

Please add run@centralmainestriders.com to your address book.

Central MAINE Striders Interval



Run at Bond Brook Tread Fest on September 11

The fifth edition of Bond Brook Tread Fest is Sunday, September 11, at Bond Brook Recreation Area in Augusta —and the event needs you and other runners to make it a success.

Run the 5K, 5-miler, or both in the 5 & 5 combo. The 5K trail race is also the final championship race of the Bond Brook summer series. To make it even better, the first 50 Striders get 20% off registration by using the code "striders" at checkout.

Register Today



Ian Doyle and Cecilia Morin Win Quarry Road Series

The 2016 Quarry Road Summer Race Series came to a successful close on August 16 with the final 3K trail race and a BBQ sponsored by Central Maine Striders.

This summer 180 individuals ran at least one of the nine races in the series, and 40 ran at least one race at each of the three distances—3K, 5K, and 8K—to be included in the overall standings.

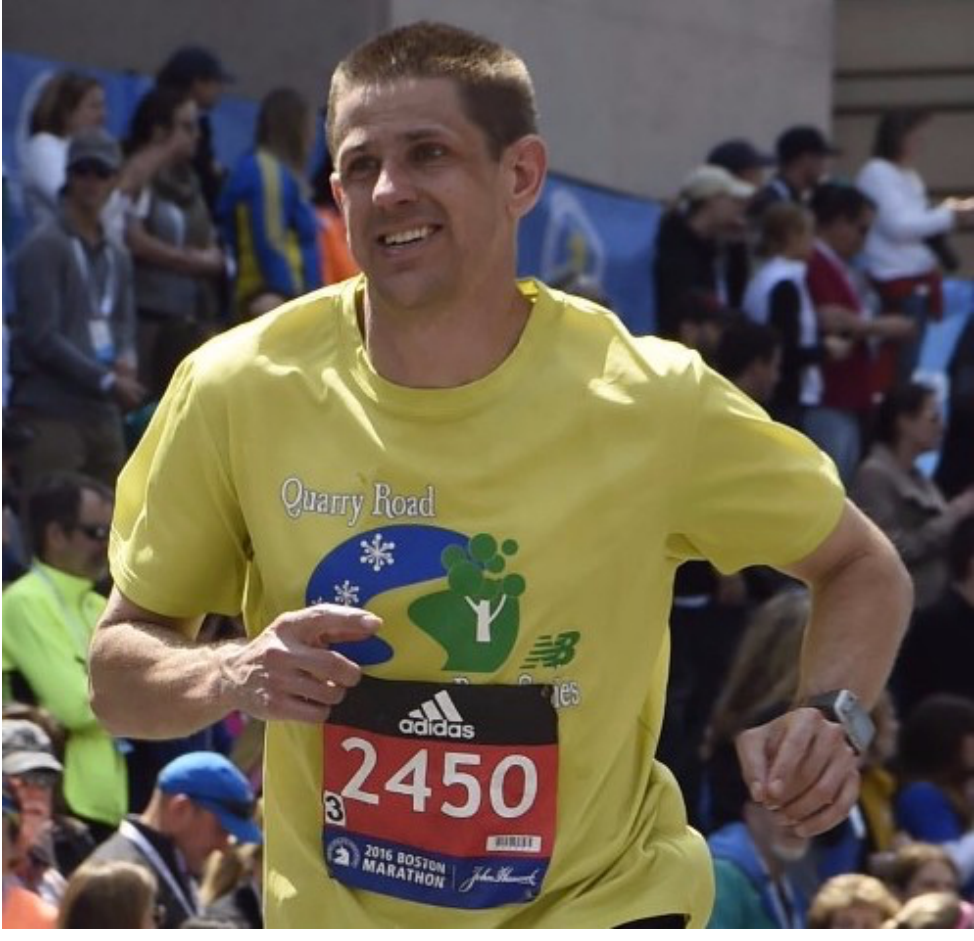
Series Awards



Doc & Mardie 5K Results

Congratulations to Nick Dall (17:24.4) and Erzsie Nagy (20:11.1) the top male and female finishers at the 11th annual Doc & Mardie 5K on Saturday, August 13, in Waterville. The family-friendly race, which benefits the Alfond Youth Center, had 80 finishers.

