a race & events calendar as well as a way to join the striders (printable form or online reg) – Harold Shaw
- 6) Add any upcoming races to the Facebook Page under events, great way to promote your race (note: if you do this from the CMS page you can still share it with all of your friends & it will be on the CMS group calendar)

I am working on an information sheet for the Logo Contest that I will send out to everyone, does anyone have an electronic copy of the current logo? Even a photo would be a great help.

Lastly, I have attached an outline of my plans for the summer race series to be held at the Quarry Rd, I will be looking for some assistance to pull this off, let me know if you want to be involved with this.

CONGRATULATIONS TO THE FOLLOWING STRIDERS ON THEIR RACE PERFORMANCES

Chamberlain Half Marathon-3/9/13

Julie Millard

1:52:44

Mary Louise McEwen

2:03:15

Irish Road Rover 5K-3/3/13

David Drew

19:08

Mike Brooks

33:58

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.

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 3/10/13

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

Check for your name to see if you have renewed. Don't forget to renew. This is the last month that the renewal form will be in the newsletter. You can renew anytime during the year.

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

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- "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.

CENTRAL MAINE STRIDERS

cmstriders@myfairpoint.net

P.O. Box 1177
Waterville, ME 04903

We share the roads.



Striders

March 16–April 15

Bert Brewster	March	25	Ross LaFreniere	April	04
Keith Curtis	March	28	Lex Cote	April	07
Sarah Roy	March	30	Ormond Irish	April	08
Gladys Gugan	March	30	Deonte Ring	April	09
Clifton Smith	March	31	Mary Louise McEwen	April	10
Nancy Duffy	March	31	Thomas Thibeau	April	13
Bill Hill	April	01			