

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



The Interval Newsletter



Doc & Mardie 5K August 12

Join us on Saturday, August 12, for the 12th annual Doc & Mardie Brown 5K and Kids 1 Mile Fun Run in Waterville. This is an all ages run/walk with proceeds benefiting the Alford Youth Center.

Doc & Mardie Brown 5K
Saturday, August 12
126 North St, Waterville
Youth 1 Mile Fun Run at 8:15 a.m.
5K Run or Walk at 9 a.m.

Adventure Playground at the Alford Youth Center will be open from 8:30 to 10:30 a.m. for all fun run participants and children of 5K runners for free!

- [Advance Registration](#)
- [Facebook Event](#)
- docmardie5k.weebly.com

Register Today



Striders Group Runs and Potluck on August 22

On Tuesday, August 22, join us for group runs at Quarry Road Trails in Waterville, followed by casual potluck socializing.

August 22nd is the final makeup date for the [Quarry Road Summer Race Series](#). If no makeup races are needed, join us at 6 p.m. for informal group runs on the trails, including the new singletrack. Meet other club members and local runners. Bring some potluck (main or side dish, apps, or dessert) to share afterwards. All abilities and speeds are welcome!

If there is a Quarry Road race that night, come run it, celebrate the overall and age group series winners, and share some potluck.

Striders Group Runs and Potluck

Tuesday, August 22, 6 p.m.
Quarry Road Trails, 300 Quarry Road, Waterville

Facebook Event



Race Report: 2017 Down East Sunrise Trail Relay

Congratulations to the Central Maine Striders team that raced in July's Down East Sunrise Trail Relay!

Bruce Maxwell, Jess Beers, Julie Millard, Patrick Cote, Tracey Cote, Ron Peck, Shara Marquis, and Chad Tracy ran the 102-mile race and finished sixth out of 26th teams overall.



DEST Race Report



Two Quarry Road Summer Trail Races Left

Just two races remain in the Quarry Road Summer Race Series in Waterville, but there's still time to join any of the races below. Plus, if you've raced at least once in each distance (3K, 5K, 8K) you're eligible for age group and overall series awards.

- Tuesday, August 8: 5K
- Tuesday, August 15: 3K and Series Awards
- Tuesday, August 22: Makeup date (if needed)

Registration starts at 5 p.m. Kids Fun Runs start at 5:30 p.m. Races start at 6 p.m.

Quarry Road Races on Facebook

quarryroadraces.com

Central Maine Striders on Facebook

Have you been racing the Quarry Road Summer Race Series, Bond Brook, Bradbury Mountain Trail Running Series, or other events this summer? Have you hit the trails or roads in Maine or farther afield?

We went to see and hear about your favorite or most memorable runs and races so far of summer.

[Join our Central Maine Striders Facebook group](#) and connect with other members and share your runs and races with us.

Striders Facebook Group

Striders on Strava

How far did you run this week? How much elevation did you gain? What was your average pace?

If you enjoy recording the data details, join the [Central Maine Striders club](#) on Strava. You can find out where other members run, compare miles on the leaderboard, and more.

Striders Strava Group

Become a Strider

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

[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

Strider Events

[Quarry Road Summer Series](#)
August 8 and 15
(makeup date 8/22)
Quarry Road Trails, Waterville
Weekly trail running series with 3K, 5K, and 8K races

[Doc and Mardie Brown 5K and Kids 1 Mile Fun Run](#)
Sat., August 12, 8:15 a.m.
Alford Youth Center, Waterville

[Quarry Road Group Runs and Potluck](#)
Tues., August 22, 6 p.m.
Quarry Road Trails, Waterville
Check out the new singletrack. All are welcome!

Striders Monthly Meeting
Wed., September 13, 6 p.m.
Location TBA
All members are welcome.

Maine Races

[Beach to Beacon 10K](#)
Sat., August 5
Cape Elizabeth

[Cary Memorial Library 5K](#)
Sat., August 5
Wayne

[Maine Huts & Trails Backwoods Duathlon](#)
Sat., August 5
Carrabassett Valley

[Mount Vernon 5K Loon Lap](#)
Sun., August 6
Mount Vernon

[Washington Challenge 5K](#)
Sun., August 6
Washington

[Back Cove 5K Weekly Series](#)
August 8, 16, 23
Back Cove Trail, Portland

[Hollis Pirate Fest 5K & 5-Miler](#)
Sat., August 12
Hollis Center

[Island Pipeline Run 4-Miler](#)
Sat., August 12
Great Diamond Island

[Mars Hill Mountain Challenge](#)
Sat., August 12
Mars Hill

[Downeast Lakes 5-Miler](#)
Sat., August 12
Grand Lake Stream

[Mt. Apostie 5K](#)
Sat., August 12
Auburn

[Bradbury Mountain Breaker 9-Miler](#)
Sun., August 13
Pownal

[Breaker to Breaker 10K](#)
Sun., August 13
Scarborough

[Bond Brook Summer 5K Trail Race Series](#)
Thurs., August 17
Augusta

[Katahdin Woods & Waters 5K Relay](#)
Sat., August 19
Matagamon

[4 Seasons Series of KGT Summer Trail Races](#)
Sun., August 20
Kennebunkport

[Maine Vets 5K](#)
Sun., August 20
Scarborough

[Run for our Fallen Heroes 5K and 10K](#)
Sun., August 20
Brunswick

[Bond Brook Summer 5K Trail Race Series](#)
Thurs., August 24
Augusta

[St. Maximilian Kolbe 5K](#)
Fri., August 25
Scarborough

[Save a Stray 5K](#)
Sat., August 26
Freeport

[Pine Point 10-Miler and 5K](#)
Sat., August 26
Scarborough

[Northeast Harbor Road Race](#)
Sat., August 26
Northeast Harbor

[Blueberry Cove Half Marathon](#)
Sun., August 27
Tenants Harbor

[LA Bridge Run 5K](#)
Sun., August 27
Auburn

[Almost Half Way to St. Patrick's Day 5K](#)
Sun., August 27
Portland

[Kick Out Mesothelioma 5-Miler & 2.5 Mile Walk](#)
Fri., September 1
Portland

[Last Man Standing Ultramarathon](#)
Sat., September 2
New Gloucester

[Augusta Boys and Girls Club for Teens 5K](#)
Mon., September 4
Augusta

[Pumkinhead Trail Relay](#)
September 8-9
New Gloucester

[Belfast Soup Kitchen 5K](#)
Sat., September 9
Belfast

[The Flume 5K and 10K](#)
Sat., September 9
Carrabassett Valley

[Fly-In 5K](#)
Sat., September 9
Greenville

[Jaw Saddy 5K and Fun Run](#)
Sat., September 9
Eastport

[Bradbury Boulder 12-Mile Trail Race](#)
Sun., September 10
Pownal

[Lake Auburn Half Marathon & 5K](#)
Sun., September 10
Auburn

[Northern Outdoors 10K](#)
Sat., September 16
West Forks

[Funky Bow Trail Hop 5K](#)
Sat., September 16
Lyman

[SoPo MAINEciacs 5K](#)
Sat., September 16
South Portland

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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.

