



The Interval

Central Maine Striders

Tripling, Three States in Three Days

June 11,12 and 13, 2010

Mike Brooks

We share the roads.

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Brother Walt and I flew out of Portland to Denver and stayed in Estes Park Colorado the first night. The Rocky Mountain National Park borders Estes and that is where we hiked and did some sight-seeing the next day. We did an easy hike to Alberta Falls then drove the very scenic Trail Ridge road that is the highest paved road in the U.S. at 12,183'. There was still plenty of snow on the ground and we saw moose and elk. From there we drove to Lara-

mie , WY .

Next day it was a scenic 400 mile drive to Garden City , Utah population a few hundred. We took a 50 mile ride around Bear Lake which is the course of my first two marathons. There were two hail storms as we went around the lake, one left about an inch of hail on the road in a matter of minutes.

It was cloudy and about 45 degrees at the 6:00am start in Garden City. I promised a friend I

would run both Bear lake marathons with her so we started together. There were about 75 runners in the race and at least 40 of them were 50 State Club members trying to get in two states in two days, most of them I knew. The 6,000 feet of elevation for some reason bothered me more than usual at the start but I felt better as we continued along the course ending up in Idaho. Miles 20 to 25 were hilly but it

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Editor's News—Linda Benn

I would like to welcome Jay Abbott to the Central Maine Striders. He has running since 6th grade. His fastest time for a 5k is 21 minutes. His goal is to do a sub 20 minute 5k. Jay is willing to volunteer.

This is the last month

that the renewal form will be in the Interval, but you still can renew your membership after that.

I would like to thank Mike Brooks for this month's front page. I'm looking for someone to do the front page for

April.

Be sure to check the calendar for the upcoming races. At this time I don't have any information about the Unity 5k, but when I do receive I will forward it to you.

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was not a real difficult race . There were plenty of aide stations on this scenic course. Walt met us at the finish line and we squeezed as many 50 Staters as we could into the car for the ride back to Garden City . After a quick shower we went to the Oregon Trail visitors Center in Montpelier . They have an excellent program that explains the history and difficulties of traveling the Trail. There I also heard about the famous bear named Ephraim . Ephraim was hunted for years before he was finally killed . He stood 9'11" and there is a monument to pay tribute to this illusive bear and everyone in the area seems to know about Ephraim. An excellent steak dinner at the Bear Trapper ended the day.

Saturday marathon two , we were bused to the start in Idaho. The race began around 7:00 am under cloudy skies and a 45 degree temperature. Lois and I again would stay together for the entire race through rain ,hail and winds of 30 mph plus. It was so windy I kept my head down and would have missed a turn if a friend behind us didn't yell to turn down the muddy , water covered road to our right. This road was a mile or two long and was the only section not paved. This race would have been pretty much like yesterday's except for

the weather. A hug and a few pictures and it was off to Estes Park for the next marathon. It was nearly a 500 mile drive through rain , extreme winds and some icy spots to our motel.

I woke up about 5:00 a.m. looked out the window and it was pouring. I got a ride to the race start with another 50 Stater so Walt could sleep in. He likes to stay up late and sleep late , just the opposite of me. His driving between races makes it possible for me to do them so I have to treat him nice once in while. This would be the most challenging of the three marathons even if it was not pouring. I was wondering why I do these things as the rain came down and the 42 degree temperature sent chills through this old worn out body of mine. I ran the first few miles with my friend Henry. The first few miles are up and down some hills that would be easy except for the 7,000' plus altitude. Now the fun really began. It was 4 miles uphill to 8,150' pouring rain , head pounding and blood running out of my nose. I had to keep telling myself " what does not kill you makes you stronger" , "pain is weakness leaving your body" and " isn't this fun". Finally we got to the top of the mountain and it was mostly downhill back into Estes Park. Seeing some elk and the beautiful scenery made the trip down a little easier. My problem now was how

cold I felt. I felt this way to about mile 18 ,then the rain stopped and I started to warm up. Catching up with Henry and a couple of other runners I started to feel much better and actually had my fastest miles at the end of the race which finished on a quarter mile track. I waited at the finish for Henry and another runner who would get the surprise of her life. Her boyfriend proposed to her yelling out " will you marry me" as she crossed the finish line. It did not take me long to start feeling better and after a shower it was off to Estes Brew Pub for a few pints and a huge order of nachos supreme.

All three races were awesome, now that they are over. If you do the first two it is called back to back bears and the large finisher's medal has two bears with their backs together. Estes Park is the most difficult of the three races and does have a cutoff time at mile 14.

We flew back problem free out of Denver the day after the race. My next marathon would be in Brazil where it would be much warmer and the scenery " the girls of Epanema".

Estes Park and the Saturday Bear Lake marathon both have Half marathons .

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 2011

If you became a member after October 31 then your membership is good until December 2011.

