



# THE INTERVAL

## Central Maine Striders



### "Picking Up a Bad Habit Without Realizing It"

#### GAIT ANALYSIS

Phil Pierce

November 2008

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The runner's edge is a cutting edge and it can cut both ways: This was a lesson learned by an ageing runner.

It was a week after a successful Boston Marathon (any time under 4 hours currently defines success) and I was running the unique James Joyce Ramble 10K in Dedham, Massachusetts. At the 4 mile mark, my left calf tightened up and I limped in, managing a respectable 48:17. The calf bothered me off and on, and I had

to skip a race or two. Again on July 4, 2008, at the Freeport 10K, at mile 4, another tightening and a difficult finish. I backed off again.

At the Beach to Beacon 10K, I was pumped and ready. I started slow and built up momentum. I passed several runners that I love to pass. (You know who you are.) At mile 4, my calf seized so badly that I could not walk off the course, no less limp to the finish. I was done. After

the walkers past, I carted to the finish line in the paddy wagon, with other runners with similar calf problems. I rested for the month of August and began running again in September. In 3 days, I realized I could no longer run. Rest and stretching had done no good. More races missed - Clarence DeMar Marathon and the Rise and Shine 5K. I was getting depressed.

At the urging of a friend at work I went to a

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### Editor's News—Linda Benn

Merry Christmas and Happy New Year, everyone.

As will notice there isn't a race calendar this month. Although there is a race in January, I don't have all the infor-

mation as of yet. When I receive it I will get the information out to you as soon as possible.

The January Thaw 4.5 miler is being held on Saturday, January 24th., mark your calendars The race starts at the

Belgrade Central School in Belgrade.

The complete results will be in the January issue of the Interval along with the race calendar.

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sports medicine physician on September 22 and she referred me to a physical therapist, a David Reese in Falmouth, Maine. At 6 PM on Tuesday, October 14th, he performed a "gait analysis". He did this by riding a bicycle down Route 1 while I ran at a good clip. After 600 yards we stopped and he said: "I see the problem. You are more than pronating your left foot. You are flipping it in the air, landing on the outside of the foot. To correct this, you need to keep that foot straight, land on the inside of the foot, and push off on

the big toe." I tried to run as he had instructed and it felt funny for 4 or 5 steps, then more natural on days, I practiced running as he had instructed.

Over the next few , foot straight and level, pushing off on the big toe. No problem; just like that my calf seizures disappeared and I was back to running. I had ; perhaps I had "compartmental syndrome" whereby the muscle cells of the calves were no longer large enough to contain necessary cell fluids. Wrong!

Anyway, I am happy to report that I am back to running and racing after 6 months of persistent calf problems, and that this simple adjustment in gait has made all the difference in the world. The lesson was that a correct analysis of a running problem (or bad habit) can help immediately and may keep you running a few more years.

I deeply missed the running and racing scene and am very happy and fortunate to be back. It will take a while to get back into decent racing shape. Running form needs to be maintained in order to stay uninjured. Hoping to see you on the

## 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 family below:

Runner's Name: _____	Gender ____	DOB: _____
Name: _____	Gender ____	DOB: _____
Mailing Address: _____	Home Phone: _____	
City: _____	State: ____	Zip: _____
Email Address: _____	Volunteer: Yes:___ No:___	

The January, February and March issues will list all of the Striders who have paid their dues for 2009. If you became a member after October 31 then your membership is good until December 2009.



## Maine Running Hall of Fame—Gene Roy

The fifteenth induction banquet for the Maine Running Hall of Fame was held at Killarney's in Waverille on Nov. 2nd. The purpose of the Hall is to recognize distance runners and track and field athletes who have made outstanding achievements or contributions to the sport of running in Maine. The Central Maine Striders have supported the Hall since it's origin with volunteers for it's many projects, membership on the board and donations.

Four athletes were inducted this year.

Scott Brown of Lewiston, a state cross country champion, teacher, coach and racer for the past 30 years.

Andrea Hatch of Castine. Andrea was the first female member of the Striders. She holds the record for the most consecutive finishes for a female at the Boston Marathon, 31 and still counting. Her husband, Harold, also an early Strider was inducted into the Hall of Fame in 2006, making them the only husband wife team in the Hall.

Julia Kirkland of Portland was the first NCAA athlete to win 3 national titles in three sports in one year. She has been racing for over 25 years.

Eric Nedeau of Kennebunk is now coaching at Amherst. Eric won 6 state titles in high school. He was the first Maine runner to break the four minute mile. The five time All American finished 4th in the Olympic trials in the 1500 while running with a groin injury.

