



# THE INTERVAL

Central Maine Striders



## Uncle Fred Won it, I can Finish It Paul Josephson

December 2009

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You run marathons for a lot of reasons, and you run Boston for those same reasons and more – you trained all winter in the snow and cold, you qualified for the April run by dint of effort, you’ve been goaded by sadistic running partners into the effort, or perhaps your Great Uncle Fred (Cameron) won the race in 1910, and you can’t think of a better way to celebrate his victory than by completing

Boston on the 100<sup>th</sup> anniversary of Fred’s run. That’s what inspired Julie Milliard to run Boston this spring.

Julie, a professor of chemistry at Colby College, has run ten marathons, mostly in the late 1980s and early 1990s. Then research, family and children made training a bit harder, as did those lovely phenomena of plantar fasciitis and New England winters. Then, year

ago, recalling long talks with her mother about Uncle Fred each spring, remember brother Peter’s 1978 Boston and his 1980 Olympic trial, Milliard determined to gear up for the for the qualifying attempt. She’d run 3:06 at Sugarloaf in 1993, but four hours in 2009 would be a tall order. Milliard finished Sugarloaf last May in 4:00:39, to qualify easily – by 21 sec-

*(Continued on page 2)*

### Editor’s News—Linda Benn



It’s the Christmas season. I hope everyone has they’re Christmas shopping done and is still getting your running in.

I received results from David Cunio. He says that he hasn’t run for 7 1/2 years. He did first

race after the 7 1/2 year lapse at the Presidential 5k in Kennebunkport. His second race was the Great Pumpkin 10k with an even better time.

I’ll keep you updated on the January Thaw race. I’m sure that Geoff will

need volunteers. For those of you who won’t be running, why not consider volunteering.

Don’t forget to renew.

Merry Christmas and Happy New Year.

(continued from page 2)

onds. Without the inspiration of Uncle Fred's one-hundredth anniversary, Julie doubts she would have tried another marathon.

Canadian newspapers reveled in Fred Cameron's unexpected win in Boston against America's best amateurs. The Halifax Herald proudly claimed to discover Cameron in its sponsored 10-mile race that he won in 56:16, building on his Maritime Provinces five-mile championship that nearly established a national record. Cameron apparently took Boston on low mileage. He said in Nova Scotia "we have sand roads and as there is a lot of snow there I could not train for this race as long as I would have liked to, so I really only had two weeks to get ready," He prepared for heat by "running in heavy sweaters."

Heavy humidity blanketed the seacoast on April 18, 1910, when Fred Cameron covered the course in 2:28:52.8; Canadian observers were certain he'd have set the course record in better conditions. Nearly 200 starters, 150 finished, and seven Canadians were among the first dozen runners with Cameron holding the lead "without any

apparent exertion, and never seemed in distress." "With the exception of a mile or two at the start, the little Amherst runner never saw the heels of a competitor." He ran carefully and kept an even pace so did not mind the heat. He never faltered on the hills, although he claimed to be "too heavy, weighing about 120 pounds. I lost seven pounds during the race."

At 5'3", the "diminutive, sturdy, blue-eyed, modest and unassuming" had begun running only 3 years earlier. Cameron said, "I did not expect to win the race, so I am greatly pleased at the result." He knew he'd be in the top five, but feared mostly Corkery of Toronto. Clarence Demar "a youth" from Boston and eventual seven-time-winner, finished second one minute behind, while Jim Corkery was third almost five minutes further back. Demar was 2 minutes behind at Coolidge corner but could not close the distance.

We may marvel today at the clockwork precision of Boston, from the corrals and porto-johns in Hopkinton, to the finish and chute in Boston. Not so in 1910. Twenty-seven of the starters had passed through Framingham Sq

when a freight train crossed the road, held the remaining runners back for two minutes, and ruined their chances. Cameron himself had to deal with smoke-belching automobiles and bicyclists who accompanied the leader out of curiosity.

