



# THE INTERVAL

*Central Maine Striders*



*October 2013*

## Bataan Death March and The Dustbowl March 17 to the 22nd , 2013

Mike Brooks

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I flew out of Boston with my brother Walt to Amarillo, TX . We arrived at 4:15pm and drove 380 miles to Las Cruces , NM late that Friday night. Next day was a little sightseeing and to White Sands Missile Base for packet pick up and to hear the history of the Bataan Death March which took place during WWII in the Philippines. I also met some of the survivors of the Death

March. They are truly remarkable veterans that went through a living hell on earth. If you do this race you should take the time to look up the history of the March , it is amazing how some survived.

I left the hotel early for the 7:05 am start because they would like you on base by 5:00am. Runners lined up in corrals , Wounded Warriors , Military with weighted back

packs , Light Military and light civilian then just plain old runners like me are the order of the corrals. It took me about 30 minutes after the gun went off to get to the starting line where I shook hands with a couple of survivors . It was about 50 at the start but was 81 degrees by the time I finished . Low humidity and strong winds made it feel more com-

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## NEWS FROM THE EDITOR-LINDA BENN



For those of you have Internet the results for the New Balance 5k and the Rise 'n Shine 5k are on our website.

[centralmainestridders.com](http://centralmainestridders.com)

For those of you who don't the Strider results are in the newsletter.

We will be having officers for the coming 2014. Be sure to look for Tom McGuire's article and the ballot on page 5. The results of the voting will be in the November Interval. Be sure to vote by November 8 so we can get the results in the newsletter. Thank you.

There are sure to be changes so look forward to what's coming in the new year.

Front page for November is needed. Any subject is welcomed on whatever you are interested in.

fortable. Most of the course is on sandy trails that are dusty from mile 2 to 7. Then it is a long uphill climb on asphalt roads from 3 to about 13. Now you are on a trail that is mostly downhill to about 20 miles with the last few miles on the asphalt road you ran up on. Now it is back on sandy trails to the finish. At about mile 22 you hit what they call the sand pit. The sand here is like beach sand that you sink into and it makes for slow going.

This is one of my favorite races because of the survivors being there plus all the military doing the race. Can you imagine doing this with a 35 pound back pack and combat boots? How about a wounded warrior with one leg? The cutoff time is 13 hours, would you want to be on this course that long?

There was plenty of food at the finish and then I was off to the "Dust Bowl Races". Brother Walt drove 380 miles and through a small dust storm to Dalhart, TX for my next race tomorrow. The Dust Bowl Series is new this year. It is 5 marathons in 5 days in 5 different states. Texas, Oklahoma, Kansas, Colorado and then New Mexico. Of the 6 races I did in 6 days Dalhart was the one that was toughest on me. My knee hurt from the start, I was tired from Bataan and the 6.5 hour drive. The course was not that tough. It was four loops around a scenic lake Rita Blanca on a gravel trail with a few hills and some

loose sand here and there. There were thousands of ducks and geese on the lake and a few hawks in the area. You could see the remains of birds that the hawks were feeding on, a wing here, a wing there. The weather was good for running, 35 at start, sunny and about 55 at finish. An easy 72 mile drive after the race and we were in Guyman, OK for the next race.

This race was in Thompson Park on a one mile concrete trail around Sunset Lake. The weather again was nice, sunny and cool. With just two small hills on the course the concrete did not seem that bad. We had plenty of geese and ducks here also. I felt better today after the race than yesterday. A two hour ride and we were in Ulysses, Kansas for the third D.B. race. The Chamber of Commerce treated us to a free pasta dinner at their museum location which also gave us a chance to learn about the Dust storms that devastated the area in the 1930s'.

D.B #3 was at the Brentwood Golf Course. No hills, mostly asphalt and a 1.14 mile loop made this the easiest race yet. Again the weather was just about perfect, sunny and cool. As in the other D.B. races I did laps chatting with friends and took my time to enjoy and save a little energy for the next race. After some food at the finish line it was the same routine again, a two hour drive to Lamar, Colorado.

D.B. #4 was in Willow Creek Park. The course was mostly gravel with a little asphalt and one short steep hill in the 3.16 mile loop. Great weather again, feeling good, seeing a few deer and talking to new and old friends made for a fun race. Clayton, New Mexico was where we would be staying for #5. A 140 mile easy, scenic drive and we were there. The race was actually about 25 miles away from where our hotel was.

D.B.#5 was in a state park and was the toughest of the 5 races with a mix of gravel trails and a short asphalt road. It was a double out and back with some steep hills and loose rock. You ran on top of a dam in one section. You repeated this course 8 and a half times. I felt great at the end of the race. This was also another nice weather day. I said goodbye to my friends, thanked the race director and volunteers and headed for Amarillo, TX. A big steak dinner Texas style ended the day.

