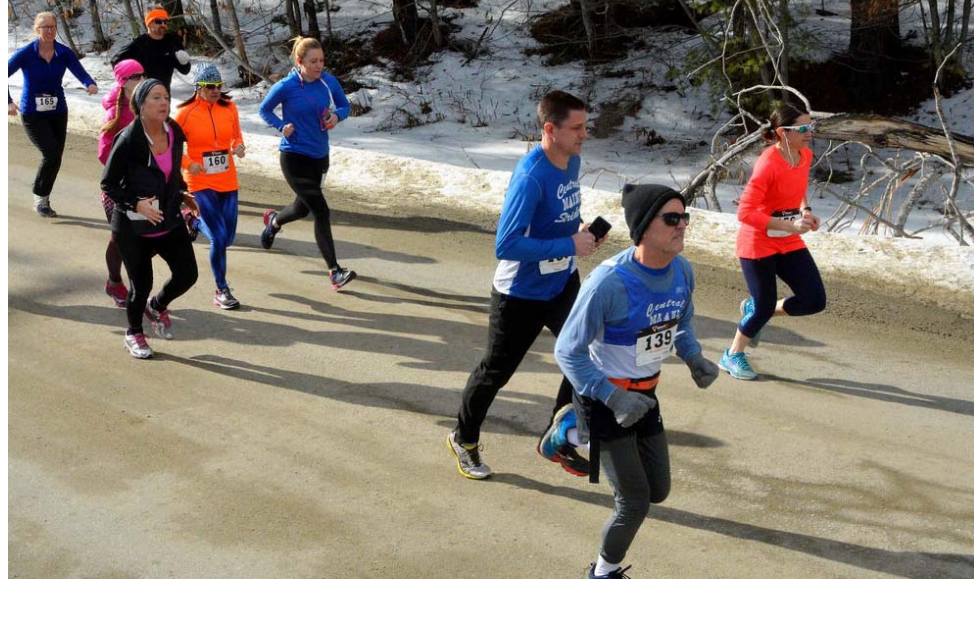




The Interval Newsletter

December 2019



41st Annual January Thaw to be held January 19th

Run, walk, waddle, or race! Join Central Maine Striders for the 41st annual 4.5-mile January Thaw Road Race. This year's race is scheduled for Sunday, January 19, at 11 a.m. at the Belgrade Central School (158 Depot Rd, Belgrade). Registration is on race day only and opens at 10 a.m. The cost is \$10 for Striders members and \$15 for non-members.

As has been the tradition, there will be awards for the top female and male runners and a post-race raffle for all runners with gift certificates from local businesses.

After 40 years of being race director, Gene Roy has stepped down from this event. The Striders would like to thank him for his 40 years of dedication to putting on this unique event. In his absence, Tom McGuire and Ron Peck have graciously stepped up to be volunteer race directors. Geoff Hill will once again be in charge of getting some amazing awards and raffle prizes from local businesses.

This is one of the longest running races in the state of Maine. If you've never run this race, you don't know what you're missing out on! This is also currently our only club race where all the proceeds go towards supporting the Central Maine Striders club budget. Whether you want to run the race or volunteer, we look forward to seeing you there!

Facebook Event

Letter from The President

At the Central Maine Striders meeting on December 5th, Ryan Goebel was elected to be the Striders President for 2020-2021.

"First of all, I'm truly honored to be able to lead this club. I'm proud of our long history as Maine's oldest, active running club."

Read Full Letter From the President Here



CMS Web Store Open Until Dec 25

We are trying something new this year! [Click here](#) to go to an online Central Maine Striders team store that will be open through December 25th. Orders will be processed and shipped out 2-4 weeks after the store closes and available in Waterville for pickup from Brendan Gilpatrick. If people are out of state please message us and we will work on getting your order shipped directly to you once received on our end. Happy shopping!



Renew Your Membership

Now is the time to renew your membership with Central Maine Striders for 2020.

As voted upon at our December meeting, the price of membership in the Central Maine Striders will increase from \$15 to \$20 per household, effective February 1, 2020. That means that you can still pay only \$15 for your 2020 membership if you pay before February 1, 2020.

As an added bonus this year, we have a limited number of Central Maine Striders performance beanies. The only way to get one of these FREE beanies is to pay your 2020 membership dues and then show up at an official Central Maine Striders event, like our Club Meeting on January 7th or the January Thaw Road Race on January 19th. There is a limit of one beanie per household membership.

[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

Upcoming Striders Meetings

If you are interested in finding out about future club plans, getting more involved, or just want to socialize with other runners, you should come to one of our meetings. Our next few meetings have already been scheduled as follows:

[January 7](#)
[February 4](#)
[March 3](#)

All three of these meetings will be held at Mainely Brews (1 Post Office Square, Waterville) at 6:00 p.m.

We hope to see you there!

