



THE INTERVAL

Central Maine Striders



May 2013

Quarry Road Summer Race Series

Patrick Guerette

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Last May, when I decided to move back to Maine and become the Health Coordinator at the Alford Youth Center, I knew running was going to become a big part of my life, again. A year later I have had the pleasure of working with dozens of youth runners in my Running Club, growing the Doc & Mardie Brown 5k, and even getting a few miles in myself. As summer approaches I am now looking forward to one of the more exciting opportunities I have been presented with in a while, bringing a summer trail run series to Central Maine via the Quarry

Road Recreation Area in Waterville.

The aptly named Quarry Road Summer Race Series kicks off Tuesday, June 4th and will run for 10 consecutive weeks on Tuesday nights. This series will not be like other races you might do this summer, there won't be online registration, or chip timing, and there won't even be free t-shirts to the first 50 to register each week. What you will get, are fun races, on great courses, with challenging terrain, alongside runners from all over the area... all for only \$5.

Now that we are just weeks away from kicking off this series, I am energized by the anticipation of what this could develop into. It almost reminds me of the movie "Field of Dreams", and I am blindly building something in hopes that it will turn into something unexpectedly great. Will five runners show up each week all summer long and I scratch my head on what went wrong? Will so many runners join us that I become overwhelmed by the logistics? I honestly don't know - all I know is that this series will become exact-

(Continued on page 2)

NEWS FROM THE EDITOR-LINDA BENN



Thank you Patrick for the front page this month. Thanks also goes out to Mike Brooks the front page for next month. Please think about doing

the front page for future months. Thank you.

For you who did the Mother's Day 5k in Portland on Sunday, please let me know your time since

there were over 2400 who did the race.

ly what the runners in the area make of it. As you read this, please ask yourself what you hope this race series becomes and how you want to be involved. Perhaps you will run one or all of the races, maybe you feel more comfortable as a race volunteer, or maybe you just want to be a spectator that enjoys being surrounded by other runners. Wherever you see yourself, I encourage you to become involved in some capacity.

My personal hope is that the Quarry Road Summer Race Series becomes more than just a weekly run; it becomes a place for local runners to gather, share stories, develop relationships, and build a larger community of runners engaged with the Central Maine Striders.

See you June 4th!

-More Quarry Road Summer Race Series

Information

Visit us online at:

www.quarryroadraces.com

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 give participants a completely different course 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.

Proceeds from the Quarry Road Summer Race Series will go to support the Boys & Girls Clubs and YMCA of Greater Waterville.

Dates & Times:

Races will be held every Tuesday night from June 4th-August 6th (10 Weeks). The following timeline will be used each week:

5:00pm - Registration Opens

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

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

Registration Fees:

Featured Race - \$5

Kids Fun Run - Free

Prizes:

Male & Female Winners - \$25 Gift Certificate

Raffle Prizes - \$10+ Gift Certificates

(Numbers drawn from race finishers)

Overall Series Winners - \$150 to New Balance Factory Store

Point Series:

Each week participants will receive points based on participation and their finish in their age group. These points will accumulate over the series to determine overall series winners. Points will be awarded based on the following structure.

Finish series race = 1 point each race

1st in age group = 5 points

2nd in age group = 4 points

3rd in age group = 3 points

4th in age group = 2 points

5th in age group = 1 point

Age groups:

18 & under, 19 - 34, 35 - 50, 50 & older

Age groups are defined as runners age as of June 4th, 2013.

Plans are to award one overall Male & Female series winner in 2013, if sponsor support allows we will expand to provide series winners for each age group.

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

**Maine Coast Marathon—
5/12/13**

Bob Poirier	3:21:32
Phil Pierce	4:13:38
Ron Paquette	5:39:45

Rocky Coast 10k—5/4/13

Jeffrey Preble	50:21
Robert Johnston	52:34
Joanie Rhoda	52:48
Jim Moore	1:06:50

Five in One 5k—4/21/13

Gust Stringos	28:44
Ryan-Marie Willette	29:23
Bill Hill	30:06
Mark Jose	33:06
Barbara Covey	34:50

Rocky Coast 5k—5/4/13

David Colby Young	30:03
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May 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	