All the Dust Bowl races were very well organized, they had plenty of food at the aide stations that were run by great volunteers and it was easy driving distances to each race. The awards at the races are for all new half and full marathoners plus the last finisher gets a cabosse. I just missed getting a cabosse a few times. The race director and his friends were great. He did an exceptionally good job considering these

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were all new races. He has another 5 state series in Sept. that I have already signed up for because I know he will do a quality job with them.

I have to thank my brother for all the driving he did and only being stopped once for speeding. He has a streak going now . Three trips in a row he has been stopped that result-

ed in three warnings! I think the cops feel sorry for the old guy.

A nice flight out of Amarillo ended another great trip.

**Central Maine  
Striders  
Financial Report  
September 2013**

<b><i>BALANCE FORWARDED</i></b>	<b><u>\$1,470.01</u></b>
<b><u>REVENUE</u></b>	
RACE FEES	15.00
<b><i>TOTAL REVENUE</i></b>	<b><u>\$15.00</u></b>
<b><u>EXPENSES</u></b>	
INTERNET	15.00
POSTAGE	27.60
PRINTING	21.84
<b><i>TOTAL EXPENSE</i></b>	<b><u>\$64.44</u></b>
<b><i>NEW BALANCE</i></b>	<b><u>\$1,420.57</u></b>

**October 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		

**November 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**

**Central Maine Striders  
Tuesday, October 1, 2013 at 6:00pm  
Alfond Youth Center Library**

**Attending:** Patrick Guerette, Harold Shaw, Jim Moore, Tom McGuire, TJ Wheeler, Sarah Kozer, Sarah Toner, Chris Nichols, Kate Cooley, Tracey Cote

**Items of Discussion:**

**Group Runs - different towns/areas on different days**

Chris mentioned posting when running.

TJ and Sarah run Wednesday evenings (around 5:30pm) in Augusta 3-6 miles. Can post when running too.

Kate said there is a run Sunday mornings at 8am in Skowhegan starting at the Skowhegan Savings Bank near the New Balance outlet.

**Membership: Growth and Benefits**

Growth: promoting and recruiting with gear

Discussion on shirts- don't raise membership cost, add \$ on if shirt is wanted. If dues are in by Jan. 1<sup>st</sup>, can get a shirt.

Benefits: Have newsletter. Ideas of gear, banquet, volunteer opportunities, help in race promoting/organizing

**Club Gear**

Yearly shirts

Vintage gear

Stickers

**Leadership: Officers and Bylaws**

Committee for slate of officers was established: Harold, Jim, Tom, Tracey

Looking for input on slate of officers. Thus far, nominations include Patrick for President, TJ for Vice President, Kate for Secretary, and Harold as the Web Master (Social Media)

**Race Directing**

Ideas on developing a workshop on race directing are welcome

**Action Items:**

Look into printing a shirt for the year

Develop a membership application

Committee for slate of officers will come up with nominees

Bring ideas for a race directing workshop

**Next Meeting: Tuesday, November 5, 2013 at 6pm**

As directed by the members attending the Oct 1 meeting, the nominating committee made up of Tracy Cote, Harold Shaw, Jim Moore, and Tom McGuire are presenting the following slate of officers for 2014 to be voted on by the Strider membership.

Running for president is Patrick Guerette, Program Coordinator, at the Alford Youth Center. Upon graduation from UMD where he was a varsity runner, Patrick returned to central Maine where he assumed his present position and used it as a platform to increase running opportunities for all. He single handedly instituted the tremendously successful Quarry Road Summer Race Series and under his directorship has greatly increased participation in the Doc & Mardie Brown 5K. He'd like to invigorate and reenergize the Central Maine Striders to a position many of us dearly remember.

T Jay Wheeler is a fairly new member from the Augusta area and as vice president would like to involve more members in group runs, especially in the capital district. Along with Patrick, he would like to see increased participation and perhaps required volunteering as part of membership.

Kate Cooley has directed the Farm to Farm Tuesday evening races in Athens for some time and also directed the inaugural and extremely well run Ron Paquette Riverfest 5K this past summer. Kate has already been actively involved and would like to expand that involvement as secretary.

Jim Moore is a long time runner and has been a Strider for over thirty years. As treasurer for well over a dozen years, Jim has kept us on a solid financial footing and has been a reliable volunteer and club supporter in countless ways.

In addition to these elected offices, we are extremely pleased to have Linda Benn returning as Interval editor and thank her for being "the glue" that has held the club together over these past few, less than intense years.

Another fairly new member, Harold Shaw, has agreed to step in and move us into the 21st century by serving as club webmaster, the duties of which he's familiar and well suited to serve. Harold has already been very active and volunteered for every single race in the Quarry Road Series.

With recently increased postal rates and with almost every organization's attempt to become "greener", I'd like to invite all of you to join me in receiving The Interval via e-mail rather than snail mail.

