

# Central MAINE Striders

# Interval

## Riverboat Series Marathons April 12 to the 16th , 2014 Mike Brooks

Brother Walt and I flew out of Portland to Memphis two days before the first marathon so we could go to Mammoth Cave National Park. From there it was to my first of 5 marathons in 5 states in 5 days. Belmont State Park in Columbus , KY was the very scenic location overlooking the Mississippi River. The course was hilly , about half asphalt bike path and half dirt trail . It was a 2.184 mile figure 8 that you repeated until 26.2 miles was done. I did most of the race

with 2 friends. Another friend , Norm, came upon a large snake on the dirt trail and badly twisted his ankle trying to get away from it. He is a big , tough retired Army guy who is very afraid of big , bad snakes. As soon as I finished it was off to Millington ,TN about 130 mile drive and close to Shelby State Park. This race was a 2.184 out and back on asphalt bike trails. It was about 80 degrees but a lot of the course was shaded by big trees. Yesterday felt hotter, less shade and

high 80's. I did the entire race with my friend Frank. These courses give you a chance to see the other runners often and to me are more fun and give you a good chance to meet other runners. Some runners will do all 5 marathons or Half marathons , others might do just one or two. Norm hobbled through the marathon but was having a tough time with the ankle. A 200 mile drive brought us to the small town of Lake Village , AR. A 10 mile drive the next

### News from the Editor– Linda Benn

I would like to apologize for not getting the newsletter sent last month to those who get it by email.

Thanks to everyone who has helped with

the front page. I will need only one more month since I will be giving the newsletter to someone else. She will probably doing the newsletter differently.

I hope everyone has a happy Thanksgiving.



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morning and we were at Lake Chicot State Park for race #3. This was a 1.31 mile out and back on asphalt road with no traffic. About 10 minutes into the race thunderstorms rolled in . Lightning flashes, pouring rain and loud thunder continued off and on during the entire race. Some runners jumped into their cars, some dropped from the marathon to the half and a few quit . The course was flooded in many places but some runners had a " singing in the rain" attitude and made the best of it. No sense bitching about something you can't change. Norm fell spraining his ankle worse than before. He had to drop to the half. A short 40 mile drive and we were at our motel in Greenville, Mississippi Race #4 was about a 30 mile drive from motel to Hollandale , MS at Leroy Percy State Park. This was another 1.31 out and back on paved roads with no traffic. What a difference a day makes! Sunny ,windy and cool made for perfect running weather on this flat , scenic course . By

now most runners knew each other or were at least saying something to you when they saw you on the course. All these races had roughly 100 to 130 runners in them and about 20 doing all 5. To keep track of your laps you would get a rubber band each time you completed one plus they would check your lap off. The volunteers were great as were the race director , his wife and sister Vicky. I left the race in a hurry and forgot my wind pants and water bottle which plays into tomorrow's race. It was a 120 mile drive to Winnsboro , Louisiana and our motel 100 yds. from race start. This would be the shortest course . Arriving at the race start I asked if anyone had my pants . Vicky had them and everyone wanted to know how Vicky got my pants . I just said that we were staying at the same motel and figure it out for yourselves. The race was in Civitan City park on paved bike trails with the course shaped like a lollypop . It took 22 laps to do 26.2 that is a lot of rubber

bands. This was a scenic course with one hill and lots of old magnificent trees. I enjoyed watching the squirrels , ducks and turtles each lap. Everyone was in a great mood for #5 except one friend who could not finish the race due to fatigue and an injury. She is in her 60's with a few health problems. Crying and telling me how slow she has become I said "how many women in their 60's with your problems can do 4 marathons in 4 days? None. I saw her in May where she did all 4 marathons in the New Mexico State Park Series. They don't make them gutsier than her. Taking pictures with my running friends and volunteers it was back to Memphis to catch our flight the next day. Walt had gone to the Vicksburg N.P Battlefield and was happy to check off 2 National Parks on this trip.

Mike Brooks

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.



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):

Form with checkboxes for CMS Races, Group Runs, Track Workouts, Team Races, Monthly Meetings

I am interested in helping with the following (Check all that apply):

Form with checkboxes for Race Volunteering, Race Directing, Organizing Group Runs, Organizing Workouts

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.centralmainestriders.com](http://www.centralmainestriders.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.

## November

**22- Gaspig Gobbler** (Lovell), Presented by Lovell Recreation Department.

<https://www.runreg.com/9th-annual-gaspig-gobbler>

**23- Maine Track Club Turkey Trot 5K** (Cape Elizabeth Middle School), 46th annual race.

<http://mainetrackclub.com/wp/event/maine-track-club-turkey-trot-5k-3/>

**23- "TURKEY TROT 3 MILER", Arthur Libby/207-989-4140/alibby@breweredu.org**

**REGISTRATION INFORMATION: FEE: \$15 T-SHIRTS: Are available**

**START: Brewer High School, 79 Parkway South, Brewer at 1:00p.m.**

**27- Gaspig Gobbler 5K** (Cony High School, Augusta), Presented by Cony All Sports Boosters.

<https://www.runreg.com/gaspig-gobbler-5k-road-race>

**27- "CHAMPIONS FITNESS CLUB 10K, 5K", Lisa Deane/873-0571**

**REGISTRATION INFORMATION: FEE: \$15 T-SHIRTS: Pre-entry by 11/21**

## Central Maine Striders Financial Report October 2014

<b>BALANCE FORWARDED</b>		<b><u>\$1,593.85</u></b>
<b><u>REVENUE</u></b>		
CLOTHING	175.00	
DUES	45.00	
<b>TOTAL REVENUE</b>		<b><u>\$220.00</u></b>
<b><u>EXPENSES</u></b>		
CLOTHING	337.60	
INTERNET	15.00	
POSTAGE	19.60	
PRINTING	22.05	
<b>TOTAL EXPENSES</b>		<b><u>\$394.25</u></b>
<b>NEW BALANCE</b>		<b><u>\$1,419.60</u></b>

# October 2014

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

			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 2014

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

						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
31						

**CENTRAL MAINE STRIDERS**

P.O. Box 1177  
Waterville, ME 04903

cmstriders@myfairpoint.net

*We Share the Roads*

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



## November 16– December 15

November	17	Mike Brooks	December	01	Jeremy Conry
November	17	Donnajean Pohlman	December	08	Janie Brooks
November	17	Guy Berthiaume	December	09	Dan McManus
November	19	Greg Keller	December	12	Jane Rau
November	20	Randy Wilson	December	15	Eric Ellis
November	30	Patrick Guerette			

# Striders