June 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**

Joseph's 5k - Fairfield - 4/27/13

1	Greg Goodhue	18:17	37	Gwinna Remillard	27:59*	73	Sherry Grunder	37:54*
2	Ethan Kohn	20:21	38	John Ross	28:00	74	Andrea Shorty	37:59*
3	Troy Scott	21:09	39	Jonathan Hachey	28:46	77	Brooke Austin	39 :27*
4	Harold Shaw	21:20S	40	Lisen Chesley	28:50*	75	Michelle Franzose	39:06*
5	Greg Pye	22:07	41	Sarah Mueller	28:55*	76	Victoria Charette	39:16*
6	Ken Grunder	22:50	42	Cathy Bevier	28:58*	78	Skye Austin	39:28*
7	Tony Dessent	23:06	43	Beverly Campbell	29:23*	79	Barbara Luce	39:53*
8	Jillie McAllister	23:13*	44	Bethany Carlton	29:29*	80	Heather Stamler	40:00*
9	Katelynn Cayer	23:14*	45	John Salvato	29:34	81	Karen Corson	40:29*
10	Michael Hinckley-Gordon	23:25	46	Darcy Liberty	29:55*	82	Emily Green	41:09*
11	Maria Bickford	23:48*	47	Jim Moore	31:14S	83	Jaden Green	41:25
12	Noah Koch	24:02	48	Karen Curtis	31:29*	84	Abigail Grunder	43:05*
13	Arne Koch	24:03	49	David Colby Young	31:30S	85	Gretchen Grunder	43:08*
14	Susan Brooks	24:17S*	50	Paula Sawyer	31:48*	86	Alicia Wall	43:09*
15	Kate Cooley	24:19S*	51	Gabe York	32:10	87	Melissa Wall	46:55*
16	Rodney Bailey	24:23	52	Donna Foster	32:15*	88	Emma Wall	46:55*
17	Robbie Liberty	24:45	53	Alyssa Curtis	32:16*	89	Ann Foshay	47:25*
18	Geoff Ponitz	25:05	54	Debra Bailey	32:29*	90	Eli Wall	47:27
19	Lindsay Morris	25:07	55	Grant Ross	32:40	91	Josselyn Green	48:27*
20	Janie Brooks	25:09S*	56	Darcy Ross	32:50*	92	Faith Wall	48:27*
21	Kellie Huard	25:12*	57	Andrew Ireland	33:38	93	Caitlin Foshay	49:15*
22	David Benn	25:13S	58	Beth Ireland	33:39*	94	Isabel Foshay	49:16*
23	Charles Sawyer	25:20	59	Elizabeth Bailey Scott	34:02*	95	Beth Hardenburg	49:36*
24	Skip Pratt	26:10	60	Alecia Collins	34:05*	96	Dylan Hardenburg	49:37
25	Kerry Anderson	26:18	61	Kelsie Dessent	34:17*	97	Monica Odor	53:07*
26	Robert Foshay	26:22	62	Valerie Thibodeau	35:02*	98	Crystal Richardson	53:09*
27	Caleb Luce	26:27	63	Andy Ireland	35:15	99	Justin Richardson	53:10
28	Holly Mackenzie	26:33*	64	Grace Ireland	35:15*	100	Jean Ponitz	53:27*
29	Joyce Williams	26:38*	65	Donna Kissinger	35:21*	101	Diane Engret	53:29*
30	Laura King	26:41*	66	Susan Childs	35:36*	102	Connor Pellerin	53:39
31	Amelia Remillard	26:47*	67	Titus Foshay	36:56	103	Addison Pellerin	53:40*
32	Doug Brooks	27:00S	68	Leo Koch	37:06	104	Jean Low	54:31*
33	Kyle Pellerin	27:36	69	Hilary Koch	37:19*	105	Lisa Moore	54:32*
34	Heather Freeman	27:37*	70	Isaac Foshay	37:40	106	Julie Kelly	55:45*
35	Julie McAllister	27:43*	71	Ryan Martin-Hachey	37:45	107	Seth Franzose	59:45
36	Jesse Jacques	27:51	72	Emily Hachey	37:47*			