Uncle Fred returned quietly to his hometown of Amherst, Nova Scotia, in a decorated rail car chartered by the town mothers and fathers. Between Moncton and Amherst hundreds cheered at each stop and 5,000 waited to meet him at home. Cameron became a professional runner after Boston, but gave up running before World War I, married an Amherst woman, and moved to Vancouver, where he died in 1953 at the age of 65.

Paul Josephson teaches at Colby College, and is studying how to age gracefully, run long distance, and avoid injuries. See Tom Derderian's Boston Marathon for more details on Uncle Fred's Race. Perhaps Julie will make the next edition? We'll provide a brief letter to Fitz and NER in April to report on Julie's race.

STRIDER NEWS

**Five Dollar Marathon! - Ron and Donnajeon**

On December 12th, Mike Brooks and I traveled to Roxbury, Ct., about an hour west of Hartford, to run a marathon put on by the local running club. No bling with this race! Fifty seven finishers enjoyed a smoothly operated, amply supported race with a course that featured an out and back 8 plus miles on a narrow dirt road along a creek followed by a series of 3.5 mile loops which passed by the start/finish area. Figure the price of this event at about 19 cents per mile when typical marathons today are \$60-200 entry fees. You do the math.

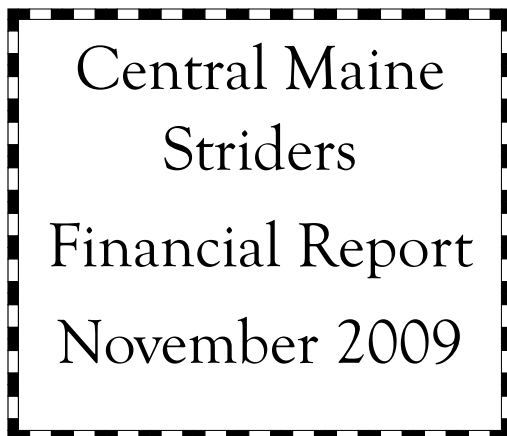
**Farm-to-Farm 5K Series & Turkey Trot—Ron and Donnajeon**

What a bargain!!! Where can you run a 5K for \$3 on a dirt road with no traffic, enjoy scenes of fields and farms, socialize with very friendly people, every Thursday at 6 pm all summer, and top it off with the Sunday before Thanksgiving Turkey Trot? Answer: in Athens Maine.

Marjorie Scott and her daughter Kate, with the help of the Victory Grange members, conduct this series of races to fund their area youth activities.

Donnajeon and I were able to attend a couple of these events. It was a reminder of "days gone by" when you had an opportunity to test yourself on a fair course without all the expense associated with today's races. The course is an out and back, water at the turn-around, no sharp corners, a couple of rolling hills, on a truly open road. The Turkey Trot is the same course with the same fee of \$3 with a homemade fleece scarf for preregistered participants. What a deal!

I highly recommend you take a summer drive to rural Athens and give it a try. Whether you walk, run, or race it is sure to be an enjoyable evening.



|                          |        |                       |
|--------------------------|--------|-----------------------|
| <i>BALANCE FORWARDED</i> |        | <u>\$1,758.74</u>     |
| <br><i>REVENUE</i>       |        |                       |
| DUES                     | 300.00 |                       |
| <i>TOTAL REVENUE</i>     |        | <u>\$300.00</u>       |
| <br><i>EXPENSES</i>      |        |                       |
| INTERNET                 | 10.00  |                       |
| POSTAGE                  | 26.40  |                       |
| PRINTING                 | 24.74  |                       |
| <i>TOTAL EXPENSE</i>     |        | <u>\$61.14</u>        |
| <br><i>NEW BALANCE</i>   |        | <br><u>\$1,997.60</u> |

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

**GASPING GOBBLER 5K**

Mark Johnston            20:40  
 Nancy Mills                25:49  
 Jim Moore                  27:58  
 Ed Atlee                    29:06  
 Ron Dostie                 31:44

**BURN OFF THE TURKEY 5K**

David Drew                19:26  
 David Young               23:06  
 Phil Pierce                 24:30

