



The Interval Newsletter



End-of-Year Social to be held Monday, December 17

Join Striders for the club's End-of-Year Social and monthly meeting at Mainely Brews (1 Post Office Square, Waterville) on Monday, December 17, at 6 p.m.

We'll provide the appetizers (with other food and beverages for sale). Plus, members can pick up their free Striders stickers and gloves, if they haven't already. Come out and get to know other local runners and consider getting more involved with the club for 2019. All are welcome!

Facebook Event



40th Annual January Thaw to be held January 20

Join Striders for the 40th annual 4.5-mile January Thaw Road Race on Sunday, January 20, at 11 a.m. at the Belgrade Central School (158 Depot Rd, Belgrade).

The top female and male runners will each receive \$50 New Balance gift certificates. Plus, there's a post-race raffle for all runners with gift certificates from local businesses, and refreshments.

Registration is \$10 and begins at 9:30 a.m. (Note: There is only day-of registration.)

Facebook Event

Join the Striders Board

We're grateful to **Debbie Violette** (Facebook admin) and **Jennifer Brockway** (newsletter/website) who recently volunteered to assist the club with communications in 2019. However, there are still openings for a club secretary, a treasurer, and opportunities to help with member communication/outreach.

Email: run@centralmainestriders.com



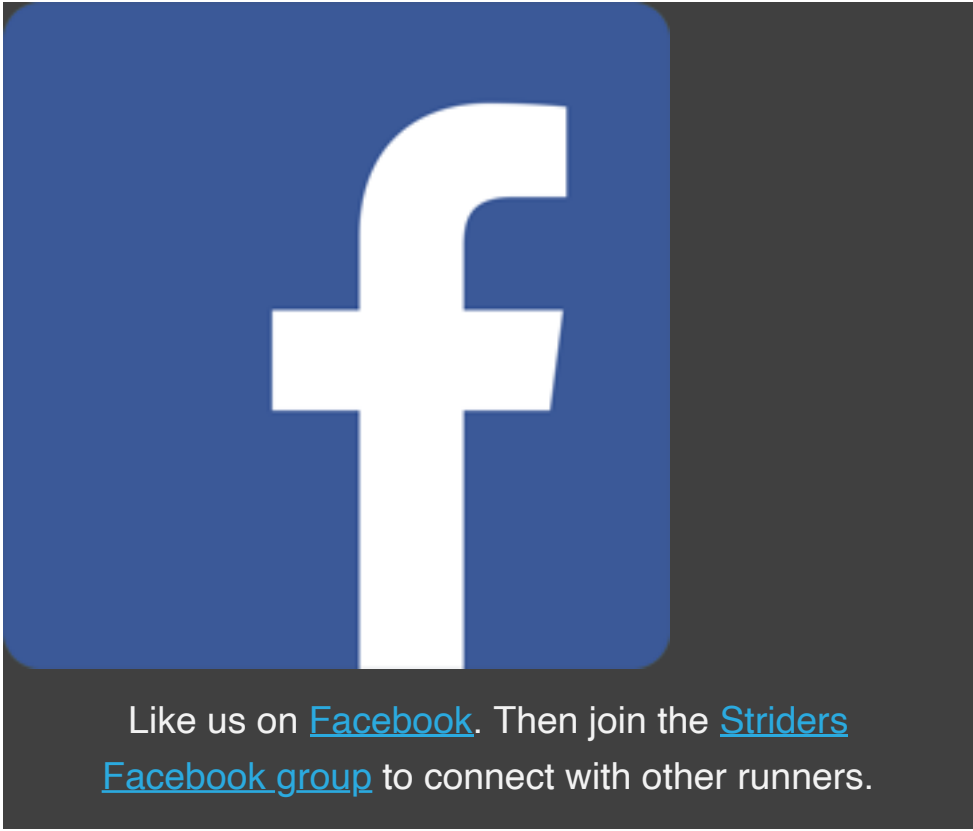
Renew Your Membership

Now is the time to renew your membership with Central Maine Striders for 2019.

Annual membership is just \$15 and covers your entire household. Plus, members get free gloves and stickers (pick them up at a monthly meeting or pub run) and support the oldest, active running club in Maine.

[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

Renew Now



Strider Events

[End-of-Year Social and December Club Meeting](#)
Monday, December 17, 6 p.m.
Mainely Brews
1 Post Office Square, Waterville

[40th Annual January Thaw 4.5-Mile Road Race](#)
Sunday, January 20, 11 a.m.
Belgrade Central School,
158 Depot Rd, Belgrade
(Snow Date: January 27)

Maine Races

Saturday, December 8

[Millinocket Marathon & Half](#)
Millinocket

Sunday, December 9

[Portland Trails Holiday Dash Winter 5K](#)
Portland

Sunday, December 16

[Icy Elf 5K](#)
Waldoboro

Sunday, December 30

[Epic Finale 5K](#)
Bangor

Tuesday, January 1

[Foulmouthed New Year's Mile](#)
South Portland

Sunday, January 13

[Indoor Insanity 5K](#)
Gorham

Sunday, February 3

[Mid-Winter Classic 10-Miler](#)
Cape Elizabeth

Sunday, March 3

[Irish Road Rover 5K](#)
Portland

Sunday, April 14

[Dirty Dog Mud Run](#)
Waterville

Saturday, April 20

[Healthy High 5K, 10K, 1M](#)
Orono

Saturday, April 27

[George Kohi Memorial 5K](#)
Oakland

Sunday, April 28

[One in Five 5K](#)
Waterville

[Portland 10-Miler](#)
Portland

Saturday, May 11

[Shipyard Maine Coast Marathon and Half](#)
Kennebunk and Biddeford
Striders 10% off registration code: CMS19

Sunday, May 19

[Sugarloaf Marathon and 15K](#)
Eustis and Carrabassett Valley

[Submit your 2019 race](#)

[Find more races](#)

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. Information can change.



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!](#)

Contact Us

Email: 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.

[Facebook](#) [Facebook Group](#) [Website](#) [Email](#)

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