The board also recognized Maine's two oldest races: the Portland Boy's and Girl's Club and Bangor's Labor Day Race, both 5 milers.

## RESULTS—DECEMBER 1984

### SEASON'S GREETINGS 4 MILER - MADISON - 12/1/84

1	Chris Bovie	22:52	8	Paull Dall	27:53	15	Lucien Lessard	29:55
2	Fred Judkins	23:07	9	Jerry Saint Amand	28:10	16	Sarah roy	29:59
3	Warren "Red" Dean	23:31	10	Jim Moore	28:13	17	Judy Bjorn	30:02
4	Dean Rasmussen	25:19	11	Bob Nicholson	28:50	18	Donnajean Pohlman	31:13
5	Bruce Fenalson	25:41	12	Bob Hagopian	28:50	19	Doug Malloy	31:49
6	Martin Schiff	26:34	13	Alan Campbell	29:04	20	Ron Korzenowski	36:13
7	Pat Roy	26:35	14	Claudia Takacs	29:32	21	Berit Freeling	39:12

## RESULTS—NOVEMBER 2008

### CHAMPIONS 10K - WATERVILLE - 11/27/08

1	Tommy McWalters	35:43	19	Celine Goodine	53:19*	37	Ashley Clarke	1:00:42*
2	Jonathan Kent	37:04	20	Stephen Potts	54:31	38	Moriah Giguere	1:01:12*
3	Greg Goodhue	38:28	21	Lori Parks	54:32*	39	Kristy Ferran	1:01:42*
4	Don Harriman	38:57	22	Jay Roy	54:32	40	Arnie Dubois	1:01:42
5	Charlie Boyle	39:14	23	Melissa Sawyer	55:00*	41	Ashley Sennett	1:01:42*
6	Gust Stringos	43:41S	24	Hank Jordan	55:06	42	Sally Melcher	1:02:21*
7	Bruce Maxwell	44:21	25	Chris Poirier	55:14	43	Noelle Giguere	1:02:41*
8	Charlie Jacobs	45:25	26	Scott Downie	58:05	44	Carmen Goodine	1:02:41*
9	Paul Josephson	45:36S	27	Chris Marcoux	58:05	45	Jenny Engle	1:02:52*
10	Mike Bhanos	48:27	28	Tracy Jervais	58:10*	46	Ron Paquette	1:04:45S
11	Sarah Eustis	48:52*	29	Becca Walsh	58:15*	47	Kelly McCullough	1:05:25*
12	Mike Parks	48:48	30	Ryan Mcdougall	58:15	48	Holly MacKenzie	1:05:25*
13	Lauren Downie	48:57*	31	Ryan Goodine	58:15	49	Heidi Loughlin	1:15:30*
14	Michelle Young	49:37*	32	Jennifer Goodine	58:15*	50	Leslie Look	1:15:31*
15	David Benn	50:19S	33	Barbara Newman	58:20*	51	Tammy Johnson	1:17:19*
16	Stephen Hodgdon	51:52	34	Angelina Brooks	58:20*	52	Roxanne Giguere	1:20:51*
17	Deahna Giguere	52:10*	35	Carleen Meers	1:00:42*	53	Mark Giguere	1:20:51
18	Ken Walsh	52:55	36	Mike Boucher	1:00:28			



**MERRY CHRISTMAS**  
**HAPPY NEW YEAR**

Central Maine  
Striders  
Financial Report  
November 2008

<i>BALANCE FORWARDED</i>	<u>\$1,947.66</u>
<u>REVENUE</u>	
DUES	225.00
MISC	10.00
<i>TOTAL REVENUE</i>	<u>\$235.00</u>
<u>EXPENSES</u>	
DUES/FEES	667.20
INTERNET	10.00
POSTAGE	42.00
PRINTING	34.02
<i>TOTAL EXPENSE</i>	<u>\$753.22</u>
<i>NEW BALANCE</i>	<u>\$1,429.44</u>

### December 2008

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			

### January 2008

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

X = race on that day  
Check your race calendar

CENTRAL MAINE  
STRIDERS

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Waterville, ME 04903

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*We share the roads.*

DECEMBER 16–JANUARY 15

December	24	John Lothrop	January	11	Steve Saunders
December	29	Joyce Williams	January	11	Carroll Ware
December	30	Rena Deschenes	January	12	Gust Stringos
January	01	Bill Ford	January	15	Jeffery Arsenaault
January	07	Paul Rhoda			



STRIDERS