

# Central Maine Striders Patrick Guerette



Interval

“have dedicated members. *The only thing constant in life is change.*”

While this quote holds true with all people; runners, by nature, must live this. I say this because without change you cannot have adaptation, and without adaptation there is no improvement, and without improvement there would be no PR’s, and runners *must* have PR’s.

Simply put, in order to move forward—and faster—we must be prepared to endure the challenges and rewards associated with change.

2015 marks the 40-year anniversary of the Cen-

tral Maine Striders, a year in which we expect to see significant changes. Two key club executives, newsletter editor Linda Benn and treasurer Jim Moore, who have been cornerstones of the Central Maine Striders for decades, are vacating their executive posts as of January 1, 2015.

It is impossible to put into words what Linda and Jim have meant to the Central Maine Striders. However, what I can say is that if Linda and Jim had not served in their positions with the passion and care that they have for years, this running club would not exist for us to be part of

today. For that, I think I speak for every member when I say, “thank you, for everything that you have done to keep the Central Maine Striders alive and well!”

For those of you that might not know Linda or Jim personally, I want to share what I enjoy most about each of them.

I cannot think of another way to describe Jim than to just call him “Old School.” This past Thanksgiving, during the race from Champions I was spotting a corner and noticed that Jim was running in shorts, and this past Thanksgiving was NOT warm. After

## News from the Editor– Linda Benn

As most of you now know this is my last issue as editor. Alicia MacLeay will be the new editor.

Memberships can still be sent to the p.o. box. The address is Central

Maine Striders, P.O. Box 1177, Waterville, ME 04903.

I have enjoyed being your editor and I want to thank everyone who has contributed.

Merry Christmas and Happy New Year to everyone.

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the race I asked why he was running in shorts. Jim's response was simply, "I always wear shorts until December." I have nothing but respect for that hardcore philosophy.

Linda has put together the *Interval* monthly newsletter for more than 20 years, and if it wasn't enough work to organize a collection of articles, information, club financials, and race listings on a monthly basis, Linda also would personally scour every local race result she could get her hands on to find and publish race results of active Striders in the newsletter. That kind of personal commitment to

anything is incredibly admirable, and is deeply appreciated.

Obviously, Jim and Linda stepping down will leave big shoes to fill and the new Central Maine Striders executives will have a new makeup than what has steered the club so well over the past two decades. These changes will surely lead to our executives being pushed out of our comfort zones. Thankfully, we are all runners and welcome the opportunity to spend some time out of our comfort zones. Most importantly, we must be prepared for these changes that lie ahead and the growth opportunities that will present themselves.

I hope every Central Maine Strider will ask themselves what they can do to support the Striders and help us transition to our new leadership team and take our club to new heights. There are many opportunities for engagement that every member should consider, from participating in races to directing races to leading group runs to attending monthly meetings and more. There are as many options to help the Central Maine Striders continue to grow as we as we have dedicated members. as we have dedicated members.

As 2014 comes to a close we want to remind everyone to renew their membership for 2015. To renew members can visit <http://www.runsignup.com/centralmainestriders> and complete the online member registration, most every member should already have their e-mail linked to a runsignup account as we are using this system to track our member database.

Not only is online renewal environmentally friendly, it also reduces the time that club volunteers need to spend on updating the member registry, allowing them to commit additional time to other Strider projects. We also ask members are mindful that delivery of the "Interval" newsletter via e-mail is also environmentally friendly and will save the club funds that can be used to further develop club offerings. We are looking forward to an exciting 2015 - we hope you will join us again! This is an option.

**50 STATES MARATHONING TIMES 5**  
**JUNE 21 , 2003 TO OCT. 19 , 2014**  
**Mike Brooks**

One of the best things I ever did was starting to run races in 1995. In Oct. of that year I ran my first marathon and reached my goal of qualifying for Boston . BTW, the only time I qualified. I was just shy of 50 years old. A few years later I became interested in running a marathon or ultra marathon in every State. Finishing the States the first time in 2003 I never thought I would do them again. Fast forward to Oct. 2014 and I just finished the 5th time .

Trying to keep this article short is hard since I have had so many wonderful experiences doing the States but I will try. People often ask why I do so many races and travel so much. Three reasons mostly , I like to travel to different places , meet people and of course run. I have been to most of the National Parks and Monuments , all the state capitols , seen an abundance of wildlife , been to 4 of the Hawaiian Islands , as far north as the Arctic Circle and as far south as Key West , FL while doing the States. Running has made it possible to make hundreds of friends and acquaintances. The longer the race the closer the friendships it seems. Run a 100 miler with someone and you get to know them pretty well. Stay at their home , crew or pace for them or them for you makes for a closer friendship. Sprain your ankle and have someone help you finish the race really forms a bond , " leave know one behind".