We offer sending your newsletter by email. Would you like it sent by email? Yes___ No___

STRIDERS 2011 – as of 3/15/11

Jay Abbott	Keith Curtis	Nancy Lagin/Julie Lagin-Nasse	Steve Pinkham
Victoria Abbott	Michael/Rena Deschenes	Michael Levey/Michael Brown	Robert Poirier
Jerry/Barbara Allanach	Leslie Doolittle	Craig Lewis	Jeffrey Preble
Beth/Doug Allen	David Drew	John Lothrop	Dean/Amy Rasmussen
Helen Amazeen	Nancy/Leonard Duffy	Doug/Nancy Ludewig	Joanie Rhoda
Jeffrey Arsenault	Eric Ellis	Tom/Lynda McGuire	Gene/Sarah Roy
Ed Atlee	Mark/Linda Fisher	Dan McManus	Gerald Saint Amand
Bob Bachorik	Cliff Fletcher	David McManus	Steve Saunders
Linda/David Benn	David/Gladys Guban	Isola Metz	Erik Seastead
Guy Berthiaume/Jane Rau	RJ Harper	Julie Millard	Clifton Smith
Maria Bickford	Dianne Heino	Nancy Mills	Tim Smith
Christopher Bovie	Tony/Jules Hess	Sam Mitchell	Gust Stringos
Mike Brooks	Geoff Hill	Steve/Judi Moland	Rick Stuart
Robert/Barbara Brosius	Ormond Irish	Leanne Moll	Thomas Thibeau
William & Sarah Brown	Mark Johnston	James Moore	Brent Violette
Charles/Leona Clapper	Robert Johnston	Ron Paquette	Randy Wilson
Don/Rebecca Conry	Mark Jose	Donald Penta	Laura Woodbury
Patrick/Tracey Cote	Mary Louise McEwen	Michelle Perkins	David Colby Young
Richard Cummings	Ross LaFreniere	Phil Pierce	Gary Zane
David Cunio			

RACE CALENDAR 2011

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

MARCH

26- **"FLATTOP 5K"**, Robin Emery/667-9219/Tom Kirby/667-9771/takirby@roadrunner.com

REGISTRATION INFORMATION: FEE: \$15 **START:** Lamoine School at 10:00 a.m.

APRIL

2- **"GORHAM LIONS 5K"**, Norman Wedge/839-6569/nwedge@maime.rr.com/9:00 a.m.

9- **"FLY LIKE AN EAGLE 5K"**, Betsy Benner/bbenner@erskinacademy.org

REGISTRATION INFORMATION: FEE: \$15 pre-entry by 4/1; Students: Erskine Academy \$8

Other students \$10; \$20 race day **T-SHIRTS:** All pre-entry by 4/1

START: Erskine Academy, 309 Windsor Road, South China at 9:00 a.m.

ADDITIONAL INFORMATION: Rain Date 4/30/11

17- **"PATRIOTS DAY 5 MILER"**, FMI visit bgcmaine.org

REGISTRATION INFORMATION: FEE: \$15 pre-entry; \$18 race day **T-SHIRTS:** First 500

START: Boys & Girls Club, Cumberland Avenue at 12 noon.

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Central Maine Striders Financial Report February 2010

BALANCE FORWARDED	<u>\$1,984.61</u>
<u>REVENUE</u>	
DUES	135.00
TOTAL REVENUE	<u>\$135.00</u>
<u>EXPENSES</u>	
AWARDS	20.00
INTERNET	10.00
POSTAGE	17.60
PRINTING	26.28
TOTAL EXPENSE	<u>\$73.88</u>
NEW BALANCE	<u>\$2,045.73</u>

MAY**1- "ANIMAL ORPHANAGE PET RUN 5K", Roberta Fowler/299-7324****REGISTRATION INFORMATION: FEE:** \$12; \$10 for a family walking**T-SHIRTS:** First 50 paid \$12 pre-entries**START:** Old Town YMCA, I-95, Exit 193, 2 miles east on right at 10:30 a.m.**8- "PORTLAND SEA DOGS MOTHER'S DAY 5K", more info/874-9300****REGISTRATION INFORMATION: T-SHIRTS:** First 1500**FEE:** \$16 pre-entry by 4/1; \$19 thereafter; Family rate of 4 or more: \$14 person**START:** Portland Ice Arena, Park Avenue, Portland at 9:15 a.m.**ADDITIONAL INFORMATION:** The race is capped at 3000. There is also a Father's Day 5k race on 6/19. A special fee for registering for both races. \$28 by 4/1; \$34 thereafter
**CONGRATULATIONS TO THE FOLLOWING STRIDERS
ON THEIR RACE PERFORMANCES**
LONGFELLOW FEBRUARY IRISH ROAD ROVER 5K-**FROSTBITE 2.5K -2/26/11 3/6/11**

Mike Brooks	14:24	David Drew	18:47
Don Penta	26:15	William Brown	21:29
Dennis Morrill	26:15	Bob Bachorik	23:40
		Mike Brooks	29:58
		Candy Bachorik	36:18

Central Maine Striders

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MARCH 16-APRIL 15

March	17	Heidi Jordan	March	31	Nancy Duffy
March	25	Bert Brewster	April	04	Ross LaFreniere
March	28	Keith Curtis	April	08	Ormond Irish
March	30	Sarah Roy	April	10	Mary Louise McEwen
March	30	Gladys Gugan	April	13	Thomas Thibeau
March	31	Clifton Smith			