



The Interval Newsletter



Join Us August 22 at Quarry Road for Runs and Potluck

The 2017 [Quarry Road Summer Race Series](#) may be in the books, but don't stop those Tuesday night trail runs yet!

This Tuesday, August 22, join us at 6 p.m. for group runs at Quarry Road Trails in Waterville, followed by casual potluck socializing.

We'll have some informal group runs on the trails, including the new singletrack, with distances and paces based on who shows up. All abilities, paces, and ages are welcome, including kids, Strava speedsters, and non-runners.

Meet other club members and local runners. Bring some potluck (a main or side dish, an appetizer, snack, or dessert) to share afterwards.

See you there!

Striders Group Runs and Potluck
Tuesday, August 22, 6 p.m.
Quarry Road Trails, 300 Quarry Road, Waterville

[Facebook Event](#)



Congratulations, 2017 Quarry Road Race Winners!

Congratulations to Chris Cote and Vanessa Holman, the overall winners of the 2017 Quarry Road Summer Race Series!

Overall and female and male age group winners were determined by the total of each runner's best 3K, 5K, and 8K race times over the summer trail race series. Thanks to everyone who came out to run!

- Overall: **Chris Cote** and **Vanessa Holman**
- 14 and under: **Olivia Tiner** and **Noah Koch**
- 15-19: **Natalia Fuentes** and **Billy Chambers**
- 20-29: **Liz Atwood** and **Forrest Labbe**
- 30-39: **Amelia Conlon** and **Ian Doyle**
- 40-49: **Tracey Cote** and **Ron Peck**
- 50-59: **Julie Millard** and **Jeff Tiner**
- 60+: **David Benn**

Thanks also to series sponsors New Balance (Lead Sponsor), Inland Hospital (Fun Run Sponsor), and Trailspace (Start & Finish Line Sponsor), and to weekly sponsors The End Zone, Selah Tea Cafe, Downtown Smoothie, and Big G's Deli.

[Full Series Results](#)



Connect with other club members and local runners. Share your runs and races. Ask questions. **Join our [Central Maine Striders Facebook group!](#)**



Find out where other members run. Compare miles run, elevation gained, and more on the weekly leaderboard. Find out who holds that local Strava course record...for now. **Join [Central Maine Striders on Strava!](#)**

Support Striders, Join Today

Did you know Central Maine Striders is the oldest, active running club in Maine? Since 1975, our volunteer-run club has worked to build and support the Central Maine running community, with members like you.

Annual membership is just \$15 and covers your entire household (kids too!).

If you're not already a Strider, please 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

Not sure if you're a 2017 member?
Send an email to run@centralmainestriders.com.

[Join or Renew](#)

Strider Events

[Quarry Road Group Runs and Potluck](#)
Tues., August 22, 6 p.m.
Quarry Road Trails, Waterville

Check out the trails, including new singletrack. All abilities, paces, ages welcome!

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

Want to get involved? Our board is currently in need of a Vice President and Secretary, among other volunteer opportunities.

Maine Races

[Back Cove 5K Weekly Series](#)
August 23 & 30
Back Cove Trail, Portland

[Bond Brook Summer 5K](#)
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](#)
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

[Pumpkinhead 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

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

[5K Color Run to benefit Waterville Music Boosters](#)
Sun., September 10
Quarry Road Trails, Waterville

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

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

[Westport Island Shore Run 10K](#)
Sun., September 10
Westport Island

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

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

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

[Skyline Farm 5K Trail Run/Walk](#)
Sat., September 16
North Yarmouth

[Caribou Maine Marathon & Half](#)
Sun., September 17
Caribou

[Black & White 2 Peak Challenge](#)
Sun., September 24
Rumford

[Androscoggin Riverlands 10K](#)
Sun., September 24
Turner

[Bagged Mountain Scuttle](#)
Sun., September 24
Camden

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.