The Badwater 135 mile race was my biggest fundraiser raising around \$28,000 for Camp Sunshine. The Camp is for seriously ill children and their families. I had no problems during the race thanks to having the best crews possible , three 50 Staters and "couch Bob". My longest race was 491 miles in the Ten Day Self Transcendence race. I was suppose to transcend into another state of mind but transcended into another state of pain but raised \$11,000 for Camp Sunshine.

Some pretty funny things have happened while running. Doing a 100 miler in Kansas on open prairie I ran with a herd of cattle that I thought were buffalo at first. Another 100 miler in SD the race director warned us about cougars and every time I flashed my light on what was probably a deer the big eyes of a cougar showed up. Doing Badwater I saw giants , peed on asphalt that started to melt and saw a golf course in the middle of the desert.

I can not say what was the best part of all this but the friendships I have made and raising money for charity are two of them . My brother Walt has really helped me. Driving cross country twice and to at least 100 races. Denise ,my wife for by putting up with all my traveling and spending all that money on expenses. Thanks to everyone who has donated to my fundraisers , crewed and or paced for me ,put up with my constant babbling while running, especially "my Dad" Ron Paquette and to the 50 State Club committee for all their work.

	<b><i>BALANCE FORWARDED</i></b>	<b><u>\$1,419.60</u></b>
<p style="text-align: center; font-size: 1.2em;"><b>Central Maine Striders</b></p> <p style="text-align: center; font-size: 1.2em;"><b>Financial Report</b></p> <p style="text-align: center; font-size: 1.2em;"><b>November 2014</b></p>	<b><u>REVENUE</u></b>	
	DUES	25.00
	MISC	120.00
	RACE FEES	0.00
	<b><i>TOTAL REVENUE</i></b>	<b><u>\$145.00</u></b>
	<b><u>EXPENSES</u></b>	
INTERNET	15.00	
POSTAGE	42.60	
PRINTING	18.15	
<b><i>TOTAL EXPENSES</i></b>	<b><u>\$75.75</u></b>	
	<b><i>NEW BALANCE</i></b>	<b><u>\$1,488.85</u></b>



MEMBERSHIP REGISTRATION/RENEWALL FORM

Return to: Central Maine Striders, P.O. Box 1177, Waterville, ME 04903  
 Dues: \$15.00 per family, which includes one Interval Newsletter per household.

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ DOB: \_\_\_\_\_  
 Mailing address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Additional Runners in Household

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ DOB: \_\_\_\_\_ Email: \_\_\_\_\_  
 Name: \_\_\_\_\_ Gender: \_\_\_\_\_ DOB: \_\_\_\_\_ Email: \_\_\_\_\_  
 Name: \_\_\_\_\_ Gender: \_\_\_\_\_ DOB: \_\_\_\_\_ Email: \_\_\_\_\_  
 Name: \_\_\_\_\_ Gender: \_\_\_\_\_ DOB: \_\_\_\_\_ Email: \_\_\_\_\_

I am interested in participating in (check all that apply):

<input type="checkbox"/> CMS Races	<input type="checkbox"/> Group Runs	<input type="checkbox"/> Track Workouts	<input type="checkbox"/> Team Races	<input type="checkbox"/> Monthly Meetings
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I am interested in helping with the following (Check all that apply):

<input type="checkbox"/> Race Volunteering	<input type="checkbox"/> Race Directing	<input type="checkbox"/> Organizing Group Runs	<input type="checkbox"/> Organizing Workouts
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Please send my "Interval" Newsletter":  By Email  Standard Mail

RRCA Waiver

I agree that I am a member of Central Maine Striders, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include: 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. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in club organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and inconsideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Central Maine Striders and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please fill-out out and return to:**  
 Central Maine Striders, P.O. Box 1177, Waterville, ME 04903  
 Dues: \$15.00 per family, which includes one Interval Newsletter per household.

# *Race Calendar 2014*

Visit [www.centralmainestridders.com](http://www.centralmainestridders.com) for our calendar of upcoming Maine races, additional race info, and to submit your own race. All race dates, times, locations, and info subject to change. Please contact race directors to confirm race details.

## **Other Upcoming Maine Races**

**Wednesday, December 31**

**Polar Bear Dip & Dash** (East End, Portland)

Winter 5K run/walk and Polar Bear Plunge into the Atlantic presented by The Natural Resources Council of Maine. <http://nrcm.kintera.org/dipdash>

**Sunday, January 4**

**Scarborough Frozen 5K** (Scarborough High School)

Benefit for Scarborough track and cross-country programs.