**PORTLAND THANKSGIVING 4**

**MILER**

Jeffrey Preble             29:31  
 Phil Pierce                 31:59  
 Mike Brooks               37:54

**VETERAN'S DAY 5K**

David Drew                19:22  
 Mark Johnston            20:56  
 Erik Seastead            21:03  
 David Young              22:12  
 Jeffrey Preble             22:41  
 Nancy Mills                26:18  
 Holly Dubord              26:45

Mike Brooks                27:08

Jim Moore                  27:25

**BREWER TURKEY TROT 3**

**MILER**

Nancy Mills                25:18  
 Charles Clapper           43:23

**MAINE RUNNING CO. TURKEY TROT 5K**

Jeffrey Preble             22:43  
 Phil Pierce                 23:59  
 Dennis Morrill            30:47

**PRESIDENTIAL 5K**

David Cunio                27:17

**WAIVER & ENTRY FORM - JANUARY THAW 4.5 MILER**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but limited to: 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. Having read this waiver and know these 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 Club, City or Town officials, race directors and all sponsors, their representatives and successors for all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons name in this waiver

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

T-SHIRT SIZE:      TEAM NAME (if part of a team)

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

Return to: Geoff Hill, P.O. Box 515, Belgrade, ME 04917

# 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 2010.  
If you became a member after October 31 then your membership is good until December 2010.



## TIME TO RENEW!!!

Anyone living in your household is considered a member of the Central Maine Striders.

So be sure to list everyone who is a runner on your renewal form. Thank you.

# RACE CALENDAR 2010

**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

## JANUARY

16-"JANUARY THAW 4.5 MILER", Geoff Hill/314-5671/geoffrey95hill@gmail.com

**REGISTRATION INFORMATION: FEE:** \$8 pre-entry; \$10 race day

**START:** Belgrade Central School, Belgrade at 10:00 a.m.

## FEBRUARY

7 -"MID-WINTER 10 MILE CLASSIC", Erik boucher/210-8655/erik@tri-maine.com

**REGISTRATION INFORMATION: FEE:** \$20 pre-entry; \$25 race day **T-SHIRTS:** First 500

**START:** Cape Elizabeth High School, 345 Ocean House Road, Cape Elizabeth at 9:45 a.m.

**ADDITIONAL INFORMATION:** Mail form to: Don Penta/wndhmlaker@aol.com

\*Directed by a Central Maine Strider

## December 2009

| 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 2010

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 1  | 2  |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 | 11 | 12 | 13 | 14 | 15 | X  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 |    |    |    |    |    |    |

X = race on that day  
Check your race calendar and with race director

## RESULTS—OCTOBER/NOVEMBER 2009

### PAWS AND CLAWS 5K - AUGUSTA- 10/17/09

|    |                 |         |    |                    |        |    |                   |        |
|----|-----------------|---------|----|--------------------|--------|----|-------------------|--------|
| 1  | Nicholas Bolduc | 23:16   | 15 | Scott Milewski     | 30:12  | 29 | Melissa O'Connor  | 35:04* |
| 2  | Trevor Gettig   | 24:52   | 16 | Jim Moore          | 30:21S | 30 | Heidi Kinsey      | 35:27* |
| 3  | Jeff Michaud    | 25:05   | 17 | Kim Martin         | 31:07* | 31 | Kate Valleeau     | 36:21* |
| 4  | Dan Wathan      | 25:22   | 18 | Paula Sawyer       | 31:40* | 32 | Anita Hunt        | 37:01* |
| 5  | Charles Sawyer  | 25:34   | 19 | Melanie Calicchio  | 32:12* | 33 | Sarah Goodman     | 37:54* |
| 6  | Alicia Rice     | 27:09*  | 20 | Michelle MacLean   | 32:13* | 34 | Joe Wathan        | 38:35  |
| 7  | Denise Pouliot  | 28:15*  | 21 | Michelle Ross      | 32:19* | 35 | Betty Dawson      | 39:16* |
| 8  | Jack Valleau    | 28:32   | 22 | Kathleen Dupont    | 32:22* | 36 | Michelle Michaud  | 39:18* |
| 9  | Devon O'Connor  | 29:12   | 23 | Julie Gilbert      | 32:26* | 37 | Tessa Pyles       | 39:43* |
| 10 | Holly Dubord    | 29:28S* | 24 | Paula Webster      | 32:58* | 38 | Daneille Gauthier | 42:13* |
| 11 | Paula Bourque   | 29:29*  | 25 | Angela Dibenedetti | 33:21* | 40 | Kim Scholz        | 42:16* |
| 12 | Graham Frost    | 29:37   | 26 | Jenny Deblois      | 34:03* | 39 | Donna Madore      | 42:17* |
| 13 | Shawn Tuttle    | 29:43   | 27 | Lorna Barnett      | 34:04* | 41 | Kristine Poulin   | 45:36* |
| 14 | Deb Tuttle      | 29:45   | 28 | Connie Brown       | 34:44* | 42 | Josh Poulin       | 45:37  |

