



The Interval Newsletter



Weekly Track Workouts

Join Striders for a series of challenging, but low-key, early morning workouts. On Wednesday mornings in May, Tracey Cote (Striders member and Head Nordic Ski Coach at Colby) will lead a series of informal weekly track workouts on May 3, 10, 17, 24, and 31 on the Colby track in Waterville.

Meet on the Colby track in Waterville at 5:45 a.m. for a short mobility workout and warm-up. Tracey will bring workouts each week, which can be modified for different levels, shortened, or run by yourself. Participants are welcome to come and go as they like. All running abilities are welcome.

- **Wednesdays, May 3, 10, 17, 24, and 31**
- **5:45 a.m. to 7 a.m.**
- **Colby College, Alfond Track, Waterville**
- **Rain or shine**

Motivate yourself to do some hard running with fellow Striders, and get ready for the [Quarry Road Race Series](#) this summer! For more info: Tracey Cote (tacote@colby.edu)

Facebook Events



May 10th Meeting at Big G's

Please join us at Big G's Deli (581 Benton Avenue, Winslow) for the May meeting of the Central Maine Striders running club. Food and drink are available for purchase from Big G's, for those interested. All are welcome!

This is our last monthly meeting until September, but we hope to see you at the [Quarry Road Summer Race Series](#) June through August. RSVP's are not required, but we'd love to know if you're planning to come.

Facebook Event



2017 Dates Set for Quarry Road Trail Race Series

Mark your running calendars. The Quarry Road Summer Race Series has set its 2017 race dates:

- June 6: 3K
- June 13: 5K
- June 20: 8K
- June 27: Makeup date or Course Previews
- July 4: NO RACE (Happy 4th)
- July 11: 3K
- July 18: 5K
- July 25: 8K
- August 1: 8K
- August 8: 5K
- August 15: 3K and Series Awards
- August 22: Makeup date (if needed)

Join us for a single race or participate all summer long and compete for the overall series titles.

Quarry Road Race Info



Get Involved with Striders: Lead Runs, Write Race Reports, Serve on the Board

Central Maine Striders is a completely volunteer-run organization and relies on its members to support the club and its mission.

Currently there are several board positions open that we need to fill, Vice President and Secretary. Additionally, there are other opportunities to get involved and help move the club forward, such as by leading monthly group runs and writing for the website and newsletter.

If you're interested in getting involved, please email run@centralmainestriders.com.

Get Involved

Social Striders

Facebook: Join the [Central Maine Striders Facebook group](#) to connect with other members, discuss upcoming races, and more.

Strava: Join the [Central Maine Striders club](#) on Strava and find out where other members run, compare miles on the leaderboard, and more.

2017 Club Memberships

If you aren't already a current member of Central Maine Striders, we hope you'll join us today.

- [Join or renew online through runsignup](#), or
- Print and mail a [membership form](#) and check for \$15 to: Central Maine Striders, P.O. Box 1177, Waterville, ME 04903

Membership covers your entire household (kids too!) in the oldest, active running club in Maine.

Join or Renew Today

Strider Events

[Weekly Track Workouts](#)
Wednesdays,
May 3, 10, 17, 24, and 31
5:45 a.m.-7 a.m.
Colby, Alfond Track, Waterville

[Monthly Striders Meeting](#)
[Wednesday, May 10, 6 p.m.](#)
Big G's Deli
581 Benton Ave, Winslow
All are welcome!
*Please note location.

[Quarry Road Summer Series](#)
June 6-August 22
Quarry Road Trails, Waterville
Weekly trail running series
with 3K, 5K, and 8K races

[Doc and Mardie Brown 5K](#)
August 12
Alfond Youth Center,
Waterville

Maine Races

[Hidden Valley Nature Center](#)
[Spring Trail Running Series](#)
April 26 to May 24
Jefferson