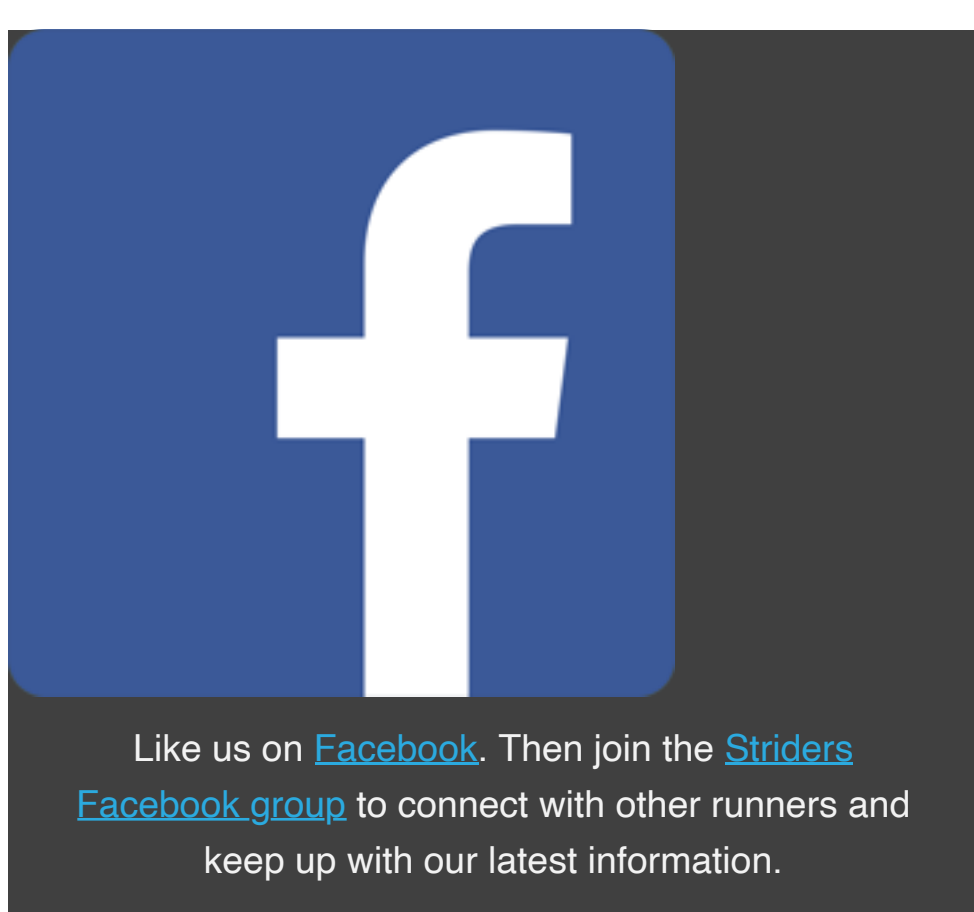
We'd Love To Hear From You!

Have you run in any races recently and would like to share your results with other members? Whether it's a just your time and place, a photo from a race, or a full race report, we'd love to feature it in a future newsletter, on our webpage, and/or in our Facebook group!

Do you have any good stories about the early days of the Central Maine Striders, or even memories from the 1990's, early 2000's, or even from five years ago? It would be great to publish some stories about the rich history of our club!

What do you enjoy about being a runner? And why are you proud to be a Central Maine Strider? Whether it takes you two lines or three pages to answer these questions, we'd love to hear it and share it with our other members!

Please send any and all submissions to run@centralmainestriders.com



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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Upcoming Striders Events

[Central Maine Striders January Meeting](#)
Tuesday, January 7, 6 p.m.
Mainely Brews,
1 Post Office Square,
Waterville

[41st Annual January Thaw 4.5-Mile Road Race](#)
Sunday, January 19, 11 a.m.
Belgrade Central School,
158 Depot Rd, Belgrade

[Central Maine Striders February Meeting](#)
Tuesday, February 4, 6 p.m.
Mainely Brews,
1 Post Office Square,
Waterville

[Central Maine Striders March Meeting](#)
Tuesday, March 3, 6 p.m.
Mainely Brews,
1 Post Office Square,
Waterville

Maine Races

Sunday, January 12

[Indoor Insanely 5K](#)
Gorham

Sunday, January 19

[41st Annual January Thaw 4.5-Mile Road Race](#)
Belgrade Central School,
158 Depot Rd, Belgrade

Sunday, February 2

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

Sunday, February 16

[The Longfellow February Frostbite 2.5K](#)
Portland

Sunday, March 1

[Irish Road Rover 5K](#)
Portland

Saturday, March 14

[Thirsty Levecheau 5K](#)
South Portland

Sunday, April 19

[Thomas College Dirty Dog Mud Run](#)
Waterville

Sunday, April 26

[One in Five 5K](#)
Waterville

[Portland 10-Miler](#)
Portland

Saturday, May 9

[Shipyard Maine Coast Marathon and Half](#)
Kennebunk and Biddeford

Sunday, May 17

[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.

STRAVA

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!](#)