### CHAMPIONS 10K - WATERVILLE - 11/26/09

|    |                    |         |    |                   |        |    |                  |        |
|----|--------------------|---------|----|-------------------|--------|----|------------------|--------|
| 1  | Greg Goodhue       | 38:56   | 16 | Sarah King        | 51:22* | 31 | Celine Goodine   | 58:18* |
| 2  | Derek Veilleux     | 39:33   | 17 | Scott Snow        | 51:28  | 32 | Monica Pollard   | 60:18* |
| 3  | Michael Brooks     | 40:18S  | 18 | Steve Leen        | 52:47  | 33 | Whitney Pollard  | 60:20* |
| 4  | Vanessa Letourneau | 41:02*  | 19 | Lorie Parks       | 54:18* | 34 | Marion Goodine   | 61:22* |
| 5  | Charlie Boyle      | 41:40   | 20 | Chris Poirior     | 54:23  | 35 | Luke Goodine     | 61:23  |
| 6  | Bruce Maxwell      | 42:21   | 21 | James Hart        | 54:27  | 36 | Kelly McCullough | 62:24* |
| 7  | Milan Babik        | 43:20   | 23 | Kelcie Abraham    | 54:51* | 37 | Riley Gage       | 66:23* |
| 8  | Charlie Jacobs     | 47:19   | 22 | Karin King        | 54:51* | 38 | Roxanne Giguere  | 68:14* |
| 9  | Paul Josephson     | 47:21S  | 24 | Jennifer Goodine  | 56:27* | 39 | Marc Giguere     | 68:15  |
| 10 | Mike Parks         | 47:24   | 25 | Brianne Forsythe  | 56:45* | 40 | Kevin Tessier    | 73:13  |
| 11 | Julie Bradstreet   | 48:10*  | 26 | Christine Hinkley | 56:46* | 41 | Anne Gage        | 81:45* |
| 12 | Sarah Enman        | 48:19*  | 27 | Jody Burns        | 56:51* | 42 | Heidi Loughlin   | 84:20* |
| 13 | Julie Millard      | 48:43S* | 28 | Ryan Goodine      | 57:00  | 44 | Craig Shore      | 84:28  |
| 14 | Susan Brooks       | 49:11S* | 29 | Tracy Gervais     | 57:07* | 43 | Leslie Looke     | 84:28* |
| 15 | David Benn         | 49:36S  | 30 | Noelle Giguere    | 58:15* |    |                  |        |

CENTRAL MAINE  
STRIDERS

P.O. Box 1177  
Waterville, ME 04903

cmstriders@myfairpoint.net



*We share the roads.*

DECEMBER 16 – JANUARY 15

|          |    |                |         |    |                   |
|----------|----|----------------|---------|----|-------------------|
| December | 17 | Luke Dolley    | January | 01 | Bill Ford         |
| December | 24 | John Lothrop   | January | 11 | Steve Saunders    |
| December | 30 | Rena Deschenes | January | 12 | Gust Stringos     |
| December | 30 | Steve Pinkham  | January | 15 | Jeffery Arsenault |



STRIDERS