[Feed ME 5K](#)
Sat., April 29
Capitol Park, Augusta

[Fly Like an Eagle 5K](#)
Sat., April 29
Erskine Academy, South
China

[Rabbit Run](#)
Sat., April 29
Bangor City Forest

[One in Five 5K](#)
Sun., April 30
Thomas College, Waterville

[Run to Prevent Child Abuse](#)
Sun., April 30
Farmington

[Windham Project 5K](#)
Sun., April 30
Windham

[Maine Nephrology](#)
[Associates' 5K](#)
Sun., April 30
Portland

[Wells2Kennebunk Beach 10-](#)
[Miler](#)
Sun., April 30
Wells

[George Kohl Memorial 5K](#)
Sat., May 6
Messalonskee High School,
Oakland

[High on LIFE 5K/1K](#)
Sat., May 6
Maine Central Institute,
Pittsfield

[Run for Hoos 5K](#)
Sat., May 6
Maine Girls' Academy,
Portland

[Run by the Bay 5K](#)
Sat., May 6
Harperswell

[St. Mary's Commit to get Fit](#)
[Challenge: 5K, 10K, 15K](#)
Sat., May 6
Auburn

[Moose Tracks Trail 5K](#)
Sun., May 7
University of Maine at Augusta

[Hebron Hawk 5K Trail Run](#)
Sun., May 7
Hebron Station School

[Safe Passage 5K](#)
Sun., May 7
Greely High School,
Cumberland Center

[Shiward Maine Coast Half](#)
[Marathon](#)
Sat., May 13
University of New England,
Biddeford

[The Hard Cider 5K Run-](#)
[Portland](#)
Sat., May 13
Urban Farm Fermentory,
Portland

[Riverlands 100](#)
Sat., May 13
Androscoggin Riverlands
State Park, Turner

[Shiward Maine Coast](#)
[Marathon](#)
Sun., May 14
Kennebunk High School

[Portland Sea Dogs Mother's](#)
[Day 5K](#)
Sun., May 14
Portland Expo, Portland

[Casco Bay 5K](#)
Sat., May 20
Falmouth

[Caravel 5-Miler](#)
Sat., May 20
Caravel Middle School,
Carmel

[Sugarloaf Marathon and 15K](#)
Sun., May 21
Kingfield

[L.L. Bean Trail Running](#)
[Festival at Pineland Farms](#)
May 27 and 28
Pineland Farms, New
Gloucester

[Mutt Strut and 5K](#)
Sat., May 27
Kennebec River Rail Trail,
Augusta

[Miles for Mills 5K](#)
Mon., May 29
Kennebec Valley Coaching,
Augusta

[Snowy Egret 5K](#)
Mon., May 29
Audubon Nature Center,
Scarborough

[Blue Light 5K](#)
Sat., June 3
Colby College, Waterville

[Readers, Writers, and](#)
[Runners 5K](#)
Sat., June 3
Phillips Public Library, Phillips

[Belfast Rail Trail 5K](#)
Sat., June 3
Belfast Armistice Bridge

[Cobscook Bay 5K & 10K](#)
Sat., June 3
Pembroke

[KCT Spring Trail Races: 1-](#)
[Mile, 5K, 10K, 13.1, 26.2](#)
Sat., June 3
Kennebunkport Conservation
Trust, Kennebunkport

[Black Bear Marathon, Half](#)
[Marathon, and 10K](#)
Sun., June 4
University of Maine, Orono

[Kennebunk Beach Classic](#)
[5K](#)
Sun., June 4
Kennebunk

[Maine Running Hall of Fame](#)
[5K](#)
Sun., June 4
Portland

Race Calendar:
[Visit our race calendar](#) for
more events.

Submit your event:
run@centralmainestriders.com

Race Info:
It is the responsibility of
participants to confirm all race
times, dates, locations, and
other info directly with the
group or individual responsible
for that event.

Contact Us

E-mail: run@centralmainestriders.com

Mail:
Central Maine Striders
P.O. Box 1177
Waterville, ME 04903

Please add us to your Google Contacts or other email contact and address books so you won't miss club news.

Established in 1975, the Central Maine Striders running club is the oldest, active running club in Maine. The club is open to all interested runners and serves runners of all ages, abilities, and interest levels in the Central Maine area.

