



Run the 38th annual January Thaw on January 15

Join Central Maine Striders for an invigorating run at the 38th annual 4.5-mile January Thaw Road Race. This year's race is scheduled for Sunday, January 15, at 10 a.m. at the Belgrade Central School (158 Depot Road, Belgrade).

Registration:

- Race fee: \$10 on the day of the race (please make out any checks to Central Maine Striders)
- Registration will be held at Belgrade Central School prior to the 10 a.m. race start.

More Info



VOTE for Striders of the Year

We're excited to recognize two club members for their standout running achievements as female and male Striders of the Year.

[Susan Brooks, Stephanie LeBlanc, and Julie Millard](#) were nominated by fellow club members for the female Strider of the Year award.

[Mike Brooks, Dave Drew, and Ron Peck](#) were nominated by fellow club members for the male Strider of the Year award.

Read about the nominees at the links below. Then [email us your vote](#). We'll accept votes through January 7 from all 2016 and 2017 members.

Female Strider of the Year Nominees

Male Strider of the Year Nominees



You're Invited: Striders Annual Banquet January 25

On Wednesday, January 25, please join us for food, drinks, awards, and more at The End Zone in Waterville at the club's annual banquet. All are welcome!

Central Maine Striders Annual Banquet
Wednesday, January 25
The End Zone, 38 College Ave, Waterville
(directly across from post office)

5:30-6 p.m. Social Time
The club will provide appetizers. Drinks will be available for purchase from The End Zone.

6-7:30 p.m. Dinner and Awards
Attendees may order food and drink from The End Zone at their own expense. During dinner we will recognize members for Club Awards, including Striders of the Year, Youth Awards, Volunteer of the Year, Race Director of the Year, and Sponsor of the Year.

More Info

2017 Club Memberships Due

It's time to renew your annual membership with Central Maine Striders, if you haven't already.

- [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. We hope you'll join us!

Please note, if you've recently mailed in a check we'll be updating your account very soon. Please disregard any renewal notices in the meantime.

Join or Renew Today

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

[January Thaw Race](#)
Sun., January 15, 10 a.m.
Belgrade Central School,
158 Depot Rd, Belgrade

[Striders Annual Banquet](#)
Wed., January 25, 5:30 p.m.
The End Zone, 38 College
Ave, Waterville
(directly across from post
office)

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

Upcoming Races

[Indoor Insanity 5K](#)
Sat., January 7
Bates College, Lewiston

[Jimmy the Greeks Frozen 4-Miler](#)
Sun., January 15
Old Orchard Beach

[Robert Burns Day 10K](#)
Sun., January 22
Westbrook

[Bradbury Squall 3-Mile Snowshoe Race](#)
Sun., January 22
Bradbury Mountain State
Park, Pownal

[Lost Valley Winter Duathlon](#)
Sat., January 28
Lost Valley Ski Area, Auburn

[Mid Winter 10 Mile Classic](#)
Sun., February 5
Cape Elizabeth

[Camden Snow Bowl Winter Duathlon](#)
Sun., February 5
Camden Snow Bowl

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

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

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

[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

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

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

Race Submissions:
Submit your event to our race
calendar: alicia@macleay.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.