Race Results



Race Report: Ron Runs the 2016 Boston Marathon

Thinking about registering in September for the 2017 Boston Marathon? Get in a Boston mindset by reading this 2016 race report from Ron Peck, our Striders treasurer. Check it out even if you're not running Boston.

Race Report



Striders Singlets Available

Show your Central Maine Striders pride this fall by wearing a club singlet, tee, or hat at an upcoming race or run. Men's and women's singlets, performance short- and long-sleeve tees, and caps are all available for purchase at the Central Maine Striders apparel store from Atayne.

Order Yours

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.

Upcoming Strider Events

Monthly Striders Meeting
Wednesday, September 14, 6 p.m.
Alfond Youth Center boardroom, 2nd floor
126 North St, Waterville
All members are welcome.

Upcoming Races

[5K Race for the Lakes](#)
Saturday, September 3
Camp Runoia, Belgrade

[Downtown Rundown Flyin' Mile](#)
Saturday, September 3
Kennebec Valley Coaching,
50 Front St, Augusta

[Last Man Standing Ultramarathon](#)
Saturday, September 3
Pineland Farms, New Gloucester

[Harborfest Half & 5K](#)
Sunday, September 4
Boothbay Harbor

[Augusta Boys and Girls Club for Teens 5K](#)
Saturday, September 10
Capital Park, Augusta

[Bond Brook Tread Fest: 5-Mile & 5K](#)
Sunday, September 11
First 50 Striders get 20% off with code "striders".
Bond Brook Recreation Area, Augusta

[Freeport Half Marathon & 5K](#)
Sunday, September 11
Freeport

[Lake Auburn Half & 5K](#)
Sunday, September 11
Central Maine Community College, Auburn

[5K Run for the Trees](#)
Saturday, September 17
Viles Arboretum, Augusta

[On Track to Recovery 5K](#)
Saturday, September 17
Kennebec River Rail Trail, Augusta

[Northern Outdoors 10K](#)
Saturday, September 17
The Forks

[Bar Harbor Bank & Trust Half & 5K](#)
Saturday, September 17
Bar Harbor

[Trail to Ale 10K](#)
Sunday, September 18
Portland Trails

[Ragged Mountain Scuttle](#)
Sunday, September 18
Camden Snow Bowl

[Susan G Komen Maine Race for the Cure 5K & 1K](#)
Sunday, September 18
Bangor Waterfront

[Soldier's Pace Canicross](#)
Sunday, September 18
Smiling Hill Farms, Westbrook

[Mount A TrailFest](#)
Sunday, September 18
Mount Agamenticus, York

[Caribou Marathon & Half](#)
Sunday, September 18
Caribou Wellness Center

[Rise N' Shine 5K](#)
Friday, September 23
Kennebec Valley YMCA, Augusta

[Our Hearts 5K Walk/Run](#)
Saturday, September 24
Quarry Road Recreation Area, Waterville

[Pumpkin Harvest Half](#)
Saturday, September 24
Bethel

[Black & White 2 Peak Challenge](#)
Sunday, September 25
Black Mountain Ski Resort, Rumford

Gardiner 5-Mile Road Race
Saturday, October 1
MaineGeneral Gardiner
Contacts: Orm Irish (irishorm@aol.com) and Mark Johnston (mjohnston244@gmail.com)

Colby Open XC Meet
Saturday, October 1
Quarry Road Recreation Area, Waterville

[Camden Snow Bowl Runaround](#) and [Backwoods Duathlon](#)
Saturday, October 1
Camden

[Mickey's 5K](#)
Sunday, October 2
Old Town-Orono YMCA

[Race Through the Woods](#)
Sunday, October 2
Hidden Valley Nature Center, Jefferson

[Maine Marathon & Half](#)
Sunday, October 2
Portland

[Tanglewood Tracks 5K](#)
Saturday, October 8
Tanglewood 4-H Camp, Lincolnville

[Sugarloaf Uphill Climb](#)
Sunday, October 9
Sugarloaf Mountain Resort, Carrabassett Valley

[Farm to Farm Ultra Run](#)
Sunday, October 9
Freeport

[Old Orchard Beach Half & 5K](#)
Sunday, October 9
Old Orchard Beach

[Waterford Fall Foliage 5K](#)
Sunday, October 9
Waterford Common

[Trust Trail Fest Finals](#)
Sunday, October 9
Kennebunkport

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

Race Submissions:
Submit your event to our race calendar: alicia@macleay.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

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

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

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.