<http://www.active.com/scarborough-me/running/races/scarborough-frozen-5k-road-race-2015>

**Sunday, January 18. at noon January Thaw Road Race 4.5M**

(Belgrade Central School, 158 Depot Road, Belgrade)

Run with the penguins at the 36th annual January Thaw 4.5 miler road race, presented by Central Maine Striders FMI  
Gene Roy [generoy1@gmail.com](mailto:generoy1@gmail.com)

**Sunday, January 18**

**Indoor Insanity 5K** (Field House, Colby)

Presented by Maine Indoor Air Quality Council. Includes half-mile kids fun run. Snow date: January 25.

<http://www.maineindoorair.org/indoor-insanity-5k>

**Sunday, January 18**

**Jimmy the Greek's Frozen 4-Miler**

Benefits "Send a Kid to Camp" through Old Orchard Beach Recreational Department and Boys and Girls Club Alumni Association Scholarship.

<http://www.active.com/old-orchard-beach-me/running/distance-running-races/jimmy-the-greeks-frozen-4-miler-2015>

**Sunday, January 25**

**Bradbury Squall 3.5M Snowshoe Race** (Bradbury Mountain State Park, Pownal)

Presented by Trail Monster Running, the Bradbury Mountain Snowshoe Series test racers on three separate courses circling and climbing Bradbury Mountain. <http://trailmonsterrunning.com/bradburysnow>

**Sunday, February 1**

**Mid-Winter Classic 10-Miler** (Cape Elizabeth High School)

Registration closed. Wait list only.

<http://www.midwinterclassic10miler.com/>

**Sunday, February 8**

**Longfellow February Frostbite 2.5K** (Portland High School)

Sponsored by The Longfellow Chorus.

<http://www.longfellowchorus.com/frostbite.html>

**Sunday, February 15**

**Bradbury Whiteout 4.5M Snowshoe Race** (Bradbury Mountain State Park, Pownal)

<http://trailmonsterrunning.com/bradburysnow>

**Sunday, February 22, at 10 a.m.**

**Quarry Snow Shuffle 5k Showshoe Race**

(Quarry Road Recreation Area, Waterville)

5K Snowshoe Race (10 a.m.), plus free family 1-mile run/walk (9:30 a.m.) Limited number of loaner snowshoes for registered races. Event benefits WinterKids. Strider members get 20 percent off snowshoe race with promo code CMS15

**Sunday, March 1**

**Bradbury Blizzard 5M Snowshoe Race** (Bradbury Mountain State Park, Pownal)

<http://trailmonsterrunning.com/bradburysnow>

**Sunday, March 1**

**Irish Road Rover 5K** (Portland)

Benefits Habitat for Humanity of Greater Portland.

<http://www.irishroadrover.com/>

**Saturday, March 14**

**Winter Cowboy 5K Snowshoe & Snowrun**

Baxter Outdoors Packed Powder Series

<http://www.baxteroutdoors.com/packedpowderseries.html>

# 36<sup>th</sup> Annual January Thaw Road race

The Penguins are coming!

Penguins will once again make their one day only appearance in Maine in time for the January Thaw. You old timers may remember in years past, how penguins clustered at the finish of the Central Maine Strider's 4.5 mile race in Belgrade. This year's race is scheduled for noon on January 18 at the Central School in Belgrade.

fee: \$10

## Waiver and entry form-January Thaw Road Race

I know that running is a potentially hazardous activity. I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run. I assume all risks associated with participating in this event including but limited to falls, vehicular traffic, contact with other contestants, effects of weather including frostbite and getting lost. Having read this and knowing the 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 and the Belgrade Central School from any blame.

Name \_\_\_\_\_ M \_\_\_\_ F \_\_\_\_ Age \_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Signed \_\_\_\_\_ by parent if under 18

Race Directors: Gene Roy, [generoy1@gmail.com](mailto:generoy1@gmail.com) Ron Paquette, Geoff Hill

**CENTRAL MAINE STRIDERS**

P.O. Box 1177  
Waterville, ME 04903

cmstriders@myfairpoint.net

*We Share the Roads*

**Our Website**  
**centralmainestridders.com**



**December 16– January 15**

December	16	Sherri Reardon	January	01	Dave MacLeay
December	21	Tracey Cote	January	07	Paul Rhoda
December	24	John Lothrop	January	12	Gust Stringos
December	30	Rena Deschenes	January	14	Lisa Simm
December	31	Helen Amazeen	January	15	Barry Hopkins
January	01	Sara Kozer			

**Striders**