

Central MAINE Striders Interval



2016 Winners Announced at Striders Annual Banquet

Thanks to everyone who came out to the club's annual dinner on January 25 at The End Zone in Waterville. We were glad to spend time with and meet so many members!

Congratulations to all of our 2016 award winners:

- Striders of the Year**
Julie Millard and Mike Brooks in recognition of her running achievements
- Youths of the Year**
Thomas Labbe and Madison Morin for their running and racing achievements
- Most Improved**
Seth Poplaski and Stephanie Friend LeBlanc for their continued advancement in running
- Volunteer of the Year**
Donnajeane Pohlman for her years of assistance and support at local races
- Sponsor of the Year**
New Balance for its support of the local running community
- Race Director of the Year**
Brendan Gilpatrick for his support of local running and racing
- Strider Service Award**
Jim Moore for his contributions and years of service to the club
- On the business side:**
Ron Peck (Treasurer) and Alicia MacLeay (Communications) were elected to their second two-year terms on the board.

The Vice President and Secretary positions are currently unfilled. Please talk to Club President Brendan Gilpatrick if you are interested in getting involved via one of these roles.

Photos of the winners can be found online: <https://www.facebook.com/media/set/?set=oa.1386417724743959>



2017 Club Memberships Due

If you haven't already, please renew your annual membership with Central Maine Striders for 2017.

- [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 Today



38th Annual January Thaw Race Results

In case you missed it, congratulations to Ron Peck (28:24) and Julie Millard (35:43), winners of the 38th annual, 4.5-mile January Thaw Road Race held on January 15 in Belgrade.

Special thanks to all the race volunteers and directors, Geoff Hill, Gene Roy, and Ron Paquette.

Race Results

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

Wednesday, February 8,
Striders Meeting
CANCELLED due to conflicts.
We apologize for any inconvenience.

Monthly Striders Meetings
Wed., March 8, 6 p.m.
Wed., April 12, 6 p.m.
Wed., May 10, 6 p.m.
Alfond Youth Center boardroom (2nd floor), 126 North St, Waterville.
All are welcome.

Upcoming Races

[Bradbury White Out 4-Mile Snowshoe Race](#)
Sun., February 12
Bradbury Mountain State Park, Pownal

[Longfellow Frostbite 2.5K](#)
Sun., February 19
Portland

[Bradbury Blizzard 5-Mile Snowshoe Race](#)
Sun., March 5
Bradbury Mountain State Park, Pownal

[Irish Road Rover 5K](#)
Sun., March 5
Brian Boru Pub House, Portland

[Mt. Abram Packed Powder Fest](#)
Sat., March 11
Greenwood

[Cabin Fever 15K Run and 6K Walk for Dyslexia](#)
Sat., March 18
Freeport

[Kerryrmen 5K](#)
Sun., March 19
Kerryrmen Pub, Saco

[Tortoise and Hare 5K](#)
Sat., April 1
Freeport

[Kennebunkport 5-Miler](#)
Sat., April 1
Kennebunkport

[Falmouth 4-Miler](#)
Sat., April 8
Falmouth Community Park, Falmouth

[Memorial Middle School Wellness Run](#)
Sun., April 9
South Portland High School

[Gorham Lions Club 5K & 10K](#)
Sat., April 15
Gorham Recreation Center

[FitCLASS 4-Miler](#)
Sat., April 15
Wiscasset Community Center

[Save Our Swinging Bridge 5K](#)
Sun., April 16
Topsham

[Healthy High 5K/10K Run](#)
Thurs., April 20
University of Maine, Orono

[Urban Runoff 5K](#)
Sat., April 22
Deering High School, Portland

[Thomas College Dirty Dog 5K Mud Run](#)
Sun., April 23
Thomas College, Waterville

[Kennebunk Beach 3 Miler & 5 Miler](#)
Sun., April 23
Pilot House Restaurant, Kennebunk

[Feed ME 5K](#)
Sat., April 29
Capitol Park, Augusta

[One in Five 5K](#)
Sun., April 30
Thomas College, Waterville

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

Race Submissions:
Submit your event to our race calendar: 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

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.