UNITY SPRING 5K—UNITY—4/20/13

10	Courtney Dotterweich	18	20:33*	21	Bryce Johnson	14	23:45
40	Olivia McAnirlin	18	29:27*	8	Matt Borowy	19	20:03
50	Colleen Marron	19	40:03*	15	Jesse May	19	22:32
23	Summer Nay	20	24:46*	33	Ryan Morrison	20	26:08
32	Marina Theberge	20	25:53*	3	Taylor Noble	21	17:41
38	Megan Miville	20	28:23*	9	Neil D'Acierno	21	20:07
41	Jena Rose Zoller	20	29:45*	12	Revelin Goewey	21	21:31
34	Nikki Petronio	22	26:50*	29	Jeffery Boudreau	21	25:44
35	Rebecca Flinn	22	26:51*	1	Spencer McElwain	23	15:40
46	Jennifer Wiacek	22	32:06*	27	Cody Zane	23	25:21S
37	Cayce Salvino	24	27:31*	6	Ryan Morrison	20	26:08
49	Ivonne romero	25	32:58*	11	Ryan Desjardins	24	20:55
47	Nicole Prescott	26	32:43*	4	Teddy Mattson	25	18:09
26	Jen VanDeburgh	30	25:09*	5	Aaron Cross	27	18:11
7	Maryann Ray	33	19:32*	22	Nathan Williams	27	24:30
14	Lindsay Spigel	34	22:12*	16	Matt VanDerburgh	31	22:43
45	Heather McAnirlin	40	31:28*	18	Kevin Spigel	35	23:00
48	Alicia Collins	42	32:45*	2	Kevin Petrak	39	16:57
39	Nancy Zane	52	28:41S*	20	William McAnirlin	39	23:45
17	Lori Dana	53	22:46*	36	Eric Kormann	45	27:17
24	Gloria Hewett	53	25:03*	31	Tim Peabody	53	25:46
51	Jacquelin Clark	58	41:06*	28	Al Libby	54	25:32
44	Debbie Matson	61	31:16*	30	Charles Woodbury	55	25:45
				13	Gust Stringos	58	21:42S
				43	Pete Mattsan	58	31:13
				19	Jeffery Preble	59	23:04S
				25	Robert Johnston	61	25:06S
				42	Jim Moore	69	30:13S

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**

MAY

26- **"SEA DOG DASH FOR INHDEPENDENCE 5K AND 10K"**, 207-232-8394/question@runinarace.com

REGISTRATION INFORMATION: FEE: \$20 pre-entry; \$25 race day **T-SHIRTS:** First 200

START: Brunswick Junior High, 65 Columbia Avenue at 8:30 a.m.

26- **"PINELAND FARMS TRAIL RUNNING FESTIVAL"**, Erik Boucher/207-210-8655/erik@justgiddyup.com

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@gmail.com

JUNE

1- **"COBSCOOK 10k"**, Jonathan Aretakis/207-726-5858/jaretakis@hotmail.com

REGISTRATION INFORMATION: FEE: 16 and under \$8; Adults: \$15 **T-SHIRTS:** First 30 pre-entries by 5/28/13

START: Route 1 in Pembroke, ME at 10 a.m.

1- **"RUN TO PLAY 5K"**, Discovery Museum/207-622-2209

REGISTRATION INFORMATION: FEE: \$20 pre-entry by 5/15/13; \$25 after 5/15/13

START: YMCA, Augusta at 9:00a.m.

7- **"DOC'S TIGER 3 MILER"**, Ben White/795-4095

8- **"BLUE LIGHT 5K"**, Colby College//207-859-4310/alumni@colby.edu

9- **"YMCA FOR FIT 5K"**, Ben White/207-795-4095/bwhite@alymca.org

REGISTRATION INFORMATION: FEE: \$20 pre-entry; \$25 race day

START: Festival Plaza, 132 Main St., Auburn at 8:30 a.m.

15- "AMY BUXTON UNDER JOG MEMORIAL 5K", The Buxtons (charity)/207-577-3188/underdogjog@gmail.com

REGISTRATION INFORMATION: START: Cony High School, Augusta

16- "HAMPDEN 8 1/2 MILER"

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

START: George B. Weatherbee School, 22 Main Road North, Hampden at 8:30 a.m.

22- "POTTLE 10K & 5K", Mechanic Falls/8:30a.m./Catherine Griffiths/207-345-9835

**Central Maine
Striders
Financial Report
April 2013**

<i>BALANCE FORWARDED</i>		<u>\$1,920.74</u>
<u>REVENUE</u>		
DUES	135.00	
<i>TOTAL REVENUE</i>		<u>\$135.00</u>
<u>EXPENSES</u>		
INTERNET	15.00	
POSTAGE	27.60	
PRINTING	25.94	
<i>TOTAL EXPENSE</i>		<u>\$68.54</u>
 <i>NEW BALANCE</i>		 <u>\$1,987.20</u>

CENTRAL MAINE STRIDERS

cmstriders@myfairpoint.net

P.O. Box 1177
Waterville, ME 04903

We share the roads.



Striders

May 16—June 15

Susan Brooks	May	19	Denise Brooks	June	03
Beckett Cote	May	19	Dean Rasmussen	June	07
Robert Poirier	May	21	Leonard Duffy	June	09
Barbara Allanach	May	28	Betty Young	June	11
Mark Fisher	May	29	James Moore	June	12
Beth Allen	May	29	Craig Lewis	June	14
Donald Penta	May	29	Lucie Rose Dostie	June	15