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# The Interval Newsletter

## Run the 39th Annual January Thaw on Sunday, January 21

Run, walk, waddle, or race and join Central Maine Striders for an invigorating run at the 39th annual 4.5-mile January Thaw Road Race. This year's race is scheduled for Sunday, January 21, at 11 a.m. at the Belgrade Central School.

The top female and male runners will receive $50 gift certificates each from New Balance. There also will be a post-race raffle for all runners with movie passes to local movie theaters, $20 gift certificates from local businesses like the Korner Store and Deli in Oakland, and gift certificates from local lumberyards. All runners get lightweight cotton gloves.

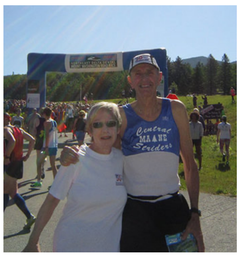
Refreshments will be served after the race in the Belgrade Central School cafeteria and will include oranges, bananas, hot chili, dark chocolate brownies, and Poland Spring water.

In the case of severe weather, the race will be held on Sunday, January 28, instead.

**Registration:**

- Race fee: $10 on the day of the race (please make out checks to Central Maine Striders)
- Registration will be held at Belgrade Central School (158 Depot Road, Belgrade) starting at 9 a.m. on race day
- Facebook Event
- Registration Form (PDF)

**January Thaw Race Info**



## Volunteers Needed for Mount Washington Road Race

Want to keep Striders spots at the Mount Washington Road Race on June 16? Then we need a few volunteers.

For years, Central Maine Striders has provided five volunteers for the historic all-uphill 7+ mile race. In return the club gets five slots for runners, meaning you get in without leaving it up to the lottery system.

Ron Paquette has organized the club's volunteers and runners for many years. Thank you, Ron! However, if we want to keep this opportunity, it's now time for someone else to step in and coordinate the volunteers and runners with the race director.

If you're interested in helping, please let the club know (run@centralmainestriders.com) or come to our next meeting (Tuesday, January 16, 6 p.m. at The End Zone, 38 College Ave, Waterville).

## Join Striders for 2018

If you haven't already, please join Central Maine Striders for 2018. If you have, thank you!

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

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

**Join or Renew**

## Strider Events

January Club Meeting
Tues., January 16, 6 p.m.
*The End Zone, 38 College Ave., Waterville*
All are welcome!

January Thaw 4.5-Miler
Sun., January 21, 11 a.m.
*Belgrade Central School*
*58 Depot Road, Belgrade*

**Annual Club Meeting February**
*TBA*

## Maine Races

**Sun., January 21**

January Thaw 4.5-Mile Road Race
*Belgrade*

Indoor Insanity 5K
*Lewiston*

Bradbury Squall 3-mile Snowshoe Race
*Pownal*

**Sun., January 28**

Robert Burns 10K
*Westbrook*

**Sun., February 4**

Mid-Winter 10-Mile Classic
*Cape Elizabeth*

**Sun., February 11**

Bradbury White Out 4-Mile Snowshoe Race
*Pownal*

**Sun., February 18**

Longfellow Frostbite 2.5K
*Portland*

**Sun., March 4**

Bradbury Blizzard 5-Mile Snowshoe Race
*Pownal*

Irish Road Rover 5K
*Portland*

**Sat., March 24**

On the Run Half Marathon
*Old Orchard Beach*

**Sun., March 25**

Great Scot 5K
*Standish*

**Sat., March 31**

Kennebunkport 5 Miler
*Kennebunkport*

***Find more races***

***Submit your event***

***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.*

Connect with Striders. Share your runs and races. Ask questions. **Join the** Central Maine Striders Facebook group**!**

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**!**

## 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.*

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