Thanks,

Tom McGuire

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**Slate of Officers**

**President**

Patrick Guerette \_\_\_\_\_  
write-in \_\_\_\_\_

**Vice president**

T Jay Wheeler \_\_\_\_\_  
write-in \_\_\_\_\_

**Secretary**

Kate Cooley \_\_\_\_\_  
write-in \_\_\_\_\_

**Treasurer**

Jim Moore \_\_\_\_\_  
write-in \_\_\_\_\_

Please Vote by November 8th. The results will be in the November issue of the Interval. Thank you.

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

<u>Maine Marathon-10/6/13</u>		<u>Rise 'n Shine 5k-9/27/13</u>		<u>New Balance 5k-8/24/13</u>	
Bob Poirier	3:18:26	Harold Shaw	21:53	Patrick Guerette	19:39
Jeff Arsenault	3:29:27	Maria Bickford	24:05	Gust Stringos	21:29
Ron Paquette	5:57:10	Robert Johnston	24:29	Robert Johnston	24:37
Mike Brooks	6:28:25	Dianne Heino	26:53	Kate Cooley	25:13
<u>Maine Half Marathon-10/6/13</u>		David Benn	27:11	Jane Rau	28:41
David Drew	1:24:32	Jim Moore	32:08	Jim Moore	30:43
R.J. Harper	1:40:37	Ryan-Marie Willette	32:25	Helen Amazeen	40:05
Jeffrey Preble	1:49:20	Keith Curtis	35:25		
		Helen Amazeen	39:37		
		Beth Bridger	43:14		

Bond Brook Treadfest is coming up (Oct. 20th) which presents some great opportunities.

1) [Karen Gross](#) is allowing us to set up a booth/table with information about the Central Maine Striders, this should be great for new member recruitment. I can get the table together and we can have membership forms and it would be great to have at least 1 person there at least through the running portion of treadfest (8a-11:30a). Mountain biking looks like it goes until 2:00pm, so if someone wants to stay until then that would be great also.

2) They are looking for a few volunteers to help 8a-11:30a, from Karen:  
"We really need people who are not running - - 2 people at an aid station and 3 people out on the course as monitors (just in case someone gets hurt). If you can provide any, that would be fantastic!! Times would be 8:00am to 11:30 am. Volunteers get a meal ticket and tech t."

If that sounds like you, than please e-mail Karen at [karengross57@yahoo.com](mailto:karengross57@yahoo.com).

I know a number of people are planning on running, so that will be fun too!

## 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**

### OCTOBER

26- **"TAKE BACK 5K"**, Jessica/207-431-4762/preventionwoman12@rocketmail.com

**REGISTRATION INFORMATION:** Drop off unused/expired meds and participate in 5k

**START:** Skowhegan, ME at 10:00 a.m.

27- **"GREAT PUMPKIN 10K"**, Bob Lanigra/207-883-8662/runner1@gmail.com

**REGISTRATION INFORMATION:** FEE: \$15 pre-entry; \$18 race day **T-SHIRTS:** First 100

**START:** Wormwood's Restaurant, 16 Bay Street, Saco, ME at 9:30 a.m.

27- **"BATH YMCA FAMILY YMCA PUMPKIN 5K RUN"**, Kevin Shute/207-443-4112 x22/kevin@bathymca.org

27- **"NEWPORT RIVERWALK 5K"**, Shawna Melanson/431-0954/shawnapersonaltrainer@yahoo.com/9:00a.m.

### NOVEMBER

2- **"GREAT OSSPREY 10K"**, Anthony Johnson/207-865-6171 x25/johnsona@rsu5.org

**REGISTRATION INFORMATION:** **START:** Wolves Neck State Park, 426 Wolves Road, Freeport, ME at 10:00 a.m.

3- **"RALPH K. THOMAS 8K"**, Dee Love/817-7301/dee.love@penobscotnation.org

**REGISTRATION INFORMATION:** FEE: \$12 pre-entry by 10/30; \$15 race day **HATS:** While they last

**START:** Penobscot Nation Community Building, Indian Island at 10:00 a.m.

9- **"CAPITAL CITY VETERANS DDAY 5K"**, Shawn Totman/stotman@augustaschools.org

Taylor Harmon/ivesrun@gmail.com

**REGISTRATION INFORMATION:** FEE: \$18 pre-entry, \$20 race day **T-SHIRTS:** First 100

**START:** Cony High School, 60 Pierce Drive, Augusta, ME at 9:00 a.m.

## CENTRAL MAINE STRIDERS

cmstriders@myfairpoint.net

P.O. Box 1177  
Waterville, ME 04903

*We share the roads.*



# Striders

### October 16–November 15

Amy Ives	October	20	Bethany Ives	October	27
Patrick Cote	October	20	Rae Pierce	October	27
Maria Bickford	October	21	Nancy Ludewig	October	27
Doug Ludewig	October	23	Jeffrey Preble	October	28
Michael Brown	October	24	Finley Edwards	November	02
Dorothy Ives	October	27	Mark Jose	November	12